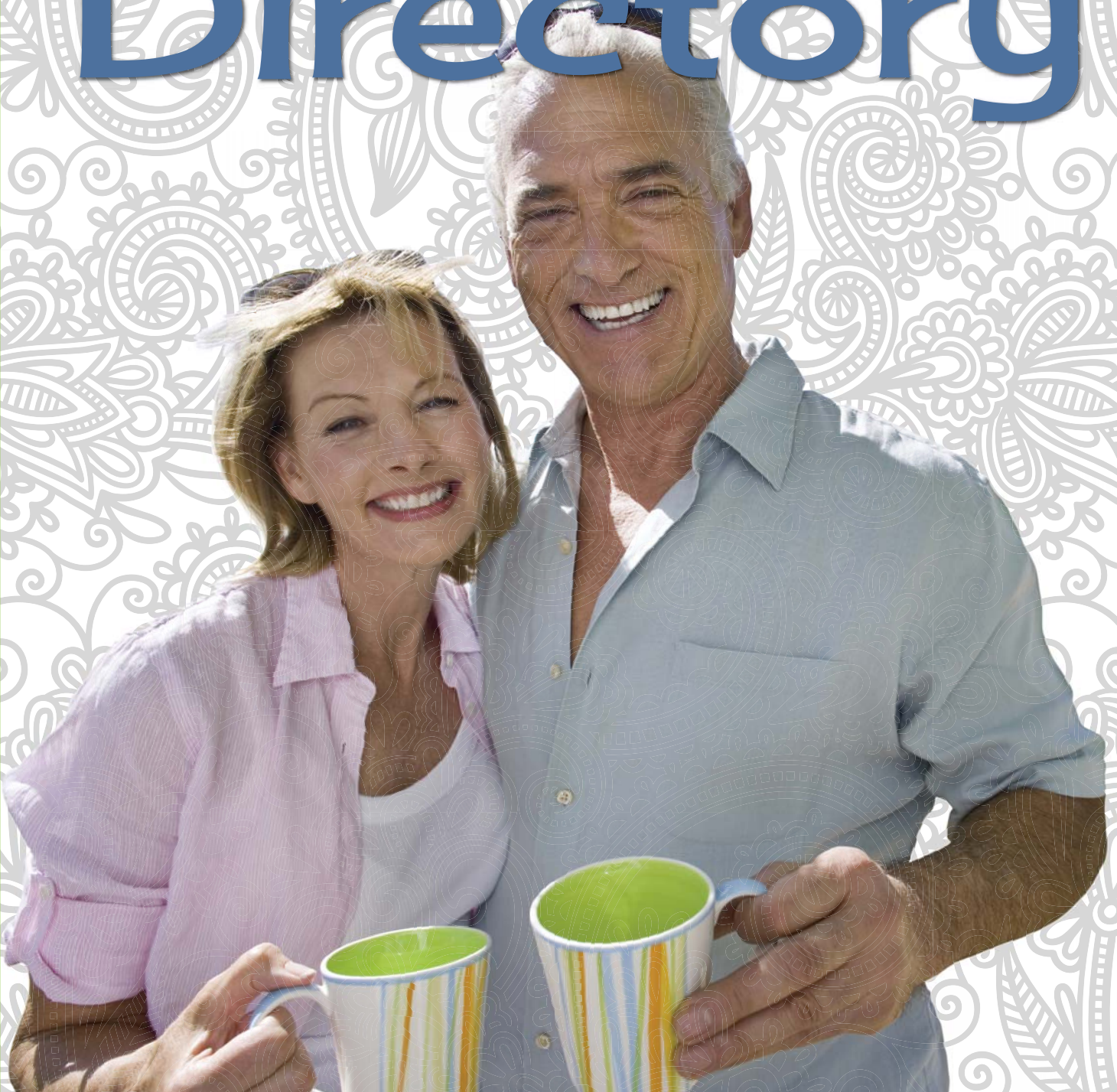


PORT ALBERNI Seniors Directory



Port Alberni
Seniors Directory



Port Alberni

Seniors Directory

PRODUCTION

Thank you to the Parks, Recreation and Heritage Department staff and volunteers from the Echo Sunshine Club for their assistance in the development of this directory.

DISCLAIMER

This Seniors Directory is intended only as a reference source. It is not intended as an endorsement of any group, business or organization. Similarly, the exclusion of any service or organization does not reflect disapproval. We apologize for any errors or omissions.

CHANGES TO THE SENIORS DIRECTORY

To update, change or include a new listing in the Seniors Directory, please contact the Sunshine Club office at 250-720-2505, or Karen Freethy at 250-720-2509, or fax 250-723-1035, or email karen_freethy@portalberni.ca

SUBJECT INDEX

The directory groups topics under the headings listed in the Table of Contents, but you might find it easier to refer to the Subject Index at the back of this directory to find the group or information you are looking for.



For Additional Information or Inquiries

Contact the:
Echo Sunshine Club
4255 Wallace Street
Port Alberni, BC V9Y 3Y6
Phone: 250-720-2505

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COMMUNITY CARE SERVICES

Home and Community Care Services

4259 – 6th Avenue

Port Alberni, BC V9Y 4N1

Phone: 250-731-1313

Fax: 250-731-1314

Office Hours: Monday – Friday from 8:00 am – 4:30 pm

Website: www.viha.ca/hcc

Eligibility

To be eligible for Home and Community Care, clients must:

- be a resident of BC for at least 3 months;
- be a Canadian citizen or landed immigrant;
- require care at home.

There are additional eligibility requirements for some of the services we provide. Please contact the Home & Community Care office in your community for more information. If you are not eligible for our services, we work to connect you with a service that will meet your needs.

Nursing

Nurses assist individuals to manage their own care at home by providing nursing assessment, education, counselling and medical and surgical care.

Nursing services may also be provided to clients through Nursing Clinics in some communities.

Examples of Service

- skin and wound care management
- palliative care
- medication management
- cardiac health
- pre and post surgical care
- chronic condition management

Ambulatory Care Clinic

Home Care nursing clients that are able can be referred to receive prescribed treatments at the Ambulatory Care Clinic in Port Alberni, located at 4259 – 6th Ave. The Ambulatory Care Clinic operates seven days a week on an appointment basis.

Physiotherapy and Occupational Therapy

Physiotherapists and Occupational Therapists promote and help maintain independence and safety at home through assessment, treatment, consultation and education.

Examples of Service include:

- home safety assessment
- pain management
- skin and wound care and wound prevention

Examples of Service *(cont'd)*

- cardio-respiratory care
- palliative care
- functional activity re-training
- perceptual and cognitive testing
- basic splinting and seating
- pre and post surgical care
- home modification consultation
- specialized exercise programs
- energy conservation
- basic assessment of swallowing difficulties

Social Work

Social Workers provide counselling and social work services to promote the safety and well being of clients and/or significant others. The focus is on short term health care crisis intervention.

Issues that social workers may help address include:

- adjustment to illness
- housing problems
- placement issues
- caregiver issues
- suspected abuse or neglect
- financial assistance
- palliative care/bereavement
- confusion/dementia behaviour management
- relationship issues
- conflict resolution and mediation
- advocacy

Management

Case Management in the Community

Home and Community Care supports elderly clients and adults with chronic health conditions to live independently in their own home for as long as possible. Clients are assisted in moving to more supportive care when required. Through a comprehensive assessment, case management helps clients identify and address their care needs. Case Management also assist clients and families to understand their care options and link to appropriate services.

Case Management in the Hospital

Home and Community Care works with clients and families to enable a smooth transition between hospital and home or residential care settings. Case Management assists clients and families to understand their care options and link to appropriate services.

- private services available
- private care options available

Examples of services case management provides access to

- all Home and Community Care services
- subsidized home support

Examples of Services *(cont'd)*

- adult day programs
- caregiver support and
- subsidized Assisted Living
- subsidized Residential Care Facilities
- subsidized short stay in Residential Care Facilities for caregiver respite

Subsidized Home Support Services

Depending on a client's income level and the home support services they require, the cost of some services may be subsidized. Home and Community Care professionals arrange these subsidized services.

Home Support services are intended to supplement rather than replace client's efforts to care for themselves, with the assistance of family, friends and community.

Community health workers provide personal assistance with things like medications, bathing, dressing and caregiver support.

The client and home care professional decide together how much and what type of help is required. The care plan will be reviewed on a regular basis. As needs change, service may be adjusted.

Health Services for Community Living

Health Services for Community Living provides nursing, rehabilitation, dental and nutritional support services to adults with developmental disabilities living in the community.

Examples of services include:

- assessment of health needs and equipment requirements
- personal health planning
- health teaching
- consultation and support to caregivers, individuals and families
- liaison and referral to other resources.

Better At Home

Contact: Barb Stevenson or Lynn Turner
Phone: 778-419-3000
Email: pabetterathome@shaw.ca

Seniors in the Alberni Valley are invited to apply for "at home services" through the Port Alberni Better at Home Program. We are taking applications now to begin services early in May. Better at Home is a program to help seniors continue to live independently in their own homes by providing access to simple non-medical support services coordinated and delivered locally using paid workers and volunteers. Services are offered as referrals or arranged directly through Better at Home. While some services may be offered for free, the majority of Better at Home services are provided on a fee-for-service basis based on your self-declared household income and per a sliding scale.

Better at Home services do not duplicate any existing home care services provided by community health workers, such as personal hygiene, assistance and help with meals, medical needs or physical mobility. Better at Home services are offered based on the assets and unique needs of seniors and may include:

- Friendly visiting by Volunteer
- Transportation to appointments
- Light housekeeping
- One stop contact for information/referral to available services for seniors
- Minor home repairs
- Grocery shopping
- Light yard work (or snow shoveling)

Friendly visiting, transportation and a seniors' information and referral service have been identified as priority services for seniors in the Alberni Valley and will be the initial focus of the Port Alberni program. Better At Home is available to all seniors living in the Alberni Valley. Seniors are generally people aged 65 or older, however, our program has not set a minimum age for older adults seeking the Better at Home services. Service delivery will begin in May for those who are registered with the program.

Better at Home is sponsored by the Alberni Valley Assisted Living Society (Heritage Place) through a \$30 million dollar BC Government grant being coordinated by the United Way of the Lower Mainland. The program is in over 60 communities across BC. The current funding secures the Better at Home program through 2015, however, it is intended that this service will continue for as long as it is needed. Whether you want a one stop source of information or need referral and access to a range of seniors' services, we invite you to become part of the Better at Home program. For more information or to apply for services, contact, Barb Stevenson or Lynn Turner at 778-419-3000 or pabetterathome@shaw.ca

Loving Hands – Senior & Community Care

Contact: Lisa George (Owner/Operator)
Phone: 250-735-7300
Email: lovinghands.seniorcare@gmail.com

Servicing Port Alberni and surrounding areas with loving, compassionate, reliable support and care someone may need in order to stay and age in their own home. We offer a variety of services from homemaking, light housekeeping, companionship visits, groceries, laundry and meals to errand running and out of town appointments. We even offer total personal care requirements including respite and palliative/hospice care and support. Our goal is to ensure one's quality of life by ensuring involvement within the community and fulfilling all personal needs in which one may need assistance.

CULTURE

Alberni District Historical Society

Box 284
 Port Alberni, BC V9Y 7M7
Phone: 250-723-2181 (local 267)
E-mail: aadhs@gmail.com

The Historical Society collects and maintains the community archives both for the City of Port Alberni and the Regional District. They operate out of the Alberni Valley Museum located at Echo Centre – 4255 Wallace Street and are open on Tuesdays and Thursdays from 10:00 am – 3:00 pm. New members are most welcome to join the Society. Public meetings featuring guest speaker on topics of local interest are held in the Museum the third Wednesday of October, November, and February – May.



Alberni Valley Museum

4255 Wallace Street

Port Alberni, BC V9Y 3Y6

Contact: Jamie Morton (Manager)

Phone: 250-723-2181

Fax: 250-723-1035

E-mail: Jamie_morton@portalberni.ca

Website: www.alberniheritage.com

The Museum is particularly well known for its visible storage concept which means that all objects are on display at all times with the information accessible in easy to use catalogue books. Collections include First Nations, local history, folk art and an excellent photograph collection. Temporary exhibits feature a wide variety of themes. School and public programmes and volunteer opportunities available. Admission by donation.

Capitol Theatre & Portal Players Dramatic Society

4904 Argyle Street

Port Alberni, BC V9Y 1V7

Phone: 250-723-1195

Fax: 250-723-1990

E-mail: capitoltheatre@shaw.ca

Website: www.atthecapitol.org takes you to
www.members.shaw.ca/capitoltheatre

Portal Players is a non-profit amateur theatre group which owns and operates the Capitol Theatre. The Capitol is Port Alberni's "home for the performing arts". It is available for a variety of user groups. For booking and rental information, please phone 250 723-1195. New members are welcome.

McLean Mill National Historic Site & Alberni Pacific Railway

5633 Smith Road

Port Alberni, BC V9Y 7L5

Contact: Neil Malbon

Phone: 250-723-1376

Fax: 250-723-1003

E-mail: neil@alberniheritage.com

Website: www.alberniheritage.com

Built in 1926 the McLean Mill, a family-run sawmill and logging operation, grew into a small community with a number of employees and their families living on site. On-going restoration and preservation work has brought this historical treasure back to life. The operating steam sawmill once again turns logs into lumber, and its steam whistle can be heard echoing over the surrounding forest.

During the summer months, a 1929 Baldwin steam locomotive takes passengers from the fully restored 1912 CPR Train Station out to the Mill. The journey takes about 35 minutes, so sit back and enjoy the beautiful forest scenery and the sounds of travel from a different time. Visitors can also view a steam logging demonstration, showing the industry's past.

Port Alberni Maritime Heritage Society

Box 336

Port Alberni, BC V9Y 7M8

Contact: David Cox

Maritime Discovery Centre

Phone: 250-723-6164/250-723-6161

Website: www.alberniheritage.com/maritime

The Maritime Heritage Society works in partnership with the Museum and the Port Alberni Port Authority to promote the awareness of maritime history and heritage of the area including the Port Alberni Harbour, Alberni Inlet, Barkley Sound and the West Coast of Vancouver Island. The Society offers exhibits and programming from the Maritime Discovery Centre Complex (The Lighthouse and the Hutcheson Gallery) at the Harbour Quay Marina and manage the Banfield Lifeboat exhibit at Alberni Harbour Quay. The Centre is in operation June – September. Admission by donation.

Rollin Art Centre/Community Arts Council

3061 – 8th Avenue

Port Alberni, BC V9Y 2K5

Contact: Melissa Martin, Art Administrator

Phone: 250-724-3412

Fax: 250-724-3472

E-mail: admincac@shawcable.com

Website: www.portalberniarts.com

The Rollin Art Centre is a cultural centre featuring temporary exhibit gallery, gift shop with local art, workshops, concert/film series, gardens, summertime teas on the terrace and more. Services for artists of all areas. The building and gardens are available for rent. Volunteers are welcome in all areas.

Western Vancouver Island Industrial Heritage Society

3100 Kingsway Street

Port Alberni, BC V9Y 3B1

Contact: Gary Murton

Phone: 250-723-3118/723-4285

Website: www.alberniheritage.com

The Industrial Heritage Society works in partnership with the Museum to restore the Alberni Valley industrial past – especially truck and trains. The group meets the 1st Tuesday of each month at 7:00 pm at the Train Station. New members are most welcome to join.

DEATH AND BEREAVEMENT

Funeral Arrangements

Alberni Valley Memorial Gardens

c/o Yates Funeral Home
4470 Gertrude Street
Port Alberni, BC V9Y 6J8
Phone: 250-723-5859

Chapel of Memories Funeral Directors and Crematorium

4005 – 6th Avenue
Port Alberni, BC V9Y 4M6
Phone: 250-723-3633
Contact: Andrew Chapman and Margaret Vatamaniuck

The Chapel offers complete funeral cemetery services based upon compassion, tradition and dignity. This includes pre-need funeral arrangements and marker sales.

Memorial Society of B.C.

c/o Yates Funeral Service
4470 Gertrude Street
Port Alberni, BC V9Y 6J8
Phone: 250-723-5859

This is a group of concerned citizens who have formed a society to provide dignified funerals at a reasonable price. Membership fee is a one time payment of \$40.00.

Yates Funeral Service and Crematorium

4470 Gertrude Street
Port Alberni, BC V9Y 6J8
Contact: Steve Knapp or Patrica MacDowall
Phone: 250-723-5859
Toll Free: 1-877-264-3848
Fax: 250-723-5800
E-mail: yatesfuneralpa@shaw.ca

Services available include funeral services, arrangements, and pre-planning.

Bereavement Services

Bereavement Services (Hospice Society)

3088 3rd Avenue

Port Alberni, BC V9Y

Contact: Office Receptionist

Phone: 250-723-4478

Website: www.albernihospice.ca

The Alberni Valley Hospice Society provides bereavement support to any adult who has suffered a loss through death. Services include:

- Individual counselling and telephone support with a trained grief counsellor
- A walk and Talk group is an opportunity for light exercise and an exchange of thoughts, ideas, and feelings with others who are grieving, this would be scheduled when sufficient numbers are available
- Finding My Way – an 8 session weekly group to discuss and learn from the grief journey individuals are experiencing is offered when sufficient numbers are available
- A lending library

EDUCATION

ElderCollege

3699 Roger Street

Port Alberni, BC V9Y 8E3

Phone: 250-724-8705

Fax: 250-724-8700

ElderCollege is an educational community where adults 50 yrs + explore new areas of learning. Offered are a variety of non-credit courses with no exams or pre-requisites. Membership is a prerequisite for ElderCollege course registration. Membership is available per year and benefits include: an opportunity to participate on the Advisory Committee, library privileges, computer and internet access, educational discounts on software purchased at the NIC Bookstore when enrolled in courses, social and networking opportunities with the ElderCollege community. Funds are available to assist Port Alberni ElderCollege members who may require assistance for a portion of their ElderCollege course tuition. For information, call 250-724-8705.

Road Scholar (Formerly Elderhostel Canada)

11 Avenue De Lafayette,

Boston Massachusetts 0211

Phone: 1-877-426-8056 (9:00 am–9:00 pm Eastern Time Mon. – Fri.)

TTY: 1-877-426-2167

Fax: 1-877-426-2166

Website: www.roadscholar.org

Elderhostel, Inc. is a not-for profit organization with 40 years of experience providing high quality, affordable, educational adventures for adults who at 40 and older. These short-term educational programs are a fun and exciting way for you to share new ideas, explore new places and make new friends. To request a catalogue contact: Road Scholar, 11 Avenue De Lafayette, Boston Massachusetts 02111. A catalogue is also available to look at in our local branch of the Vancouver Island Regional Library.

Literacy Alberni Society

5100 Tebo Avenue

Port Alberni BC V9Y 5Y6

Phone: 250-723-7323

Email: info@literacyalberni.ca

Website: www.literacyalbernilca

The Society's mandate is to promote literacy in the Alberni Valley. We offer free tutoring and mentoring for adults in reading, writing, arithmetic skills and computer use and conversational English for people whose first language is not English. The office is open from Monday to Friday, from 10:00 am until 4:00 pm. Contact our office if you would like more information about any of our programs or if you are interested in volunteering as a tutor or in the office.

North Island College

3699 Roger Street

Port Alberni, BC V9Y 8E3

Phone: 250-724-8711

Fax: 250-724-8700

Website: www.nic.bc.ca

The College offers a wide range of academic and vocational courses. Programs and services include university transfer courses, Practical Nurse, Home Support Resident Care, Adult Basic Education, Early Childhood Care and Education, Welding, Automotive, Joinery/Cabinetmaking, Carpentry/Framing Technician, Continuing Education and ElderCollege, etc.. The campus is equipped with computer labs, science labs, an interactive TV Classroom, a library with full on-line information access and a cafeteria. Students can obtain career and educational advising and counselling, financial aid information, and assessment services. Additional services and support are available for aboriginal students and students with disabilities.

Vancouver Island Regional Library

4255 Wallace Street

Port Alberni, BC V9Y 3Y6

Phone: 250-723-9511

Fax: 250-723-5366

Website: www.virl.bc.ca

Library hours are: Monday, Tuesday, Thursday 10:00 am – 8:00 pm
 Wednesday, Friday, Saturday 10:00 am – 5:00 pm

Library materials including, e-books, DVD's, large print materials and audio-books can be borrowed from any V.I.R.L. branch either at the local library or on-line. Free reference service and public access are provided as well as on-line magazine databases and free wifi.

FINANCIAL ASSISTANCE AND FUNDING

Alberni Valley Community Foundation

The Station

3100 Kingsway Street

Port Alberni, BC V9Y 3B1

Contact: Hugh Grist and Paul McMillen

Phone: 250-724-4503 250-724-6543

Website: www.albernifoundation.ca

Email: info@albernifoundation.ca

The Community Foundation is a pool of charitable donations. The interest earned by this group is distributed to local charitable organizations serving our youth, seniors, health, arts and culture as well as education, recreation and the environment. All donations to the Foundation qualify for Income Tax exemption. Local organizations can apply grants to help fund local projects.

Automobile Insurance Discounts

Insurance Corporation of BC (ICBC)

Contact your local insurance agent or call 1-800-663-3051

If you are 65 years of age or older and use your motor vehicle for pleasure only, you can get a discount of 25% of your basic auto plan insurance premium. If you are over 65 and have a disability, a further discount of 25% may be allowed. Please inform your agent of your disability.

Provincial Motor Vehicle Fuel Tax

Rebate for Persons with Disabilities

Consumer Taxation Branch

Phone: Toll Free 1-877-388-4440

Website: www.gov.bc.ca/pst Click on “Motor Fuel Tax”; Click on “Fuel Tax Refund for Persons with Disabilities”

Employment Insurance Benefits

Port Alberni Service Canada

4805 “A” Mar Street

Port Alberni, BC V9Y 8J5

Phone: 250-724-0151

1-800-206-7218

Fax: 250 723-4239

Website: www.servicecanada.gc.ca

Seniors who are employed and want to continue to work after 65 years of age are eligible for the same Employment Insurance benefits as other workers in Canada. You must meet the criteria for eligibility.

New Horizons for Seniors Program

Contact local Service Canada Office

4805 "A" Mar Street

Port Alberni BC V9Y 8J5

Website: www.servicecanada.gc.ca click on Service Delivery Partners

Grants of up to \$25,000 are available to community-based organizations working together with seniors and other partners for projects that encourage seniors' active living, social participation and helps them to contribute to their communities. These grants are available through Social Development Canada once or twice a year. For more information, contact New Horizons for Seniors Program; or the local Service Canada office.

FEDERAL TAX SERVICES

Canada Revenue Agency

1415 Vancouver Street

Taxation Office – Victoria, BC V8V 3W4

Individual Income Tax Enquires: 1-800-959-8281

TTY: 1-800-665-0354

Fax: 1-250-363-8188

Website: www.cra.gc.ca/newaddress

Office hours 8:15 am- 4:30 pm Service by appointment only

Age Amount and Pension Income Amount

If you are 65 or older, you may be eligible to claim the age amount on your federal tax return. The age amount allows seniors to reduce their income tax. This is a non-refundable tax credit. The Pension Income Amount is a non-refundable tax credit. Please refer to Income Tax Guide for further information.

Volunteer Income Tax Program

Contact: Ed Surry

Phone: 250-723-9978

Every Monday in *March and *April at Echo Centre from 9:00 am – 12:00 noon and 1:00 – 3:00 pm. Volunteers provide free assistance for low income individuals (gross income \$25,000 or less, \$35,000 or less for couples) to complete their income tax forms. No appointments needed. Take a number and people will be helped on a first come, first served basis. *Unless Stat Holiday falls on a Monday.

Goods and Services Tax Credit

GST Credit Phone 1-800-959-1953

The Goods and Services Tax (GST) Credit is paid 4 times a year to people with low to modest incomes. You can apply for the GST Credit on your income tax form and receive cheques quarterly for an amount based on your annual income. This is a refundable tax credit which means that even if you do not pay income tax, you should fill out the form to make sure you get your credit cheque.

HOUSING BENEFITS AND SUBSIDIES

BC Home Owner's Grant

Website: www.sbr.gov.bc.ca/HOG

If you own and permanently reside in your own home, pay property tax and are over 65 years of age, you are eligible for the additional Provincial Home Owner's Grant. To apply, complete the form on the back of the property tax notice that is sent to you each year. The amount of the grant will be deducted from the taxes you will pay.

For further information on applications, call your local government agents office at 250 720-2040 (Outside City - Rural Taxes) or City of Port Alberni at 250-723-2146 (Inside City Taxes) or Surveyor of Taxes 1-250 – 387-0555 or Toll Free 1-800-663-7867.

BC Property Tax Deferral Program

This program allows you to defer payment of annual property taxes on your home if you are:

- 55 years or older; or
- widowed; or
- a disabled person as defined in the Disability Benefits Program Act, and you are a Canadian citizen or landed immigrant who has lived in BC for at least one year immediately prior to applying for tax deferral benefits.
- lived in home for 1 year

You must have a minimum equity in your home of 25% of the current assessed value determined by BC Assessment (BCA). In Port Alberni, contact City Hall or the Government Agents office listed in the blue pages of your telephone directory, or contact:

Tax Deferral Office

Ministry of Provincial Revenue

P.O. Box 9446 Stn Prov Govt

Victoria, BC V8W 9V6 (The Tax Deferral Office is located at 1802 Douglas Street in Victoria)

Phone: 1-800-663-7867 and request a transfer to 250-356-8121

E-mail: ruraltax@gov.bc.ca or taxdeferral@gov.bc.ca

Website: www.rev.gov.bc.ca/rpt/property_tax_deferral.htm



Canada Mortgage and Housing Corporation

150-1675 Douglas Street

Victoria, BC V8W 2G5

Phone: 1-604-731-5733

Fax: 1-250-995-2640

Website: www.cmhc.ca

CMHC provides videos and publications on adapting your home so you can live independently. CMHC also provides information on home owners' grants, such as Home Adaptation for Senior's Independence and Residential Rehabilitation Assistance Program. They provide information on home security, a home inspection checklist, and avoiding renovation problems. There are a limited number of free copies of the publication, "Maintaining Seniors' Independence A Guide to Home Adaptations" available from the Sunshine Club office at Echo Centre, or these and other publications are available free of charge on the CMHC website.

Shelter Aid for Elderly Renters Program (SAFER)

Phone: 1-800-257-7756

Email: applicantinquiries@bchousing.org

Website: www.bchousing.org/programs/SAFER

The Ministry of Municipal Affairs and Housing SAFER is a provincial government program that gives cash assistance to renters who are 60 years of age and over. Eligibility is based on your monthly income and the rent you pay.

PENSIONS AND SUPPLEMENTS - See section under "P" for Pensions _____

Provincial Income Tax Credits

BC Sales Tax Credit

Phone: Enquiry Service BC 1-800-663-7867 follow prompts.

TDD: 1-800-661-8773

Email: EnquiryBC@gov.bc.ca

Website: www.rev.gov.bc.ca/ctb

To be eligible for this credit a person must have a low to modest income. To apply for this credit you must fill out the special page on your income tax form.

TRAVEL SUBSIDIES _____

Travel Assistance Program – Ministry of Health

Phone: 1-800-661-2668

Subsidies for travel due to medical problems. This includes transportation by car, bus, ferry, etc. Information is available on subsidies to travel to specialized medical treatment. Forms are available from your local doctor.

GOVERNMENT REPRESENTATIVES - Alberni _____

Member of the Legislative Assembly (MLA)

Scott Fraser (Alberni-Pacific Rim)

Constituency Office: 3945-B Johnston Road
Port Alberni, BC V9Y 5N4

Phone: 250 720-4515

Email: scott.fraser.mla@leg.bc.ca

Open Mon – Thurs 10 – 3 pm walk-ins, other times by appointment.

Member of Parliament (MP) – Nanaimo Alberni

Dr. James Lunney

Constituency Office: #A 5262 Argyle Street
Port Alberni, BC V9Y 1T9

Phone: 250 720-4457

Fax: 250 720-4458

Toll free: 1-866-390-7550

Open Tues and Thurs 8:30 am – 4:30 pm except between 12:00 – 12:30 pm.

HEALTH CARE AND PREVENTATIVE SERVICES

B.C. Ambulance Services

4760 Roger Street

Port Alberni, BC V9Y 3Z2

EMERGENCY CALLS – DIAL 911

Administration Phone: 250 723-7691

Fax: 250 723-5812

Non Emergency Ambulance Service 250 723-2444

BC Health Nurse Line (Health Link)

Phone: 8-1-1

Deaf and Hearing Impaired call: 1-866-889-4700

The BC NurseLine is a toll free, confidential health information line with specially trained registered nurses who can answer questions 24 hours a day, seven days a week. Call the BC Nurseline and speak to a registered nurse for health information and advice on health concerns, tests and treatment options, including whether to go to Emergency or see a health professional. Pharmacists are also available to answer medication-related calls from 5:00 pm – 9:00 am every day.

BC Medical Services Plan and Pharmacare

Health Insurance BC and Fair Pharmacare

Medical Services Plan (MSP)

Phone: 1-800-663-7100

Website: www.hibc.gov.bc.ca

Mailing: Medical Services Plan
PO Box 9035 Stn Prov Govt
Victoria, B.C. V8W 9E3

If your question is related to your MSP coverage or of an urgent nature, you will receive faster service by phoning Health Insurance BC. A customer service representative will be available to assist you between the hours of 8:00 a.m. to 4:30 p.m Pacific time, Monday to Friday.

An automated service is also available 24 hours a day, 7 days a week, to provide general information about MSP benefits and services.

Eligibility and Enrollment

Fair Pharmacare

Fair Pharmacare assists British Columbians with the cost of eligible prescription drugs and certain other medical supplies ordered by your doctor, dentist or podiatrist.

All residents of B.C. must enrol with MSP

Under the Medicare Protection Act, enrolment with MSP is mandatory for all eligible residents and their dependents.

Who is Eligible?

An individual must be a resident of B.C. in order to qualify for medical coverage under MSP. A resident is a person who meets all of the following conditions:

- must be a citizen of Canada or be lawfully admitted to Canada for permanent resident;
- must make his or her home in B.C.;
- must be physically present in B.C. at least 6 months in a calendar year; and
- dependants of MSP beneficiaries are eligible for coverage if they are residents of B.C.

When Does Coverage Begin?

New residents or persons re-establishing residence in B.C. are eligible for coverage after completing a waiting period that normally consists of the balance of the month of arrival plus two months. For example, if an eligible person arrives during the month of July, coverage is available October 1. If absences from Canada exceed a total of 30 days during the waiting period, eligibility for coverage may be affected.

If your question is related to your MSP account or of an urgent nature, you will receive faster service by phoning Health Insurance BC. A customer service representative will be available to assist you between the hours of 8:00 am to 4:30 pm pacific time, Monday to Friday.

An automated service is also available 24 hours a day, 7 days a week, to provide limited information about your MSP account, and general information about MSP benefits and services.

Please be aware that due to the high volume of inquiries, responses to general or routine account inquiries may take several weeks or more. Please do not resend your inquiry during this period.

Service BC Centres

Located throughout BC, Service BC Centres www.servicebc.gov.bc.ca have MSP pamphlets and forms on hand and will accept completed forms on behalf of MSP. These offices provide information on enrolment, premium assistance and the status of your MSP account. They also accept address changes, premium payments and CareCard replacement fees.

You can also contact our local Government Agent's office at 250-720-2040 for further information.

Communication Aids

Telus

Telus has special equipment to help those with hearing, speech vision impairment and physical disability. For information call Telecom Centre for Special Needs –

TTY to Voice: 711
TTY to TTY: 1-800-855-1155
Voice to TTY: 1-800-855-0511

The above are voice relay numbers not information numbers. The above numbers can also be used to find out about telephone services, directory listing, billing, discounts and repairs.

Diabetes Education Centre

c/o West Coast General Hospital
3949 Port Alberni Highway
Port Alberni, BC V9Y 4S1
Phone: 250-724-8824
Fax: 250-724-8848

The Diabetes Education Centre provides continuing education to clients with diabetes and their families. They promote self management skills to maintain good control of diabetes.

The Centre hours are:

Tuesday and Wednesday	8:00 am – 2:30 pm
Thursday	1:30 – 8:00 pm

Health Unit

Port Alberni Health Unit – Child, Youth and Family Community Health
4227 – 6th Avenue
Port Alberni, BC V9Y 4N1
Phone: 250 731-1315
Fax: 250 731-1316
Website: www.viha.ca click on “central island facilities”

The following services are provided through the Port Alberni Health Unit: flu and pneumonia vaccines, communicable disease management, environmental health services, community dental and nutrition services.

Hospital

West Coast General Hospital

3949 Port Alberni Highway

Port Alberni, BC V9Y 4S1

Phone: 250-731-1370

Fax: 250-724-8805

Services and Departments include: 24 hour emergency room service, 43 acute care beds, 9 Alternate level of care beds, ambulatory care, diabetic education, intensive care, laboratory, medical imaging – x-ray, ultrasound, mammography, nutrition services, obstetrics, occupational therapy, operating rooms for general surgery, palliative care, physiotherapy, psychiatric services, specialists – obstetrics/ gynaecology, pediatrics, internal medicine, urology.

MedicAlert

2005 Sheppard Ave., East, Suite 800

Toronto, ON M2J 5B4

Phone: 1-800-668-1507 9am – 5 pm (Eastern Standard Time)

Fax: 1-800-392-8422

Website: www.medicalert.ca

Email: medinfo@medicalert.ca

MedicAlert provides immediate access to personal and medical information in emergencies to first responders and other health professionals 24 hours a day, anywhere in the world. You can also check at your local pharmacy for information.

Medical Supplies and Equipment

Red Cross Loans Cupboard

5100 Tebo Avenue (enter off of Craig Road)

Port Alberni, BC V9Y 5Y6

Phone: 250-723-0557

Donation Information: 1-800-418-1111

Located in the old “Klitsa” school site on Tebo Avenue. The Red Cross Loans Cupboard is operated by volunteers and has available for loan the following types of equipment for short term use: crutches, walkers, wheelchairs, commodes, bath seats, etc. A referral from a medical professional is required for the loaning of equipment.

Wed & Thurs 10 am – 2 pm

Mental Health Services

Canadian Mental Health Association (New Horizons Centre) – Port Alberni

3178 2nd Avenue

Port Alberni V9Y 4C3

Contact: Bob Hargreaves

Phone: 250-724-7199

Fax: 250-724-5635

Email: bob.hargreaves@cmha.bc.ca

The Canadian Mental Health Association - Port Alberni Branch offers programs and services for people living with mental illness, including: Advocacy, New Horizons Clubhouse, Peer Support, Homeless Outreach, Housing, Frozen Meal Program, Horticulture Program, Disability Parking and Connecting the Dots. For more information please visit our website at portalberni.cmha.bc.ca. If you are looking for other contact information, the Executive Director's phone number is: Bob Hargreaves 250 724-7199

The programs and services we offer include:

- **Advocacy** – for matters such as disability applications/appeals and residential tenancy
- **Housing** – a continuum of safe, secure and affordable housing opportunities in Port Alberni
- **New Horizons Clubhouse** – community based rehabilitation, daily lunch program, transitional employment, social and recreational activities
- **Peer Support** – trained peer support workers who also operate the mental health library
- **Outreach** – assistance, advocacy and support for those who are homeless or at risk of homelessness
- **Food Matters** – offers vocational training in a commercial kitchen and provides frozen meals to 35 people per month
- **Healthy Harvest** – a horticulture program offering an opportunity for participants to learn and experience farm production and sales of organic produce
- **Disability Parking** – parking permits available to the public
- **Connecting the Dots** – promotes the mental health of urban Aboriginal youth and families

Programs and Services

Advocacy

Individual advocacy for matters such as disability applications and appeals and residential tenancy issues is available to all people in the community. This service is funded by BC Gaming.

Bounce Back: Reclaim Your Health

A free, supported self-help program for anyone facing low mood, stress, or anxiety. Bounce Back offers two forms of help: an instructional DVD; and workbooks supported by telephone by a community coach. All content is based on the principles of cognitive-behavioural therapy. A GP referral is required. The program is funded across BC by the Ministry of Health Services. Call 1-866-639-0522 (toll-free) for more information or visit www.bouncebackbc.ca.

Housing

A continuum of safe, secure and affordable housing opportunities in Port Alberni.

Kendall Avenue Apartments: 15 units offering long term support for people with mental illness. Offered in partnership with Vancouver Island Health Authority.

Port House: 4 crisis and transition beds. Staffed 24/7. Offered in partnership with Vancouver Island Health Authority and BC Housing.

Roger Street Apartments: 42 single room occupancy units offering transitional housing for low-income individuals. Support services available. Offered in partnership with BC Housing and Vancouver Island Health Authority.

King George Apartments: 17 subsidized one and two bedroom apartments.

New Horizons Clubhouse

The Clubhouse follows the standards of the International Centre for Clubhouse Development (ICCD). It is a community based rehabilitation program that optimizes personal, social and vocational competencies, through focus on the work ordered day. Members are offered the opportunity for involvement in kitchen, clerical and maintenance units. A lunch program is offered daily at a cost of \$1 per lunch to members. The Transitional Employment Program (TEP) offers employment opportunities for members. There are also social and recreational activities. This program is funded by the Vancouver Island Health Authority (VIHA). Hours of operation are: Monday - Friday 9 am - 4 pm. Social/Recreation Hours are: Saturdays and statutory holidays 11:30 am - 3 pm.

Peer Support

People with mental illness receive training to provide support to others with mental illness. Peer support also operates the mental health library located at the New Horizons Centre. This program is funded by VIHA. Hours of operation: Monday to Friday 1 - 4 pm.

Outreach

Community outreach services offering assistance, advocacy and support for those who are homeless or at risk of being homeless. This service is funded by BC Housing.

Rent Supplement Program

This program, managed by our Outreach Program, makes available monthly rental subsidies to low income individuals living in Port Alberni, Tofino and Ucluelet. Funded by BC Housing.

Connecting the Dots

Connecting the Dots is an innovative project funded by the Public Health Agency of Canada, which seeks to promote the mental health of urban Aboriginal youth and families by mobilizing the community to address risk and protective factors influencing mental health. It adapts an American-based prevention science model known as Communities that Care (CTC) to the urban Aboriginal Canadian context.

Food Matters

Food Matters is a frozen food restaurant that feeds 35 people with mental illness or addictions. 3 frozen meals are provided per week at a cost of \$32.50 per month. There is also a vocational training program for people with long term mental illness or addictions. This program provides kitchen training skills for job readiness in all aspects of commercial kitchen work. Trainees are paid a small hourly wage to work two, four hour shifts each week and they receive a certificate of achievement after 12 weeks. This program builds bridges with employment agencies and commercial kitchens in the local community to link prospective employers with potential employees. Funded by generated revenues and VIHA.

Healthy Harvest

This Horticulture Project offers an opportunity to be involved in the local farming community and a supportive, low stress work environment for those affected by a mental illness. A variety of vegetable crops are grown, which are sold at the Port Alberni farmers market. The program runs weekday mornings and in addition to the Program Coordinator, is staffed by volunteers who receive a monthly honorarium. Healthy Harvest aims to: explore and develop micro-business opportunities focussed in the production and sale of organic vegetable and fruit crops; offer instruction in environmentally sustainable and organic farming methods; provide participants with valuable and transferable employment skills; and produce food for personal use and sale. Funded by CMHA Port Alberni Branch, generated revenues and VIHA.

Disability Parking

Disability parking permits are available in the Administration Office on Tuesdays and Thursdays between the hours of 9:00 a.m. and 2:30 p.m. Application forms, available on CMHA-PA's website or at doctors' offices, must be signed by a doctor. The cost is \$20.00 per permit (or \$22 if mailed).

Mental Health & Addiction Services – Seniors Outreach Team

4780 Roger Street

Port Alberni V9Y 3Z2

Phone: 250-731-1311

Fax: 250-731-1312

The Seniors Health Teams provide assessment and treatment for seniors who have complex mental health and addictions issues.

Who is eligible for Seniors Outreach Team Services?

- Generally over the age of 75
- Have mental health, addiction/or medical issues
- Have dementia – related behaviours
- Are unable to go to an outpatient clinic

Screening Mammography Program

Phone: 1-800-663-9203

Call to make an appointment. A doctor's referral is not necessary.

INFORMATION AND REFERRAL SERVICES

Chamber of Commerce – Alberni Valley

2533 Port Alberni Highway

Port Alberni V9Y 8P2

Phone: 250-724-6535

Fax: 250-724-6560

E-mail: avcoc@alberni.net

Website: www.avcoc.com

Winter hours: Monday – Friday 9:00 am – 5:00 pm

Saturday & Sunday 9:00 am – 5:00 pm

Up to Thanksgiving

After Thanksgiving

Monday – Friday 9:00 am – 5:00 pm

Saturday & Sunday 10:00 am – 2:00 pm

Summer Hours: July 1 – August 31 9:00 am – 6:00 pm daily

This is a visitor information centre and business information centre.

City of Port Alberni – City Hall

4850 Argyle Street

Port Alberni V9Y 1V8

Phone: 250-720-2822

Fax: 250-723-1003

Contact: Jake Martens

E-mail: jake_martens@portalberni.ca

Website: www.portalberni.ca

Municipal Administration. The City Clerk's Department is often the first contact of a citizen wishing to know more about City Hall and communicating with City Council.

Regional District of Alberni-Clayoquot

3008 – 5th Avenue

Port Alberni V9Y 2E3

Phone: 250-720-2700

Fax: 250-723-1327

E-mail: mailbox@acrd.bc.ca

Website: www.acrd.bc.ca

The Regional District provides local government services such as building inspection and planning to areas outside the City – Bamfield, Beaver Creek, Cherry Creek, Long Beach, Sproat Lake and Beaufort.

Government Services

Federal Government

Public Works and Government Services Canada

Reference Canada

Ottawa, Ontario K1A 0S5

Phone: 1-800-622-6232 (1-800-O-CANADA)

TTY: 1-800-926-9105

Fax: 1-613-941-1827

Website: www.canada.gc.ca

This is for information and referrals to Federal Programs and Services.

Provincial Government

Enquiry BC

Phone: 1-800-663-7867

TDD: 1-800-661-8773

Website: www.mser.gov.bc.ca/prgs/enquiry_bc.htm

Email: EnquiryBC@gov.bc.ca

Call for general information and toll free transfers for callers who would otherwise incur a cost for obtaining information from or conducting business with the provincial government.

Service BC

4070 8th Avenue

Port Alberni V9Y 4S4

Phone: 250-720-2040

Fax: 250-724-9298

Email: annameika.lee@gov.bc.ca

Website: www.gov.bc.ca

Contact the local Government Agents office for any service offered by the Provincial Government.

Ministry of Health and Information Line For Seniors

Phone: 1-800-465-4911 Mon - Fri 8:30 am – 4:30 pm

Call for information on all Ministry of Health programs and services. This includes information and direction regarding resources available to people with disabilities and to their families. Also includes information on a range of government services available to seniors.

Poison Control Centre

Phone: 1-800-567-8911 (open 24 hours/day)

Website: www.dpic.org

Call for information on poisons and treatment of poisoning and also for chemical exposures and concerns as well as medications.

Nidus Personal Planning Resource Centre and Registry

1440 West 12th Avenue

Vancouver BC V6H 1M8

Phone: 1-604 408-7414 or Toll free 1-887 267-5552

Fax: 1-604 801-5506

Email: info@nidus.ca

Website: www.nidus.ca

Nidus offers comprehensive educational materials on their website including fact sheets, guides and forms to help with the process of Personal Planning, including making a Representation Agreement. Nidus also offers the Personal Planning Registry for registering all Personal Planning documents including Representation Agreements and Enduring Powers of Attorney. Registering documents makes them accessible when they are needed.

Seniors' Healthy Living Secretariat

Ministry of Health

Phone: 1-250-387-6121 or Toll Free 1-800-663-7867
Email: SeniorsHealthyLivingSecretariat@gov.bc.ca
Website: www.seniorsbc.ca

The BC Government has a website dedicated to Seniors' Services. It has consolidated existing web-based provincial government information into a single web address to facilitate access in locating province-wide resources available in communities. The website can be accessed through the following address: www.csarv.gov.bc.ca/seniors

Vital Statistics

Phone: 1-250-952-2681 or 1-888-876-1633
Website: www.vs.gov.bc.ca

Call for information on births, deaths, marriages, name changes, wills, genealogical and statistical information, burial permits, marriage licenses and marriage commissioners.

Legal Resources

BC Human Rights Tribunal

1170 – 605 Robson Street

Vancouver BC V6B 5J3

Phone: 1-888-440-8844
Fax: 1-604-775-2020
TTY: 1-604-775-2021
Email: BCHumanRightsTribunal@gov.bc.ca
Website: www.bchrt.bc.ca

The Human Rights Tribunal deals with Human Rights complaints, which are in contravention to the BC Human Rights code. The services are free.

Consumer Protection

Better Business Bureau of Vancouver Island

Phone: 1-250-386-6348 or 1-877-826-4222 (toll free)
Fax: 1-250-386-2367
Website: www.vi.bbb.org
Email: info@vi.bbb.org
Complaints: complaints@vi.bbb.org

The Better Business Bureau is a go-to resource to find businesses you can trust.

Ministry of Public Safety and Solicitor General

PO Box 9290 Stn Prov. Govt.

Victoria, BC V8W 9J7

Phone: 1-250-387-6121 (Victoria)

Toll Free: 1-800-663-7867 (Elsewhere in B.C.)

Email: pssgwebfeedback@gov.bc.ca

Website: www.gov.bc.ca/pssg

The goal of the Ministry of Public Safety and Solicitor General, is to maintain and enhance public safety in every community across the province. Refer to the website for more information on specific topics.

Phone-Busters (Canadian Anti-Fraud Centre)

Phone: 1-888-495-8501

Fax: 1-888-654-9426

Email: info@antifraudcentre.ca

Website: www.antifraudcentre.ca

Phone-Busters provide a central source for complaints against telemarketing fraud in Canada. Will connect you to the Direct Marketing Association who will take you off mailing lists.

Lawyer Referral Services

Phone: 1-800-663-1919

Fax: 604-687-4680

A service offered by the Canadian Bar Association. They provide the name of a lawyer who practices in the field in which you are having a problem. The first consultation up to 30 minutes is \$25.00 plus tax.

Dial-A-Law Public Legal Information

Phone: 1-800-565-5297

Website: www.dialalaw.org

Operated by the BC Branch of the Canadian Bar Association. They offer pre-recorded messages prepared by lawyers. It gives information only, and does not give legal advice.

Office of the Ombudsman

2nd Floor, 947 Fort Street

Victoria, BC V8W 3K3

Phone: 1-250-387-5855 or 1-800-567-3247

Fax: 1-250-387-0198

TTY: 1-800-667-1303

The office of the Ombudsman, under the Ombudsman Act, has the power to watch over the administration practices of the public bureaucracy and investigates any complaints from individuals or groups regarding fairness of services from the provincial government.

Public Guardian and Trustee of BC

Suite 700 – 808 West Hastings Street

Vancouver, BC V6C 3L3

Phone: 1-604-660-4444

Fax: 1-604-660-0374

Website: www.trustee.bc.ca

Email: mail@trustee.bc.ca

The Public Guardian and Trustee of BC operates under provincial law to protect the legal rights and financial interests of children; to provide assistance to adults who need support for financial and personal decision making, and to administer the estates of deceased and missing persons where there is no one else able to do so. The Public Guardian and Trustee is an independent and impartial public official and is an officer of the court. It is the Public Guardian and Trustee's role to balance protection with autonomy and thereby ensure that people may live in the way they choose with the support of family and friends. The Public Guardian and Trustee are accountable to clients, the court and the public at large.

MEAL SERVICES

Bread of Life Centre (Soup Kitchen)

3130 – 3rd Avenue

Port Alberni, BC V9Y 4C8

Contact: Stacie Camponi

Phone: 250 723-4049

Email: breadoflifesociety@shaw.ca

Thrift store open Monday to Saturday from 10:00 am – 4:00 pm. Hot meals at lunch time on Monday to Friday. Proceeds from the thrift store go toward the soup kitchen.

Meals on Wheels

Box 323

Port Alberni, BC V9Y 7W8

Contact: Janet Buchanan

Phone: 250 730-0390

Meals on Wheels is a community service for seniors, handicapped and convalescents. Meals are served once a day at supper. All drivers are volunteers. Rates for the meals are reasonable.

Salvation Army

4841 Redford St.

Port Alberni, V9Y 3P3

Contact: Corps Officer

Phone: 250-723-6913

Thrift Store: 250-723-6977 (2920 - 3rd Avenue)

Community & Family Services 250-723-6913 (4841 Redford)

Fax: 250-723-6938

The Salvation Army provides a food bank on Tuesdays by appointment 10 am – 1 pm and Thursdays by drop in 10:00 am – 1:00 pm. A person is eligible for this service every 30 days. Each situation is decided upon its own merit. Fresh bread and produce are offered when available on a first come, first serve basis.

PENSION INFORMATION

Federal and Provincial Programs

Service Canada

4805 “A” Mar Street

Port Alberni, BC V9Y 8J5

Phone: 250 724-0151

Fax: 250 723-4239

Website: www.servicecanada.gc.ca click on “Seniors”

Service Canada: 1-800-622-6232

Old Age Security/Canada Pension Plan: 1-800-277-9914 (press ‘0’ for representative)

Canada’s public pension system provides seniors with a secure, modest base of retirement income. The two main programs are Old Age Security and the Canada Pension Plan. Benefits offered by these programs do not start automatically – you must apply for them.

Old Age Security (OAS) Program

The Old Age Security program offers three types of benefits:

Old Age Security Pension

If you are 65 or older and meet the Canadian residence requirements, you are entitled to the Old Age Security pension. You should apply at least six months before you turn 65. If you lived in Canada, but now live in another country, you may still be eligible.

Guaranteed Income Supplement (GIS)

The Guaranteed Income Supplement is an additional monthly benefit available to seniors who receive an Old Age Security pension and have a low income.

Allowance and Allowance for the Survivor

- **Allowance.** If you are between 60 and 64 and your spouse or common-law partner is an OAS pensioner who is eligible for the Guaranteed Income Supplement, you may qualify for the Allowance. The Allowance is a monthly benefit that helps bridge the income gap until you turn 65.
- **Allowance for the survivor.** If you are between 60 and 64 and have a low income, and your spouse or common-law partner has died, you may qualify for the Allowance for the survivor. You must apply for the Old Age Security pension and each related benefit. If you are eligible for the Guaranteed Income Supplement, you may also be entitled to benefits and services from your province or territory. Contact your provincial or territorial government for more information.

Canada Pension Plan (CPP)

Most working Canadians contribute to the Canada Pension Plan. If you have contributed to the Plan, you are entitled to a retirement pension.

Historically, people have taken their pension at the age of 65, but you can apply as early as 60. If you take your pension before the age of 65, your benefits will be reduced. If you apply between the ages of 65 and 70, your benefits will be increased.

You must apply for these benefits. You should apply at least six months before you want to receive them.

Other Canada Pension Plan Benefits

If you have contributed enough to the Canada Pension Plan, you or your family may be eligible for the following benefits.

- **If your disability prevents you from working**, you and your dependent children may be eligible to receive monthly **disability benefits**.
- **If you die**, your surviving spouse or common-law partner and dependent children may be eligible for a monthly **survivor benefit**. A lump-sum **death benefit** is also available to your estate.
- **If your spouse or common-law partner dies**, the CPP offers a lump-sum **death benefit** to help with the costs of the funeral. Widowed spouses/common-law partners of CPP contributors may also get a monthly **survivor pension**.
- **If a parent dies**, dependent children up to the age of 25 may also be eligible to receive **children's benefits**.
- **If you are separated or divorced**, CPP contributions made by you or your spouse/common-law partner can be divided equally. This division applies to contributions you both made during your marriage or common-law relationship. This may benefit you, because the more credits you have, the higher your CPP benefits will be, up to a maximum amount.
- **If you are married or in a common-law relationship**, you may be able to save on income tax by pension sharing. If you and your spouse/common-law partner are both at least 60, you can apply to share your CPP retirement pensions equally.
- **If you have children** born after December 31, 1958, you may be able to increase your benefits. You can apply for the **child-rearing provision**, which recognizes the time you spent out of the workforce raising young children (under seven) when your benefits are calculated. If this is your situation, be sure to apply.
- **If you've lived abroad** – Canada has social security agreements with about 50 countries. If you lived or worked in one of these countries, you or your family may be eligible for old age, retirement, disability or survivor benefits from that country, or from Canada, or from both.

Making Things Easier

Direct Deposit

Eliminate the worry. Sign up for OAS and CPP direct deposit service.

- You will always get your benefits on time.
- Your cheques will never be lost, stolen or damaged.

Sign up for direct deposit when you apply for your OAS or CPP benefits. We will need the account and branch number of your financial institution. Direct deposit is available only in Canada and the United States.

CPP and OAS Services Online

Look what you can do online!

- Apply for your CPP retirement pension.
- View and print copies of your OAS and CPP tax information slips.
- View and update personal information related to your CPP and OAS benefits.
- Check how much you contributed to the CPP.
- Use the Retirement Income Calculator to help you plan for retirement.

BC Benefits (Income Assistance) Act

This is the name of the provincial legislation that provides financial and social services to eligible persons in BC. There are several forms of financial support under the BC Benefits (Income Assistance) Act. The following is the support that is provided to seniors:

Seniors Not Receiving Old Age Security

If you are 65 or over and are not eligible for the OAS Pension and its supplement (GIS), you may be eligible for assistance from the Ministry of Social Development and Economic Security. Eligibility is based on your income, assets, and shelter costs. For more information contact your local Ministry of Social Development and Economic Development office.

Veteran's Benefits

Veterans' Affairs Canada

Room 232, 816 Government Street

Victoria, BC V8W 3B3

Phone: 1-866-522-2122 (Monday – Friday, 8:30 am – 4:30 local time)

Fax: 1-250-363-3231

Email: information@vac-acc.gc.ca (Important Note: For security reasons, please do not send personal or confidential information, via e-mail. E-mails are not secure and can be observed by a third party while in transit.)

Website: www.vac-acc.gc.ca

Information on veterans' affairs and benefits can be obtained from the above or you can contact our local Alberni Valley Royal Canadian Legion - Branch #293 at 250 723-5042. When calling toll free, please have your home postal code ready for quicker access. To speak to someone in person, you can also visit the Service Canada Centre (4805 Mar Street, Unit A).

Other inquiries

Contact	Email	Phone	Mail
Services and benefits applications, forms and supporting documentation	Send a secure message through My VAC Account	1-866-522-2122	Veterans Affairs Canada PO Box 6000 Matane, QC G4W 0E4
Access to Information and Privacy office	atip-aiprp@vac-acc.gc.ca	1-877-566-8609	Access to Information and Privacy Office Veterans Affairs Canada PO Box 7700 Charlottetown, PE C1A 8M9
Bureau of Pensions and Advocates	Send a secure message through My VAC Account	1-877-228-2250	Bureau of Pensions Advocates
Media	N/A	1-613-992-7468	Media Relations Veterans Affairs Canada PO Box 7700 Charlottetown, PE C1A 8M9
Remembrance Learning Resources	education@vac-acc.gc.ca Contact us if you wish to receive email updates about our free resources	1-877-604-8469	Veterans Affairs Canada PO Box 7700 Charlottetown, PE C1A 8M9

RECREATION/SPORT FACILITIES

Alano Club

3028 – 2nd Avenue

Port Alberni, BC V9Y 1Y9

Contact: Staff Member

Phone: 250-724-3911

Fax: 250-724-3911

A place to drop in for coffee and/or conversation. There is a cribbage night every Friday and a Coffee House is held the second Saturday of the month. Everyone is welcome to drop in from 9:00 am – 2:00 pm and 6:30 – 9:30 pm everyday except Sundays 11:00 am – 2:00 pm and Christmas day - closed.

Alberni Athletic Hall

3727 Roger Street

Port Alberni, BC V9Y 8Z4

Contact: Bill Surry

Cell: 250- 731 6930

Hall Phone: 250-723-3799

The new Alberni Athletic Hall is located next to the Alberni Valley Multiplex on Roger Street. There is a large wooden gym floor with a regulation size basketball court, 6 badminton courts, 2 volleyball courts, a board room for meetings, a mezzanine area and kitchen . The facility is available for rentals. Contact Bill Surry.

Alberni Valley Billiards Club

2964 3rd Avenue

Port Alberni, BC V9Y 2A7

Contact: Maryann McConnell or Robin Woodward

Phone: 250-723-1212

Fax: 250-723-1212

The facility has 15 tables which include snooker and pool. There are tournaments, league play and drop-in. Special group rates, phone for more info.

Alberni Valley Curling Club

3250 – 9th Avenue

Port Alberni, BC V9Y 4T2

Contact: Adam McPherson, Manager

Phone: 250-723-3111 (Curling Rink)

Fax: 250-723-3160

Email: albernicurling@shaw.ca

Website: www.albernicurling.com

The Curling Club season is October – March. There are various age groups and all levels are welcome. Mondays and Wednesdays from 9:00 – 11:00 am.

BC Seniors Games Society

#203 – 2453 Beacon Avenue

Sidney, BC V8L 1X7

Phone: 778-426-2940

Fax: 778-426-2941

E-mail: bcsogs@shaw.ca

Website: www.bcseniorgames.org

Port Alberni contact: Maggie Slassor

Phone: 250-723-4081

The BC Seniors Games Society helps BC seniors keep fit and encourages the continued development of their physical, social and mental health through the staging of an annual Seniors Games competition which emphasizes participation in both physically active and mentally stimulating events. It is for people 55 years of age or older. Membership fee is \$15.00. BC is divided into 12 zones and Port Alberni is part of Zone 2. For information on the events and site of the upcoming BC Seniors Games competition, please contact the local representative.

Disc Golf – Echo Park

4255 Wallace Street (Behind Echo Centre – Echo Woods)

Phone: 250-723-2181 (Echo Centre)

The Echo Sunshine Club (with funding from New Horizons) have put in a 9 hole disc golf course in the Echo Park and Echo Woods area behind Echo Centre. The course is free to use for the general public – you just have to provide your own discs for use. There are discs available to purchase at Echo Center or Echo Aquatic Centre or local sports stores. For more information, contact Parks & Recreation.

Rainbow Lanes

5-Pin Bowling – Impact Bowling

3752 – 4th Avenue

Port Alberni, BC V9Y 4H8

Contact: Dave Rutherford

Phone: 250-723-5522

Email: rainbowlanes@shaw.ca

Website: www.rainbowlanes.ca

The bowling alley has various leagues and drop-in play. For seniors there is a 55+ club on Tuesdays and Thursdays at 1:00 pm. These leagues start after labour Day and continue until the end of April. Contact the bowling alley for prices and further information.

Golf – Alberni Golf Club

6449 Cherry Creek Road

Port Alberni, BC V9Y 8T3

Phone: 250-723-5422 (Pro-Shop)

Phone: 250-723-7111 (Clubhouse)

Fax: 250-723-7010

Website: www.albernigolf.com

This 18 hole golf course offers power cart rentals, driving ranges, a fully-stocked Pro-shop and a dining room. It is open to the public 7 days a week from dawn to dusk. Contact the Pro-shop for fees or further information.

Golf – Hollies Executive Golf Course

3133 Alberni Highway

Port Alberni, BC V9Y 8R5

Contact: Patrick and Jackie Little

Phone: 250-724-5333

Fax: 250-724-5333

Email: holliesgolf@shaw.ca

This 9 hole golf course has a fully stocked Pro-shop with rentals and a licensed lounge. It is open to the public 7 days a week. There is a seniors club (50+) that plays on Thursday mornings. Contact the Pro-shop for further information

Lawn Bowling Club

4255A Wallace Street – Echo Park behind Echo Centre

Port Alberni, BC V9Y 3Y6

Contact:

Phone: 250-724-3354 (Lawn Bowling Clubhouse)

250-724-4025 (Joe Van Kooten Rentals)

The Lawn Bowling Club is located behind Echo Centre in Echo Park. The Club is open to anyone 13 years of age and over. The season is from May – September. People can join and become a member or there are drop-in rates and rental rates for bowling equipment. The Clubhouse is available for rentals to the public. Contact Al Stanley for further information.

Mount Klitsa Garden Club

Contact: Shirley Reimer

Phone: 250-724-1550

Chair Persons: Jacquie Swann/Katy Lekich

The Mt. Klitsa Garden Club meets at Echo Centre, 7:00 pm on the first Thursday of the month (except July, August and December). We have approximately 75 members all of whom are interested in gardening in the Alberni Valley. Our meetings are social and educational.

Outdoors Club

Contact: Robert Gunn

Phone: 250 723-3350

Website: www.albernivalleyoutdoorclub.org

The Outdoors Club has scheduled weekend trips to include the following activities: hiking, canoeing, kayaking, snowshoeing, and cross-country skiing. All ages are welcome. A club schedule can be found on the website.

Parks, Recreation & Heritage Department

4255 Wallace Street

Port Alberni, BC V9Y 3Y6

Phone: 250-723-2181

Info Line: 250-723-4636

Fax: 250-723-1035

E-mail address for seniors programs: karen_freethy@portalberni.ca

Websites: www.portalberni.ca

The Port Alberni Parks, Recreation and Heritage Department offers programs and services for families and people of all ages. Parks and Recreation also provides the H.E.A.R.T. Program. The H.E.A.R.T. Program Coupon Books are for low income families living within the City of Port Alberni, Sproat Lake, Cherry Creek and Beaver Creek electoral areas. If your total yearly gross income is within Statistics Canada Low Income Threshold you are eligible to sign up for the H.E.A.R.T. Program. (For reduced fee program registrations; free drop-in admissions for swimming, skating and more.)

Facilities include: Echo Activity Centre, Echo Aquatic Centre, Glenwood Sports Centre, Alberni Valley Multiplex, Gyro Youth Centre, Echo Park Fieldhouse, parks, playgrounds, field and more. Pick up a copy of the Active Living Guide or call for further information.

Sproat Lake Canoe Club

Contact: Darrel Holt

Phone: 250-723-0640

The Sproat Lake Canoe Club has three 6-person outrigger canoes at Sproat Lake for all year round recreation and competitive paddling.

Trailer Club – Echo Sunshine Club

Contact: Bob Marchildon

Phone: 250-724-1759

The Echo Sunshine Club has a trailer club that has campouts May – September each year. For further information contact the above number or call the Sunshine Club office at Echo Centre 720-2505.

West Coast Dragon Boat Society

Contact: Donna James , Secretary

Phone: 250-723-6865

A society consisting of mixed, senior and ladies teams. Paddling from April to September from the West Bay Hotel on Sproat Lake.

SAFETY/SECURITY

Alberni Lifeline Monitoring Inc.

c/o WCGH Foundation

3949 Port Alberni Highway

Port Alberni V9Y 4S1

Phone: 250 – 731-1370 Local 48147

Fax: 250-724-8842

Lifeline is a personal emergency system designed to help people live independently. Lifeline provides service 24 hours a day, 365 days a year. At the first indication of trouble clients needing help push a small button that they wear, either as a necklace or on a wrist strap. This sends a signal to the hospital monitoring station that will assess the need for help and take the necessary action. Office hours are Monday – Friday from 9:00 am – 3:00 pm for further information.

Alberni Valley Emergency Program

Contact: Rondi Shanks

Phone: 250-720-2529

Fax: 250-723-3402

E-mail: rondi_shanks@portalberni.ca

The A.V. Emergency Program Office works on the preparation and planning for the response and recovery of the Alberni Valley in the event of a disaster, such as earthquakes, tsunamis, fires, floods, etc. They have handouts available on Emergency Preparedness and Emergency Supply Checklist and information on where you can obtain these supplies at local businesses. Rondi can be contacted if you would like her to give a presentation to your group or organization.

Fire Department – Port Alberni

3699 10th Avenue

Port Alberni V9Y 4W3

Emergency Calls: 9-1-1

Administration Phone: 250-724-1351

Fax: 250-723-5652

The Fire Department prevention branch can provide information and assistance about fire prevention and safety services and how to protect yourself, your family and your home from fire. This is done through public lecture or one-on-one consultations. Call the administration number listed above during normal business hours to get further information.

Friendly Phone Service

c/o Echo Sunshine Club

4255 Wallace Street

Port Alberni V9Y 3Y6

Phone: 250-720-2505

The Friendly Phone Service is a free service provided by Sunshine Club volunteers for seniors and others living on their own, wanting daily checks to ensure their safety. This entails a phone call each morning between 8:00 – 9:30 am at a time agreed upon. Contact the Sunshine Club for further information or an application form for this free service. Open to all community residents.

RCMP

4444 Morton St

Port Alberni V9Y 4M8

Emergency Calls: 9-1-1

Non-Emergency Calls: 250-723-2424

Crime Stoppers/TIPS: 1-800-222-8477

Community Policing Society

#9 - 5440 Argyle Street

Port Alberni V9Y

Phone: 778-421-3578

778-421-3992

This office also house COPS (Citizens on Patrol) Crime Stoppers, and Speed Watch. It is a place to get information on ways to improve safety issues. It is the eyes and ears of the police. Volunteers are always welcome. Office hours are: Monday through Friday, 10:00 am – 4:00 pm, Saturdays 9:00 am – 12:00 pm. Also open for special events on Sundays.

SENIORS GROUPS/ORGANIZATIONS

Echo Sunshine Club

4255 Wallace Street

Port Alberni V9Y 3Y6

Phone: 250 720-2505

Fax: 250 723-1035

Email: sunshine-club@live.com

The Echo Sunshine Club is open to everyone 50 years of age or better. The membership fee is \$60.00 per person on a September – August basis. There are over 50 different activities to get involved with including bus trips & holiday tours, special events, workshops, and services like the Friendly Phone Service, lunch service, and much more. A monthly newsletter describes the opportunities available and can be picked up in the lobby of Echo Centre. The Sunshine Club office is open Monday – Thursday 9:00 am – 4:00 pm, Friday 9:00 – 3:30 pm at Echo Centre (except reduced office hours in June & July).

SENIORS HOUSING/CARE FACILITIES

Care Facilities/Assisted Living

Echo Village

4200 – 10th Avenue

Port Alberni V9Y 4X3

Phone: 250-724-1090

Fax: 250-724-2115

Echo Village is a multilevel care facility providing residential accommodation for people who qualify for intermediate/extended care levels. Echo Village provides accommodation for 67 residents. Echo Village is part of a larger organization (The Alberni –Clayoquot Continuing Care Society) which is a not – for – profit organization that provides residential accommodations, health care, leisure and recreational services to seniors in the Alberni Valley.

Fir Park Village/Adult Day Services

4411 Wallace Street

Port Alberni V9Y 7Y5

Phone: 250-724-6541

Fax: 250-724-6543

Fir Park Village is a multi-care facility which is home to 67 residents. Fir Park village is part of a larger non-for-profit organization (Alberni –Clayoquot Continuing Care Society) which provides residential accommodation, health care, leisure and recreational programs to seniors in the Alberni Valley.

Fir Park Village is also home Adult Day Services which provides specialized services for seniors limited physically and/or socially. The program operates Mon-Fri.

Heritage Place

4360 Heritage Lane

Port Alberni BC V9Y 4X3

Phone: 250-720-1073

Doug Murray: 250-731-6297 (Site Manager)

Deb Walton: 250-720-1073 (Activity Coordinator)

Heritage Place is an Assisted Living Centre. Heritage Place has 26 suites and is under the Community Care Program. Heritage Place is operated by the Alberni Valley Assisted Living Society.

Tsawaayuus (Rainbow Gardens)

6151 Russell Place

Port Alberni V9Y 7W3

Phone: 250-724-5655

Fax: 250-724-5666

E-mail: info@rainbowgardens.bc.ca

Tsawaayyuus (Rainbow Gardens) is a 30-bed Multi-level Care Facility. Care is provided for Residents who have been assessed as either Intermediate or Extended Care. The assessment is carried out by Continuing Care Division or by the Tribal Council or the Community Health Nurse for individuals who live on-reserve. Tsawaayyuus is operated under the direction of the Westcoast Native Health Care Society. Individuals or families interested in touring the facility are welcome. Please call and make arrangements.

Westhaven Care Facility

3949 Port Alberni Highway

Port Alberni V9Y 4S1

Phone: 250-724-8875

Fax: 250-724-8809

Westhaven is the 32 bed multilevel care facility located on the West Coast General Hospital grounds. It is linked to, but separate from the Hospital.

HOUSING

Abbeyfield Port Alberni

8th Avenue at Redford

3839 – 8th Avenue

Port Alberni V9Y 8J6

Contact: Roxanne Heard

Phone: 250-724-5054

Website: abbeyfieldportalberni.homestead.com

Email: abbeyhome@shaw.ca

Twenty-one people have their own bed-sitting room and 2-piece ensuite. Couples can be accommodated. Residents share the two main meals of the day, served in the communal dining room, and they get their own breakfast in the same room. A live-in housemother is part of the staff team, which also includes a chef, social director and housekeeper. Volunteers are always welcome. Call for further information.

Alberni Valley Senior Citizens Homes Society

Contact: Ernie Bigelow

Phone: 250-723-8895

The Board of Directors screen applicants for rental of Pioneer Towers and the Seniors Cottages. This is for 55+ seniors.

Pioneer Towers/Seniors Cottages

4467 Wallace Street

Port Alberni V9Y 3Y4

Contact: Janet Feveile

Phone: 250-724-2013

Fax: 250-724-2013

For information on seniors housing at the Pioneer Towers or Cottages for 55+ seniors contact the above listed numbers.

Port Alberni Shelter Society (formerly Port Alberni Hostel Society)

3978 – 8th Avenue

Port Alberni V9Y 4S2

Contact: Wes Hewitt

Phone: 250-723-6511

Fax: 250-724-6544

Email: pashelter@shaw.ca

Port Alberni Non-Profit Housing Association and Coolwaters

#111 – 4777 Southgate Street

Port Alberni V9Y 8J3

Contact: Wendy Edwards

Phone: 250-720-2136

This housing includes apartments that are fully wheelchair accessible. Office hours are Mon. and Thurs. 10:00 am – 2:30 pm only.

SERVICE CLUBS/ORGANIZATIONS

Alpar Shrine Club

Contact: Allyn Davies

Phone: 250-723-3328

Phone if you know or hear of any child needing help.

Beta Sigma Phi

Contact: Marilyn Horton

Phone: 250-723-7640

B.P.O. Elks

Contact: George Broughton

Address: 4102 Parkinson Pl PO Box 1351, Port Alberni BC V9Y 8B8

Phone: 250-723-2914

or

Contact: Lynn Back
Phone: 250-723-9898
Email: lynnsheidaway@shaw.ca

We meet on the 4th Thursday of the month at 7:00 p.m. at the Odd Fellows/Rebekah's Hall (4358 Roger Rd, Port Alberni BC V9Y 3Z6, phone: (250) 723-9926).

Gyro Club of Alberni

Contact: Dennis Hillman
Phone: 250-723-6205

Hospital Auxiliary – WCGH

Contact: Sylvia Broadfoot
Phone: 250-723-4078

Kinsmen Club

Contact: Mitch Gardner
Phone: 250-723-4970

Kiwanis Club

Contact: Robin Nadig
Phone: 250-723-4970

Lions Club

Contact: Don Hudson
Phone: 250-724-4658

Oddfellows

4358 Roger Street
Port Alberni V9Y 3Z6
Contact: Wally Ogden
Phone: 250-724-3348

We meet on the first and third Tuesday of every month at 7:30 pm at the Odd Fellows Hall (4358 Roger Street).

Rotary Club of Alberni – Arrowsmith (mornings)

Contact: Pat Kermeen
Phone: 778-421-3996

Rotary Club – Port Alberni

Contact: Christina Spence Proteau
Phone: 250-723-4319

Alberni Valley Royal Canadian Legion #293

4680 Victoria Quay

Port Alberni BC V9Y 6G5

Contact: Tim Murphy

Phone: 250-723-7355

Office: 250-723-5042

SUPPORT GROUPS/SERVICES

Alcoholics Anonymous

Alano Club

3028 2nd Avenue

Port Alberni BC V9Y 1Y9

Phone: 250-724-2397

Meetings everyday at noon at the Alano Club. These are open meetings and everyone is welcome to attend.

AV Alcohol and Drug Prevention Service

4259 6th Avenue

Port Alberni BC V9Y 4N1

Phone: 250-724-6166

Alzheimers Support Group

2855 – 7th Avenue

Port Alberni V9Y 2J5

Contact: Marg Souther

Phone: 250-724-1810 or Una Bernasky 250-730-1202

The group meets the 3rd Monday of every month at 6:30 pm at Fir Park Village, activity room. Educational resources are available.

“Bounce Back” Program

Canadian Mental Health Association

Phone: 1-866-639-0522

A program designed to help adults experiencing symptoms of mild to moderate depression, low mood or stress with or without anxiety. Bounce Back provides telephone coaching with assistance in problem-solving and teaching other skills to overcome difficulties such as inactivity, unhelpful thinking, worry and avoidance. Access to the coaching component requires a doctor's referral. If you are interested in Bounce Back, please talk to your family doctor. Bounce Back is led by the BC Division of the Canadian Mental Health Association (CMHA) and funded by the Ministry of Health. A commitment to principles of empowerment, peer and family support, and participation in decision-making, make CMHA a logical lead organization for the coordination of community-based mental health programs that serve primary health care patients. CMHA BC involves a network of 19 local branches throughout the province.

Canadian Cancer Society

3030 B – 3rd Avenue

Port Alberni V9Y 2A5

Phone: 250-724-2912

Fax: 250-724-2919

Office hours are from Monday to Friday from 10:00 – 4:00 pm. Support is available for all types of cancer. Application can be made for financial aid for medication, out of town travel and lodging. Free Masons cancer van provides free transportation for out of town appointments. Wigs and prostheses are available. There are monthly peer support meetings.

Canadian Continenence Foundation

Jacqueline Cahill, Executive Director

P.O. Box 417

Peterborough, ONT K9J 6Z3

Phone: 1-705 750-4600

1-800-265-9575 (Toll Free)

Fax: 1-705 750-1770

Email: help@canadiancontinence.ca

Canadian Hard of Hearing Association

Area Rep: Neil Abrahamson

Phone: 250-723-7580

BC Chapter: Toll Free 1-866-888-2442

Phone: 604-795-9238

Fax: 1-866-888-2443

604-795-9628

Email: infoWchha-bc.org

Port Alberni Diabetes Association

Area Rep: Bonnie McDougall

Phone: 250-723-1752

Website: www.diabetes.ca

Vancouver Island Regional Office

Phone: 1-877-556-2812 or 250-382-5454

Diabetes Clothesline: 1-800-5054-5525 for pickup of a donation of unwanted clothing items.

Available for support and information for people with diabetes.

Canadian National Institute for the Blind

Phone: 1-800 563-2642 Toll Free anywhere in Canada

Call for information on rehab services – low vision assessments, rehab teaching, orientation and mobility, technical assessments and white canes, etc.

Caregiver Support Group (Hospice Society)

2649 2nd Avenue

Port Alberni V9Y 1Z8

Phone: 250-723-4478

Website: www.albernihospice.ca

The Alberni Valley Hospice Society provides caregiver support for adults caring for loved ones with a life limiting illness such as cancer or end stage organ failure and those with a longer standing chronic illness such as Alzheimer's, Parkinson's, Huntington's, etc. The group is an opportunity to develop new skills, decrease stress and avoid burnout in a confidential and supportive environment.. A lending library is also available. Call AVHS at 250-723-4478 for more info and to register.

Citizens Advocacy Society (Alberni Valley)

5038 Argyle Street

Port Alberni V9Y 1V4

Phone: 250-723-8614

Fax: 250-723-8614

Email: AVCAS@shaw.ca

Citizen Advocacy Society is a drop in centre which offers support and guidance for physically or mentally challenged adults. Citizen's Advocacy acts as an advocate at the request of clients. Assistance is provided in budgeting, social activities and family. Hours of operation are Monday to Friday 8:30 am – 2:30 pm.

New Horizons Clubhouse

3178 2nd Avenue

Port Alberni V9Y 4C3

Contact: Sandee Liecester

Phone: 250-724-3663

Fax: 250-724-5635

Endometriosis Information

Contact: Linda Lubiner

Phone: 250-723-3996

Please call Linda after 10:00 am who has information to help you cope with this disease. Alternatives for symptom relief are explored. Small fee for information package.

Family Guidance Association

3039 – 4th Avenue

Port Alberni, BC V9Y 2B8

Phone: 250-724-0125

Fax: 250-724-0135

Office hours are Monday-Thursday from 8:30 am – 4:30 pm. There is family and group counselling. Rainbows (grief and loss groups for children ages 5 – 12), parent-teen mediation and youth counselling, parenting skills information groups, grief and loss issues, etc.

AV First Open Heart Society

3737 San Mateo Drive

Port Alberni, BC V9Y 5H3

Contact: Bev Lacey

Phone: 250-723-2056

Contact: Arlene Donovan

Phone: 250-724-2196

This is a support group for people with heart related health problems and their families. The groups also assists with travel to Victoria for heart related medical problems. Holds monthly meetings and speakers in attendance. Funded by Memorial Donations.

Friendship Center (Port Alberni)

3555 – 4th Avenue

Port Alberni BC V9Y 4H3

Phone: 250-723-8281

Fax: 250-723-1877

Once a month there is an elders lunch. There is no charge for the lunch. Other events that include elders but not limited to are: monthly community dinner, special occasion lunches and dinners, family dances, many fund raising events. Once a year elders fund raise to attend the annual Elders Conference. The location of BC is different each year. Services offered by the Port Alberni Friendship Centre open to all ages include: Alcohol and Drug Counselling, Legal Information, Employment and Education. Regular office hours of the PAFC are Monday – Friday 8:30 am – 4:30 pm. Become a member and receive the monthly newsletter. Membership is \$2.00/year per person or \$5.00/year per family (2 adults and up to 2 children over 16 years).

Grandparents Raising Grandchildren Support Group – Port Alberni

Parent Support Services

Box 86

Nanoose Bay, BC V9P 9J9

Contact: Sandi Halvorson (Program C.I. Co-ordinator)

Phone: 1-250-468-9658

1-877-345-9777

1-855-474-9777 Grand Parent Suport

Email: grg@parentsupport.ca

This is a self-help support group for grandparents who are raising their children's children with out the parent in the home.

Happy Soles, Foot and Nail Care

Contact: Carla
Phone: 250-735-8090
Contact: Carrie
Phone: 250-927-1859

They specialize in diabetic and advanced foot care assessments and education, toe nail fungus, callus and corn reduction, ingrown toe nails and are certified compression stocking fitters.

Healing Touch and Reiki

Contact: Alberni Valley Hospice Society for information or appointments
Phone: 250-723-4478
Website: www.albernihospice.ca

The Alberni Valley Hospice Society provides Healing Touch and Reiki by certified practitioners and practitioners in training to:

- Anyone receiving palliative care and their caregivers
- Caregivers of anyone with a debilitating chronic illness
- Anyone who is bereaved
- Anyone who is receiving cancer treatment (before, during or after)

Persons receiving Healing Touch or Reiki have reported improved relaxation and stress relief, improved sleep, reduction in pain levels, and reduction in nausea.

Heart and Stroke Foundation of B.C. & Yukon

Websites: www.heartandstroke.ca

Funds collected go for research and training of doctors for heart and stroke related problems.

Hospice Society – Alberni Valley (Ty Watson House)

3088 3rd Avenue
Port Alberni, BC V9Y 2A5
Phone: 250-723-4478
Fax: 250-723-4471
Email: info@albernihospice.ca
Website: www.albernihospice.ca

Office hours are 9:30 am – 4:00 pm Monday – Friday. Hospice provides trained volunteers to support clients, families and friends through life limiting illness, death, and bereavement. Our goals include enhancing quality of life and assisting people to live fully until the very end of life, with dignity and comfort, surrounded by family and friends. A resource library of books and brochures are available to Port Alberni residents.

Ty Watson House

The Ty Watson House bed program operates 5 beds for those with life limiting illnesses. The Alberni Valley Hospice Society in partnership with VIHA Home and Community Care provide holistic care for those in the last stages of life. Admissions are on a permanent or respite basis and are made through Home and Community Care. There is a per diem rate. Contact AVHS 250-723-4478 or www.albernihospice.ca

Kidney Association – Mid Island

Contact: Norm Taylor
Phone: 250-724-2637
Email: normaned@shaw.ca
or
Contact: Peggy Gates
Phone: 250-723-5282
Email: penny_gates7@msn.com

This group meets the 3rd Thursday of the month from 7:00 – 8:30 pm. Call for more information.

Kidney Foundation of Canada

BC Branch Port Alberni Chapter

Contact: Ronald Walker
Phone: 250-756-4338

This is a support group for people with kidney disease and their families. The group helps supply comfort items for dialysis patients – i.e. tv's, cordless phones, coffee machine, bulletin board space, etc. for more information please call 250-756-4338.

Kuu-us Crisis Line Society

PO Box 294
Port Alberni, BC V9Y 7M7
Business: 250-723-2323
Fax: 250-723-2382
Email: kuu-usexecutivedirector@shaw.ca
Website: www.kuu-uscrisisline.ca

24 hour support is available by phone at 250-723-4050 (adults), 250-723-2040 (teens). Callers receive problem solving, option driven service with referrals to Vancouver Island wide resources, for those with general enquiries 24 hour one on one support is available through crisis mobile outreach for individuals experiencing trauma due to grief/loss issues, mental health concerns and at risk tendencies. Kuu-us jurisdictional area in Port Alberni, Bamfield and the West Coast with provincial toll free access.

Low Vision Support Group

Contact: Valley Vision Optometry (Receptionist)
Phone: 250-724-0933

Call Valley Vision for more information. This group is open to anyone, of any age and their support people with vision issues. The group meets (generally) on the 2nd Monday of every 2nd month at Abbeyfield at 10:00 am. We bring in guest speakers and share discussions on various eye health issues that the group wishes to discuss. WE deal with RP, Macular Degeneration, to exams, latest treatments, health and lifestyle challenges.

Multiple Sclerosis Support Group Port Alberni

Contact: Carol Ryding
Phone: 250-724-0884

This group meets the 3rd Wednesday of each month at Echo Centre at 1:00 pm.

Osteoporosis Canada – BC Division

Phone: 1-800-363-1933
Fax: 1-604-731-4691

MidIsland Chapter

Unit B – 110 Moss Avenue

Parksville BC V9P 1L5

Contact: Lisa Leger 1-250-951-0243 (Monday-Friday) (in Parksville)
Email: midisland@osteoporosis.ca
Website: www.osteoporosis.ca

The Society promotes public awareness of osteoporosis and its prevention. They encourage and support those coping with osteoporosis and support research programs.

Parkinson Society BC

Suite 600

890 W. Pender Street

Vancouver, BC V6C 1J9

Phone: 1-604-662-3240
Toll Free: 1-800-668-3330
Fax: 1-604-1327

Prostate Support Group

Canadian Cancer Society Office
Phone: 250-724-2912

Please call for information regarding the disease of prostate cancer.

Transition House

Box 1311

Port Alberni, BC V9Y 7M2

Phone: 250-724-2223

Fax: 250-724-6310

Hours of Operation: 24 hrs a day

Transition House provides an emergency shelter for abused women and their children. Abuse is physical, verbal, emotional or sexual. Available 24 hours a day, 365 days of the year.

Victim Service

4444 Morton St.

Port Alberni, BC V9Y 4M8

Phone: 250-724-8910

Fax: 250-724-8986

Office hours are Monday – Friday from 9:00 am – 4:00 pm and on call to Police 24 hours a day.

This is a support, assistance and referral system for victims/witnesses of crime. Clients are referred to the program by the police, include victims of sexual abuse/assault, general assault, domestic/spousal assault, robbery, residential break and enter, attempted murder/suicide, survivors of murder, suicide, fatal accidents, and sudden death. Objective are to provide victims with information on local social agencies and services which may meet the person's needs, to supply and assist with application for crime victim assistance program, to provide information on the progress of the police investigation and court dates, to provide information on crime prevention techniques, personal security and to offer Home Security packages.

Victim Link BC

Phone: 1-800-563-0808

This is a general information and referral line throughout BC for victims of crime. Monday – Friday from 8:30 am – 7:30 pm. Saturday and Sunday - leave a message.

Alberni Community and Women Services

3082 – 3rd Avenue

Port Alberni V9Y 2A5

Phone: 250-724-7111

Fax: 250-724-7113

E-mail: office@acaws.ca

Programs and services include family violence counselling for women and children, specialized victim support services, outreach services, community safety project, and a transition house. We offer a resource library, a drop-in centre, and referrals to other services.

We encourage all women and men to drop in and purchase a membership or made a donation, to help us keep our services and programs open.

TRANSPORTATION

Cancer Patient Transportation – Free Mason’s Society

Cancer Office: 250-724-2912

Fax: 250-724-2919

Transportation is available for cancer patients to Nanaimo, Victoria or to the Ferries at no cost for cancer reasons. There is a different dispatcher every month so call the Cancer office at 724-2912 for further information.

Drivers Re-examination and Medical Reports

Service BC Government Agent’s Office

4070 8th Avenue

Port Alberni V9Y 4S4

Phone: 250-720-2040

Fax: 250-724-9298

All drivers 80 years of age and older are required to have a medical report every two years or as required by the Superintendent of Motor Vehicles. If you are 65 years of age or older, fees for driver’s licenses and some services offered by ICBC may be reduced or free of charge. There are pamphlets available to help you prepare or update called “Need a Driver re-exam?” and “Preparing for your Driver Licensing Test” available to pick up free of charge from the Service BC Center. There are also two books (free for seniors) available “learn to Drive Smart – Your Guide to Driving Safely”, and “Tuning Up for Drivers” available at the Government Agent’s Office or available online at ICBC.Com

Wheels for Wellness Society

Phone: 1-250-338-0196

Email: info@wheelsforwellness.com

Website: www.wheelsforwellness.com

The Wheels for Wellness Society provides transportation for residents of Vancouver Island, BC, Canada to and from non-emergency medical appointments for destinations in excess of 60 km. (one way) from your home. This is a free service (but donations are accepted) and requires advanced notice (24 hours) in order to book a driver and vehicle. Two weeks is normal, but short notice may be attainable in most circumstances. For further information, or to make a booking, please call 1-250-338-0196.

Parking Permits for People with Disabilities

Nanaimo and Region Disability Resource Centre

2 – 4166 Departure Bay Road

Nanaimo, BC V9Y 4B7

Phone: 1-250-758-5547

Fax: 1-250-758-5504

Email: parking@nd4rc.info

Website www.ndrc.info



Application forms are available at Echo Centre to apply for disabled parking permits from the Nanaimo and Region Disability Resource Centre. Placards are available for both permanent and temporary disabilities. A doctor's signature is required on the application. Fee is \$23.00.

SPARC

4445 Norfolk Street

Burnaby, BC V5G 0A7

Phone: 1-604-718-7733

Fax: 1-604-736-8697

Toll Free: 1-888-718-7794

Disabled Parking Permits are available for both permanent and temporary disabilities. A doctor's signature is required on the application.

BC Highway Conditions

Phone: 1-800-550-4997

Website: www.drivebc.ca

For information 24 hours a day on road conditions, call this toll-free number.

Bus Information

City Bus Service

BC Transit

3701 4th Avenue

Port Alberni, BC V9Y 4H7

Phone: 250-723-3341

Fax: 250-723-8384

Lost & Found: 250-723-3341

Website: www.bctransit.com

The Port Alberni transit system operates Monday – Friday from 6:25 am – 10:00 pm and on Saturdays 8:30 am 10:00 pm. On Sundays and Stats Holidays from 9:30 am – 7:30 pm. Economy pack of tickets or monthly passes are available to purchase at Echo Centre from the front desk, City Hall or the Bus Office on 4th Avenue Monday thru Friday 7:30 – 4:30 pm. Call for more information.

Bus Pass Program

Box 9430, Stn. Prov. Gov't

Victoria, BC V8W 9L6

Phone: 1-866-866-0800

The Ministry of Social Development and Social Innovation BC Bus Program enables low-income seniors and persons who are disabled to buy a yearly bus pass at an affordable price. The bus pass allows travel on the local transit system with no additional cost. These passes may be used on all conventional transit services but are NOT valid on HandyDart. Phone the above number for further information. Or for more information visit their website at www.buspass.gov.bc.ca

HandyDart

3701 4th Avenue

Port Alberni V9Y 4H7

Phone: 250-724-1311

Fax: 250-723-8384

HandyDart is a special transportation service for eligible persons with disabilities or seniors who cannot use regular public transportation. This custom transit service uses specially equipped vehicles which can carry wheelchairs and provides door to door service. Fares are reasonable and bookings must be made in advance. Call at least 48 working hours in advance.

Tofino Bus or Greyhound

4541 Margaret Street

Port Alberni V9Y 6G8

Phone: 250-724-1266

Fax: 250-724-1245

Provides transit to Parksville and Nanaimo for transfer to destinations North and South Vancouver Island. They also provide transportation to the West Coast. Seniors fares are in effect. Call for further information.

Ferry Service

BC Ferry Corporation

Phone: 1-888-223-3779

Car reservations for Van. Is./Mainland routes: 1-888-724-5223

Website: www.bcferries.bc.ca

BC Seniors 65 and over can travel on BC Ferries at a reduced rate, Monday to Thursday (except on statutory holidays), with the exception of ferries serving the Inside Passage and Queen Charlotte Islands routes. This benefit applies only to passenger fare, not to vehicle fares. Your Gold Care Card must be used as identification to confirm your age and residency to obtain these special rates.

Rail Service

Via Rail

Phone: 1-888-842-7245

Websites: www.viarail.ca

Reduced fares are available for people 60+ with proper identification. Disabled seniors may reserve a seat at no charge for a companion – to qualify; a medical certificate or card from a recognized association is needed. There are 3 reasons why passengers are eligible for a free companion:

- 1) assistance with food
- 2) assistance with medication

- 3) assistance with personal hygiene. A doctor's letter must make specific reference to which condition applies.

Preboarding is available for seniors who have difficulty walking or have reduced mobility.

Campsite Fees

Campsite Fees for Persons with Disabilities on BC Income Assistance

Website: <http://www.env.gov.bc.ca/bcparks/fees/disability.html>

General Inquiries (email): ParkInfo@Victoria1.gov.bc.ca

The purpose of this program is to provide support for persons with disabilities who are also receiving income assistance from the authorities identified.

Camping for free - What are the criteria?

If you meet any ONE of the following criteria, your camping party can camp for free. there is also no charge for a second non-recreational vehicle.

1. You are designated a "Person with Disabilities" (PWD) and receiving PWD benefits under the British Columbia provincial government Employment and Assistance Program (administered by the BC Ministry of Social Development and Social Innovation). Note: Recipients of CPP disability are eligible for free camping if they are also designated under the PWD program and receive additional disability benefits from the Ministry of Social Development and Social Innovation.

Procedures:

- a. Obtain, from your caseworker, a current calendar year Release of Information form issued by the BC Ministry of Social Development and Social Innovation.
- b. Upon arrival at the campground, show the campground operator the ORIGINAL approved form AND a second piece of identification.
- c. This Release of Information form can be obtained by contacting your local Employment and Assistance Centre.
OR

2. You have a child registered through the "At Home Program" (administered by the British Columbia provincial government Ministry of Children and Family Development).

Procedures:

- a. Obtain a Letter of Eligibility from your caseworker, stating your child is eligible for the "At Home Program" issued by the BC Ministry of Children and Family Development.
- b. Upon arrival at the campground, show the campground operator the ORIGINAL approved Letter of Eligibility AND a second piece of identification (either the child's ID, if possible, or the parent/legal guardian's ID).
- c. A letter of eligibility (click to view two different types of eligibility letters - either one is acceptable - in pdf format: letter 1 and letter 2) can be obtained by contacting the Ministry of Children and Family Development.
OR

3. You are a person living on-reserve and receiving disability benefits from a First Nation Administering Authority.

Procedures:

- a. Please have your Band Social Development Worker contact us for more information at parkinfo@victoria1.gov.bc.ca
- b. Upon arrival at the campground, show the campground operator the ORIGINAL Release of Information Form issued by a First Nation Administering Authority for the current calendar year AND a second piece of identification.

Please note: This discount does not apply to group camping, group picnicking, electrical hookups, cabins, yurts, backcountry and marine fees or reservation charges.

Campsite Fees for Seniors

Website: <http://www.env.gov.bc.ca/bcparks/fees/senior.html>

General Inquiries (email): ParkInfo@Victoria1.gov.bc.ca

Senior camping discounts for British Columbia residents that are 65 years of age and older are available from the day after Labour Day to June 14th of the following year. During the peak season (June 15 – Labour Day), there are no seniors discounts.

- The senior rate is the campsite's regular summer camping fee divided by two.
- OR, if there is a winter camping fee in effect for that campsite that is LESS than the above, then the senior's rate is equal to the winter camping fee. For example: if a campsite is usually \$30 per party, the senior rate will be \$15 (half price). But if the winter camping fee is \$11 and in effect, then the senior fee will be \$11.
- This discount does not apply if the camping party includes an adult who is not a senior or the spouse of a senior (up to four seniors/spouses are allowed, children under 16 are allowed up to a maximum of 8 people total).
- This discount does not apply to group camping, group picnicking, electrical hookups, backcountry, marine and day-use fees.
- This discount is for frontcountry camping fees only.
- From June 15 through to Labour Day (first Monday in September), the full rate applies.
- A second vehicle (non-RV) may be allowed on site for an additional nightly charge of 1/2 the campsite fee paid by the senior (to a maximum of \$12/night).
- Fee collectors may ask to see proof of age and British Columbia residency.

Live Well

Health & Wellness

Phone Directory



Health Link BC

8-1-1

Connect with a Registered Nurse,
Registered Dietitian or Pharmacist
www.healthlinkbc.ca

AMBULANCE/FIRE/ POLICE 911

ACUPUNCTURISTS

Dr. Andrew Rayburn, ND

4711 Elizabeth St
Port Alberni
250-730-2747

Dr. Jeannie Doig, ND

Clinical Nutrition
4711 Elizabeth St
Port Alberni
250-723-9888

Orient Medicine

5066 Leslie Ave
Port Alberni
250-723-0230

Rebekah McMaster

4795 Gertrude St
Port Alberni
250-724-2774

SOUND ACUPUNCTURE & INTEGRATED THERAPIES

Alberni Natural Health Group

Matthew V. Kupnicki R. Ac. C.SMA
4711 Elizabeth St
Port Alberni
250-723-9888

ALCOHOL ADDICTION INFORMATION & TREATMENT

Alberni Valley Drug & Alcohol Prevention Society

4260A 10th Ave
Port Alberni
250-724-6166

Alcoholics Anonymous

250-723-1177
1-800-883-3968

Gambling Help Line

1-888-795-6111

Narcotics Anonymous

1-800-807-1780

VIHA Mental Health & Addiction Services

250-731-1311
250-724-8814 after hours
emergency

ALTERNATIVE HEALTH

White Rose Wellness

4711 Elizabeth Street
250-720-6561

Eastern Arts Therapy Windsong School of Healing

6199 Smith Rd
Port Alberni
250-723-3307

Inner Stillness Holistic Studio

2487 7th Ave
Port Alberni
250-731-4444

Tonbo Reiki and Shiatsu

Susan Brown
5834 Grandview Rd
Port Alberni
250-720-5667

ASSISTED LIVING

Fir Park Village

4411 Wallace St
Port Alberni
250-724-6541

Heritage Place Alberni-Clayoquot Continuing Care Society

4360 Heritage Lane
Port Alberni
250-731-6297

Live Well

Health & Wellness

Phone Directory



Tsawaayuus (Rainbow Gardens)
West Coast Native Health Care Society

6222 Compton Rd
Port Alberni
250-724-5655

CANCER INFO & SUPPORT SERVICES

Canadian Cancer Society
3030 B 3rd Ave
Port Alberni
250-724-2912

CHIROPRACTORS

Family Chiropractic

Dr. Brent Manson
4711 Elizabeth St
250-723-9888

Dr. James Tilsted

4632 Elizabeth St
Port Alberni
250-723-4040

Alberni Chiropractic Services Inc.

Dr. Larry Kozuback
4533 Gertrude St
Port Alberni
250-723-3933

COUNSELLORS

ACAWS (Alberni Community and Womens Services)

3082 3rd Ave
Port Alberni
250-724-7111

Bev Ross Counseling and Consulting

5534 Park Pl
Port Alberni
250-724-2522

Community Counselling & Consulting Services

2993 2nd Ave
Port Alberni
250-723-9392

Healing Matters

June Graham
Registered Clinical Counsellor
4936 Argyle St
Port Alberni
250-723-9777

Kackaamin Family Development Ctr. Assn.

7830 Beaver Creek Rd
Port Alberni
250-723-7789

Ministry of Children & Family Development Services

4088 8th Ave
Port Alberni

250-720-2650

250-310-1234 after hours child protection

Orca Healing Solutions

B-4260 10th Ave
Port Alberni
778-421-0672

Port Alberni Association for Community Living

3008 2nd Ave
Port Alberni
250-724-7155

Port Alberni Family Guidance Association

250-724-0125

Port Alberni Friendship Centre

3555 4th Avenue
Port Alberni
250-723-8281

Resource Counselling and Facilitation

4 - 3653 3rd Ave
Port Alberni
250-735-0942

Tessa Brohart Counselling Services

3031 4th Ave
Port Alberni
250-816-6393

Live Well

Health & Wellness

Phone Directory



CRISIS CENTRES

Children's Helpline 310-1234

(no area code needed)

Kuu-us Crisis Services

4589 Adelaide St

Port Alberni

250-723-4050 for adults

250-723-2040 for children

Vancouver Island Crisis Line

1-888-494-3888

1-888-suicide (784-2433)

DENTISTS

GENERAL PRACTICE PORT ALBERNI

Dr. Steven Braunig

3633 3rd Ave

Port Alberni

250-724-6527

Dr. David Hughes

100 - 4115 6th Ave

Port Alberni

250-724-1314

Dr. Ronald Hughes

100 - 4115 6th Ave

Port Alberni

250-724-1314

Dr. Farid Nikfar

100 - 4115 6th Ave

Port Alberni

250-724-6789

Dr. Roland Nystrom

100 - 4115 6th Ave

Port Alberni

250-724-4343

Dr. Suzanne Otterson

100 - 4115 6th Ave

Port Alberni

250-724-4343

Dr. Marlon Peter

4590 Helen St

Port Alberni

250-724-1811

Dr. Harry Sperber

101 - 4115 6th Ave

Port Alberni

250-724-3381

Dr. Roland Yap

102 - 4115 6th Ave

Port Alberni

250-724-3211

Dr. Fritz Zens

9 - 4565 Wallace St

Port Alberni

250-723-2342

Dr. Peter Zens

8 - 4565 Wallace St

Port Alberni

250-723-8311

DISABILITY SERVICES & ORGANIZATIONS

Cdn Society of Professionals in

Disability Management

4755 Cherry Creek Rd

Port Alberni

778-421-0821 (Ext 210)

FAMILY AND CHILDREN'S SERVICES

Child and Youth Family Advocate

1-800-476-3933

Child and Youth Mental Health Services

1-866-823-4249

Ministry of Children and Family Development Services

4088 8th Ave

Port Alberni

250-720-2650

250-310-1234 after hours emergency

Nuu-chah-nulth Child and Youth Services

4000 Stamp Ave

Port Alberni

250-724-0202

Live Well

Health & Wellness

Phone Directory

**PacificCARE**

4325 Neill St
Port Alberni
1-888-480-2273
250-735-3022

**Port Alberni Association for
Children with Developmental
Disabilities**

250-723-1141

**Port Alberni Association for
Community Living**

3008 2nd Ave
Port Alberni
250-724-7155

**Port Alberni Family Guidance
Associatioin**

3039 4th Ave
Port Alberni
250-724-0125

**Salvation Army Community
and Family Services**

4841 Redford St
Port Alberni
250-723-6960

**USMA Family Protection
Services**

4000 Stamp Ave
Port Alberni
250-724-3232

Vancouver Island Crisis Line

1-888-494-3888

**FIRST AID SERVICES
& TRAINING****Alberni First Aid**

3038 2nd Ave
Port Alberni
250-723-0974

**FITNESS CENTRES
& PROVIDERS****Alberni Fitness**

4795 Gertude St
Port Alberni
250-723-2133

**Alberni Parks, Recreation and
Heritage**

Echo '67 Community Centre
250-723-2181

Slammers Gym

4110 6th Ave
POrt Alberni
250-720-2290

Raven Fitness

4721 Dayton Rd
Port Alberni
778-421-2721

Curves

4201 6th Ave
Port Alberni
250-723-0220

FOOT CARE**Carla Cares Foot Care**

Port Alberni
250-735-8090

Feels Like Dancing

Mobile Foot & Nail Care
Port Alberni
250-927-1859

Sole Sister

(Slammers Gym)
4110 6th Ave
Port Alberni
250-918-8812

Walk the Coast

4575 Elizabeth St
Port Alberni
250-724-6039

**HEALTHY FOOT/
HERBAL PRODUCTS****Alberni Health Market**

4744 Johnston Rd
Port Alberni
250-723-3912

Live Well

Health & Wellness

Phone Directory



Healthy Habits

4040 Redford St
Port Alberni
250-724-6280

Heather's Health Drink

9094 Stirling Arm Dr
Port Alberni
250-724-2092

Jenny's Fine Foods

Visitor's Centre
2533 Port Alberni Hwy
Port Alberni
778-421-4454

Natural Balance Products

4819 Strathcona St
Port Alberni
250-723-2236

Meals on Wheels

Box 323
Port Alberni
250-730-0390

HEALTH & WELFARE ORGANIZATIONS

Alberni Clayoquot Health Network

3008 5th Ave
Port Alberni
250-720-2700

Canadian Red Cross

5100 Tebo Ave
Port Alberni
250-723-0557

Canadian Cancer Society

3030 B 3rd Ave
Port Alberni
250-724-2912

West Coast Urgent Care

109 - 3939 Maple Way
Port Alberni
778-421-1219

HEALTH UNITS

Port Alberni Public Health Services

4227 6th Ave
Port Alberni
250-731-1315

HEARING TESTING AND HEARING AIDS

Connect Hearing

Pacific Rim Shopping Centre
406 - 3555 Johnston Rd
Port Alberni
250-724-0022

Nexgen Hearing

3831 9th Ave
Port Alberni
778-421-0277

HOSPICE

Alberni Valley Hospice Society/

Ty Watson House

3088 3rd Ave
Port Alberni
250-723-4478

HOSPITALS

Alberni Lifeline Monitoring

250-731-1370 ext 48147

West Coast General Hospital

3949 Port Alberni Hwy
Port Alberni
250-731-1370

MASSAGE THERAPISTS

Alberni Massage Therapy

4711 Elizabeth St
Port Alberni
250-723-1091

Alberni Valley Therapeutics

3645 Fowlie Cres
Port Alberni
250-724-0137

Live Well

Health & Wellness

Phone Directory



Elements Registered Massage Therapy

Tanya Basra RMT/
Denise Nicholson RMT
3823 Anderson Ave
Port Alberni
250-723-0102

Myra Komjati

6664 Horne Lake
Port Alberni
250-723-3323

Secluded Wellness

Suite 106 - 5091 Tsumaas Dr
Port Alberni
250-724-6998

MASTECTOMY PROSTHESIS FORMS & APPAREL

Boutiques Belles Amies

5344 Argyle St
Port Alberni
250-723-0966

MEDICAL ALARMS

Prices Alarms

250-723-8122

MEDICAL EQUIPMENT & SUPPLIES

Red Cross Health Equipment Loans Program

5100 Tebo Ave
Port Alberni
250-723-0557

The Comfort Zone

4408 China Creek rd
Port Alberni
250-724-4477

MEDICAL LABORATORIES

LifeLabs

3949 Maple Way
Port Alberni
250-723-2312

West Coast General Hospital

3949 Port Alberni Hwy
Port Alberni
250-724-4808

MENTAL HEALTH SERVICES

Adult Mental Health and Substance Use Services

4780 Roger St
Port Alberni
250-731-1311

Canadian Mental Health Association

1 - 4311 Kendall Ave
Port Alberni
250-724-7190

NATUROPATHS

Dr. Jeannie Doig

Clinical Nutrition
4711 Elizabeth St
Port Alberni
250-723-9888

Dr. Andrea Rayburn, ND

4574 Elizabeth St
Port Alberni
250-730-2747

NUTRITIONISTS

Dr. Jeannie Doig

4711 Elizabeth St
Port Alberni
250-723-9888

OPTOMETRISTS

Iris Optometrists and Opticians

Dr. Gerald Trees
4152 Redford St
Port Alberni
250-723-2821

Live Well

Health & Wellness

Phone Directory

**Valley Vision Optometry**

Dr. Shaun Golemba
4009 Redford St
Port Alberni
250-724-0933

Walmart Vision Centre

Johnston Rd
Port Alberni
250-720-0918

**ORTHOPEDIC &
ORTHOTIC SUPPORTS****Coast Orthotics**

4574 Elizabeth St
Port Alberni
250-720-0970

ORTHODONTISTS**Pappel Orthodontics**

4256 10th Ave
Port Alberni
250-724-5535

Dr. Bryce D. Tremblay Inc

4556 Gertrude St
Port Alberni
250-723-1333

PHARMACIES**Medicine Shop**

4833 Southgate Rd
Port Alberni
250-723-4940

No-Frills Pharmacy

3455 Johnston Rd
Port Alberni
250-723-1624

Save-On Foods Pharmacy

3756 10th Avenue
Port Alberni
250-723-6204

Shoppers Drug Mart

3717 10th Ave
Port Alberni
250-723-7387

Shoppers Drug Mart

3855 9th Ave
Port Alberni
250-723-6641

Walmart Pharmacy

Johnston Rd
Port Alberni
250-720-0918

**PHYSICIANS
PORT ALBERNI****Dr. Owen Hirst Brown**

4556 Gerturde St
250-724-0166

Dr. Andries Johannes De Witt

4 - 4565 Wallace St
Port Alberni
250-723-2222

Kerrie De Witt

4 - 4565 Wallace St
Port Alberni
250-723-2222

Dr. Gregory Edward dePape

103 - 3949 Maple Way
Port Alberni
250-723-3561

Dr. Oludare Samuel Fadeyi

Mental Health & Addiction
Services
4780 Roger St
Port Alberni
250-720-6355

Dr. James McLean Ferguson

2 - 3855 9th Ave
Port Alberni
250-724-6596

Dr. Kennedy Kafui Kwamla Feyi**Dr. Chester Morris****Dr. Robert O'Dwyer**

Alberni Internal Medicine Clinic
3949 Port Alberni Hwy
Port Alberni
250-724-8800

**Dr. Magdy Ahmed Mahmoud
Fouad**

4485 Roger St
Port Alberni
250-723-4884

Live Well

Health & Wellness

Phone Directory

**Dr. Alan Barrie Fraser**

3855 9th Ave
Port Alberni
250-724-1204

Dr. James MacDonald Grant

4565 Wallace St
Port Alberni
250-723-7391

Dr. Jennifer Elizabeth Hankins

4 - 3855 9th Ave
Port Alberni
250-736-1900

Dr. Rhiannon Mary Hughes

3 - 4565 Wallace St
Port Alberni
250-724-3233

Dr. Samir Khabbaz

West Coast General Hospital
3949 Port Alberni Hwy
Port Alberni
250-723-2135

Dr. Arno Kitshoff

8 - 10010 Lakeshore Rd
Port Alberni
250-731-7849

Dr. Shane Albert Longman

4 - 3855 9th Avenue
Port Alberni
250-736-1900

Dr. Ronald Daryl Lund

6 - 3855 9th Ave
Port Alberni
250-724-4492

Dr. Diane Christine Martin

West Coast General Hospital
3949 Port Alberni Hwy
Port Alberni
250-731-1370

**Dr. Christopher David
McCollister**

West Coast General Hospital
2303 - 3949 Port Alberni Hwy
Port Alberni
250-724-9915

**Dr. Frederick Johannes
Theodorus Meyer**

2 - 4565 Wallace St
Port Alberni
250-723-9421

Dr. Wendy Anne Johnsen

7 - 3855 9th Ave
Port Alberni
250-723-1235

Dr. John Patrick Meyer

7 - 3855 9th Ave
Port Alberni
250-723-9424

Dr. Zeid Mohamedali

3540 Barkley St
Port Alberni

250-720-2200

Dr. Bernd Albert Muehlenberg

3819 9th Ave
Port Alberni
250-723-8141

Dr. Izak Bartholomeus Nel

102 - 3949 Maple Way
Port Alberni
250-723-3211

Dr. Hermann Stephen Nell

Alberni Medical Bldg
8 - 3855 9th Ave
Port Alberni
250-723-6213

**Dr. Marc Yvon Alphonse
Lucien Puts**

104 - 3949 Maple Way
Port Alberni
250-723-6216

**Dr. Marek Antoni
Rozwadowski**

West Coast General Hospital
3949 Port Alberni Hwy
Port Alberni
250-731-1370

Dr. Donald Albert Sander

10 - 3855 9th Ave
Port Alberni
250-724-3442

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Phone Directory

**Dr. Cecile Smit**

West Coast General Hospital
3949 Port Alberni Hwy
Port Alberni
250-735-1980

Dr. Johan Smit

4425 Gertrude St
Port Alberni
250-724-1412

Dr. Graham Vincent Sutcliffe

4425 Wallace St
Port Alberni
250-723-5822

**Dr. Daniel Talliferre Hauman
Van Der Merwe**

101 - 3949 Maple Way
Port Alberni
250-723-3211 ext 1

Dr. AndreVan Zyl

4556 Gertrude St
Port Alberni
250-723-5514

Dr. Anneleen Van Zyl

4556 Gertrude St
Port Alberni
250-724-0166

**Dr. Marilyn Rose
Vanderputten**

2 - 3855 9th Ave
Port Alberni
250-724-6596

Dr. Damian Frederick

Augustus White
105 - 3949 Maple Way
Port Alberni
250-723-3581

**Dr. Akushla Indunila
Wijayanayagam**

162 - 5092 Tsuma-As Dr
Port Alberni
250-720-2283

Dr. Dorothy Louise Williams

West Coast General Hospital
Geriatric Medicine
3949 Port Alberni Hwy
Port Alberni
250-731-1370 ext 48112

**Dr. John Crichton Norwell
Wilson**

West Coast General Hospital
3949 Port Alberni Hwy
Port Alberni
250-731-1370

Dr. Edward Peter Winn

West Coast General Hospital
3949 Port Alberni Hwy
Port Alberni
250-724-8811

PHYSIOTHERAPISTS**Pacific Rim Physiotherapy**

Christine Thomson
Robert Milton

Jane Cruttenden
Medical Building
3855 9th Ave
Port Alberni
250-723-5112

RESIDENTIAL CARE**Echo Village**

4200 10th Ave
Port Alberni
250-724-1090

Fir Park Village

4411 Wallace St
Port Alberni
250-724-6541

**Tsawaayuus West Coast
Native Health Care Society**

6151 Russell Pl
Port Alberni
250-724-5655

Westhaven

3949 Port Alberni Hwy
Port Alberni
250-724-8875

RESPIRATORY EQUIPMENT**Respiratory Homecare
Solutions**

102 - 4917 Pemberton St
Port Alberni
250-720-0980

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Phone Directory



SENIOR CITIZENS IN-HOME CARE

Better at Home Program

4360 Heritage Pl
Port Alberni
778-419-3000

Elder Life Advocacy and In- House Care

1-844-594-3350
250-591-3350

Loving Hands Seniors & Community Care

4742 Bute St
Port Alberni
250-735-7300 or
250-927-7900

VETERINARIANS

Alberni Vet Clinic

1850 Alberni Hwy
Port Alberni
250-723-7341

Bute St. Veterinary

4907 Bute St
Port Alberni
250-724-2883

Manzini Animal Hospital

4423 Margaret St
Port Alberni
250-724-4444

Pacific Rim Veterinary Hospital

Dr. Holly Tillotson
Dr. Patty Radcliffe
309 - 3555 Johnston Rd
Port Alberni
250-723-9900

Tofino/Ucluelet Monthly Vet Clinic Alberni Vet Clinic

1850 Alberni Hwy
Port Alberni
250-723-7341

WEIGHT CONTROL SERVICES

Weight Watchers

Meeting at Echo Centre
4255 Wallace St
Port Alberni
Tuesdays, 6 pm

WOMEN'S HEALTH & SUPPORT SERVICES

ACAWS (Alberni Community and Women's Services)

3082 3rd Ave
Port Alberni
250-724-7111



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