

SENIORS

RESOURCE DIRECTORY

2022 COMOX VALLEY

Housing
Resources
Shops
Services
Health
Transportation
Safety
Recreation

THE COMOX VALLEY
Record

 **Black Press Media**





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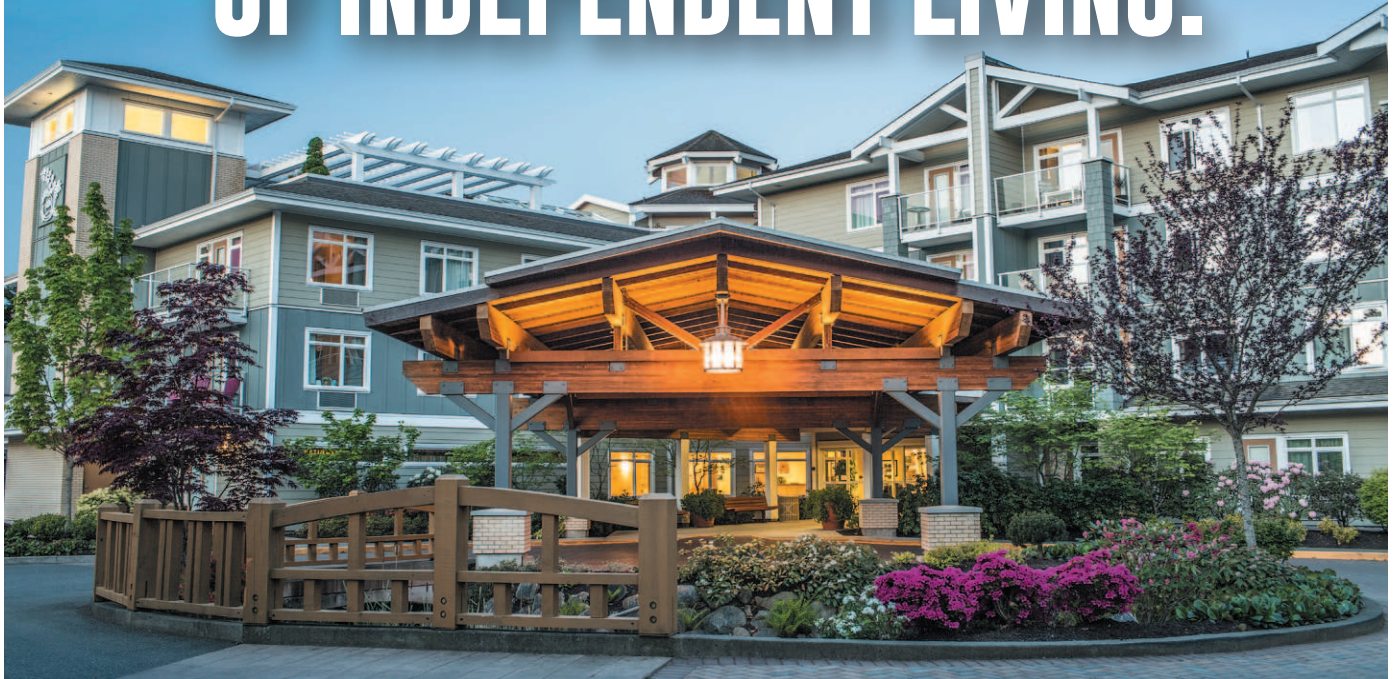
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QUALICUM BEACH | VICTORIA: GORDON HEAD & ROYAL OAK



Dear Reader,

Is there value in taking the time to read this page?

Yes, we believe with better understanding, one becomes enlightened and confident.

We often get the question about WHY we should consider arranging our end of life affairs in advance .

It's the easiest way to keep your life and family organized. You've made your own decisions all of your life, so why would you leave it for someone else to do it for you?

It's simply a matter of making an appointment and coming in for a cup of coffee. We do the rest. We complete the necessary forms, discuss your expectations and provide you with options. That's all that's necessary. It's done! A prepaid plan can be set up to be paid in full or over time.

You leave and forget about it; knowing that not only have you eliminated decisions for other family members to make, but you've also saved a lot of money as well, when you lock into today's prices with our **"Inflation Proof Plan"**.

Great information and a great benefit!

Call us today at 250-334-0707. Let's talk!



Comox Valley Funeral Home and Crematorium

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250-334-0707

comoxvalleyfuneralhome.com



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Call: 250-871-5940

WHAT WE DO:

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- Assistance with applications and paperwork
- Counselling
- Information about community programs, services, and supports
- Caregiver Support Programs
- Advocacy
- Shopping

**Though all programs and services are free to clients, your
donations are welcomed and appreciated.**

To donate, please visit our website.

Comox Valley Senior Support gratefully acknowledges the support of Island Health, United Way British Columbia, Community Food Centres Canada, LUSH Valley Food Action Society, Berwick Comox Valley, First Credit Union, Uptown Dental, Driving Miss Daisy, Casa Loma & Comox Valley Seniors Village, Wellnessnews, and numerous, generous, individual donors.



**comoxvalleyseniorsupport.ca
admin@comoxvalleyseniorsupport.ca**

C1 – 450 8th Street, Courtenay V9N 1N5



Our mission is to improve the quality of life for seniors.

Our communities provide elegant, comfortable surroundings to enhance your lifestyle, with a choice of services and programmes to support your every need.

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250.331.4365**

retirementconcepts.com

INDEPENDENT LIVING | ASSISTED LIVING | COMPLEX CARE



Although death is a normal part of life, navigating grief is never easy. Here are some FAQs about the support available at CVHS.

Q: Is a palliative diagnosis the same as having a terminal illness?

A: Having a palliative diagnosis means that the treatment and care of an illness or condition is focused on managing symptoms not a cure.

Q: Does having a palliative diagnosis mean that I'm dying?

A: A palliative diagnosis means a person's illness or condition will not be cured and will eventually result in death. This person may still be active and living independently as their condition progresses. It may or may not mean that they are actively dying.

Q: My doctor said I could call CVHS for support. What support is available?

A: While CVHS does not provide grief counselling to the general public, we do offer a range of programs and anticipatory grief resources including limited counselling to:

- Family members of current CVHS clients at the end of life
- Those referred by the Island Health Palliative Care Team
- Primary caregivers of someone at the end of life
- A person who has received a palliative diagnosis

Our programs include volunteer support and visiting programs, self care clinics, support groups when available, and limited one to one counselling.



Visit our website at comoxhospice.com

Phone 250.339.5533 or email reception@comoxhospice.com

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The Seniors Resource Directory is a special supplement to Comox Valley Record.

For more information or to advertise in our Seniors Resource Directory for 2023, please contact the Comox Valley Record at 250-338-5811.



Black Press Media

comoxvalleyrecord.com



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Leah REICHELT
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Leah - Seniors Real Estate Specialist (SRES) A Realtor who is uniquely qualified to assist seniors in housing sales & purchases. This designation is awarded to realtors who have additional education on how to help seniors & their families with later-in-life real estate transactions. As a former registered nurse, Leah has always been drawn to caring for people in all aspects of their lives. Becoming an SRES® real estate agent just made sense. **Whether buying or selling,** Leah will walk you through the process step-by-step and will be happy to answer any & all of your questions.

Call Leah Direct 250.338.3888



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Each Office Independently Owned and Operated
Office 250.339.2021



E. leah@leahreichelt.com
www.leahreichelt.com



INFORMATION AND RESOURCES

ALONGSIDE CAREGIVER CONSULTING

Professional consulting services for caregivers of loved ones with dementia or chronic illness.

alongsidecaregiverconsulting@shaw.ca

alongsidecaregiverconsulting.ca

250-207-1987

CITY OF COURTENAY

Hours: 8:30am - 4:30pm Monday to Friday.

830 Cliffe Avenue, Courtenay BC

www.courtenay.ca / 250-334-4441

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COMOX VALLEY

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2040 Cliffe Avenue, Courtenay BC

comoxvalleychamber.com / 250-334-3234

COMOX VALLEY

COMMUNITY FOUNDATION

Working to build vibrant communities by cultivating community capacity. Works with donors to build endowment funds and grant funds to organizations.

102-1797 Comox Avenue, Comox BC

cvcfoundation.org / 250-338-8444

GLACIER GRANNIES -

Stephen Lewis Foundation

Raising funds and awareness for African

Grandmothers...details on our website.

Find us on Facebook@glaciergrannies

glaciergrannies.org

CVglaciergrannies@gmail.com

HEALTH & SENIORS' INFORMATION LINE

Seniors are able to speak with a real person to answer questions on health programs & services as well as a broad range of other gov't services for seniors.

seniorsbc.ca

1-800-663-7867 or 1-800-661-8773 (TDD)

ICBC (SENIORS) INSURANCE

Discount may be available for ICBC basic insurance for 65+ registered owners and operators, pleasure only. Visit an Auto Plan broker for details.

icbc.com / 1-800-663-3051

OFFICE OF SENIORS ADVOCATE - MINISTRY OF HEALTH

The Advocate is responsible for monitoring seniors' services, promoting awareness of seniors' issues and supports, and working collaboratively to identify solutions and make recommendations to government about system-wide issues facing seniors.

6th Floor, 1405 Douglas St. PO Box 9651,

Stn. Prov. Gov't, Victoria BC

seniorsadvocatebc.ca / 1-877-952-3181

PUBLIC GUARDIAN & TRUSTEE OF BC

Protects the legal, financial and personal health care interests of children and British Columbians who lack legal capacity to make their own decisions.

1215 Broad St, PO Box 9251, Victoria BC

trustee.bc.ca

250-356-8160 (Vancouver Island Regional Office)

1-800-663-7867 (all other BC areas)

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250-334-3369

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24 HR

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www2.gov.bc.ca/gov/content/health/accessinghealth-care/assisted-living-registrar
1-866-714-3378

BC ASSESSMENT AUTHORITY

Produces independent property assessments on an annual basis for all BC property owners.

Unit 300, 125 Wallace St, Nanaimo or
102, 3350 Douglas St, Victoria BC
bcassessment.ca / 1-866-825-8322

BC HOUSING

A provincial program dedicated to providing housing assistance to those in need, including rental subsidy for those 60+ who qualify.

bchousing.org / 250-475-7550 (local)
1-800-787-2807 (Vancouver Island Region)

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1700 Comox Ave., Comox B.C.
berwickretirement.com/bcv / 250-339-1690

CANADIAN MORTGAGE & HOUSING CORPORATION

Information on mortgage & housing programs specific to seniors.

2000 – 1111 West Georgia Street Vancouver BC
cmhc.ca
1-604-731-5733 or Toll Free: 1-800-668-2642

CASA LOMA & COMOX VALLEY SENIORS

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HOUSING / ASSISTED LIVING & HOME RELATED SERVICES

HOMEOWNER GRANT PROGRAMS

One of three provincial property tax assistance programs offered to help homeowners reduce taxes. Home (-65), Seniors (+65) and disabled.
Box 991 Stn. Prov. Govt., Victoria BC
www2.gov.bc.ca/gov/content/taxes/annual-property-tax/home-owner-grant
1-888-355-2700

INDEPENDENT LIVING BC (ILBC)

A subsidized, assisted-living program that provides housing with support services to seniors and people with disabilities.
www.bchousing.org/housing-assistance/housing-with-support/independent-livingbcprogram
1-800-257-7756

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 Natural Gas **1-888-224-2710**
 Customer service **1-800-663-8400**
 Electricity **1-866-436-7847**

PROPERTY TAX DEFERMENT

Homeowners aged 55 years and over may defer the payment of annual property taxes on their principal residence, through a low-income Cover Materials rest loan program. Ministry of Finance.
www2.gov.bc.ca/gov/content/taxes/propertytaxes/annual-property-tax/defer-taxes
1-800-663-7867

SHELTER AID

FOR ELDERLY RENTERS (SAFER)

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healthyfamiliesbc.ca

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Support and information for individuals with alcohol related problems, 24-hour answer line.

Public Information: 250-338-8042
bcyukonaa.org

ALCOHOL & DRUG INFORMATION & REFERRAL SERVICE

Information and referral, education, prevention and treatment services and regulatory agencies. **1-800-663-1441**

ALZHEIMER SOCIETY OF B.C.

Exists to alleviate the personal and social consequences of Alzheimer's Disease and related dementias.

alzheimerbc.org / **1-800-462-2833**

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alsbc.ca / **1-800-708-3228**

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Leads provincial and international lung health initiatives and lung disease prevention.

bc.lung.ca / **1-800-665-5864**

B.C. LUPUS SOCIETY

Provides education and support to people affected by lupus.

1-866-585-8787 or 604-714-5564

B.C. PARTNERS FOR MENTAL HEALTH & SUBSTANCE USE

Helps individuals and families better manage mental health and substance use problems. Mental Health & Addictions Services North Island.

941 England Avenue, Courtenay BC
250-331-8524

B.C. SCHIZOPHRENIA SOCIETY

Support and education for people with schizophrenia and other serious mental illnesses.

1280-4th Street, Courtenay BC
bcss.org / **1-888-888-0029**

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CIHI is an independent, not-for-profit organization that provides essential information on Canada's health system and the health of Canadians.

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cihi.ca / 250-220-4100

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carp.ca / 1-833-211-2277 (member support)

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bccerebralpalsy.com / 1-800-663-0004

CNIB

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2340 Richmond Road, Victoria BC
cnib.ca
1-800-563-2642 or Victoria 250-595-1100

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CVHS eases the journey of dying and grieving. Services include counselling, groups, companionship and self-care clinics.

2900 Cliffe Ave., Courtenay
comoxhospice.com / 250-339-5533

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C1 450 8th St Unit C, Courtenay, BC
comoxvalleyseniorpeercounselling.com
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COUNCIL OF SENIOR CITIZENS' ORGANIZATIONS OF BC

Purpose is to advance the social and physical welfare of all B.C. elder citizens.

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(Linda Forsythe)

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120 new long-term care beds now opening at Oceanfront Village

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Ronna-Rae Leonard MLA
Courtenay-Comox Constituency

437 5th St. Courtenay • ronnaraeleonard.ca
250-703-2410 • ronna-rae.leonard.mla@leg.bc.ca



Glacier View Lodge is a not for profit long term care facility operated by Glacier View Lodge Society. The Lodge is licensed to provide care to adults through the Community Care and Assisted Living Act.

"Feels like home"



250-338-1451
glacierviewlodge.ca
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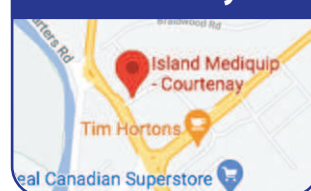
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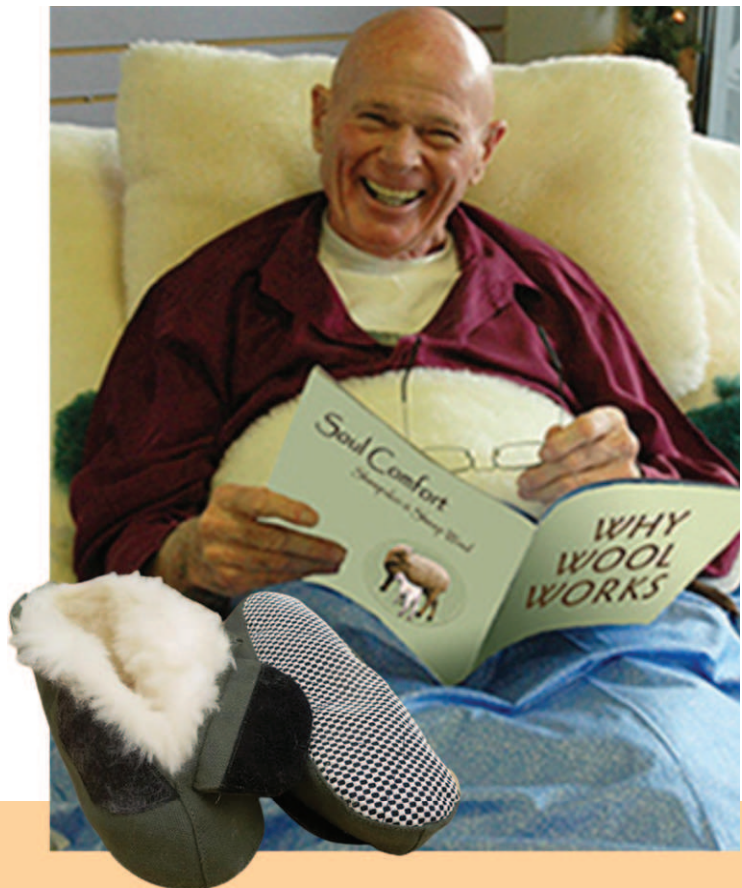


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Sexual health doesn't have an expiration date.

written by Ocean Varney

Aging is inevitable; however, loss of sexual function doesn't have to be. Older men and women frequently cope with sexual problems by passing them off as a "normal" consequence of aging. Clinical evidence has confirmed that physical intimacy is vital for healthy, loving relationships. Identifying some of the changes during the aging process and effectively addressing them through treatment can lead to significant physical and mental well-being.

Contrary to societal beliefs, studies demonstrate a positive attitude toward sexuality in older age. Self-confidence and increased openness lead many aging adults to feel more comfortable with sexual experimentation. This improves communication and discussion of sexual orientation, preferences, and unfulfilled desires.

Lack of information and lack of rapport with medical professionals can result in older patients feeling uncomfortable seeking help for sexual dysfunction. Dr. Alexandra Bascom and the team at Bascom Medical Therapy are committed to creating a practice that supports open dialogue, education, and positive solutions for both men and women.

For women, part of the natural aging process is menopause. During this time, which includes perimenopause and post-menopause, hormonal fluctuations can lead to several changes in the body that affect sexual health. Loss of estrogen results in vaginal dryness, laxity, burning, pain during intercourse, and mild urinary incontinence. These changes are common and distressing, and they adversely affect sexual satisfaction and quality of life.

Bascom Medical Therapy is excited to offer the MonaLisa Touch laser therapy, explicitly designed to treat these symptoms, known collectively as Genitourinary Syndrome of Menopause (GSM) or Vulvovaginal Atrophy. The Mona Lisa Touch uses a unique vaginal probe to deliver gentle, fractional CO2 laser energy to the vaginal wall tissue. The laser targets the atrophic vaginal mucosa and stimulates a metabolic reaction and neocollagenesis, resulting in enhanced vascularization, elastin, and collagen deposition, leading to increased lubrication in the vagina.

"The MonaLisa Touch has opened the floodgates for women to talk about their gynecologic health." Dr. Bascom

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. Patients can expect to resume sexual activity within 48 to 72 hours. Three treatments, spaced at 4 to 6-week intervals, are recommended. However, many patients experience relief after just one treatment.

Identifying and treating GSM can be life changing. Women find that they "feel like themselves again," with restored sexual well-being, which substantially enhances their quality of life.

Sexual health for men is equally important at Bascom Medical Therapy. As men age, they experience conditions that decrease satisfaction in intimate relationships. Diagnosing and managing concerns around erectile dysfunction, voiding dysfunction, prostate enlargement, and other urological issues are essential to maintaining a positive outlook on life.

The BC CDC reminds us that 'sex can be very important for mental, social and physical well-being.'

Take the Self-Survey...

Is this treatment for me?

- Are you peri-menopausal or post-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.



MonaLisa Touch

Dr. Alexandra Bascom

For more information about Dr. Bascom and the MonaLisa Touch, check out the website at www.bascommedical.com.

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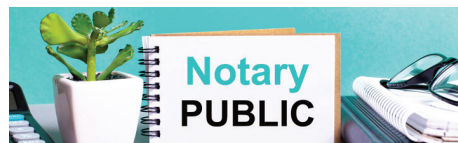
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1-877-740-0055**

BC HYDRO CUSTOMER CRISIS FUND

Residential customers experiencing temporary financial crises, such as a loss of employment or benefit income, unanticipated medical expenses, or a death in the family, and have fallen behind on their BC Hydro bill, may be eligible for a grant payment to avoid disconnection of service.

**bchydro.com/accounts-billing/bill-payment/
ways-to-pay/customer-crisis-fund.html
1-844-708-3208**

Need help grocery shopping?



Sendia is a grocery shopping & delivery service for customers unable to shop independently.

A dedicated volunteer will call you to take your order, which is carefully shopped and delivered for a nominal fee of \$5.



To Register:

Call: 1-800-667-8280

Email: sendia@thriftyfoods.com

THRIFTY FOODS
Sendia

thriftyfoods.com/sendia 1-800-667-8280

Cliffe Avenue
Thrifty Foods Pharmacy
1551 Cliffe Ave.,
Courtenay
(250) 331-4999

Crown Isle
Thrifty Foods Pharmacy
123-444 Lerwick Rd.,
Courtenay
(250) 331-5103

GOVERNMENT RESOURCES



CANADA PENSION PLAN ADVOCACY PROGRAM

Advocates provide individualized service to people with CPP disability applications, appeals and tribunals.

204-456 W Broadway Vancouver BC V5Y 1R3
disabilityalliancebc.org/cpp
feedback@disabilityalliancebc.org

1-800-663-1278

CANADA PENSION PLAN, OLD AGE SECURITY, GUARANTEED INCOME SUPPLEMENT, OTHER PENSION BENEFITS (SERVICE CANADA)

canada.ca/en/services/benefits/publicpensions/
cpp/old-age-security/guaranteed-income-
supplement/allowance.html

1-800-277-9914 / TTY 1-800-255-4786

CANADA REVENUE AGENCY

Individual tax inquiries.

cra.gc.ca

canada.ca/en/revenue-agency

1-800-959-8281

CITIZENSHIP & IMMIGRATION

24 hours a day for automated telephone service
for information only.

Monday to Friday 8 a.m. to 4 p.m.

cic.gc.ca

1-888-242-2100 / TTY 1-888-576-8502

GST CREDIT SERVICE, CANADA REVENUE AGENCY

The GST/HST credit is a tax-free quarterly payment that helps individuals and families with low and modest incomes offset all or part of the GST that they pay.

canada.ca/en/revenue-agency/services/
child-family-benefits/goods-services-tax-
harmonized-sales-tax-gst-hst-credit.html

1-800-387-1193

HEALTH CANADA

Health Canada is responsible for helping maintain and improve health while respecting individual choices.

hc-sc.gc.ca info@hc-sc.gc.ca

1-866-225-0709 / TTY 1-800-465-7735

HEALTH & SAFETY

Canadian Centre for Occupational Health & Safety.

ccohs.ca 1-800-668-4284

CAMPING AND PARKS INFORMATION: West Coast Trail reservations and information.

1-877-737-3783

Discover Camping (BC Parks camping reservations)

1-800-689-9025

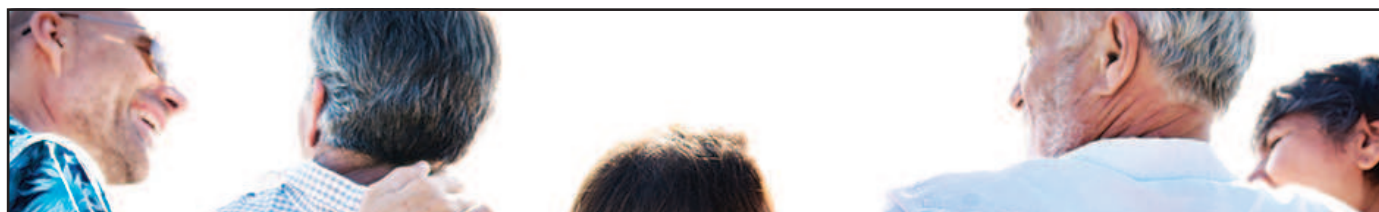
BC Parks 1-800-689-9025 (reservations)

CANADA BORDER SERVICES AGENCY

General border services information; for more
indepth information visit the website.

cbsa-asfc.gc.ca

1-800-461-9999 / TTY 1-866-335-3237



BECOME AN EVERGREEN CLUB MEMBER

The Evergreen Club is a recreational and social program for adults 55+ operating out of the Florence Filberg Centre, 411 Anderton Ave, Courtenay.

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 - ✓ Travel Opportunities
 - ✓ Special Events
 - ✓ Member's Dining Lounge
 - ✓ Monthly Newsletter
 - ✓ Volunteer Opportunities
 - ✓ Discount on selected City of Courtenay 55+ recreation programs
- MEMBERSHIP \$35



www.evergreenclub.ca 250 338 1000

GOVERNMENT RESOURCES

HOME ADAPTATIONS FOR INDEPENDENCE (HAFI)

(Through BC Housing) This program provides financial assistance to help eligible low-income seniors and people with disabilities in BC continue to live in the comfort of their homes for homeowners, landlords, and tenants.

bchousing.org/Options/Home_Renovations
1-800-257-7756

INDIGENOUS SERVICES CANADA

Indigenous Services Canada (ISC) works collaboratively with partners to improve access to high quality services for First Nations, Inuit and Métis. Its vision is to support and empower Indigenous peoples to independently deliver services and address the socio-economic conditions in their communities.

canada.ca/en/indigenous-services-canada
aadnc.infopubs.aandc@canada.ca

1-800-567-9604 / TTY 1-866-553-0554

INCOME SECURITY PROGRAMS (SERVICE CANADA)

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, other possible benefits.

servicecanada.gc.ca / 1-800-277-9914

INFORMATION CANADA

General information on government of Canada programs, services, initiatives and guidance on how to access them.

canada.ca
1-800-622-6232 / TTY 1-800-926-9105

MINISTRY OF HEALTH BC

gov.bc.ca/health hlth.health@gov.bc.ca
Dial 811 (711 for hearing impaired)
1-800-663-7867

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947 Fort Street, Victoria BC
bcombudsperson.ca
250-387-5855 or 1-800-567-3247

PARKS CANADA

Protects natural and cultural heritage, fosters public understanding for the present and future generations.

pc.gc.ca
1-888-773-8888 / TTY 1-866-787-6221

PASSPORT CANADA

Application forms: Passport offices, Canada Post outlets, via the Internet.

cic.gc.ca/english/passport/index.asp
1-800-567-6868 / TTY 1-866-255-7655

RESIDENTIAL TENANCY BRANCH

Contact the Residential Tenancy Branch for information, education and dispute resolution services for landlords and tenants.

www2.gov.bc.ca/gov/content/housing-tenancy/residential-tenancies

HSRTO@gov.bc.ca / 1-800-665-8779

SENIORS-CANADA

Find information and resources relating to programs and initiatives such as elder abuse awareness, National Seniors Day and the New Horizons for Seniors Program.

canada.ca/en/employment-socialdevelopment/corporate/seniors.html

1-800-622-6232

SENIORS ONLINE

Provides information on using online services and how to stay safe and protect your identity as well as other internet and online tips.

getcybersafe.gc.ca/cnt/bt/cntct-en.aspx
info@Getcybersafe.gc.ca

1-833-292-3788

SERVICE BC

Service BC provides front line support for many of the hundreds of programs and services the provincial government offers to residents, businesses and visitors, toll free transfers to provincial offices.

www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/citizens-services/servicebc

1-800-663-7867

or hearing impaired 1-800-661-8773

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Email: care@highlandcoastalcare.ca

GOVERNMENT RESOURCES



TOURISM BRITISH COLUMBIA

Official site of Tourism British Columbia. Includes places to go, things to do, accommodations and a trip planner.

hellobc.com

Travel planning information: **BC Ferries Tel: 1-888-223-3779**

Canada Customs and border crossings.
1-800-461-9999

Driving conditions: 1-800-550-4997

Weather conditions: 1-604-664-9010

TRAVEL ASSISTANCE PROGRAM

Helps alleviate transportation costs for eligible BC residents who must travel within the province for non-emergency medical specialist services not available in their own community. Automated

application service 24/7. Pick up TAP form at doctor's office.

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

1-800-663-7100

TRAVEL & TOURISM

Government of Canada Travel advice and advisories. Helps Canadians prepare for foreign travel, provides a variety of services once abroad.

travel.gc.ca / 1-800-267-6788

VETERANS' AFFAIRS CANADA

Promotes the health and well-being of Canadian veterans, programs and services.

veterans.gc.ca / 1-866-522-2122



VITAL STATISTICS AGENCY

The Vital Statistics Agency registers all births, marriages, deaths, and changes of name that occur in British Columbia. The certificates issued by the Vital Statistics Agency are legal proof of these vital events.

Vital Statistics Agency, 818 Fort Street, Victoria, BC V8W 1H8 / 1-800-663-7867
www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/health-care-programs-and-services/vital-statistics

WEATHER INFORMATION

Get the latest weather, 24hr detailed forecast and seven day forecast for locations across Canada. Plus, view local radar and satellite imagery.

weather.gc.ca

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SAFETY & SECURITY



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Services for individuals and non-profit organizations of limited means free of charge by volunteer lawyers. Facilities are provided by social agencies committed to providing help to the needy. Locations throughout Canada.

accessprobono.ca / 1-877-762-6664

CANADIAN ANTI-FRAUD CENTRE

The Canadian Anti-Fraud Centre (CAFC) is the central agency in Canada that collects information and criminal intelligence on such matters as mass marketing fraud advance fee fraud, Internet fraud and identification theft complaints.

antifraudcentre.ca / 1-888-495-8501

CANADIAN SAFETY COUNCIL

Safety education materials, product information for seniors and contact numbers for provincial safety leagues (fire safety, propane, sports and active living, etc.)

canadasafetycouncil.org / 1-613-739-1535
or email csc@safety-council.org

COMMUNITY LEGAL ASSISTANCE SOCIETY

Legal advice and assistance to help people who are physically, mentally, socially, economically or otherwise disadvantaged or whose human rights need protection.

300 - 1140 West Pender St.
Vancouver BC, V6E 4G1
clasbc.net / 1-888-685-6222



CRIMESTOPPERS TIPS

Pays up to \$2,000 for info that leads to an arrest, drugs/stolen property recovery.

comoxvalleycrimestoppers.bc.ca

1-800-222-8477

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1-888-494-3888

DIAL-A-LAW

A free service providing general information about law in B.C. Mon.-Fri. 8:30 a.m.-4:30 p.m.

dialalaw.org / 1-800-565-5297

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Gord Johns

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



Rachel Blaney

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

SAFETY & SECURITY

HOME AND COMMUNITY CARE

Provide home support/home care nursing; services in home; long term management.

viha.ca/hcc

Central Island: 250-739-5749
Toll Free 1-877-734-4101

LAWLINK

(Legal Services Society of BC)
Get free legal information, advice & self-help resources over the phone or Internet.

lss.bc.ca / 1-866-577-2525

RCMP

800 Ryan Road, Courtenay BC
www.rcmp.gc.ca or comoxvalley.bc.rcmp-grc.gc.ca

Non-Emergency 250-338-1321
Victim Services 250-334-5979

For emergency call 911

SENIORS ADVOCACY INFORMATION ONLINE

On-line directory of information and resources that will give you the tools to help find an advocate that would help in a number of issues.

povnet.org/find-an-advocate/bc/seniorsandelders

SENIORS CANADA ONLINE

A fast & straightforward way for seniors, their families, caregivers & organizations that support seniors to access trusted information on a range of topics.

seniors.gc.ca / 1-800-663-7867
(From anywhere in BC)

SENIORS FIRST BC (FORMERLY BC CENTRE FOR ELDER ADVOCACY AND SUPPORT)

Works to prevent elder abuse and to provide assistance and support to older adults that are, or may be, abused and those whose rights have been violated. May provide legal advice, advocacy and representation to individuals 55+. Programs, educate, support and advocate on behalf of clients.


150-900 Howe Street, Vancouver BC
bcceas.ca / 1-866-437-1940
(Seniors Abuse and Information Line)

VICTIM LINK

Toll free, confidential, multilingual telephone service available 7 days a week. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victim of human trafficking exploited for labour or sexual services. Covering B.C. and Yukon.

victimlinkbc.ca / 1-800-563-0808





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www.TwinkleToesFootCare.com



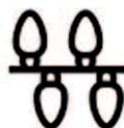
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What Makes a John's Bedrooms Natural Latex different?

This June will mark 33 years in business for us! That's been over 3 decades of studying this industry and experimenting with different designs. Always trying to build the next style better than the last. All while keeping an eye on the industry, as much to make sure I didn't make the same mistakes they have. The exception to the above would be our Natural Latex. Those designs were started almost 15 years ago and haven't changed as they work so well!

Using either Natural Dunlop or Talalay Latex 6" base is where we start. We look at each individual using the mattress and match the firmness on each side to accommodate the body shape, weight and problems. The object here is easy and that's to keep your whole body in correct alignment. Then we add a 3" pillow top for additional comfort and support, also adding air flow for better temperature regulation.

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admin@johnsbedrooms.com



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