

SENIORS

Comox Valley Resource Guide 2024





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KEY NAMES & TELEPHONE NUMBERS

| | NAME | TELEPHONE # |
|-------------------|------|-------------|
| Emergency Contact | | |
| Family | | |
| Neighbour | | |
| Friend | | |
| Doctor | | |
| Walk-in-Clinic | | |
| Pharmacy | | |
| Lawyer | | |
| Insurance Agent | | |
| | | |
| | | |
| | | |
| | | |

How CRNs Can Help You

A Community Response Network (CRN) is made up of a diverse group of concerned community members, community agencies, local businesses, government agencies, professionals, and others who come together to create a coordinated community response to **abuse, neglect, and self-neglect in vulnerable adults.**

When the community cannot provide appropriate support to the adult, the **Adult Guardianship Act** provides designated agencies with the responsibility of investigating and ensuring that the proper action is undertaken.

CRNs around the province are reaching out to their communities to join the network and work to **raise the awareness** of abuse, neglect, and self-neglect in vulnerable adults, and to ultimately **prevent it from happening.**



BC ASSOCIATION OF

Community Response Networks

Stopping Adult Abuse and Neglect ...Together.

www.bccrns.ca

CVCRN Coordinator - Comox

Christopher Bate (250) 871-5940

admin@comoxvalleyseniorsupport.ca



Territory Acknowledgement

For thousands of years indigenous people occupied the shoreline of eastern Vancouver Island in a place referred to as “the land of plenty”. This Land of Plenty stretched from what is known today as Kelsey Bay in the north, down to Hornby and Denman Island in the south, and included the watershed and estuary of the Puntledge River. The people called K’ómoks today referred to themselves as Sahtloot, Sasitla, leeksun and Puntledge. They lived in Salmon River, Quinsam and Campbell Rivers, Quadra Island, Kye Bay, Comox Harbour and estuary, Baynes Sound, and many other locations throughout the territory. We respectfully acknowledge that the land we live and work on is on the **Unceded Traditional Territory of the K’ómoks First Nation**, the traditional keepers of this land.



K’ómoks First Nation

Inclusion Statement

Comox Valley Senior Support & Hornby Denman Health value diversity and inclusion and are committed to treating people with respect and dignity. This includes people of any age, sex, colour, ethnicity, nationality, faith, belief, culture, ability, socio-economic and education level, sexual orientation and gender.

.....

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Every effort is made to avoid errors and omissions.

If however, an error comes to your attention, please accept our sincere apologies and notify us. The information contained in this Directory may have changed since its publication.

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Hornby Denman Health 250-792-5889

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Welcome to your

COMOX VALLEY SENIORS RESOURCE GUIDE

Navigating resources and support can be challenging as we age. For those adjusting to a reduced income or increased physical or mental health concerns, it's particularly important to know how to find services in our community. To help with this, **Comox Valley Senior Support Society** and **Hornby Denman Health** bring you the Seniors Resource Guide 2nd edition to offer clarity and support for our aging community. We hope this guide will provide information that will be helpful in your day-to-day life.

In addition to needing additional resources, getting older has benefits too! Older adults can share their diverse life experience, knowledge and skills with those who haven't yet had lives with such extensive journeys. Unfortunately agism diminishes the value of older adults and underestimates their capacity, but elders are crucial members of our society, bringing the benefits and lessons of their life experiences to the whole community.

We recognize that a Resource Guide is just one tool when we need information or assistance. It can also be important to have conversations and a personal connection to find out how to find services and get support. **Comox Valley Senior Support Society and Hornby Denman Health can provide those needed connections and we welcome you to reach out to us.**

2024



Thank you

2024 Comox Valley Seniors Resource Guide



Comox Valley Senior Support (CVSS), with about 110 volunteers and a staff of five, provides service to approximately 300 Comox Valley seniors each month.

Each person, whatever their role, is integral to CVSS. The work accomplished is a collaborative effort, capitalizing on the skills and experience of each person involved and guided by the senior being supported.

It is important to recognise the roles that community partners play in the operation of CVSS. Whether it is another not for profit agency, or a local business, or the support staff from Island Health, each contributes to the success of the work done by CVSS staff and volunteers. Our work is not done in isolation and we thank our community friends and partners for the roles they play.

CVSS is pleased to provide support to family members as well. Some of the family members we support are local, caring for an aging adult, and needing the support of another person experiencing the same. Some family members live far away and call CVSS seeking guidance about how to provide support from a distance and to inquire about the services available in the Valley. Whatever the need, CVSS staff try to provide the correct fit or, if we cannot, access to the correct fit for family members.

Whether you have supported us, or we have supported you, thank you for another amazing year. We look forward to another year of relationship building with seniors, their families, our volunteers, our staff, and our community partners.



**44 years helping
older islanders
thrive on Denman
and Hornby Islands**

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or participate
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Volunteer Driving Program

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& Activity Program

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Grocery & Medication
Deliveries

Friendly Visits
& Safety Checks

Recycling & Garbage
Pick-ups

Light Housekeeping
& Laundry

Minor Home Maintenance

Help with Firewood



**hornby
denman
health**



COMOX VALLEY BETTER AT HOME

Since 2014, **Hornby Denman Health** has been offering the **Better at Home** Program throughout the Comox Valley. Better at Home assists older adults throughout BC, providing simple, non-medical support services so that people can live independently and stay connected in their community.

From transportation to meal delivery, phone check-ins to tasks in the house, our goal is to ease the day-to-day life of elders, their families, friends and caregivers.

We appreciate the older adults who have entrusted us to support them through the years. Meeting you, hearing your stories and having you as program participants is what keeps our work meaningful and it is a privilege to work with you.

JOIN US!

Our huge thanks to the generous volunteers who bring their whole hearts to Better at Home. Elders throughout the region benefit in so many ways as a result of your time, skills and compassion. We welcome people of all ages to join our wonderful volunteer team and would love to hear from you: 250-871-1165

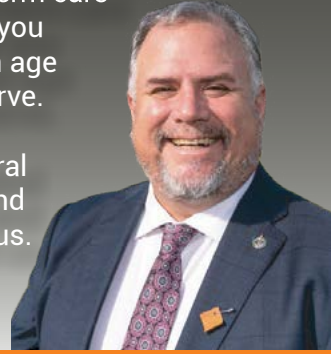
Thank you to our funders, donors and community partners for your support and collaboration.

Comox Valley Better at Home is funded by the Government of British Columbia through the United Way.



Everyone deserves to age in comfort and safety

From pensions, pharmacare, and housing to veterans' benefits, and long-term care your MPs are working for you so that every Canadian can age with the dignity they deserve.



For assistance with federal government programs and services, please contact us.

Rachel Blaney

Member of Parliament
North Island-Powell River
1-800-667-8404
Rachel.Blaney@parl.gc.ca



Gord Johns

Member of Parliament
Courtenay-Alberni
1-844-620-9924
Gord.Johns@parl.gc.ca

My office is available to assist you with provincial matters such as:

- Providing information on provincial benefits such as the Shelter Aid For Elderly Renters (SAFER)
- Help with contacting, and resolving issues with, provincial ministries and agencies
- Providing online links and printed versions of government policies and applications
- Ensuring due process is being followed
- Providing updates on steps our government is taking to address specific issues



Josie Osborne, MLA
MID ISLAND — PACIFIC RIM

Email: Josie.Osborne.mla@leg.bc.ca
Phone: 250.720.4515
Fax: 250.720.4511

MAYORS' MESSAGE



We have over 7000 seniors living in our vibrant Comox community and extend our wishes to each of you; may this year bring more of what you are seeking. I want to extend gratitude to organizations like Comox Valley Senior Support Society, Hornby Denman Health, d'Esterre Seniors' Centre, and our Community Rec Centre for their continued engagement with Valley residents. Their invaluable services foster and build upon connection and accessibility for all. The Resource Guide enhances local support, benefiting residents in Comox and beyond.

~ **Mayor Nicole Minions, Town of Comox**

The Senior's Guide celebrates your vitality, offering pathways to new adventures, lifelong learning, and opportunities for continued growth. Enjoy this guide as a compass, navigating you toward moments of joy, connections, and endless possibilities. Your wisdom and resilience continue to inspire our community while your experiences have woven the fabric of our community, shaping its history and guiding its future. Your knowledge and vibrant spirit enrich every corner of the Comox Valley.

~ **Mayor Bob Wells, City of Courtenay**



Nicole - Bob - Vickey

Many thanks to both CVSS and HDH for producing this wonderful guide for our seniors. The Comox Valley is so lucky to have a large senior population to compliment our youth and young families. Our elders are vital part of our Comox Valley family; bringing their skills, knowledge and experience to our communities; be it volunteering, sharing history, knowledge or their varied talents learned over a lifetime. I am grateful to all the organizations in this guide for providing vital services that ensure our seniors can find the supports they need to lead healthy, meaningful, full lives. Wishing you all the best for 2024.

~ **Mayor Vickey Brown, Village of Cumberland**

Ambulance Fire Police

9-1-1

BC Nurseline 7-day, 24-hr Health information Line

8-1-1 (or 7-1-1 hearing impaired)

Comox Valley Food Bank

250-338-0615

comoxvalleyfoodbank.ca

Comox Valley Nursing Centre

250-331-8502

islandhealth.ca/our-locations/nursing-centre-locations/comox-valley-nursing-centre

Crisis Chat Online Access

24 hour support: 1-888-494-3888

vicrisis.ca

Crisis Text Number

24 hour support: 250-800-3806

Mental Health & Substance Use Line

250-334-8524

Mental Health Support

(no area code) 310-6789

North Island Hospital Comox Valley

250-331-5900

islandhealth.ca/our-locations/hospitals-health-centre-locations/north-island-hospital-comox-valley

Pidcock House Homeless Shelter

250-338-2533

Police - Non Emergency

250-338-1321

RCMP Victim Services (Crime & Trauma)

250-334-5979

Talk Suicide 24 Hour

1-833-456-4566

CRISIS & EMERGENCY SUPPORT

Vancouver Island 24-hr Crisis Line

1-888-494-3888

Women's 24-hr Help & Information Line - Transition House

250-338-1227

NOTES

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DO YOU HAVE A NEW HEALTH DIAGNOSIS?

If you or a loved one has received a diagnosis or you are looking for services or support, here are some resources:

After Stroke BC

Phone: 1-888-313-3377

Website: strokerecoverybc.ca

Alzheimer Society of BC

Phone: 1-800-462-2833

Website: alzheimer.ca/bc/en/help-support/find-support-bc/vancouver-island

Arthritis Society

Phone: 1-800-321-1433

Website: arthritis.ca

BC Lupus Society

Phone: 1-866-585-8787

Website: bclupus.org

Canadian Mental Health Association - Mid-Island

Phone: 1-250-244-4042

Website: cmha.bc.ca/branches/cmha-mid-island

Canadian Red Cross - Courtenay

Phone: 1-250-334-1557

Website: redcross.ca/in-your-community/british-columbia-and-yukon/british-columbia-and-yukon-find-a-branch/courtenay-office

Comox Valley Head Injury Society

Phone: 1-250-334-9225

Website: cvhis.org

Comox Valley Pain Program

Phone: 1-250-331-8502

Website: islandhealth.ca/our-locations/pain-program-locations/comox-valley-pain-program

Chronic Pain Resources

Phone: 1-250-331-8502

Website: islandhealth.ca/learn-about-health/pain-pain-management/chronic-pain-resources



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24-Hour Care



Nursing Foot Care



End-of-Life Care



Home Support



Companionship



Dementia Care



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by Driving Miss Daisy*

Call (250) 890 7535

Comox Valley Diabetes Education Centre

Phone: 1-250-331-5964

Website: islandhealth.ca/our-locations/diabetes-education-centres/comox-valley-diabetes-education-centre

Heart & Stroke Foundation of Canada

Phone: 1-888-473-4636

Website: heartandstroke.ca

Island Deaf and Hard of Hearing Centre

Phone: 1-250-753-0999

Website: idhhc.ca

Kidney Foundation of Canada

Phone: 1-800-567-8112 (national) / 604-558-6879 (BC)

Email: janeen.tronnes@kidney.ca

Website: kidney.ca

Lung Association COPD Helpline

Phone: 1-866-717-2673

Website: bclung.ca/patient-support/copd-resources

Parkinsons Society of BC

Phone: 1-604-662-3240

Website: parkinson.bc.ca/resources-services/support-groups

Respiratory Education Centre

Website: islandhealth.ca/our-services/respiratory-health-services/respiratory-education-centre-rec

NOTES

“

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- Hawthorne Place, Qualicum
- Wedgwood House, Duncan

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LIVING YOUR BEST LIFE AT HOME

If you are an older adult or a caregiver, it's important to know about public health services available through Island Health.

SUPPORT AT HOME

If you need support at home, call the intake line to see what services are available to you.

Phone: 250-331-8570 (General Intake Line)

Have the following information ready when you call:

- Full Name
- BC Care Card or BC Services Card
- Date of Birth
- Home Address

Home Support

Home Support is personal care for those who are elderly, ill, recovering from an illness, have physical disabilities or need care at the end of life. Community-based teams support aging or recovery at home and include: Home Care Nursing, Social Workers, Rehab Workers, Case Managers, Home Support Workers and Geriatric Specialty Services.

Services may include:

- Home Care Nursing (wound dressing or medications)
- Home Safety Assessment
- Home Support (shower/bathing, meal service, mobility assistance)
- Occupational Therapy
- Palliative Care

Home Care and Home Support are provided by Island Health and while some services are free, there are costs for others, some based on your income.

If you already receive Home Support and need to discuss your services, call 250-331-8522 (press 0).

Island Health can also refer you to other services such as:

- Adult Day Programs
- Assisted Living
- Long Term Care



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.....

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ASSISTED LIVING & LONG TERM CARE

If you are unable to live independently, there are options for supported living, providing more assistance in your daily life.

Assisted Living

Phone: 250-331-8570 (if you DON'T receive Home Support)

Phone: 250-331-8522 (if you DO receive Home Support)

A Case Manager would make the referral for you to get on a list for an Assisted Living residence. If your income is low, cost is 70% of net income and includes rent, meals, housekeeping and home support.

Long Term Care

Phone: 250-331-8570 (if you DON'T receive Home Support)

Phone: 250-331-8522 (if you DO receive Home Support)

To move into a Long Term Care residence, a person must be assessed by Island Health. If you or someone you know, wants an assessment, call one of the numbers above. If you meet the criteria, a case manager would apply for residence on your behalf. Long Term Care provides 24 hour care if your income is low, cost is 80% of net income and includes rent, meals, housekeeping, laundry, personal care and medications.





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COMMUNITY HEALTH SERVICES

Out-patient services provided by Island Health in downtown Courtenay.

Comox Valley Nursing Centre

615 10th Street, Courtenay, BC V9N 1R2

Phone: 250-331-8502

The Nursing Centre provides support for those with chronic pain conditions. Support is provided by nurses, social workers, physiotherapist, pain specialists and educational support groups. Ask your doctor or clinic for referral or call directly to 250-331-8502.

Counselling and Mental Health Support

Adult Mental Health, 941C England Avenue

Phone: 250-331-8524

Call for an assessment and the next available appointment time. You may be referred for resources, tests, counselling, a support group or crisis services. Drop-in groups, for mental health concerns or substance use, are open to the public.

Health Connections Clinic at the Comox Valley Nursing Centre

The Health Connections Clinic provides health care and addiction medicine for those without a family doctor or nurse practitioner. This team has family doctors, nurses and social workers to support both physical or mental health needs. Ask your doctor or clinic for referral or call directly to 250-331-8502.

Positive Wellness North Island provides prevention, education, treatment and support related to HIV and hepatitis. This team has doctors, nurses and an HIV specialist, providing outreach services, case management, links to care and medication support. Located at the Comox Valley Nursing Centre, Monday to Thursdays from 9am – 4:30pm.

NOTES



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OTHER COMMUNITY HEALTH SERVICES

BC Nurseline

Call 8-1-1 (or 7-1-1 if you're hearing impaired)

Call to ask a registered nurse your health questions.

Comox Valley Hospice Society

Phone: 250-339-5533

Website: comoxhospice.com

The Hospice Society provides information, education and programs to ease the journey of dying and grieving.

Geriatric Specialty Team

Phone: 250-331-8570

Assistance for loved ones struggling with dementia, cognitive or mental health concerns.

North Island Hospital – Courtenay

Phone: 250-331-5900

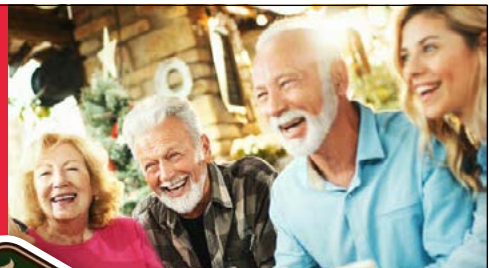
Emergency department and lab services by appointment.

To get on a waiting list for a family doctor

Call Healthlink BC at 8-1-1 (or 7-1-1 for hearing impaired)

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Courtenay**

Indigenous Liaison Nurse Program, Island Health

WHO WE ARE:

Laurel Anderson, RN
250-331-5900 ext. 65308
laurel.anderson@islandhealth.ca

Emily Mark (weekend ILN)
emily.mark@islandhealth.ca

WHAT WE DO:

The Indigenous Liaison Nurse Program is an island-wide program supporting and advocating on behalf of Indigenous patients, clients and families; helping to access referrals, benefit information and more.

Indigenous Liaison Nurses support Indigenous patients and families and will:

- *Advocate on your behalf to ensure your needs are being attended to and your goals are heard.*
- *Support your healing journey.*
- *Support understanding of medical diagnosis, treatment and services and helping patients and families find answers to your questions.*
- *Support patients, family, health advocates, First Nation community health teams and other Indigenous health service providers to ensure smooth transitions from home to hospital and back home.*
- *Support connection with spiritual and traditional healing.*
- *Assist patients and families with sharing your experience of care and advocating for change.*
- *Support culturally appropriate care by connecting patients and families with the Elder-in-Residence or other cultural or spiritual supports.*
- *Assist with access to First Nations Health Authority benefits, including transportation, medical supplies and equipment.*

Indigenous Women's Sharing Society (IWSS)

202 – 576 England Avenue, Courtenay

Phone: 250-338-3455

Email: indigenouswomenssharingsociety@gmail.com

Website: www.iwss.ca

Building respectful networks where women and kin can share Indigenous and contemporary knowledge and skills. IWSS promotes healthy living, social activities and supportive services for seniors and families, inclusive of all ages, fostering cross-cultural respect and understanding.

Kinship Care Help Line

(formerly Grandparents raising Grandchildren)

Help Line: 1-855-474-9777 (anywhere in BC)

Email: kinshipcare@parentsupportbc.ca

Website: www.parentsupportbc.ca/services/support-line/

Provides support, advocacy and resources to grandparents and other relatives raising a family member's child. The Help Line is staffed by advocates trained in advocacy, social work, family law, and government services related child welfare and kinship caregiving. Services are confidential and ongoing.

Call for assistance to:

- *Navigate systems such as the Ministry of Children and Family Development.*
- *Overcome barriers to find the answers and get resources needed to prevent or solve problems.*
- *Find benefits and services to support the whole family.*

MIKI'SIW Métis Association

576 England Avenue, Courtenay

Phone: 250-871-7353

Email: comoxvalleymetisoffice@gmail.com

Website: comoxvalleymetis.com

A Chartered Community of the Métis Nation of British Columbia with over 325 members and associate members in the Comox Valley. Membership is available to members of the Métis Nation, as well as family and associate memberships. MIKI'SIW has a newsletter, a lending library and hosts cultural events including Métis Elders' lunches.

Did you know that women spend 40% of their lives in a postmenopausal state?

Menopause occurs when a woman's ovaries stop producing hormones such as estrogen and progesterone. Low levels of estrogen and progesterone can negatively impact a woman's quality of life and ability to have a loving and intimate relationship. Loss of estrogen results in vaginal dryness, laxity, burning, pain during intercourse, and mild urinary incontinence.

Bascom Medical Therapy is excited to offer the **MonaLisa Touch** laser therapy, designed to treat these symptoms, known collectively as Genitourinary Syndrome of Menopause (GSM). The laser targets the atrophic vaginal mucosa and stimulates a metabolic reaction and neocollagenesis, resulting in enhanced vascularization, elastin, and collagen deposition.

The **MonaLisa Touch** laser therapy is a 5-minute procedure performed in the office. Generally, it requires no recovery time to return to regular activity. Three treatments, spaced at 4 to 6-week intervals, are recommended. **Many patients experience relief after just one treatment.**

Take the Self-Survey... Is this treatment for me?

- Are you peri-menopausal?
- Do you notice the symptoms of vaginal discomfort on a regular basis?
- Are you experiencing: dryness, itching, discharge, odor, irritation, tenderness?
- Have you been through cancer treatments?
- Do you choose not to [or cannot] use estrogen/hormone therapies?
- Are you experiencing urinary problems?
- Would you like to have sexual relations without discomfort?
- Would you like to revitalize your vaginal area?

If you checked 3 or more boxes, MonaLisa Touch may be a helpful treatment for you.



BASCOM
— MEDICAL THERAPY —



MonaLisa Touch

bascommedical.com

778.431.0200

 [bascommedicaltherapy](https://www.facebook.com/bascommedicaltherapy)

Upper Island Women of Native Ancestry

105 – 1509 Cliffe Avenue, Courtenay
Phone: 250-334-9591

The UIWONA Society provides programs and services to Indigenous women and families that promote health, happiness and vitality with Indigenous culture as the foundation.

Wachiay Friendship Centre Society

1625 McPhee Avenue, Courtenay
Phone: 250-338-7793

Wachiay provides vital supports and services in the Comox Valley, including legal advocacy, income tax preparation, emergency assistance and homeless outreach.

Ongoing social and cultural programs for elders include:

- *Weekly Elders Lunch every Wednesday.*
- *Community Dinner every other Friday, open to everyone.*
- *Elders Programming, Saturday and Sunday, 10am to 2pm.*

NOTES

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Unit B-Bay 2

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Wed, 9:30am – 12noon

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Phone: 250-871-1165

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Comox Valley Food Bank

Phone: 250-338-0615

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Email: info@ngate.ca
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Valley Home Meals

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Courtenay and Comox Valley Kiwanis Villages

635 Pidcock Avenue, Courtenay, BC, V9N 3E4

Phone: 250-338-8651

Email: comoxvalleykiwanis@gmail.com

Website: courtenaycomoxkiwanisvillages.com

Call or email to request an application

Lake Trail: M'Akola Leasehold Society

2060 Lake Trail Road, Courtenay, BC, V9N 9C4

Phone: 250-703-0357

Email: info@makola.bc.ca

Apply to BC Housing Registry (below)

Seaview Village

Box 247, Union Bay, BC, V0R 3B0

Phone: 778-427-9996

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Mailing: 21-1547 Dingwall Road, Courtenay, BC, V9N 3S8

Phone: 250-334-3340

Email: admin@cvahs.com

Website: www.cvahs.com

Call or email to request an application

Washington Apartments

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Phone: 250-338-0330

Apply to BC Housing Registry

To get your name on the BC Housing Registry:

101 – 4555 Kingsway, Burnaby, BC, V5H 4V8

Phone: 1-800-257-7756

(there may a long wait on hold or a request to call later)

Website: <https://housingapplication.bchousing.org/olf/faces/welcome>

Print the application form in this link and mail

(or apply online above)

www.bchousing.org/publications/Housing-Registry-Application-Form.pdf

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Website: www.retirementconcepts.com/location/casa-loma/

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Assisted Living & Long Term Care

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- *60+ living on a First Nation and getting band assistance.*
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- *65+ and would qualify for GIS, but does not meet the Canadian 10-year residency rule.*

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Phone: 250-338-0196

Website: wheelsforwellness.com/contact-us/

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Office of the Seniors Advocate

1405 Douglas Street
Victoria, BC V8W 9P4
250-920-5070

info@seniorsadvocatebc.ca



OFFICE OF THE
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www.seniorsadvocatebc.ca

Comox Valley Lifeline Society

The **Comox Valley Lifeline Society** was established in 1988 by the local Lions Club. Lifeline is a simple, convenient, and effective way for people to access help while maintaining an independent lifestyle: Providing prompt and caring assistance twenty-four hours a day, seven days a week at the touch of a button. Lifeline offers peace of mind and a sense of reassurance for subscribers, families, and caregivers, that should an incident occur, appropriate help is available.

Comox Valley Lifeline Society

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- *Accepting New Patients*
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 - *Direct Billing Insurance*
- Dentistry you can TRUST.

Valley Denture Centre

250-334-4732

Mike Radeka - Denturist
331 B 6th Street
Courtenay

valleydenturecentre@gmail.com

- *Complete, Partial, Rebase, Reline, and Repair*
- *Free Consultations*
- *No Referral Necessary*
- *New Patients Always Welcome*

Valley Home Meals

250-339-2625 | 1-866-216-2655

1828 Knight Rd, Comox
Serving the Island Since 1999

www.ValleyHomeMeals.com

- *Delicious Quality Frozen Meals*
- *Available for Pick-up or Delivery*
- *Delivery: Campbell River to Victoria*
- *Provider for Veterans*
- *Dietitian Approved Entrees*



Islanders Helping Islanders

Services for Older Adults



**INFORMATION & CARE
COORDINATION**



**HELP AROUND THE
HOME**



WEEKLY GATHERINGS



**GROCERY SHOPPING
& DELIVERY**



EQUIPMENT LOANS



**MEDICATION, PARCEL
& LIBRARY PICK-UPS**



**EXTREME WEATHER
REGISTRY**



**GARBAGE &
RECYCLING PICK UPS**



**TRANSPORTATION TO
APPOINTMENTS**



**FRIENDLY VISITS &
COMPANIONSHIP CARE**

**Mental Health & Substance Use Services
for all ages 778-585-4585**

hornbydenmanhealth.com

GROCERIES, HAMPERS & MEALS

Denman Island General Store

1069 Northwest Road, Denman Island

Phone: 250-335-2293

Groceries, liquor, propane, gas & postal services.

Open 7 days a week.

Farm to Family Meals

Phone: 250-898-0245

Email: farmtofamilydi@gmail.com

Meal delivery bi-weekly.

Denman Island Community Education Society (DICES)

Phone: 250-335-2058

Email: dices.communityprograms@gmail.com

Multiple food programs.

Farmers Market Nutrition Coupon Program

Phone: 250-335-2058

Email: dices.communityprograms@gmail.com

Weekly coupons for seniors for the Denman Island Farmers' Market (May – November).

Sign up early as spaces are limited.

Food Bank

Denman Community Hall

No forms or requirements; just drop in and help yourself.

Thursdays 4-7 pm.

Holiday Hampers

Phone: 250-335-2058

Email: dices.communityprograms@gmail.com

Website: www.dices.ca

Produce, meat / vegan options, treats, gifts and groceries for the festive season. Hamper forms at the General Store, Community School or online.



HEALTHCARE, EMERGENCY or CRISIS

Emergencies: 9-1-1 for BC Ambulance or Fire

BC Nurseline & Health Link BC

Phone: 811 / 711 for the hearing impaired

7 days a week, 24 hours a day

Ask a registered nurse your health questions.

Comox Valley Transition Society

Phone: 250-338-1227 / 24 hour crisis line

Counselling for women who have experienced violence or abuse available the 1st and 3rd Wednesday of the month, at the Denman Clinic or by phone or zoom. Also available for women who are unsheltered, struggling with poverty or working toward recovery.

Counselling and Mental Health Support: Hornby Denman Health

Phone: 778-585-2585 - **Support Worker**

If you need support and want to talk to someone about your Mental Health or you are struggling with substance use

Phone: 250-898-0247 - **Family Services Support**

If you need support regarding the children or young people in your life.

Denman Island Emergency Support Services

Phone: 250-335-0730

Provides short-term emergency services (housing, food, clothing) if someone is forced from their home by fire, flood or earthquake.

Denman Island Medical Clinic

3351 Piercy Rd, Denman Island

Phone: 250-335-2260

Family doctors, nurse practitioner, Indigenous wellness advocate, pharmaceutical consultancy, dietician, physiotherapy, social worker, laboratory testing, prescription delivery, counselling and mental health support.



PHARMACY

Denman Island Health Clinic

Phone: 250-335-2260

Prescription pick-up weekly at the Clinic from Living Room Pharmacy (250-338-5665), Courtenay. Delivery fee may apply.

AGING IN PLACE

Home Nursing Care / Home Support: Island Health

Phone: 250-331-8570

If you are an older adult or a caregiver, it's important to know about public health services available through Island Health. Based on an assessment of your needs and eligibility, services could include Home Care Nursing, Home Support, palliative care, falls prevention exercises, home safety assessment, physical therapy and occupational therapy. There is no cost for Home Care Nursing. The cost of Home Support depends on income.

Please have the following information for yourself or the person you are calling for:

- Full name
- Home address
- BC Care Card
- Date of Birth

Hornby Denman Health

1965 Sollans Road, Hornby Island

Phone: 250-792-5889

Email: care@hornbydenmanhealth.com

Services to help older adults age at home: transportation, recycling / garbage pick-up, grocery delivery and shopping, meals, friendly visiting and more.

SOCIAL & RECREATIONAL

Denman Island Community Education Society

1100 Northwest Road, Denman Island

Phone: 250-335-2058

DICES provides education, support and recreational services for all ages including community Internet access, health & wellness education and continuing education for life-long learning.

Denman Activity Centre (DAC)

1111 Northwest Road, Denman Island

Website: denmanactivitycentre.ca

DAC houses the Denman Island Museum and Archives, fitness centre, gymnasium, lounge and a commercial kitchen. Weekly activities for seniors, monthly seniors' lunches and community events.

Seniors Day Program: Hornby Denman Health

Phone: 250-792-5889

A weekly social gathering with activities and lunch. Registration is required.

TRANSPORTATION

Volunteer Driver Program: Hornby Denman Health

Phone: 250-792-5889

Rides to essential health related appointments, on or off the island provided by volunteers. Booking a week in advance is encouraged to ensure volunteer availability.

Travel Assistance Program (TAP)

Phone: 1-800-661-2668

Website: www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc

Financial assistance to BC residents who must travel outside their community for non-emergency, physician-referred medical care. Request a TAP form from your local health clinic.

BC Ferries

Phone: 1-888-223-3779

Email: customerservice@bcferries.com

Website: bcferries.com

END OF LIFE SUPPORT / FUNERALS & BURIALS

Denman Friends and Neighbours: End-of-Life Support

Phone: Angela 778-554-5949, Wendy 250-335-1765,
Roxanna 250-335-2576

Volunteer assistance if you choose to die at home, including emotional support, documents, permits, transporting your body and registration of death.

Denman Island Cemetery

Denman Road near North Central crossroad

Phone: 250-335-2264 (Lisa Wood)

Call regarding maintenance or headstones for existing family plots. There are no more grave sites available at this cemetery.

Denman Island Natural Burial Cemetery Services

6400 Denman Rd, Denman Island

Phone: 250-335-1786 (to arrange a burial in the coming days)

Website: www.dinbc.ca

Natural burial is the return of a body to the earth as simply as possible, combining earth-friendly interment with land conservation. The Cemetery Manager will assist you through the process.

Memorial Society of BC

Phone: 1-888-816-5902

Email: admin@memorialsocietybc.org

The Memorial Society of British Columbia (MSBC), a non-profit organization since 1956, is an objective source of education and information for planning funeral services. For a one-time membership fee of \$50, MSBC helps members plan funerals that are simple, dignified and affordable.

NOTES

GROCERIES, HAMPERS & MEALS

Ford's Cove Store

10835 Central Road, Hornby Island

Phone: 250-335-2169

Open daily 8am – 8pm.

Hamper Program: Hornby Denman Health

Phone: 250-335-2885

Email: info@hornbydenmanhealth.com

Customized holiday hampers. Call to receive a hamper, donate or volunteer.

Hornby Island Co-op

5875 Central Road, Hornby Island

Phone: 250-335-1121

Groceries, meals, hardware, liquor, gas, post office & prescription pick up. Open daily.

Hornby Island Community Kitchen & Food Bank

3875 Central Road, Hornby Island

Phone: 250-335-0023, 250-335-0791 or 250-335-3480

Hot Lunch: Mon, Wed, Fri, Noon – 1pm

Take away, eat-in or home delivery available.

Food Bank: Mon, Wed, Fri, 11am – 1pm

Literary Lunches

1765 Sollans Road, Hornby Island

Phone: 250-335-2101

Email: hornbynewhorizons@gmail.com

Lunches open to all.

Thursdays, 12 noon – 2 pm, October thru March

\$10 fee for lunch, includes soup, sandwich, dessert and includes a speaker.

NOTES

HEALTHCARE, EMERGENCY or CRISIS

Emergencies: 9-1-1 for BC Ambulance or Fire

BC Nurseline & Health Link BC

Phone: 811 / 711 for the hearing impaired

7 days a week, 24 hours a day

Ask a registered nurse your health questions.

Comox Valley Transition Society

Phone: 250-338-1227 / 24 hour crisis line

Counselling for women who have experienced violence or abuse available the 1st and 3rd Wednesday of the month, at the Denman Clinic or by phone or zoom. Ferry costs covered from Hornby Island. Also available for women who are unsheltered, struggling with poverty or working toward recovery.

Counselling and Mental Health Support:

Hornby Denman Health

Phone: 778-585-2585: **Support Worker**

If you need support and want to talk to someone about your Mental Health or you are struggling with substance use

Phone: 250-898-0247: **Family Services Support**

If you need support regarding the children or young people in your life.

Hornby Island Medical Clinic: Island Health

1885 Sollans Road, Hornby Island

Phone: 250-331-8631

Family doctors, nurse practitioner, Indigenous wellness advocate, pharmaceutical consultancy, dietician, physiotherapy, social worker, laboratory testing, counselling and mental health support.

NOTES

PHARMACY

Hornby Island Co-op

Phone: 250-335-1121

Prescriptions delivered by Rexall Drugs or Living Room Pharmacy in Courtenay. Prescription pick up Tuesdays and Fridays at the Co-op Post Office.

AGING IN PLACE

Home Nursing Care / Home Support: Island Health

Phone: 250-331-8570

If you are an older adult or a caregiver, it's important to know about public health services available through Island Health. Based on an assessment of your needs and eligibility, services could include Home Care Nursing, Home Support, palliative care, falls prevention exercises, home safety assessment, physical therapy and occupational therapy. There is no cost for Home Care Nursing. The cost of Home Support depends on income.

Please have the following information for yourself or the person you are calling for:

- Full name
- Home address
- BC Care Card
- Date of Birth

Home Assist for Seniors: Hornby Denman Health

1965 Sollans Road, Hornby Island

Phone: 250-792-5889

Email: care@hornbydenmanhealth.com

Services to help older adults age at home: transportation, recycling / garbage pick-up, grocery delivery and shopping, meals, friendly visiting and more.

NOTES

COMMUNITY

Hornby Island Community Fund

Website: www.hornbycommunityfund.org

Create your legacy and give the gift that keeps on giving through the Hornby Community Fund.

Donations to Fund can be cash, stocks, or property and tax receipts are provided. Support your “heart home”.

HOUSING

Hornby Island Elder Housing

5775 Central Road, Hornby Island

Phone: 250-335-1048

Website: hornbyhousing.org

Non-profit housing for elders 55 years and older, for independent living with community supports. Studio and one bedroom units with affordable rent. A waiting list is maintained.

**HEEL
YOUR
SOLES**



DO YOU HAVE SORE FEET?

| | |
|----------------------------|------------------------------|
| NAIL TRIMMING AND CARE | CORN AND CALLUS REMOVAL |
| DIABETIC FOOTCARE | INGROWN TOENAILS |
| ELDERLY FOOTCARE | FOOTWEAR AND ORTHOTIC ADVICE |
| FOOT AND ANKLE EVALUATIONS | FUNGAL TOENAIL MANAGEMENT |
| FOOT MASSAGE | |

Flo Keenan, CMP (Footcare Practitioner)
flo@heelyoursoles.com
www.heelyoursoles.com 778.302.9228

SOCIAL & RECREATIONAL

Hornby Island Educational Society (HIES)

Email: hiesboard@gmail.com

Website: hornbyeducation.com

Furthering education and building community through advocacy, coordination and collaboration; offering programs, services and activities.

HIES also operates The Kitchen and Food Bank (see info under Groceries, Hampers, Meals).

Hornby Island New Horizons Society

1765 Sollans Road, Hornby Island

Phone: 250-335-2101

Email: hornbynewhorizons@gmail.com

Website: hornbynewhorizons.com

Activities for members 50 and up, including lunches, classes, recreational activities, off-island trips.

Membership: \$30 per year.

Classes: \$1 per class for members.

Literary Lunches

1765 Sollans Road, Hornby Island

Phone: 250-335-2101

Email: hornbynewhorizons@gmail.com

Lunches open to all.

Thursdays, 12 noon – 2 pm, October thru March

\$10 fee for lunch, includes soup, sandwich, dessert and includes a speaker.

Seniors Day Program: Hornby Denman Health

Phone: 250-898-0244 (Nicole)

A weekly social gathering at New Horizons with activities and lunch. Registration is required.

NOTES

TRANSPORTATION

Volunteer Driver Program: Hornby Denman Health

Phone: 250-792-5889

Rides to essential health related appointments, on or off the island provided by volunteers. Booking a week in advance is encouraged to ensure volunteer availability.

Travel Assistance Program (TAP)

Phone: 1-800-661-2668

Website: www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc

Financial assistance to BC residents who must travel outside their community for non-emergency, physician-referred medical care. Request a TAP form from your local health clinic.

BC Ferries

Phone: 1-888-223-3779

Email: customerservice@bcferries.com

Website: bcferries.com



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END OF LIFE

Hornby Island Cemetery

4100 Central Road, Hornby Island

Phone: 250-335-1131 to arrange a burial

Website: www.hirra.ca/services/cemetery-stewards/

The Cemetery is available to Hornby Island residents. A plot for burial or cremated remains is provided after death has occurred. No pre-booking.

Memorial Society of BC

Phone: 1-888-816-5902

Email: admin@memorialsocietybc.org

The Memorial Society of British Columbia (MSBC), a non-profit organization since 1956, is an objective source of education and information for planning funeral services. For a one-time membership fee of \$50, MSBC helps members plan funerals that are simple, dignified and affordable.



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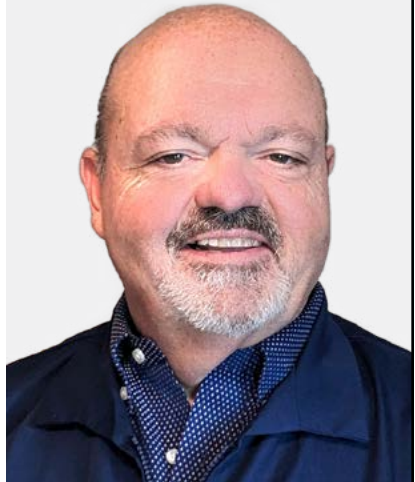
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RHIP/C**

ClearEars.ca

HEALTH

Fair Pharmacare

Phone: 1-800-663-7100

Website: <https://my.gov.bc.ca/ahdc/msp-eligibility>

First Nations Health Authority (FNHA)

The FNHA plans, manages and funds the delivery of First Nations health programs across BC.

Phone: 250-924-6125

Email: OB@Reception@fnha.ca

Website: fnha.ca

Island Health - Seniors Services (for those over 65)

Website: islandhealth.ca/our-services/seniors-services

Medical Service Plan BC

Phone: 1-800-663-7100

Website: <https://www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents>



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with us!**



**COMOX VALLEY
SENIOR
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- Friendly Phone Calls and Senior Visits
- 60 Minutes Per Week
- Training and Ongoing Support Provided

**For more information on how
you can help, call us today.**

250.871.5940

ComoxValleySeniorSupport.ca

HOUSING

BC Housing - Vancouver Island Regional Office

Phone: 1-800-787-2807

Website: bchousing.org

BC Rebate for Accessible Home Adaptations

Financial rebates to eligible low-income households to complete home adaptations for independent living.

Phone: 1-800-257-7756

Website: bchousing.org/housing-assistance/BC-RAHA

Choice in Supports for Independent Living (CSIL)

Option for home support where funds are provided to clients to purchase and manage their own home support services.

Phone: 250-331-8570

Website: <https://www.islandhealth.ca/our-services/home-care-services/choice-supports-independent-living-csil>

Independent Living BC

Phone: 1-800-257-7766

Website: bchousing.org/housing-assistance/housing-with-support/independent-living-bc-program

Residential Tenancies Board

Assistance for tenants in a conflict with a landlord (*rent increase, eviction etc*).

Phone: 1-800-665-8779

Website: <https://www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies>

Shelter Aid for Elderly Renters (SAFER)

Financial assistance for seniors to assist with rental costs.

Phone: 1-800-257-7756

Website: bchousing.org/housing-assistance/rental-assistance-programs/SAFER



RESOURCES & SUPPORT

BC211: Confidential, Support & Resources 24/7

Dial or text 2-1-1 to find help for life's challenges. 211 is free, confidential and available in over 240 languages and dialects.

Phone: 2-1-1

Website: bc211.ca

BC Senior Advocate

Information and referral line available 24 hours a day, every day. Senior service specialists will work with you during office hours to provide resources and help resolve issues.

Phone: 1-877-952-3181

Email: seniorsadvocatebc.ca

Website: <https://www.seniorsadvocatebc.ca/>

BC Seniors' Guide

Phone: 1-877-952-3181

Website: gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc-seniors-guide-12th-edition.pdf

Seniors BC

Information on government services for older adults.

Phone: 1-800-663-7867

Website: www2.gov.bc.ca/gov/content/family-social-supports/seniors

NOTES

Elder Dog Canada

ElderDog Canada is a national, registered charitable organization dedicated to aging people, aging dogs, and the important connection they enjoy. Services include dog care support for seniors and re-homing older dogs.

Phone: 1-855-336-4226

Email: info@elderdog.ca

Website: elderdog.ca

NOTES

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Online: WellnessNEWS.ca **Phone:** 800-840-4309

Online Directory: WellnessHubVancouverIsland.ca

CAREGIVER & GRIEF SUPPORT / END OF LIFE

Advance Care Planning

Information to help identify goals, values, and beliefs related to your health and care.

Phone: 250-370-5687

Email: advancecareplanning@islandhealth.ca

Website: islandhealth.ca/our-services/advance-care-planning/advance-care-planning

Comox Valley Hospice Society

Offers individual and group care, support, and information for those impacted by end of life within Aitken Community Hospice, Comox Valley Hospital, and in community.

Phone: 250-871-0696

Website: comoxhospice.com

Comox Valley Lifeline Society

An easy-to-use personal emergency response system to call for help day or night.

Phone: 250-338-4255

Email: comoxvalleylifeline.com

Comox Valley Senior Support Caregiver Support

Caregiver Support Groups provide a monthly opportunity for caregivers to meet in a friendly, supportive environment.

Phone: 250-871-5940

Website: comoxvalleyseniorsupport.ca/programs/#Caregiver-Support

EI Compassionate Care Benefits

Providing financial assistance while you're away from work to care for a critically ill or injured person or someone needing end-of-life care

Phone: 1-800-622-6232

Website: canada.ca/en/services/benefits/ei/caregiving.html

Hospice, Palliative and End-of-Life Care

Email: Carolyn.Wilkinson@islandhealth.ca

Phone: 250-924-6125

Website: www.islandhealth.ca/our-services/end-of-life-hospice-palliative-services/hospice-palliative-end-of-life-care

Island Health Caregiver Support

Phone: 250-519-7700 EXT: 11928

Email: communityvirtualcare@islandhealth.ca

Medical Assistance in Dying (MAID)

British Columbians seeking medical assistance in dying should speak with their doctor, nurse practitioner or Island Health for information, eligibility, process, safeguards and other end-of-life options.

Phone: 1-877-370-8699

Email: maid@islandhealth.ca

Website: www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/end-of-life-care/medical-assistance-in-dying

Caring is in the details.
Ask us **today** how we can
care for your details.



telfordtoneffboyd.ca

Toneff Funeral Services

A Division of Lonsdale Funeral Group Inc.

250.338.4463

106-2100 Guthrie Rd, Comox



Boyd's Funeral Services

A Division of Lonsdale Funeral Group Inc.

250.287.2240

1040 9 Ave, Unit 1, Campbell River

FEDERAL GOVERNMENT BENEFITS & PROGRAMS

Canada Pension Plan (CPP)

The CPP retirement pension is a monthly, taxable benefit that you can receive for the rest of your life. To qualify for CPP you must apply, be at least 60 years old and have made at least one contribution to CPP.

Phone: 1-800-277-9914

Website: www.canada.ca/en/services/benefits/publicpensions/cpp.html

CPP Additional Benefits

You may also qualify for other CPP benefits listed below. Like the CPP pension, you must apply for these benefits: Post-retirement Benefit, Disability Pension, Post-retirement Disability Benefit, Survivor's Pension, Children's Benefit and Death Benefit

Phone: 1-800-277-9914

Website: www.canada.ca/en/services/benefits/publicpensions/cpp.html

Canadian Dental Care Plan (CDCP)

CDCP is a new federal public dental plan available for Canadians who do not have access to dental insurance and have a family net income of less than \$90,000. Letters will be mailed to you with instructions on how to apply.

Phone: 1-833-537-4342

Website: www.canada.ca/en/services/benefits/dental/dental-care-plan/

Federal Programs and Services for Seniors

An overview of all federal programs available to seniors.

Phone: 1-800-622-6232

Website: www.canada.ca/en/employment-social-development/campaigns/seniors.html

GST/HST Credit

The GST (GST/HST) credit is a tax-free quarterly payment for people with low / moderate incomes. You are automatically considered for the GST/HST credit when you file your taxes. There are other tax benefits that you may be eligible for, based on income, health or living situation. Call to enquire.

Phone: 1-800-622-6232

FEDERAL GOVERNMENT PROGRAMS

Indigenous Services Canada

General information about federal government services for First Nations, Inuit and Métis people, including health care, mental health support, residential school survivor support and status cards.

Phone: 1-800-665-9320 or 1-800-567-9604

Email: infopubs@sac-isc.gc.ca

Website: www.canada.ca/en/indigenous-services-canada.html

Hope for Wellness Help Line

Counselling and crisis intervention for Indigenous peoples across Canada, 24/7.

Phone: 1-855-242-3310

Website: hopeforwellness.ca (for information or online chat)

Residential School Survivors

Emotional crisis referral services and information on health supports for Residential School Survivors.

Phone: 1-866-925-4419



thank you

To all our Advertisers for their support in helping to provide this Directory FREE of charge to our communities.

Please patronize their businesses whenever possible and let them know you saw their ad in our Directory.

Old Age Security (OAS)

A monthly pension for those 65 and older, determined by how long you have lived in Canada after the age of 18. In most cases, you will be automatically enrolled however you may need to apply if the government does not have all your information.

In-person: 130 19th Street, Courtenay, BC, V9N 8S1

Phone: 1-800-277-9914

Website: www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html

Guaranteed Income Supplement (GIS)

A monthly payment for those 65 or older. Eligibility is based on income. GIS payments are added to OAS pension payments each month. In most cases, you will be automatically enrolled, however you may need to apply if the government does not have all your information.

Phone: 1-800-277-9914

Website: www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.htm

Veterans Affairs Canada

An overview of all federal programs available to veterans, including housing, caregiver support, mental / physical health and financial programs.

Phone: 1-866-522-2122

Website: www.veterans.gc.ca/eng

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