Coast Seniors' Directory 2022

Resources for Seniors on the Sunshine Coast

Available online at:

Coast Reporter
VOICE OF THE SUNSHINE COAST

www.coastreporter.net
guidedby.ca/spotlights/Sunshine_Coast_Seniors

To reserve your spot or update listings for future issues please contact:

Nancy Tiffin
Special Projects Manager
604-989-0766
nancy@coastreporter.net

Publisher **Peter Kvarnstrom**
Editor **Bronwyn Beairsto**
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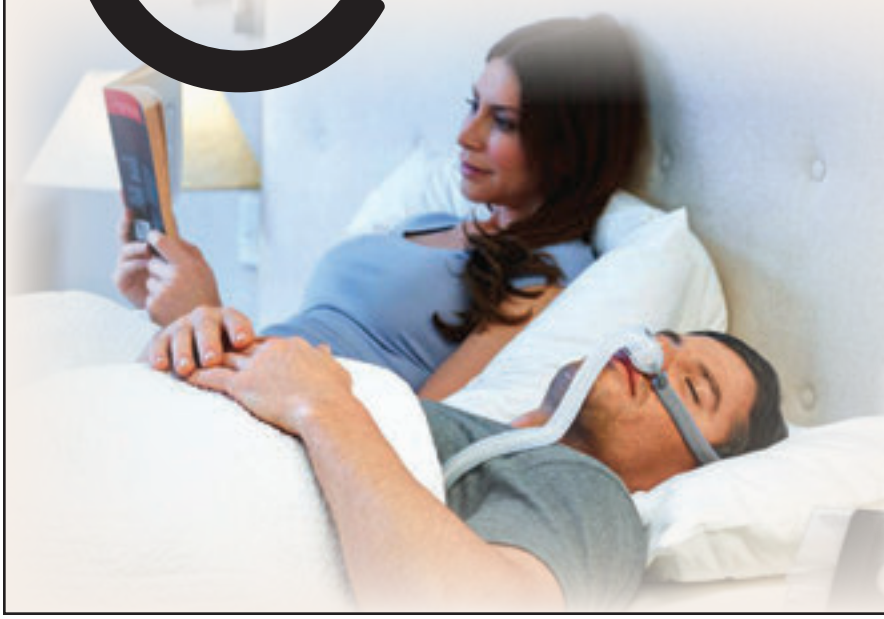
Clinical Sleep SOLUTIONS

Serving the Entire Sunshine Coast

Get a good sleep and wake up to a brighter day!



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- Home Sleep Testing
- Great Pricing & Service
- Free Machine Cleaning
- Lifetime Follow Up Care
- Travel Machines - rental & sales

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106-5682 Wharf Avenue, Sechelt

Call Today! 604-740-4448

www.ClinicalSleep.com

EMERGENCY NUMBERS

24/7 Information & Referrals
Phone: 211 / TTY: 1-888-340-1001

Ambulance Inquiry
Phone: 604-885-5191

BC Drug & Poison Control
Phone: 1-800-567-8911

Bounce Back B.C.
Phone: 1-866-639-0522

Canadian Mental Health Association (CMHC)
Phone: 604-688-3234

Directory Assistance
Phone: 411

Emergency – Fire, Ambulance, Police
Phone: 911

HealthLink B.C.
Phone: 811

Income Assistance Disability
Phone: 1-866-866-0800

Indian Residential Schools Crisis Line
Phone: 1-800-721-0066

Mental Health Assistance
Phone: 310-6789
anywhere in B.C.

Medical Services Plan (MSP)
Phone: 1-866-663-7100

Office of the Seniors Advocate
Phone: 1-877-952-3181

Seniors Abuse & Information Line (SAIL)
Phone: 1-866-437-1940

Sechelt shíshálh Hospital
Phone: 604-885-2224

Seniors Crisis Line
Phone 604-872-1234

Police Inquiry – non-emergency
Phone: 604-885-2266

Veterans Affairs
Phone: 1-866-522-2122

Wellness Together
Phone: 1-866-585-0445

put life back in your life

Self-Management BC programs are **FREE**

For adults living with Chronic Health Conditions, Chronic Pain or Diabetes.

Better Choices, Better Health® Online Program
Web-based 6 week program
* Log in Online on own time once/twice per week
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Health Coach Program
One-to-one peer support
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* Coach phones participants

Tool Kit for Active Living
One-time mailed kit
* Suitable for independent approach
* Includes: booklet and CD's

Tool Kit + Calls
Kit plus 6 weekly calls
* Receive Kit from Active Living Program
* Small group (4-6) weekly guided tele-conference call
* Includes: booklet and CD's

Virtual Programs
Web-cam 6 week program
* Weekly 2.5 hr web-cam sessions
* Group format (max 6-12)
* Available for all programs + Cancer: Thriving & Surviving

For more information please contact us:
1-866-902-3767 (toll-free) • selfmanagementbc.ca

University of Victoria Institute on Aging & Lifelong Health

Self-Management British Columbia

British Columbia

Self-Management BC is supported by the Province of British Columbia

ADVOCACY & SUPPORT SERVICES

Alzheimer Society of BC Support Group
Dementia Caregiver Support Groups offered
Phone: 1-866-984-8348
First Link Dementia helpline: 1-800-936-6033 Mon-Fri 9 - 8
Email: info.northshore@alzheimerbc.org
https://northwestvancouver.cmha.bc.ca/programs-services/sunshine-coast/

BC Bereavement Helpline
Free & Confidential – connecting you to
grief support services within B.C.
Phone: (604) 738-9950 • Toll Free 1-877-779-2223
Email: contact@bcbh.ca • www.bcbh.ca

Dementia Caregiver Support Group
Contact VCH Mental Health lead for information on when this group runs. • Phone: 604-885-6101

Seniors First BC
To prevent elder abuse and provide assistance and support.
Includes Seniors Abuse & Information Line (SAIL); Victim Services Program; Legal Programs; Education & Workshops.
Phone: 604-437-1940 or 1-866-437-1940
TTY: 604-428-3359, or 1-855-306-1443
Email: info@seniorsfirstbc.ca • www.SeniorsFirstBC.ca

Sunshine Coast Lifeline
24HR Emergency Response at the push of a button.
Locally monitored calls.
Phone: 604-885-9501 • www.comoxvalleylifeline.com
see ad page 8

Sunshine Coast Seniors Planning Table
Organizations, service providers and
individuals advocating for seniors.
https://resourcecentre.ca/seniors-planning-table
see ad page 12

SC Community Response Network
Working to prevent abuse, neglect,
and self-neglect of vulnerable adults. • www.bccrns.ca
see ad page 19

Home Healthcare Network

Serving the Sunshine Coast Since 2010

Personalized, Compassionate Home Care Services

We can help for short sessions, overnights or full days.

Our Experienced Caregivers can help with:

• Personal Care • Respite Care • Companionship • Meal Preparation
• Post Operative Care • Palliative Care • Shopping & Transportation • Overnights

Caregiver Placement Services also available.

604.740.1993 • info@homehealthcarenetwork.ca • homehealthcarenetwork.ca

BEAUTY & STYLE

Country by Design
Stained Glass Creation & Repair
Phone: 604-885-9684 or 604-885-1575
Email: dj123@dccnet.com
see ad page 12

Health Access NP Foot Care
Location: 5798 Neptune Rd, Sechelt
Phone: 604-747-4757 • www.HealthAccessNP.ca
see ad page 6

The Wig Stop
Perfect fit and style to suit you.
Phone: 604-885-9684 or 604-885-1575
Email: thewigstop@gmail.com
see ad page 12

Time to Glow Spa
Foot care and pedicures in the comfort of your home.
Phone: 604-989-4255 • www.timetoglowspa.com
see ad page 16

COMMUNITY SUPPORT SERVICES

Sunshine Coast Community Services
Programs to promote an engaged, healthy, thriving community.
Location: 5520 Trail Ave., Sechelt • Phone: 604-885-5881 • www.sccss.ca

Sunshine Coast Foundation
A legacy gift ensures your vision for our community lives on.
Phone: 604-741-7360 • www.sunshinecoastfoundation.org

Sunshine Coast Hospice Society
Compassionate end-of-life and bereavement support.
Location: 4602 Simpkins Rd., Sechelt • Phone: 604-740-0475
Email: info@coasthospice.com • www.coasthospice.com
see ad page 7

Welcoming Communities
Helping orient and settle new Canadians on the Coast.
Location: 107A – 5710 Teredo St., Sechelt • Phone: 604-885-4088
Email: info@resourcecentre.ca • www.resourcecentre.ca

ESTATE SALES

Rightsizing Solutions
Location: 1877 Field Rd., Wilson Creek
Phone: 604-741-4424 • Email: tricia@rightsizingsolutions.ca
www.rightsizingsolutions.ca
see ad page 11

Health Access NP
Foot Care
Clinic By Appointment
Diabetic Foot & Wound Care
Trim Nails, Corns & Calluses
Removal of Ingrown Nails
LAB Testing & Prescriptions
Teaching & Referrals
Diagnose * Treat * Prescribe
Maryanne Roy
MN-NP (A), FCN, WCN
Nurse Practitioner
604-747-4757 • Fax: 604-885-9623
Website: www.AccessNP.ca
registered with:
MEDAVIE BLUE CROSS
WORK SAFE BC
5798 Neptune Road, Sechelt

Suzanne's Touch
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Intuitive Massage
604-886-0692
suzannestouch.com
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FINANCIAL SERVICES

Community Volunteer Income Tax Program
Assist with financial forms and provide connections to services to help further.
Phone:604-885-4088
Email: help@resourcecentre.ca

Mortgage Alliance – Darnelda Siegers
see ad page 9
Location: 5561 Wharf Ave., Sechelt
Phone: 604-885-5881 ext. 240
Email: darnelda@theMORTGAGEconsultant.ca
www.TheMortagageConsultant.ca

Service BC
Information and support with Old Age Security, Guaranteed Income Supplement, Canada Pension Plan, Disability Benefits, Retirement Pension, Survivor Benefits, Employment Insurance, and Veterans Programs.
Location: 5498 Wharf Ave, Sechelt
Phone: 604-885-5187
For website search: Service BC Sechelt

Sunshine Coast Credit Union
see ad page 20
Gibsons - 985 Gibsons Way
Sechelt - 5655 Teredo St.
Pender Harbour - 12887 Madeira Park Rd

SUNCU Financial Services, Inc.
2nd Floor, 5655 Teredo St., Sechelt
Phone: 604.740.2662
Email: inquiries@sunshineccu.net
Email: suncu@sunshineccu.net
www.sunshineccu.com

Talbot Insurance
see ad page 10
Location: #112 Gibsons Park/IGA Plaza
Phone: 604-886-2555
Email: ContactUs@TalbotInsurance.ca
www.TalbotInsurance.ca

FOOD & FOOD BANKS

Claytons Heritage Market
Location: Trail Bay Centre, Sechelt
Phone: 604-885-2025 • www.claytons.ca
see ad page 14

Harvest of Hope - Salvation Army
Bread & Produce; Community Lunch; Food Hampers
Location: 5-682 Gibsons Way, Gibsons • Phone: 604-886-3665

Pender Harbour Community Food Bank
Location: 12891 Lagoon Rd., Madeira Park
Phone: 604-883-9773 • Email: penderharbourfoodbank@gmail.com
https://penderharbourcc.com/food-bank/

St. Bart's Food Bank
Location: 659 North Rd., Gibsons • Phone: 604-886-7410
see ad page 15

Sunshine Coast Food Bank
Location: 5657 Lamprey Lane, Sechelt • Phone: 604-885-5881 ext. 240
Email: scfoodbank@sccss.ca • www.sccss.ca

FOOT CARE

Health Access NP Foot Care
Location: 5798 Neptune Rd., Sechelt
Phone: 604-747-4757 • www.HealthAccessNP.ca
see ad page 6

Time to Glow Spa
Foot care and pedicures in the comfort of your home.
Phone: 604-989-4255 • www.timetoglowspa.com
see ad page 16

Gibsons & District Public Library

Offering many programs for older adults, including:

- Language groups, open mic nights, game days, author events & more
- Technology support to learn how to use your device or complete online documents
- Amazing collection of print, digital & large print books, DVDS, audiobooks, magazines & more
- Services for print-impaired patrons
- Database access – Ancestry.ca, Mango Languages, Kanopy films, online learning courses & more
- Access to computers, printing, and scanning
- Free income tax support

All for free at the Library!

Gibsons & District Public Library
Stories To Tell

Contact us:
(604) 886-2130
gdplinfo@gibsons.bclibrary.ca
www.gibsons.bclibraries.coop

HELP at the push of a button

24 HR EMERGENCY RESPONSE

Sunshine Coast Lifeline
(604) 885-9501

Lifeline, an easy-to-use personal response service that lets you summon help any time of the day or night.

Locally Monitored Help Calls

Peace of Mind for You and Your Family

www.comoxvalleylifeline.com • A Non-profit Organization serving the Sunshine Coast

GOVERNMENT

FEDERAL

Canada Pension Plan
Toll Free: 1-800-255-4786

Enquiry BC
Phone: 1-800-663-7867

Environmental Health Program
Call immediately if you touch or are bit by a bat, tick or dead crow.
Phone: 604-885-5164
Email: healthprotectioncg@vch.ca • www.vch.ca

Government of Canada
Toll Free: 1-800-926-9105 • www.canada.gc.ca

Office of the Seniors Advocate
Phone: 1 877 952- 3181

Ombudsman
Phone: 1-800-567-3247

LOCAL

District of Sechelt
Location: 2nd floor - 5797 Cowrie St., Sechelt
Phone: 604-885-1986
www.sechelt.ca

SCRD Sunshine Coast Regional District
Location: 1975 Field Rd., Wilson Creek
Phone: 604-885-6800 • www.scrd.ca

shíshálh Nation
Location: 5555 SC Hwy., Sechelt
Phone: 604-885-2273 • https://shishalh.com/

Town of Gibsons
Location: 474 South Fletcher Rd., Gibsons
Phone: 604-886-2274 • www.gibsons.ca
see ad page 14

MP, Patrick Weiler
Phone: 604-913-2660 • Email: Patrick.Weiler@parl.gc.ca
see ad page 13

HOUSING

ASSISTED HOME SUPPORT SERVICES

Better at Home
Phone: 604-885-5881
Email: betterathome@sccss.ca • www.sccss.ca
see ad page 11

Help on the Way
Phone: 604-885-4337
Email: helpontheway@telus.net • www.helpontheway.ca
see ad page 14

Home Healthcare Network
Phone: 604-740-1993
Email: info@homehealthcarenetwork.ca
www.homehealthcarenetwork.ca
see ad page 5

ASSISTED HOME SUPPORT CONT'D

Nurse Next Door
Phone: 604-747-2847 • www.nursenextdoor.com
see ad page 16

Sunshine Coast Senior Care
Phone: 604-886-0095
Email: donnajoh@sunshinecoastseniorcare.com
www.sunshinecoastseniorcare.com
see ad page 16

EMERGENCY & SHORT-TERM HOUSING

BC Care Providers Association
Representing the seniors' care sector in residential care, assisted living, home care and home support.
Phone: 604-736-4233 • www.bccare.ca

Homeless Outreach Worker
Phone: 778-987-6092

Rental Assistance Program (RAP)
Financial assistance for low income families to assist with rent.
Phone: 604-433-2218
www.bchousing.org

SAFER – Shelter Aid For Elderly Renters
A rent subsidy program for seniors ages 60+ with low income.
Phone: 604-433-2218

HOUSING PROGRAMS

Residents for Independent Living Society
Providing residential housing and supportive care for adults with disabilities.
Phone: 604-731-0401 • Email: info@rils.ca • www.rils.ca

Pender Harbour Seniors Housing Society
Creating appropriate housing for seniors in the Pender Harbour area. • Phone: 604-883-2819 or 604-883-0704
phseniors.weebly.com

MOVING & DOWNSIZING SERVICES

Rightsizing Solutions
Location: 1877 Field Rd., Wilson Creek
Phone: 604-741-4424 • Email: tricia@rightsizingsolutions.ca
www.rightsizingsolutions.ca
see ad page 11

SENIORS' HOUSING

Christenson Village - Good Samaritan Society
Location: 585 Shaw Rd., Gibsons • Phone: 604-886-8747

Greenecourt Housing
Location: 5583 Ocean Ave., Sechelt • Phone: 604-885-5962

Kiwanis Heritage Apartments
Location: 824 Kiwanis Way, Gibsons • Phone: 604-886-3432

Shorncliffe Intermediate Care Home
Location: 5847 Medusa St., Sechelt • Phone: 604-741-0726

Totem Lodge, Sechelt
Location: 5544 SC Hwy., Sechelt • Phone: 604-741-0726

REAL ESTATE

Deb Mowbray, Re/Max City Sunshine Coast
Location: 101-938 Gibsons Way, Gibsons
Phone: 604-740-6608
Email: debmowbray@gmail.com • www.debmowbray.com
see ad page 9

SECHELT LIBRARY
Space to think

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- Technology Help
- Programs & Classes
- Genealogy Tutoring
- Accessibility Assistance
- eBooks & eAudio Books
- eMagazines & eNewspapers
- Books (incl: Large Print)
- Newspapers & Magazines
- DVD's
- Public Computers
- Samsung Tablets
- Scanning
- Printing & Faxing (Small Fee)

(604) 885-3260 | info@sechelt.bclibrary.ca

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A Healthier You, One Step at a Time
Jan Stephens,
R.D., C.D.E., C.P.T., MSc

As a registered dietitian, Jan tailors a nutrition plan that fights chronic disease, improves blood glucose, acid reflux, and gut function, tailored to your genetic makeup, which will maximize your health potential.

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jan@cornerstonenutrition.ca | cornerstonenutrition.ca
A taxable expense & covered by some health plans

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· RENTAL & VACATION RENTAL
· COURSE OF CONSTRUCTION
· SENIORS' DISCOUNTS
· WATERCRAFT
· PAYMENT PLANS

TSL TALBOT Insurance Services Ltd.

Monday thru Saturday, 8:30am-6:00pm
#112 Gibsons Park/IGA Plaza
604-886-2555
ContactUs@talbotinsurance.ca

INFORMATION SERVICES

FetchBC
A comprehensive online directory of local community health resources for all ages. • http://sc.fetchbc.ca/

Halfmoon Bay Information & Referral Centre
Phone: 604-551-8461 • Email: halfmoonbayinfo@gmail.com
http://www.halfmoonbayinformationcentre.wordpress.com

Indigenous Nations Educational Resources & Information
www.allnationscoast.net • www.metisnation.ca
www.shishalh.com • www.squamish.net

Pender Harbour Information & Referral Centre
Location: 5012 Gonzales Rd., Madeira Park • Phone: 604-883-2826
Email: hello@pendercommunity.ca • www.pendercommunity.ca

Sunshine Coast Resource Centre
see ad page13
Information & referral to community, social, legal & government services
Location: 107A – 5710 Teredo St., Sechelt • Phone: 604-885–4088
Email: help@resourcecentre.ca • www.resourcecentre.ca

Directory of Local Seniors' Services
https://resourcecentre.ca/category/directory-of-services

Map of Seniors' Services on the Coast
https://resourcecentre.ca/directory/maps

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licensed insured bonded

Downsizing
Decluttering
Estate Liquidation

Consignment Sales @1877 Field Road

on-site ESTATE SALES

Tricia Coffey
604-741-4424 • tricia@rightsizingsolutions.ca
www.rightsizingsolutions.ca

SUNSHINE COAST BETTER AT HOME

BETTER AT HOME provides Seniors with simple, non-medical home support services so they can continue to live independently in their own homes and remain connected to their communities.

Services include light housekeeping, Connect Thru Tech, transportation, grocery delivery, friendly visiting, light yard work, minor home repair, and library service.

Contact us to register or for more information.

Call: 604-885-5881 **Email:** betterathome@sccss.ca **Website:** sccss.ca

Better at Home is funded by the Government of B.C. and managed by the United Way.

Better at Home
United Way
Sunshine Coast Community Services
Caring since 1974

LIBRARIES

Davis Bay Community Library
Location: Community Hall - 5123 Davis Bay Rd.
Email: library@davisbaybc.com
www.davisbaybc.com

Gibsons & District Public Library
see ad page 8
Location: 470 Fletcher Rd., Gibsons
Phone: 604-886-2130
https://gibsons.bc.libraries.coop

Pender Harbour Reading Centre
Location: 12952 Madeira Park Rd., Madeira Park
Phone: 604-883-2983
Email: phrclibrary@gmail.com
www.penderharbourlibrary.ca

Roberts Creek Community Library
Location: 1044 Roberts Creek Rd
Phone: 604-885-9401
https://www.robertscreekcommunity.com/the-library

Sechelt Public Library
see ad page10
Location: 5795 Cowrie St., Sechelt
Phone: 604-885-3260
Email: info@sechelt.bclibrary.ca
https://sechelt.bc.libraries.coop

MEDICAL CLINICS

Cowrie Medical Clinic
Location: 102-5699 Cowrie St., Sechelt • Phone: 604-670-6222

Gibsons Medical Clinic
Location: 211-1100 SC Hwy., Gibsons
Phone: 604-886-2868 • www.gibsonsmedicalassociates.net

Pender Harbour Health Centre
Location: 5066 Francis Peninsula Rd., Madeira Park
Phone: 604-883-2764 • Doctors: 604-885-2257
Dentists: 604-883-2997 • Foot Care: 604-740-2890
Nurse Practitioner: 604-883-2764
Email: phhc@dccnet.com • www.penderharbourhealth.com

Sechelt Medical Clinic
Location: 5531 Inlet Ave., Sechelt • Phone: 604-885-2257

Community Nutrition Program
Promoting healthy eating and active living.
Phone: 604-984-5070
Email: Meghan.Molnar@vch.ca • www.vch.ca

MENTAL HEALTH SUPPORT

Bounce Back B.C.
Free skill-building program for adults and youth 15+. To help manage low mood, mild to moderate depression, anxiety, stress or worry.
Phone: 1-866-639-0522 • https://bouncebackbc.ca/

Canadian Mental Health Association (CMHC)
Phone: 604-688-3234 • https://cmha.bc.ca/

Indian Residential Schools Crisis Line
Toll Free 24/7: 1-800-721-0066
For anyone experiencing pain or distress as a result of Residential school experience. • https://www.irsss.ca/

Wellness Together
Phone: 1-866-585-0445
24/7 Mental health and substance use support
www.wellnesstogether.ca/en-CA

NUTRITION

Cornerstone Nutrition
A healthier you – one step at a time.
Location: Coast Physiotherapy
5691 Mermaid St., Sechelt
Phone: 604-741-7307
Email: jan@cornerstonenutrition.ca
www.cornerstonenutrition.ca

see ad page 10

PAIN MANAGEMENT

Craniosacral Biodynamics
Releasing trauma physically, emotionally, mentally and spiritually.
Phone: 604-204-8056
Email: sageelecranioscaralbiodynamic@gmail.com

see ad page 16

Chronic Pain Self-Management
Programs for adults living with chronic health conditions, chronic pain or diabetes.
Toll Free: 1-866-902-3767
Email: selfmgmt@uvic.ca
www.selfmanagementbc.ca

see ad page 4

Suzanne's Touch
Ortho-Bionomy, reflexology and intuitive massage.
Phone: 604-886-0692
www.suzannestouch.com

see ad page 6

PATRICK WEILER
YOUR MEMBER OF PARLIAMENT FOR
WEST VANCOUVER-SUNSHINE COAST-SEA TO SKY COUNTRY
As the Member of Parliament for West Vancouver-Sunshine Coast-Sea to Sky Country, I am honoured to be your federal representative.

If you or your loved ones have any questions about federal government programs or services, either specifically for seniors or otherwise, please do not hesitate to reach out to our office. We are ready to assist you with any and all casework questions, including issues or concerns with any federal department or agency such as Service Canada (including but not limited to OAS, GIS, EI or CPP), Canada Revenue Agency, Immigration, Refugee and Citizenship Canada, Passport Canada, Phoenix Pay System, Veterans Affairs or Indigenous Affairs.

We are here to serve you.

@PatrickBWeiler
Patrick.Weiler@parl.gc.ca | Tel.: 604-913-2660

Sunshine Coast Resource Centre

Community Information Hub
Your Place to Go!

Call us at: 604 885 4088

The Community Information Hub provides information, resources and connections that will help answer your questions and support you to navigate community programs and services.

Looking for a service or program on the coast... Just Ask!

help@resourcecentre.ca

PHARMACIES

The Medicine Shoppe
Location: Wilson Creek Plaza
Phone: 604-740-5813

see ad page 17

SENIORS' ACTIVITIES

Gibsons Seniors Society
Social events and activities, including Scottish country dancing, line dancing, carpet bowling, & table tennis.
Location: 686 Harmony Lane, Gibsons
Phone: (604) 886-3919 • http://gibsonsseniors.com/

JOIN THE FUN!

The Town of Gibsons supports the Gibsons Seniors Society, which offers a wide range of activities, from fitness to games to arts and crafts.

All seniors are welcome! Drop by any time and try your first activity for free!

>> Learn more: *gibsonsseniors.com*

TOWN OF GIBSONS

visit **gibsons.ca**

- Respite Care
- Palliative Care
- Nursing Services
- Meals
- Personal Care
- Companion Care

HELP ON THE WAY HOMECARE

Serving Seniors on the Coast Since 1993

604.885.4337

helpontheway.ca | helpontheway@telus.net

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Your first Choice in foods

Since 1950

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Trail Bay Centre, Sechelt
604-885-2025 / www.claytons.ca

Memory Cafe
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Location: 5604 Trail Ave., Sechelt
Phone: 885-3513.
resourcecentre.ca/directory/memory-cafe/

Pender Harbour Seniors Initiative
Yoga, tai chi, carpet bowling, lunch club outings, a walking group, bus trips, boat tours, Harbourside Friendship Group and more.
Phone: 604-883-9900
Email marlenecymbalist@gmail.com
https://www.penderharbourhealth.com/pender-harbour-seniors-initiative/

Sechelt Seniors Activity Centre
Activities for all ages include pickleball, fitness, carpet bowling and yoga. Lunches and frozen entrees available during the week. Membership required – $30 annually.
Location: 5604 Trail Ave., Sechelt
Phone: 604-885-3513
Email: ssac@dccnet.com
www.secheltactivitycentre.com

St. Bart's FOOD BANK

Connecting with Our Community

St. Bart's Food Bank is a no-barrier, volunteer run community service. We are here to serve you on the third Wednesday of every month from 11am to 3pm, at the corner of School Road and Gibsons Way.

We provide all kinds of grocery items including fresh produce, meat, bread, canned goods and personal care items. We work hard to accommodate dietary requirements. Ask us!

We ask for your name - so we can greet you! We never ask for any other information in order to access our services.

NO ONE IS EVER TURNED AWAY.

Need immediate assistance? Need delivery? Please call us! 604-886-7410

SLEEP SOLUTIONS

Clinical Sleep Solutions
Location: 106-5682 Wharf Ave., Sechelt
Phone: 604-740-4448 • www.ClinicalSleep.com

see ad page 3

TRANSPORTATION

Care for a Lift
Fully equipped van with companion for those with medical or accessible transportation needs. • Phone:604-747-2273
Email: info@careforalift.com •www.careforalift.com

How can we help?
Companionship, Caregiving & Nursing for your loved one
Nurse Next Door®
home care services
shannon.kirkwood@nursenextdoor.com • 604-747-2847

Coast CAR Co-op
Join the local care co-operative and access affordable, convenient vehicles by the hour or day.
Phone: 778-374-3092
Email: info@coastcarcoop.ca
www.coastcarco-op.ca

Coastal Rides
Local on-demand or scheduled ride share and delivery service.
Phone: 1-855-921-2226
Email: info@coastalrides.ca
www.coastalrides.ca

Dial-a-Delivery
From documents to donuts – quick and easy pick up and drop off (business or residential).
Gibsons Phone: 604-886-0914
Email: dialdelivery@gmail.com
www.dial-a-delivery.net
Sechelt Phone: 604-989-9914
Email: dialdeliverysechelt@gmail.com
DialADeliverySecehtl.wordpress.com

HandyDART
Accessible transportation for the mobility challenged.
Location: 1975 Field Rd., Sechelt
Phone: 604-885-6897
https://www.bctransit.com/sunshine-coast/riderinfo/handydart

Sunshine Coast SENIOR CARE
Our Home.
It's where we feel secure.
It's where we are at our best.

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Medication Administration & Checks
Meal Planning, Preparation & Reminders
Light Housekeeping • Hygiene & Dressing
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Unit A 312 Headlands Road, Gibsons | 604-740-1465
donnajoh@sunshinecoastseniorcare.com
sunshinecoastseniorcare.com

Craniosacral Biodynamics & Trauma Resolution
Sageele works with the body's nervous system and energetic field to release trauma physically, emotionally, and spiritually to help regain a deep sense of revitalization.
Sageele Cuesta, BA, MFA, RCST, SRT
Biodynamic Craniosacral & Trauma Resolution Therapist
604-202-8056
sageelecraniosacral@gmail.com

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Share There
Connect with people who want to share rides locally or off-Coast.
Phone: 604-741-3359
Email: info@share-there.com
www.share-there.com

Sunshine Coast Connector
Daily or weekly trips along Sunshine Coast and to Vancouver.
Location: 5810 Marine Way, Sechelt
Phone: 250-775-0035
Email: coastconnector@gmail.com
http://www.sunshinecoastconnector.ca

Vancouver Coastal Health
Affordable volunteer driving program for on- and off-Coast and city client appointments.
Phone (Tues – Fri 8:30 – 12:30): 604-885-8517

VOLUNTEER OPPORTUNITIES

Sunshine Coast Healthcare Auxiliary
Providing volunteer services and raising funds to enhance the quality of healthcare on the Sunshine Coast.
Email: schealthcareauxiliary@gmail.com
https://sunshinecoasthealthcareauxiliary.com/become-a-member/

Vancouver Coastal Health Home Care
Volunteers need in Home & Community Care, Meals on Wheels, Volunteer Drivers, Volunteer Shopping, Telephone Tree, Friendly Visitor, Senior's Outreach Counsellors & Volunteer Income Tax Service and more.
Location: 5630 Inlet Ave., Sechelt
Phone: (604) 885-8517
Email: scvolunteer@vch.ca
http://www.vch.ca/get-involved/volunteer

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Coast Seniors' Directory 2022

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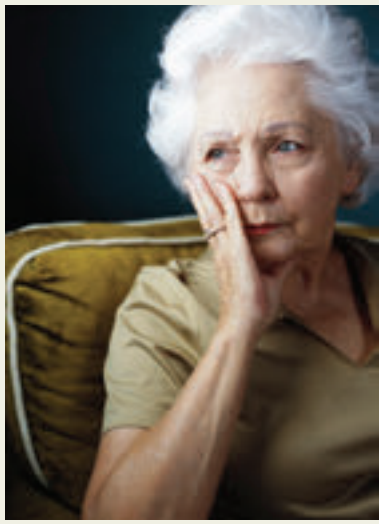
Elder Abuse Defined

– Neglect & self-neglect



Elder abuse is deliberate mistreatment that can cause serious physical, mental or emotional harm or damage to, or loss of assets when the target is an older adult. An abuser may be someone known to the abused, such as a friend, family member or caregiver. Neglect is the lack of care, assistance, guidance and attention that can cause this kind of harm or loss. Self-neglect is the lack of care for oneself that can also result in harm or loss. Community connection and awareness are keys to identifying and preventing all manners of abuse and neglect.

Signs of abuse, neglect or self-neglect:

Financial:
Misuse of funds or property, controlling funds without consent, not acting in the best interests of an adult who is not competent or not paying bills..

Social & violation of entitlements:
Not allowing contact with family and friends or attendance at activities, isolation, censoring mail, invasion or denial of privacy, restricting movement or withholding information.

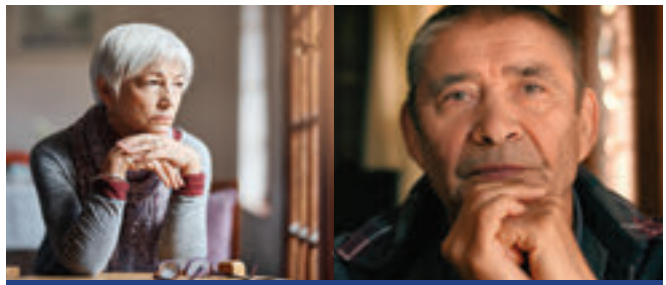
Emotional & psychological:
Disrespect, humiliation, threats, intimidation, confinement, isolation and exclusion from decision-making.

Physical:
Restraining, violent or rough treatment, lack of care, over or under medicating or neglecting their health. A person may not necessarily have an injury to have experienced physical abuse.

Sexual:
Inappropriate or forced sexual contact or any unwelcome sexual activity.

– Sunshine Coast Community Response Network
Local service providers working together to prevent abuse, neglect, and self-neglect

Are you concerned for yourself or for an adult who may be abused or neglected?



THIS IS WHERE TO GET HELP:

To ask questions call:
SENIORS ABUSE AND INFORMATION LINE (SAIL)
Toll Free 1-866-437-1940

A safe confidential place for older adults, and those who care about them, to talk to a trained worker about abuse or neglect and get information and support.

7 days a week, 8am to 8pm, except holidays.

Translation available Mon to Fri, 9 to 4.

To discuss or report a situation of abuse or neglect call:
VANCOUVER COASTAL HEALTH
MENTAL HEALTH SERVICES
604-885-6101
or HOME AND COMMUNITY CARE
604-741-0726
ALL CALLS ARE CONFIDENTIAL

In an emergency or if safety is a concern call the RCMP at 911

In cases of financial abuse call
PUBLIC GUARDIAN AND TRUSTEE
1-877-511-4111

For adults with a developmental disability call
COMMUNITY LIVING BC
604-981-0321

Brought to you by:
Sunshine Coast Community Response Network

Local service providers working together to prevent abuse, neglect, and self-neglect of vulnerable adults. sunshinecoastcrn@gmail.com. A member of:

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Community Response Networks
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