

# ZEST

gathet  
**LIVING**  
2024

HEALTH FAIR • CANCER STORIES • NEW ADDICTIONS & YOUTH MENTAL HEALTH FACILITIES





“Freedom is what you do with what’s been done to you.”

- Jean-Paul Sartre

I consider it an honour to work alongside people who are motivated for change and moving forward in life. You are not merely the result of past experiences, genetics or events. I seek to help you identify and address your needs, challenges and goals from a respectful and supportive role.

I have extensive experience & skills with PTSD among military/first responders, health care professionals, addictions, families and navigating insurance challenges. My previous experience in law enforcement and complex health challenges, including insurance issues, is unique and at your service.



Clinical Counselling,  
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**Chris Walford**

MA Counselling RCC CCC  
EMDR Certified

cwalford444@gmail.com  
604-223-4415

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- George Bernard Shaw

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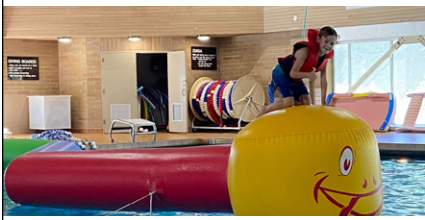
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# Illness, healing and helping make us human

By *Pieta Woolley, Editor*

In September, I sat in on a "solutions journalism" workshop. The approach is that, yes, terrible things happen in the world all the time, and journalists have a duty to report on them. But it's also helpful to report on what people are doing to change things for the better. Not in a Pollyanna way, but in a realistic way. Terrible things and wonderful things are part of the same story, whether that's about climate change, drug policy, housing, or biodiversity. People are enthusiastic problem solvers. Social change is real. Science and technology advance. Kindness wins. Out of the ashes comes the phoenix, if you like.

In putting together this magazine, it struck me that bodies are similar. Disease and aging are part of almost every human story. We lose our sight and our hearing. We struggle with our mental health. We get diagnosed with both ancient and emerging illnesses.

At the same time, our bodies and minds are remarkably adaptable and resilient. Furthermore, as this magazine demonstrates, there is so much more to each of our health stories.

For example, about 40% of us will be diagnosed with cancer in our lifetimes, and a quarter of us will die from it. That's just reality. But starting on Page 6, we also get to hear about the other part of the cancer story.




Here in qathet, vibrant communities of people are raising money for cancer research, through Tour de Cure, the Terry Fox Run, and many other initiatives.

In addition, the cancer journey is a nuanced and personal one. Beginning on Page 8, three locals have shared some of the ways cancer changed their lives – including some unexpected quirks.

Two new much-needed health facilities are nearing their opening dates in Powell River: Miklat Recovery Society's addictions treatment centre in Townsite, and The Foundry, a provincial youth health and mental health centre, which is being run here by the respected long-time non-profit Youth and Family Powell River (see Pages 28 and 29).

It's alarming that so much more addiction treatment and youth mental health care is needed in the community right now. And, at the same time, the fact that so many locals have stepped up to provide that help in collaboration with other agencies and levels of government is something to be proud of.

The "meat" of ZEST is always the health listings in the centre of the magazine (starting on Page 11). This is a resource we hope you will keep around all year. Whether you or a loved one find yourselves in need of physiotherapy, counselling, nutritional expertise, a fitness class, or even flowers, this is where you'll find those "solutions" to your inevitable human crises. Help is most certainly here. 

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**On the Cover:** The Rec Complex's Drums Alive class, run by instructor Christine Masters (lying on the balls). During the summer it was held at Willingdon but is now back at the Complex. See the group in action at the Health & Wellness Fair on Oct 26 (see Page 30).

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**FOR THE CURE:** Local athletes raised thousands of dollars in this community this year, for agencies funding cancer research and support. Left, Richard Stroomer Memorial Slo-Pitch tourney organizers Debbie and Trevor Mueller, and Janet and Len Street. Far left, Tour de Cure team Christine Behan, Sue Scholtz, Mary Payne, Wayne Adams, Kim Leach, Kim Leahy, Sarah Bonsor and Tara Schmunk. Bottom left, breast cancer survivor Suzi Wiebe and her husband Rod Wiebe on the Tour de Cure. Bottom right, participants in this year's Terry Fox Run are celebrated by the Paddling for Life Dragon Boat Team – all breast cancer survivors and supporters.

From a bad diagnosis to giving back:

# Locals grapple with cancer's impacts by fundraising – and much more

By Isabelle Southcott

Every three minutes, someone in Canada hears the words, “You have cancer,” and their life changes forever. It could be your friend, your neighbour, your co-worker, or even you.

Many locals who have had cancer – or love someone with cancer – are inspired by those diagnoses to raise money for research. We've featured a few of them on this page.

We've also asked a few locals who have been diagnosed to speak boldly about what they experienced. They appear on the next page.

## **Tour de Cure & Cops for Cancer**

For the first time, the team of Christine Behan, Sue Scholtz, Mary Payne, Wayne Adams, Kim Leach, Kim Leahy, Sarah Bonsor and Tara Schmunk joined Tour de Cure this year. They raised \$38,450. Everyone on the team was riding for someone, including team coordinator Mary Payne, whose sister died from cancer at age 61.

The BC Cancer Foundation event, riding from Cloverdale to Hope over two days in August, attracted more than 1,600 fundraising cyclists.

Two more Tour de Cure riders from here were Suzi and Rod Wiebe. *qathet Living's* own Suzi was diagnosed with breast cancer before COVID.

Since then, Rod and Suzi have wanted to give back. This was the couple's fourth year with Tour de Cure. They rode with family on the CTV team. Rod was also the local RCMP representative in the 2019 seven-day 900+km Canadian Cancer Society's Cops for Cancer Ride.

Tour de Cure 2024 raised \$7.3 million to advance cancer research.

Over the past seven years, with the help and continued support of this amazing community, Suzi and Rod have raised \$64,000 dollars!

## **Slo-Pitch memorial tourney**

After Parkland slo-pitch player Richard Stroomer died of cancer in 2002, the Parkland Slo-pitch team decided to host the memorial tournament in his name to raise money to help those with cancer.

Debbie Mueller, who has organized the tournament along with her husband Trevor, and Janet and Len Street, said Richard was a teammate and good friend of theirs.

“We have donated to the Canadian Cancer Society, the oncology unit here in

Powell River, the University of Calgary cancer institute, and other organizations. The last 10 years or so we started to help local people directly with anything from flying people home to see sick relatives dying of cancer; helping with costs of medicine; ferry fares; hotel stays; and giving money so they could have a special Christmas with their families,” said Debbie, noting that they have donated over \$150,000 over the years.

Both the Muellers and the Streets raised their children at the field and they helped the team with the tournament.

In August, Parkland held their final charity tournament.

“It was not an easy decision to decide to end the era of the tournament but we aren't getting any younger and it was time to pass it on to hopefully continue in some way,” said Debbie.

## **Terry Fox Run**

This year's run, on September 15, attracted close to 300 participants and over 60 volunteers.

So far the total for online and in person donations to the Terry Fox Foundation is \$24,188.15 plus \$955 in t-shirt sales. “This is one of the highest totals since the run began in 1989.” said Leslie Paul. **Z**



# Cancer, *the teacher*

Three locals on what they've learned since they were diagnosed

## **Maggie Hathaway**

Where were you on your life journey when you discovered you had cancer?

*Maggie* • Prior to diagnosis I had just completed 14 years on City Council and a run at the Mayor's job.

In hindsight, it is a good thing I was not successful. I needed a clear calendar to begin treatment and would not have been able to perform as Mayor at a level I would expect from myself.

What kind of cancer and when were you diagnosed?

*Maggie* • I have multiple myeloma. It is a cancer that affects the bone marrow. I was diagnosed at the Cancer Clinic in Vancouver in September of last year.

I began treatment in Powell River in January. Initially I went once a week. Treatments are now once a month. It takes about 45 minutes.

How did cancer change your life?

*Maggie* • Cancer has not really changed my life. I still do all the things I did before, although my golf game has suffered. My shots aren't as long as they used to be, but I am still out there regularly.

We are lucky to live in British Columbia. We have such excellent health care. I can't give enough praise to the wonderful staff, nurses and doctors at qathet General Hospital, Oncology Department. They are compassionate and caring people who treat me with the utmost kindness.

**"I can't give enough praise to the wonderful staff, nurses and doctors at qathet General Hospital, Oncology Department. They are compassionate and caring people who treat me with the utmost kindness."**

*- Maggie Hathaway*

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**"In the bigger picture, it makes you painfully aware of your mortality. But it has also clearly revealed what a wonderful network of support I have."**

*- Sean Percy*

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**"It makes me realize life is precious and to YOLO [You Only Live Once] everyday. Do something that scares you. Get off the couch, take the plunge, get the tattoo."**

*- Laura Campbell*





### Sean Percy

Where were you on your life journey when you discovered you had cancer?

*Sean* • Our youngest daughter graduated from high school just after I was diagnosed and is now off at college. Our son is home, but independent. It's really nice to have him around.

At 52, I'm young for this diagnosis and should be in my prime earning years, I suppose.

I volunteer a lot with my congregation and have aging parents that I'm trying to spend time with. And we're always in the midst of home renovation or yard projects.

What kind of cancer and when were you diagnosed?

*Sean* • I was diagnosed with muscle-invasive bladder cancer in April.

How did cancer change your life?

*Sean* • I still have a lot ahead of me. As you're reading this, I'm recovering from surgery that, I hope, will have cured me. But it's pretty life-altering surgery and it will take a while to get back to my normal activities, and I have a year of immunotherapy treatments to undergo, in case the surgery didn't get it.

Chemotherapy and other treatments took my hair and beard and left me quite sick, so I've missed camping, diving, and waterskiing this summer.

In the bigger picture, it makes you painfully aware of your mortality. But it has also clearly revealed what a wonderful network of support I have, from the medical system, to my incredibly resilient wife, to my friends, family, congregation, and faith, to the community at large. When you have cancer, everyone has your back.



### Laura Campbell

Where were you on your life journey when you discovered you had cancer?

*Laura* • I was working full time, raising two teenagers, and enjoying my new job position. A sore leg developed a year before my diagnosis and I was frustrated that I couldn't ride my mountain bike or play hockey or walk my dog.

What kind of cancer and when were you diagnosed?

*Laura* • Myxofibroblastic sarcoma (Bone cancer below the knee in my tibia) October 31, 2023

How did cancer change your life?

*Laura* • It flipped my life upside down to say the least. My recovery time is estimated at one year with the limb-saving surgery I received.

I was given a mega prosthetic and half my calf muscle was rerouted to the front of my shin to ensure my patella tendon stays attached to my new bionic upper leg bone.

I went from athletic to sitting in a straight leg wheel chair and became completely dependent on my husband and family.

I am recently seeing the light and feeling stronger each week. I am persistent and competitive so this drives me to work hard at my recovery.

It makes me realize life is precious and to YOLO [You Only Live Once] everyday. Do something that scares you. Get off the couch, take the plunge, get the tattoo. Sounds cliché, until you are scared for your life.

I have a bucket list to get to including riding my bike, getting back to work, and travelling. 📌



*Serving the qathet Region since 1984*

**Visit the listings for more information on our programs, including:**

**Employment Services**

**BOND Program**

**Family Place Resource Centre**

**Literacy Outreach**

**Community Resource Centre**

**BladeRunners Youth Employment Program**

**Immigrant Welcome Centre**

**Emergency Shelter**

**Overdose Prevention Site**

**Supportive Housing**

**Healthy Care Pregnancy Program**

**iOAT program**



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Miklat means "refuge", and our programs are designed to offer a place of refuge from the storms of addiction; a place where hope, inspiration, and practical tools can be given to men healing from the effects of substance use disorder.

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**learn more at [miklatrecovery.ca](http://miklatrecovery.ca)**

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# HEALTH SERVICES IN QATHET

## Acupuncture & Eastern Medicine

### Todd Caldecott, Dip. Cl.H. RH(AHG), CAP(NAMA)

778-896-8894

Ayurveda, herbal medicine, nutrition, psychedelic retreats.

### Dr. Catherine Cameron Acupuncture and Herbs

604-223-8877 • 4536 Willingdon

Dr. Traditional Chinese Medicine, acupuncture and herbal prescriptions.

### Chung's TCM Acupuncture

604-344-1291 • 4871 Joyce

Traditional and Chinese acupuncture. Moxibustion and cupping.

### Dr. Ginette Cloutier, R.TCMP

604-223-7100 • 4585 Marine

ginettecloutier.com

Offering acupuncture and traditional Chinese medicine. Includes cupping, moxibustion, nutrition, and lifestyle guidance as needed. Herbal dispensary on site! By appointment only.

### Sara Fujibayashi, R.Acu

604-414-7815 • #200-4400 Marine

Registered acupuncture & Tuina massage at Suncoast Integrated Health.

### Patricia MacPherson

#### Acupuncture, Oriental Therapy

604-485-0250 • 4650 Willingdon

D.TCM since 1995. Worked as a Shiatsu/ Acupressure Therapist prior to that.

### Edward Sanderson

604-485-0108 • 4898 Manson

Acupuncture in private sessions to treat chronic pain, migraines, and much more.

### Annie Slakov

604-223-9323 • 105-7373 Duncan

Registered acupuncturist at Broadleaf Health Collective!

### stick + poke acupuncture

778-985-9184 • 4679 Marine

I thrive on creating a treatment plan that honours individual needs.

## Addictions

### A.A. Meetings

604-483-8349

12-step program to help alcoholics.

### Al-Anon

604-483-9031

Help and support for families and friends of alcoholics.

### Georgia Strait Women's Clinic

866-487-9040 • 8104 Highway 101

georgiastraitwomensclinic.ca

Individual inpatient and outpatient mental health, addiction, and trauma treatment for women. Small group sizes, private suites, rTMS, 1:1 counselling, massage, nutritionist services, withdrawal management, and more. Occupational trauma and PTSD treatment for first responders, military personnel, and veterans is also available.

### iOAT Clinic

604-485-7134 or 604-208-9993

Low-barrier substance use treatment clinic providing pharmaceutical alternatives & medical supports.

### Miklat Recovery Society

604-483-6462 miklatrecovery.ca

support@miklatrecovery.ca

Miklat Recovery Society is a non-profit registered charity offering men's residential drug and alcohol treatment. Miklat means "refuge", and our programs are designed to offer a place of refuge from the storms of addiction; a place where hope, inspiration, and practical tools can be given to men healing from the effects of substance use disorder.

### Narcotics Anonymous

1-844-484-6772 • 5903 Arbutus

Recovery from addiction through working a 12-step program, including group meetings.

### Overdose Prevention Site

604-578-0442

Clean, safe environment. First aid & overdose response. 9am – 11:30pm.

### Sunshine Coast Health Centre

1-866-487-9010 • 2174 Fleury

schc.ca

In our treatment programs for addictions, mental health, and trauma, we help clients in their personal transformation towards becoming healthy, thoughtful men inspired to live with a renewed sense of vitality and purpose. Outpatient services also available.

### Sunshine Coast Treatment Services

604-485-7983 • 103-4511 Marine

SCTS provides individual physician-directed methadone treatment services.

## Age in Place / Home Support

### Adult Day Program

604-485-9868 ext 4805 • 4980 Kiwanis

Provides a range of programs for clients in a supportive group setting.

### Better At Home

604-485-4008 ext 101

Gerry Gray Place 7055 Alberni

betterathome@inclusionpr.ca

Remain in your home – we can assist with non-medical, in-home support services such as light housekeeping, transportation & grocery shopping to help you maintain your independence & stay connected.

### Care & Compassion

#### Private Homecare

1-250-702-7606

Companionship, light housekeeping, outings, appointments, and meal prep.

### Home & Community Care

604-485-3310 • 3rd Floor, 5000 Joyce

Home support to help those with on-going health conditions remain in their homes.

### Hummingbird Home Care

604-344-0309

A local service for all ages.

### Kiwanis Lifeline

604-485-0499 • 4943 Kiwanis

For just a dollar a day, our industry-leading, Standard Lifeline Service provides fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year. Easy to install, with necklace or wristband options.

### Milne Medical

604-414-3332

Convenient in-home healthcare. At-home blood collection, injections, etc.

### SOAR

604-485-4008 ext 101

Gerry Gray Place 7055 Alberni

Supporting Older Adults Through Recreation. Stay engaged with activities that move your body, exercise your brain & keep you busy.

# Residential & Community Integration Support Services

## Strive Living Society

604-485-2220 • #200-6975 Alberni  
striveliving.ca

Strive Living Society offers residential and community integration services to children, adults and seniors with diverse abilities, acquired brain injuries, and/or health concerns.

## Evergreen Extended Care

604-485-3237 • 4970 Joyce

75-bed facility equipped with services devoted to comfortable living.

## Kiwanis Garden Manor

604-485-5210 • 4923 Kiwanis

Assisted Living offers tenants the support they need to continue a vibrant life.

## Kiwanis Village

604-485-5210 • 4943 Kiwanis

Subsidized independent living rental community for seniors.

## Willingdon Creek Village

604-485-9868 • 4980 Kiwanis

Willingdon Creek Village is a 102-bed facility with 24 hour care including wheelchair accessible rooms with on-site nursing, health care aides, and recreational therapists.

# Birth & Babies

## BOND Program

604-485-2604

[bondprogram@liftcommunityservices.org](mailto:bondprogram@liftcommunityservices.org)

Perinatal education program to promote positive lifestyle choices. Supports for pregnant people and new parents with babies up to six months old. Supports include food & vitamins; information on pregnancy, delivery, newborn care, & nutrition; one-on-one & group support; community referrals.

## Blessings & Births Doula Care

604-356-3857

Birth & postpartum. Jackie Storms, perinatal educator, breastfeeding support, & more.

## Dr. Catherine Cameron, Dr TCM

604-223-8877 • 4536 Willingdon

CranioSacral Therapy for infants and families.

## Empowered Postpartum

(250)-414-0498

Postpartum planning, day and night support for new moms from a yoga coach and RMT.

## Family Place

604-485-2706 • #2-7100 Alberni Street

Drop-in resource centre for parents & young families. Low or no-cost programming includes play groups, parent workshops, snacks, & food assistance, activities, books, and more. Gain a sense of community & find on-going support to raise happy, healthy children. Moving to Crossroads Village in March.

## Dr. Felix Nwaeze

604-485-7779 • 6935 Harvie

Obstetrics and gynecology.

## Healthy Care

### Pregnancy Program

604-208-9140

[hcpp@liftcommunityservices.org](mailto:hcpp@liftcommunityservices.org)

Support and advocacy for people who are pregnant or up to seven months post-partum and who use or have used substances. We refer & connect you to medical care and other supports; help you to navigate the health care system; accompany you to appointments; ensure your basic needs are met, and more.

## Little Bird Birth Services

604-414-7667 • 6272 Poplar

Julie Hamilton, Lindsey Bauer. Birth doula and birth photographer. Breastfeeding support.

## Melanie Lamden

604-483-1003

Birth and post-partum doula. Find peace and strength through your birth journey.

## Olive Branch Births

778-288-6090

Childbirth educator offering private and group prenatal classes.

## Orca Bus Outreach Program

604-485-3090 • 5814 Ash

Early learning, on the road, 0-8 years. Youth & Family Powell River.

## qathet Midwifery

604-493-2024 • 4539 Marine

Elizabeth Bodner. Pregnancy, birth, postpartum, newborn, breastfeeding.

## Dr. Selena Bloom, MD SEP

604-223-8878 • 4536 Willingdon

Somatic Experiencing and Touch Regulation Therapy. Addressing birth, developmental and preverbal trauma.

## Trista Tom Leblanc

604-414-7303

Postpartum doula.

# Children & Youth

## Child & Youth Mental Health

604-485-0603 • 6944 Alberni

Mental health service to support children & their families. Walk-in intake, Tuesday 9am-4pm

## Cranberry Child Development Centre

604-483-4042 • 6831 Artaban

Inclusion Powell River's programs to support children and families.

## Family Place

604-485-2706 • #2-7100 Alberni Street

Drop-in resource centre for parents & young families. Low or no-cost programming. Moving to Crossroads Village in March.

## Healthy Families Program

604-485-2132 • 4750 Joyce

United Way providing opportunities for families to engage in healthy activities together.

## Indigenous Supported Child Development Program

604-413-7153 • 4931 Salish Drive

This ISCD Program's purpose is to enable Indigenous children in the qathet region who require extra supports to be included in childcare settings, preschool, and before/after school settings. We help families with children from 0 to 12 access assessments & clinical supports to participate in settings along with their peers.

## Ministry of Children and Family Development

604-485-0600 • 6944 Alberni

Child and youth services, child protection and foster/adoption services.

## Orca Bus Outreach Program

604-485-3090 • 5814 Ash

Early learning, on the road, 0-8 years. Youth & Family Powell River.

## Strong Start 0-5 Years Program

604-485-6271 ext 2244 • 4351 Ontario

SD47 programs working in partnership with parents, children, and educators.

## Tla'amin Nation's Child Development Resource Centre

604-413-7055 • 4915 Salish Drive

Community-based services including an infant-toddler daycare program with drop-in for moms and babies/tots, culture and language programming, as well as a range of services for families to promote healthy early childhood development.



## Tla'amin Nation's či čuy ʔaye – Children's House

604-413-7055 • 4931 Salish Drive

Early childhood community-based services including Walking Feet, a full-time 3-to-5-year-old daycare program for Indigenous children, as well as Chi Chuy Preschool for 4-year-olds, 8:30–1 pm daily with a strong ʔayʔajjuθəm language immersion component.

## Tla'amin Nation's Student Success and Wellness Caseworker

778-412-6822

Provides support to Tla'amin families with navigating the school system and accessing the services needed for their child from kindergarten to Grade 12 to promote readiness to learn, school success, and overall wellness.

## Youth and Family

604-485-3090 • 5814 Ash

Free services for families, children, and teens through counselling and programs.

## Chiropractic

### Marine Chiropractic & Wellness

604-485-9896 • #104-4675 Marine

Chiropractic, acupuncture and massage therapy. Custom holistic treatment.

### Powell River Chiropractic

604-485-7907 • #104-4675 Marine Ave

Dr. Ted Johnson shares space with Marine Chiropractic, but is not taking new patients.

### Suncoast Integrated Health

604-414-7815 • #200-4400 Marine

[suncoastintegratedhealth.com](http://suncoastintegratedhealth.com)

A one-stop shop for your alternative and complementary healthcare services: registered massage therapy, chiropractic, rehabilitation, personal training, counselling, acupuncture, concussion and chronic pain services. Disability parking & ramp accessibility.

## Clean/Disinfect

### Aaron Services

604-485-5611 • 4703 Marine

Rotobrush duct cleaning. Disinfectant supplies/dispensers. Clean water solutions.

### All Clear

### Mold & Pathogen Solutions

604-966-8625 • 6845 Courtenay

Two-step process gives you the All Clear in just one visit. No demolition. Dry fogs.

## New Image Auto Detail

604-485-0092 • 6984 Alberni

Dry-vapour extractor heats water to 338°F, to clean, deodorize, disinfect and kill bacteria.

## WinMar

604-485-7335 • #103-7105 Duncan

Virus disinfection. Water damage. Fire and smoke. Mould inspection and removal.

## Counselling

### Powell River Assessment & Resource Service

604-485-2800 • 6817 Burton

Group of local community not-for-profit Employee Family Assistance Programs.

### Berghauser and Associates Counselling Services

604-223-2717 • #200-7385 Duncan

[berghauser.ca](http://berghauser.ca)

Rick Berghauser, Arnold Mulder and Laura Chan. Certified counsellors offering individual, couples, and family counselling. Work together to create new possibilities from old experiences. Counselling with Berghauser & Associates is covered by most employee benefits.

### Dr. Carol Battaglio Counselling

604-578-1199

PHO counselling, psychology. Grief, trauma, family, depression and addictions.

### Cheryl Milne Hypnotherapy

604-483-1136 • @cherylmilne23

Prepare for surgeries and enhance your healing mindset. Accelerate healing and develop mental resilience after injuries. Unlock your peak performance for sports and break through performance barriers.

### Child and Youth Mental Health Clinical Counselling

604-485-0603 • 6944 Alberni

Clinical intervention and counselling; includes suicide intervention programs.

### Chris Drummond Counselling Services

604-483-6337 • 4536 Willingdon

Registered clinical counsellor helps with addictions, phobias, trauma, and more.



## Men Choose Respect

Open to all men looking to improve their relationships. Groups starting October 2024 and February 2025.

[menchooserespectprogram@gmail.com](mailto:menchooserespectprogram@gmail.com)

604-223-5876

# 24/7 help for everyone

604-485-9773

[www.qathetsafe.ca](http://www.qathetsafe.ca)



Suncoast Integrated Health is a one-stop shop for getting a personalized healthcare plan that fits your needs and budget, and that gets to the root of your problem, instead of just treating symptoms.

See us for registered massage therapy, chiropractic, rehabilitation, personal training, counselling, acupuncture, concussion and chronic pain services.

200-4440 Marine Avenue  
Above Suncoast Sign & Design

Call 604-414-7815 or  
view schedules and book online at  
[suncoastintegratedhealth.com](http://suncoastintegratedhealth.com)

## Counselling (cont.)

### Chris Walford Counselling

604-223-4415 • 4539 Marine  
cwalford444@gmail.com

Registered clinical counsellor working with clients age 10 & up face to face, telephonic or video. Helps with a range of psychological needs from PTSD, addictions, emotions and other issues. Integrates various evidence-based approaches to meet unique needs. Also helps with insurance dynamics such as ICBC, Worksafe, CVAP, VAC, FNHA & other insurers.

### Deanne Bourguignon Counselling Services

604-414-9956

Registered Clinical Counsellor (BCACC) and certified Hakomi Therapist.

### Ernalee Shannon

#### ADHD Holistic Coaching and Nutrition

604-413-7097 • #5-4313 Alberta

Specializes in working with children and adults facing ADHD and behaviour issues.

### Frani Van Rooyen, RSW VK Wellness

604-413-7095 • frani@vkwelness.ca

Registered social worker and counsellor offering Short Solution Focused Therapy, Narrative Therapy, Meaning Therapy, Mindfulness-based Cognitive Therapy, Dialectical Behaviour Therapy and Strength-based Therapy. All of this is done through a trauma-informed lens.

### JF Corbeil RYT

604-413-7097 • #5-4313 Alberta

Individual Yoga support for wellness and healing journeys.

### John Michael Parra, MA, RCC

604-670-8354 • 4699 Marine

Clinical counsellor and somatic therapist for ADHD, trauma, for teens and adults.

### Henrik Elzinga

#### RSW

604-413-7097 • #5-4313 Alberta

Specializing in substance use, chronic health issues, mental health, addictions therapy for individuals & groups.

### Ikigai Counselling

778-847-6579

Emmett Martyniuk, RPC, provides justice-oriented holistic counselling.

### Jocelyn Wood

604-818-9865 • 4536 Willingdon  
jocelynwoodrcc@gmail.com

Registered clinical counsellor with over 20 years of experience. If you are an adult struggling with anxiety, depression, addiction, trauma, or a life transition, I would be honoured to help you find your way to more peace and freedom. Free consultations. Accepts CVAP and FNHA.

### Jon Schwabach, Ph.D., RCC

604-487-0633 • 14997 Saltery Rd  
drjon.ca • jon@drjon.ca

In-person or phone counselling for individuals and couples. Insurance accepted. Helping people grow for over 30 years.

### Katcher Guidance

604-483-1136

Hypnotherapy and mindset coaching.

### Kara Fogwell

#### RCC, RSW

604-413-7097 • #5-4313 Alberta

Registered Clinical Counselling & Psychotherapy for children, teens, adults, and families.

### Karen McGratten, RCC

604-414-7815 • #200-4400 Marine

Special focus on eating disorders, gender-related stress, OCD, & anxiety at Suncoast Integrated Health.

### Kyla Mazurka

#### Certified Meditation & Mindfulness Art Facilitator

604-413-7097 • #5-4313 Alberta

Group meditation & mindfulness classes to help manage PTSD..

### Lisa Shatzky

#### Psychotherapist, RCC

778 837-7040 • lisa.shatzky@gmail.com

Lisa Shatzky, BA, BSW, MSW, RCC, ACS  
Thirty years working with adults, couples, children, and adolescents. Specializing in trauma, loss, life transitions, anxiety, crises of meaning, and personal growth. Offering Zoom, phone, and in-person sessions, as well as "walk and talk" counselling for children. Sliding fee scale. Flexible hours.

### Mara Jones

#### Clinical Herbal Therapist & Sleep Coach

604-413-7097 • #5-4313 Alberta

Custom herbal remedies & holistic nutrition, sleep coaching for anyone experiencing sleep challenges.

### Maureen Edwards

#### Wood Dragon Counselling

604-344-0077 • 4536 Willingdon

Registered Psychotherapist specializing in all areas of mental health and trauma.

### Mclsaac Counselling

604-208-2115 • 3250 Byron

In my experience, everyone can benefit from counselling to live the life they want.

### Dr. Michelle Patterson, RPsych

604-374-4961 • 961 Cedar Crest

Registered psychologist with 20 years experience.

### Rob Hughes, ACC

#### New Awareness Consulting

604-483-1143

newawarenessconsulting@gmail.com

As a Men's Work Facilitator and Relationship Coach, I create confidential, courageous spaces for men to find their power through connecting to their authentic selves, allowing them to grow, improve, and excel.

### PEACE for Children and Youth

604-485-6968

Prevention Education, Advocacy, Counselling & Empowerment program for youth experiencing violence. Free, confidential, ages 3-18.

### Police Victim Services

604-485-3415

Assists victims, witnesses, and their family members to cope with crime and trauma. For all ages.

### Rise Hypnotherapy

604-414-3835 • 4536 Willingdon

Achieve relief from anxiety, pain, fear, addiction, trauma and more. Free consultation.

### Rising Tide

#### Counselling & Wellness

604-414-4219

Are you looking for greater life satisfaction? Online counselling available.

### Sage by Sea Wellness Practice

604-223-1957 • 4444 Omineca

Hakomi (mindfulness) counselling. Thai yoga, massage & reiki.

### Dr. Selena Bloom, MD SEP

604-223-8878 4536 Willingdon

Somatic Experiencing Therapy and Touch Regulation Therapy for all ages.

### Sexual Assault Support

604-414-8125

Systems navigation and advocacy for survivors of sexual assault. Any age and gender identity.



### Shona Jackson Counselling

604-223-7927 • 4536 Willingdon  
counsellingwithshona.com  
Registered clinical counsellor. Individuals or couples. Specializing in Somatic Experiencing - using perceived body sensations to relieve trauma, reduce chronic pain and improve quality of life. Trauma, depression, anxiety, pain, stress, self-esteem, relationships, attachment, family history.

### Specialized Victim Support Services

604-485-2620  
Support and advocacy for those who have been harmed by power-based crimes, whether or not you choose to report to police.

### St. John Ambulance Therapy Dogs

604-414-4096 • 10929 Hwy 101  
Volunteers share their special canines to improve mental and physical health.

### Stopping the Violence Counselling

604-485-6965  
Free one-on-one counselling and support to women who have experienced violence and abuse.

### Sunshine Mental Health

604-414-7654 • PO Box 252  
Psychology. Therapy/counselling and assessments for children, teens, and adults.

### Dr. Susan Lacombe, Psychologist

604-789-7227  
Virtual psychotherapy for anxiety, trauma, depression, stress and relationship difficulties.

### Tatiana Tsarouk, PhD Counselling & Hypnotherapy

604-483-1835 • 5-3818 Joyce  
drtsaroukmentalhelp.com  
Counselling, psychotherapy, hypnotherapy for stress relief, depression, anxiety, fears, family problems, relationship issues, psychological difficulties and frustration in difficult situations, PTSD, addictions, and other mental health issues. Hypnotherapy for enhancement of confidence and self-esteem, and to quit smoking.

### Tricia McTaggart, RCC

604-353-9221  
Mctaggartwellness@gmail.com  
Registered Clinical Counsellor currently supporting children, teens and adults in a compassionate space where they can feel heard and understood. Through an evidence based approach we can work towards addressing difficult relationships, mental health issues, such as anxiety, depression and PTSD.

### Vanessa Coray Mental Health First Aid Facilitator

604-413-7097 • #5-4313 Alberta  
Offering certification training, via Mental Health Commission, to support those experiencing mental health issues.

### Wildwoods Counselling

604-223-3376 • 4444 Omenica Ave  
chadyurich@gmail.com  
wildwoodscounselling.ca  
This is my passion. I creatively assist clients to find wholeness and health. Counselling specialties included somatics, trauma, depression, anxiety, dreamwork, PTSD, guided imagery, grief, addiction, sexual abuse and mentoring. Let's work together to bring more ease and flow back into our lives. Free phone consultations.

### Did we miss you?

While we endeavoured to include as many as possible, we may have missed a health provider or service.

If so, please let us know at  
604-485-0003 or sean@prliving.ca

# Rick Berghauer & Associates Counselling Services



Contact us for individual, couples or family counselling.



**OUR TEAM:** Arnold Mulder, MTS-C, CCC;  
Laura Chan, Marriage & Family Therapist, RCC;  
Rick Berghauer, BA Psych, MEd Counselling Psych, CCC

# 9

Rick Berghauer & Associates Counselling Services has been helping the community for 9 years!

# 22

Rick has been a counsellor in Powell River for 22 years!

## Call or connect through our website.

"The idea of entering an office with a stranger and opening up about personal experiences, feelings, fears and beliefs can be intimidating and can keep some from experiencing the many benefits a therapeutic coaching experience can bring. However, I encourage you to call and see how this could be a life changing experience for you.

– Rick Berghauer,  
BA Psych, MEd Counselling Psych, Canadian Certified Counsellor

berghauer.ca 604-223-2717 #200-7385 Duncan Street V8A 1W6

## Dental

### Smili Dental Clinic

604-485-2851 • 4662 Marine

Family and general dentistry services.  
Moving soon to Town Centre.

### Burnaby Street Dental

604-485-2930 • 4621 Joyce

Dr. Ryan Sinotte, Dr. Richard Machin, Dr. Kevin Castilloux. General family dentistry.

### Dr. Belinda Chow

#### & Dr. Gary Needham

604-485-2777 • 4511 Joyce

Family and general dentistry services.

### Glacier View Dental

#### Dr T. Virdi

604-485-9771 • D-7053 Glacier

Family and general dentistry services.

### Integrated Dental

604-344-0148 • #103-7075 Alberni

Independent dental hygiene clinic. Biofilm therapy, fluoride, and oral health education.

### Dr. Ashok Varma

604-485-4090 • 4742 Joyce

Family and general dentistry services with Dr. Kaitlin Meredith and Dr. Milan Varma.

### Marine Denture Clinic

604-485-2212 • 4670E Marine

[info@marinedentureclinic.com](mailto:info@marinedentureclinic.com)

Complete and partial dentures, relines, implant-retained dentures. Same-day repairs. Free consultation. No referral necessary.

### Powell River Denture Clinic Ltd.

604-485-7654 • #102-7075 Alberni

Honest, efficient denture services that restore beauty and function to the mouth. Repairs, relines, implants. See your denturist at least every year or two!

## Emergency Shelter

### Grace House

Help Line: 604-485-9773

Info: 604-485-4554

Transition House for self-identifying women, their children & pets, who are experiencing violence

### Emergency Shelter

604-578-0633 • 4746 Joyce

[housingservices@liftcommunityservices.org](mailto:housingservices@liftcommunityservices.org)

Twenty-bed emergency shelter, intake at 4:00 pm every day. Overnight shelter, warm dinner, breakfast, community, & resource referrals.

### Stopping the Violence Outreach

604-485-6980

Helps women who are in or who are leaving an abusive relationship to live in safety.

## End of Life

### Heather MacLeod

#### End of Life Doula

#### and Dementia Trainer

604-578-0303

Spiritual, emotional, compassionate care for the dying and their families.

### Hayley Creasey

#### End of Life Doula

604-414-7147

End of life care resource.

### Hidden Tree

#### Palliative Care Services

604-578-8125

Mark Johnston offers short-term live-in, respite, estate management.

### Four Tides Hospice Society

604-223-7309 • 4675C Ontario

[fourtideshospice.org](http://fourtideshospice.org)

Four Tides Hospice Society provides compassionate support to individuals at the end of their life, to their family & friends, & to those who are grieving. We provide Volunteer Visitors, grief & caregiver support groups, music therapy, Advance Care Planning workshops, a grief walking group, & education on end-of-life issues.

### Stubberfield Funeral Home

604-485-4112 • 7221 Duncan

[info@stubberfieldfh.com](mailto:info@stubberfieldfh.com)

[stubberfieldfh.com](http://stubberfieldfh.com)

Burial, cremation and memorial services that honour all traditions and cultural needs.

## Eyes

### Dr. Louis M Botha

604-485-8455 • #102-4675 Marine

MBCHB(PRET), FCS(OPHTH)SA

Eye physician & surgeon

### IRIS

604-485-7115 • #106-4801 Joyce

[iris.ca](http://iris.ca) • [iris701@iris.ca](mailto:iris701@iris.ca)

Comprehensive eye exams with the most advanced technology, eye emergency treatment, dry eye therapy, fittings for the latest in glasses and contacts, and more with Dr. John Wyse, Dr. Ekaterina Medina, and their team. Get your eyes checked yearly.

### Optomeyes Eye Care

604-485-2513 • 4551 Joyce

[optomeyes.ca](http://optomeyes.ca) • [pr@optomeyes.ca](mailto:pr@optomeyes.ca)

Complete eye health services, including eye exams, contact lens fittings, pediatric eye care, sports vision care, and post-concussion care. Treating dry eyes, allergies and infections, computer vision syndrome, glaucoma, macular degeneration, and cataracts. Eyeglass and sunglass frame collections. Lab makes glasses on site.

### Secure Vision Mobile Optician

Helen Whitaker

250-792-5199 • #206-5831 Ash

[securevisionmobileoptical.com](http://securevisionmobileoptical.com)

[helen@securevisionoptical.com](mailto:helen@securevisionoptical.com)

High-quality prescription eyewear at a price you can afford. Beautiful, handcrafted frames and digital technology lenses. Fitted by a Licensed Optician. Private appointments available at Unit 206 Townsite Market every Wednesday and Friday. Private, at home, or residential care appointments available by request. International Optician of the Year 2021.

## Feet

### Foot Loose Foot Care

604-483-9454

Cathy MacDonald provides foot care services, especially for seniors and diabetics.

### Nadia's Foot Care

604-892-4161 • 5584 Yukon

Mobile foot care. Callus and nail care, hygienic and preventative maintenance.

### Powell River Foot Care

604-223-7632

Mobile service, not taking new clients.

### Thrive Foot Care

604-483-8373

Eveline van Haastert, RN, provides at home podiatric nursing foot care.

### Your Sole Connection

604-344-0608

Sarah Murphy, LPN, and certified foot care nurse offers mobile medical foot care.

## Food & Nutrition

### Community Resource Centre

604-485-0992 • 4752 Joyce

[liftcommunityservices.org/program/crc](http://liftcommunityservices.org/program/crc)  
[crc@liftcommunityservices.org](mailto:crc@liftcommunityservices.org)

Monday – Thursday, noon – 4 pm. Free lunch, coffee and snacks, laundry facilities, legal aid and community referrals. *Note:* The CRC is moving with Family Place to Crossroads Village in early 2025.



### Convenient Chef

604-483-9944 • 5830 Ash

Nutritious, homestyle prepared meals for reheating in the home or workplace.

### Food Bank

604-485-9166 • 6816B Alberni

Open Tuesday, Wednesday, Thursday of every week (10am to 2pm)

### Kelly's Health Shop

604-485-5550 • 4706C Marine

kellystore@telus.net

Health food store with a large selection of supplements and herbs, personal care products, health food, beer and wine supplies, homeopathic items, and alternative medicines. Knowledgeable staff and holistic nutrition. Regular health education seminars.

### Lisa Marie Bhattacharya, RHN

604-714-4065

Registered holistic nutritionist specializing in digestive health and disease prevention.

### Miriam Abrams, NTP

miriamabramsntp@gmail.com

timbermaassageandwellness.com

An individualized and foundational approach to health. Areas include, but are not limited to, digestive issues, autoimmunity, stress & anxiety, thyroid dysfunction, fatigue, sleep issues. Our health can be our greatest ally. Let me help you learn how to support your body so you can truly thrive!

### Resilient Health

604-414-0765 • 5742 Hatfield

Resilient health practitioner trained in occupational therapy and holistic nutrition.

### Russell's Health & Performance

250-818-2932

russellshhealthandperformance.ca

Health and performance supplements, delivered to your door in Powell River. Book a free supplement consultation with local expert Owen Russell. Unlike the online retail giants, he provides personal recommendations by looking past the marketing, and through to the formulas.

### Salvation Army

604-485-6067 • 4500 Joyce

Fresh produce, bread and dairy. Monday & Friday 12:45-1:45 pm. Bring your own bag. Hampers by appointment.

### Senior Citizens' Assoc Br #49

604-414-9456 • 6792 Cranberry

Activities, lunches, dinners, entertainment.

### The THRIVE Hub

604-414-8399

A membership group to help you learn, get inspired and stay motivated for healthy, plant-based living.

### United Church

604-485-5724 • 6932 Crofton

Spaghetti dinner 3rd Monday, Sept-May, 4:30 - 6 pm. All welcome. By donation.

## Health & Abilities Supports

### BladeRunners Youth Employment Program

604-485-7958

employmentservices@

liftcommunityservice.org

Skills training & employment supports for at-risk youth ages 15-30. Includes certifications & training, work placement, and job seeking support.

### Community Adult Literacy & Learning

604-485-4796 ext 8 • #100-6975 Alberni

Provides tutor training, matching adult tutors with adult learners.

### Kompassion for Kups

236-845-2024 • 2255 Highway 101

Medical bras and prosthetics for those who have had mastectomy or lumpectomy.

### Literacy Outreach

604-485-4796 ext. 8

literacy@liftcommunityservices.org

Reading, writing, & numeracy skills as well as digital literacy support. We offer one-on-one tutoring and group workshops. Everyone is welcome.

### Reach to Recovery

604-485-6114 • 604-483-9120

Hospital and home visits to recently diagnosed breast cancer patients.

### Handydart

604-483-2008 • 6910 Duncan

Accessible, door-to-door shared transit service for people with disabilities.

### Wheels for Wellness Society

250-338-0196

Will pick you up at the ferry and take you to non-emergency medical appointments on Lower Vancouver Island.

### WorkBC

604-485-7958 • 4511 Marine

centre-powellriver@workbc.ca

Job search resources, career planning, skills assessment, work experience opportunities, training, & training supports.

www.karinainkster.com

## FITNESS & NUTRITION COACHING

+ free vegan resources



Tune in to the *No-B.S. Vegan* podcast, apply for a coaching spot, and access our free vegan resources at [karinainkster.com](http://karinainkster.com).



## POWELL RIVER HOSPITAL FOUNDATION

Your donations make a difference by helping purchase much needed equipment and training that might not otherwise be provided at Powell River's hospital.

*We're all touched by health care.*  
**Donate to the Powell River Hospital Foundation.**

604 485-3211 ext 4349  
5000 Joyce Avenue, V8A 5R3  
[prhospitalfoundation.com](http://prhospitalfoundation.com)

## Health info

### BC211.ca

2-1-1 (call or text)

Online resource offers information and referrals regarding community, government and social services in BC.

### Fetch

[powellriver.fetchbc.ca](http://powellriver.fetchbc.ca)

Online listings of community health services, provided by Vancouver Coastal Health and the qathet Division of Family Practice.

## Hearing

### Bel Tone

778-410-2167 • #102-4801 Joyce

Professional hearing tests (free with doctor's referral), hearing aid sales, follow-up care.

### Powell River Hearing

604-485-0036 • 4794B Joyce

[powellriverhearing.com](http://powellriverhearing.com)

Comprehensive hearing tests. Hearing aid dispensing. Aural rehabilitative counselling. Modern hearing aids improve relationships, improve memory function, reduce background noise and connect to your devices. Contact Shannon for a consultation and demonstration.

## Low Income Support

### Community Resource Centre

604-485-0992 • 4752 Joyce

Monday-Friday, 10:00 am-4:00 pm. Free lunch, coffee, and snacks, laundry facilities, computer and phone access, document support, legal aid services, community referrals, and a welcome place for community members to socialize and connect with basic services to qathet.

### 24-Hr Low-Barrier Shelter

604-578-0633 • 4746 Joyce

Twenty-bed emergency shelter. 24/7. Overnight, warm dinner/breakfast, community, & resource referrals.

### Hygiene Cupboard

604-485-0992 • 4752 Joyce

Do you need hygiene items? Stop by the CRC. The Hygiene Vending Machine is free for everyone.

### Life Cycle Housing Society

604-485-6006 • #32-4949 Ontario

Not-for-profit providing affordable housing for families, people with disabilities & seniors.

### Poverty Law Advocacy

604-485-0950

Free, confidential legal information, advocacy & referrals to low-income residents

### Ministry of Social Development and Poverty Reduction

604-485-3622 • 6944 Alberni

Income assistance, child-care subsidy, & support for persons with disabilities.

### Supportive Housing

4910 Joyce • 604-223-4430

Forty-four units of subsidized, self-contained supportive housing for individuals at risk of homelessness. 24/7 support, meals, garden access, resources, & community support to find & maintain stable housing.

### See also Food & Nutrition

## Marijuana

### BC Cannabis Store

604-483-7200 • #115-7035 Barnet

Government store.

### Bean Cannabis Shop

236-328-8050 • #7-7030 Alberni Street

Cannabis advisors ready to share their selection of cannabis and accessories.

### Cranberry Cannabis

236-327-0021 • 5712 Manson

Pain relief from flowers to teas, tinctures, edibles, smokes.

### Pacific Coastal Cannabis

604-413-6953 • #107-4871 Joyce

Edibles, pre-rolls, cartridges, beverages, accessories and more.

### SOHO

236-328-0088 • 4670B Marine

Recreational marijuana. Edibles, accessories and more.

### Sun Coast Cannabis Shoppe

604-489-0070 • #102-7010 Duncan

Solids, extracts, prerolls, topicals, and more.

## Massage & Laser

### Alex Marchuk

604-414-7815 • #200-4400 Marine

Massage, cupping, and myofascial release at Suncoast Integrated Health.

### Alisha Calvert, RMT

604-414-7815 • #200-4400 Marine

Registered massage therapy at Suncoast Integrated Health.

### Behr's Massage Therapy Clinic

201B-4690 Marine

Peter Behr • 604-485-2155

Ayla Scholz • 250-309-7871

We treat conditions such as low back pain and chronic pain.

### Beyond Bliss Spa & Suites

604-485-9521 • 4555 Marine

[beyondblissspa.com](http://beyondblissspa.com)

A modern day spa and laser centre providing treatments that focus on skin health, wellness and relaxation. From massage to pedicures to photofacials and everything in between, let us help you look and feel your best. Licensed practitioners and strict cleaning protocols mean you can feel confident in your choice.

### Big River Wellness

604-223-8444 • #108-4675 Marine

We are passionate about wellness & deeply devoted to our community. Big River Wellness is formed & guided by compassion, sustainability, & respectful inclusivity.

### Blue Lotus Wholistic Healing

604-414-5991 • 4680 Willingdon

[evestegenga@riseup.net](mailto:evestegenga@riseup.net)

With 15+ years of experience, Eve Stegenga (she/her) offers massage and Reiki with the intention of releasing stress, creating space and bringing balance. From a trauma-informed place she uses modalities such as Swedish and deep tissue, reflexology, joint release, shiatsu and energy work to realign the whole person physically, mentally and emotionally.

### Bodies in Balance

604-223-7918 • 4561B Marine

[rebalancemassage.ca](http://rebalancemassage.ca)

Therapeutic cool laser therapy uses light energy to help you recover more quickly from injury and surgery, and is a non-pharmaceutical treatment option for chronic pain and inflammation. Deep tissue rebalancing massage is also available, and can be combined with laser therapy to great effect – get your life back!

### Brenna Wear, RMT

604-868-2772 • 4313 Alberta

A focus on facial massage & women's health including pre- and postpartum care.

### Ch'iyone Studio RMT

778-743-0564 • Laneway 5480 Marine

[kimberlydfranke@gmail.com](mailto:kimberlydfranke@gmail.com)

[chiyone-rmt.ca](http://chiyone-rmt.ca)

Book online or call. Safe & effective registered massage therapy with former licensed practical nurse Kimberly Franke, RMT. Swedish massage, myofascial release, and craniosacral techniques. Direct billing to Pacific Blue Cross, Canada Life (BC Ferries), RCMP and Veterans.



### Chelsea Keays, RMT

604-413-7097 • #5-4313 Alberta

Trauma-informed massage for chronic pain, circulation, or relaxation.

### Dawne Briggs, RMT

604-485-0056 • 6951 Egmont

Not taking new clients at this time.

### Deirdre Hasler, RMT

604-413-7097 • #5-4313 Alberta

Swedish massage to assist in relaxation of nervous system, light stretching or strengthening exercises.

### Diana Starr

604-414-7815 • #200-4400 Marine

Craniosacral therapy at Suncoast Integrated Health.

### Elemental Healing

604-208-8155

Marie-Eve Barnes' mobile massage and reiki. Shiatsu, craniosacral, deep tissue, and more.

#### Did we miss you?

While we endeavoured to include as many as possible, we may have missed a health provider or service.

If so, please let us know at 604-485-0003 or sean@prliving.ca

### Heartwood Massage

#### Sophie Gilmore

250-218-5112 • Westview

heartwoodmassage.ca

sophie@heartwoodmassage.ca

Offering a variety of massage services that blend therapeutic and relaxation techniques to leave you feeling pampered and restored. See website for details and online bookings.

### Heather Anderson, RMT

604-483-4380 • 6552 Chilco

Myofascial release, post-mastectomy, and top surgery care.

### Heron Reiki & Wellness

604-208-2244

heronreikiaw@gmail.com

heronreikiandwellness.com

Offering 15, 30 & 60-minute Reiki energy sessions for 1-2 people. Relax, revitalize and renew while stimulating your body to heal on physical, mental, emotional and spiritual levels. Treatments are conducted fully clothed with the practitioner's hands off or gently on the body. Reiki classes are also available.

### Jana Dawn Rocks Massage

604-414-5208 • Myrtle Rocks

Deep tissue, hot stone and Swedish relaxation massage. 30 years experience.

### Knott's Therapeutic Massage

604-414-8041 • 5804 Maple

Erin Perrault, RMT. Not taking new clients at this time.

### Koastal Therapy

604-485-4833 • 4763 Joyce

Deep tissue massage, joint treatment, myofascial release, sports massage, and more.

### Kostali Wellness

604-483-6958 • 4518 Joyce

kostaliwellness.ca

kostaliwellness@gmail.com

A full service Massage Therapy and Wellness Centre, providing Registered Massage Therapy. We offer online booking and direct billing with Pacific Blue Cross.

### Maple Avenue Massage Therapy

778-882-6864 • 5757 Maple

Specializing in systemic deep tissue and myofascial massage therapy.

### Malaspina Massage

604-485-2224 • 3839 Selkirk

Registered massage therapists Don Shelton and Ann Robinson. No referral necessary.

### Mayet Therapeutics

604-414-3978 • 9651 Evergreen

RMT Claire MacPherson provides massage and craniosacral therapy south of town.



**Kostali  
Wellness**

Registered Massage Therapy

# Registered Massage Therapy

Book now at  
**kostaliwellness.ca**  
kostaliwellness@gmail.com

236-328-1200 • 4518 Joyce Avenue



Convenient direct billing to Pacific Blue Cross



#### Do you answer yes to any of these questions?

- Do you often ask people to repeat themselves?
- Do others complain that the TV is too loud?
- Do you have difficulty recalling information or remembering conversations?
- Do you experience any of the following symptoms: Tinnitus (ringing), Vertigo (dizziness), Aural Fullness (pressure in your ears)?

**Hearing loss at any age can have a negative impact on your quality of life. Don't delay... call today and book a comprehensive hearing test.**



4794 B Joyce Avenue  
604-485-0036

POWELL RIVER



*Hear to make  
a difference in your life.*

Locally owned & operated by  
**Shannon Formby, RHIP**

Registered Hearing Instrument Practitioner  
with the College of Speech and Hearing  
Health Professionals of British Columbia.

## Massage & Laser (cont.)

### Mindful Moves Body Care Services

By appt 604-483-6759  
robin.inison@gmail.com

Professional massage therapist, providing a variety of massage services, relaxing to deep tissue. Robin also offers Yoga: beginner - intermediate hatha based asanas with rehab exercises. See FB page.

### MR Massage Therapy

778-772-1547 • 4660 Harvie

Morgan Rouvelin, RMT, offerings include Swedish, Sports, and Tuina style treatments.

### New Beginnings Laser Center Medi-Spa

604-413-0551 • #7-4313 Alberta

Laser hair removal, micro-needling, custom facials, body treatments, cold laser, botox.

### qathet Registered Massage Therapy

604-344-0427 • #6-4313 Alberta

Our goal is optimal health for our patients. Manual therapy, joint mobilization, hydrotherapy, rehabilitative exercise & patient education.

### Sage by Sea Wellness Practice

604-223-1957 • 4444 Omineca

Thai yoga massage, Reiki, Hakomi counselling.

### Samira's Healing Arts

778-793-5232

Indulge yourself with Lomi Massage, Energy healing, and Ionic Foot Detox Bath.

### Timber Massage & Wellness

604-344-0605 • 6935 Harvie

Professional registered massage therapy, reiki, and reflexology.

### Townsite Massage Therapy

Alison Richmond, RMT

604-905-8028 • 5670 Marine

Professional registered massage therapy in a peaceful home-based studio.

## Medical Clinics

### Dr. Louis M. Botha

604-485-8455 • #102-4675 Marine

Eye Physician & Surgeon

### Broadleaf Health Collective

604-223-9323 • #105-7373 Duncan

broadleafhealthcollective.com

info@broadleafhealthcollective.com

Integrative care including Naturopathic Medicine, Registered Acupuncture, Clinical Counselling, and Bowen Therapy. Come visit our calm and serene clinic space..

### Dr. Ginette Cloutier, R.TCM.P

604-223-7100 • 4585 Marine

Traditional Chinese Medicine; acupuncture, and herbology.

### Dr. Brigitte Dohm

604-485-7222 • 4539 Marine

Marine Medical Building. Family physician and medical clinic.

### Family Tree Health

604-485-9213 • 4493A Marine

General practitioner medical clinic.

### Fusion Medicine

#### Integrated Clinic

Dr. Catherine Cameron, Dr. TCM

Dr. Selena Bloom, MD SEP

604-223-8877 • 4536 Willingdon

dr.catherinecameron.com

fusionmedicine.ca

East meets West. Integrating multiple modalities to achieve your optimal health. Acupuncture and Chinese herbs, sports medicine, craniosacral therapy, pain management and nervous system regulation, clinical homeopathy, orthomolecular medicine, functional medicine, and more.

### Harvie Medical Clinic

604-485-0136 • 6935 Harvie

Dr. C. Van Zyl, Dr. D Marentette, Dr. K.

Bahadori, Dr. M. Andreae

### Marine Medical Building

4539 Marine

Family physicians and nurse practitioner.

### The Medical Clinic Associates

604-485-6261 • 4794 Joyce

General practitioner medical clinic.

### Powell River

#### Community Health Centre

604-485-3310 • 5000 Joyce

Community health including public and home services.

### Powell River Medical Clinic

604-485-5501 • 4280 Joyce

Walk-ins welcome. Dr. Diana Gil and Dr. Alexander Marchenko. Monday to Friday, 9-4:30. Esthetic treatments now available. In the same building as Powell River Pharmacy.

### PR General Surgery Clinic

604-485-0152 • 6935 Harvie

The clinic for Powell River's surgeons including Dr. Makarewicz, Dr. Garber, Dr. Shaw.

### Dr. Pieter Rossouw

#### Dr. Willem De Flamingh

604-485-4877 • 6962 Alberni

Family doctors.

### Texada Island Health Centre

604-486-7525 • 2603 Sanderson

Home to Texada's physician and nurse.

### Tla'amin Health

604-483-3009 • 4895 Salish Drive

tlaaminhealth.com

health@tn-bc.ca

Serving Tla'amin members & the Indigenous people in the qathet region. Tla'amin Health delivers primary care including nurse practitioners; chronic disease, public health & home & community care nursing; & mental health and wellness, harm reduction and a clinical social work supports. Population-specific programming is offered for Elders, children, youth, & families. Dental & footcare services are available.

### Dr. Nicholas White

604-485-9200 • 4539 Marine

Marine Medical Building. Medical clinic.

## Movement/Fitness

### 101 Strength

604-414-8002 • #101-7373 Duncan

24-hour membership exclusive gym, offering personal training and group fitness.

### ATP Therapy

604-223-0980 • 3978 Westview Ave

Athletic therapy clinic, injury assessment & rehabilitation, and personal training.

### Better Bodies Gym

604-483-6799 • 7074 Westminster

Gym available to the public with membership includes workout and the pool.

### Cranberry Fitness Co.

250-588-1031 \*by appointment

cranberryfitnessco.ca

Work with Kathleen one-on-one (or with a partner) in her private, home-based studio. With empathy, patience & curiosity, Kathleen helps adults of all ages build confidence & momentum, inside & outside the gym. Don't require personal training? Become a member and enjoy the gym all to yourself, or with a partner!



### Coast Fitness

604-485-5160

coastfitness.ca • info@coastfitness.ca

Fun and affordable group fitness and yoga classes. Come join us for a good sweat or stretch with lots of support from amazing instructors.

### Elements Movement

604-319-7013 • 5813 Ash

Mellow yoga to power yoga & fitness.

Personal training now available.

### Five Elements Acupressure Qigong, and Qi Yoga

604-483-3509 • 6828 Cranberry (winter)

Qi = life force energy. Discover the mind-body-spirit connection.

### K.I. Health & Fitness

778-230-6849 • karinainkster.com

Nail your fitness and plant-based nutrition goals online with our team of vegan coaches, led by Karina Inkster (host of the No-B.S. Vegan podcast, author of 5 books). Get customized workouts and nutrition planning. Check out our ebooks, articles, online course, vegan resources, and podcast (all free!) at our website.

### Matt Bourcier

604-578-8818

Personal trainer at Anytime Fitness.

### Mindful Moves

### Body Care Services

604-483-6759

Massage and yoga services for you! By appointment. See FB page

### My Element Fitness

604-414-4133 • 4552 Willingdon

Rowing, running, strength training, hiking & yoga classes, nutrition & personal training.

### Petra Thaddeus Yoga

778-996-9644

Private and group classes. Specialize in hatha and restorative yoga.

### Pilates & Fitness with Terri

604-485-5876 • 7053-B Glacier

Controlled method of exercise with focus on deep abdominal and back muscles

### Powtown Crossfit

604-999-3081 • 4504 Fernwood

Gym designed for functional movement constantly varied at high intensity.

### Recreation Complex

604-485-2891 • 5001 Joyce

powellriverprc.ca

parksrec@powellriver.ca

Featuring two NHL-sized ice surfaces, a large aquatic centre with lap pool, leisure pool, sauna & hot tub. Fitness centre & studio, 720-seat Evergreen Theatre and meeting rooms. Registered and drop-in programs. Bike and Skateboard Park, 1.5km multi-use paved pathway and numerous hiking and biking trails that spread throughout Millennium Park.

### Shift Fitness

604-561-3374

Private personal training. Specializing in improving mobility for adults and seniors.

### Sunshine Somatics

604-388-7116

Certified Essential Somatics® Movement teacher. Hanna Somatic Education® classes.

### T-Fit Yoga & Fitness

604-483-6225

Terri Cramb is a fitness, yoga and health coach.

### Therapeutic Riding Association

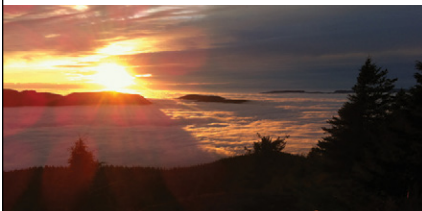
604-485-0177 • 4356 Myrtle

Therapeutic horseback riding for those with physical, mental and learning disabilities.

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stubberfieldfh.com



## Earn Extra Income Make a Difference Work from Home

### Strive is seeking Home Share Providers in Powell River and the Sunshine Coast

Care providers preferred qualifications:

- A suite or room available in their home
- A minimum of one year experience working with adults with acquired brain injury, mental health diagnoses, as well as physical, intellectual, and medical healthcare needs
- A valid BC drivers license and vehicle

Please submit a resume and cover letter to ashley@striveliving.ca or by fax to 604.936.9003 Attn: Ashley

Learn more at: [striveliving.ca/services/adults/assisted-independent-living/](http://striveliving.ca/services/adults/assisted-independent-living/)

### Strive Living Society

604-485-2220 • Unit 200 - 6975 Alberni

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[Russellshealthandperformance.ca](http://Russellshealthandperformance.ca)  
russells.hnp@gmail.com  
250-818-2932

# Naturopathic Doctors

## Dr. Lani Nykilchuk, ND

604-223-9323 • 105-7373 Duncan

Naturopathic medicine for the entire family. Digestion, mood, hormones, allergies & more.

## Dr. Robyn Land, ND

4679 Marine • drrobynland.com

Focus on women and family health, fertility concerns, digestive health, and burnout. Dr. Robyn focuses on educating and empowering people to optimize their health using evidence-based medicine, combined with natural approaches. Direct billing to most extended health plans available. Aromatherapy, acupuncture, craniosacral therapy, and more.

## Dr. Shawn Peters, ND

604-489-5919 ext. 223 • #111-4871 Joyce  
drshawnpeters.com

Dr. Shawn has a special interest in helping those with stress, low energy & mood concerns. He focuses on improving heart health, blood sugar support, skin conditions & digestion. Helping people of all ages with acupuncture, injections, IVs while grounded in nutrition & herbal medicine. Plans include bloodwork, physical exams, and individualized treatments.

# Pharmacies

## Freshco Pharmacy

604-485-4244 • 7040 Barnet

Vaccines, medication reviews, bubble packaging, delivery and more.

## The Medicine Shoppe

604-489-5919 • #111-4871 Joyce

Compounding pharmacist can create customized formulas of your prescriptions.

## Powell River Pharmacy

604-489-9272 • 4280 Joyce

Pharmacy and walk-in clinic.

## Rexall

604-485-2929 • 4794 Joyce

Offers compression stockings, walkers, blister packing, free delivery and more.

## Save-On-Foods Pharmacy

604-485-2629 • 7100 Alberni

Medication checks, vaccines, diabetes management, blister packs, compounds.

## Shopper's Drug Mart

604-485-2844 • 15-7100 Alberni

Prescriptions and over-the-counter medications with our team of pharmacists.

## Walmart Pharmacy

604-485-0141 • 50-7100 Alberni

Pharmacy supplies at affordable prices.

# Physiotherapy & Sports

## On Track Physiotherapy & Rehabilitation

604-485-4660 • #104-7075 Alberni

Assessment and treatment. Ergonomic consults. Physiotherapy and kinesiology.

## qathet Physiotherapy

604-485-4334 • #12-4312 Franklin

Full-service physiotherapy clinic offering a range of rehabilitation services.

## PR-MSK Sports Medicine

604-485-5601 • #11-4312 Franklin

Dr. David Mann.

# Reproductive Health

## Fusion Medicine Integrative Clinic

604-223-8877 • 4536 Willingdon

Chinese Medicine with Integrative Medicine, optimizing hormones and parenting outcomes. Men welcome.

## Parra Wellness

778-251-8364

Lana Joy is trained in holistic reproductive health to achieve your well-being goals.

# Sexual Health

## Options for Sexual Health (OPT)

604-485-3310 • 5000 Joyce

Non-judgmental birth control counselling, contraceptives, testing, and info.

## Sexual Abuse Intervention

604-485-0600 • 6944 Alberni

Treatment for children and youth who have been sexually abused.

# Societies

## Community Living BC Office

877-592-1903 • 205-6975 Alberni

Supports adults with developmental disabilities, and their families, in BC.

## qathet Division of Family Practice

4760 Joyce • admin@prdivision.ca

divisionsbc.ca/qathet

Facebook: @qathetdivisionoffamilypractice

Instagram: @qdivisionoffamilypractice

Creating opportunities to improve primary care for physicians and patients. Also part of implementing qathet's Primary Care Network and team-based care in the region. Patients, practitioners, and those new to the area can find great health resources and information on our website.

## Four Tides Hospice Society

604-223-7309 • 4675C Ontario

We provide supports & services to those nearing end-of-life, their caregivers & those grieving.

## Powell River Assist

604-414-7947

Member of the BC Community Response Network. Educating community to prevent and mitigate seniors abuse and isolation and to promote physical wellness.

## PR Hospital Foundation

604-485-3211 ext 4349 • 5000 Joyce

PRGH.Foundation@vch.ca

prhospitalfoundation.com

Mission is to inspire the community to invest in our hospital to advance patient care and improve the health and well-being of citizens. Donations enable the hospital to purchase equipment and training that might not otherwise be available.

## PR Healthcare Auxiliary

604-485-0110 • 6-7030 Alberni

Volunteer association runs the Economy Shop and Hospital Gift Shop, Red Cross Health Equipment Loan Program (HELP) and patient comfort programs at the hospital.

## Inclusion Powell River Society

604-485-6411 • 201-4675 Marine

Providing a range of services, for over 60 years, to children with extra needs, adults with developmental disabilities, and seniors.

## Lift Community Services of qathet Society

604-485-2004 • #218-6975 Alberni

contact@liftcommunityservices.org

Non-profit community service organization providing housing, employment services, literacy support, immigrant services, family programs, community resource, harm reduction services, and community health programming.



## qathet SAFE

604-485-5335 • 209-6975 Alberni

[qathetsafe.ca](http://qathetsafe.ca)

Programs providing Safety and Advocacy for everyone including Grace House, Police Victim Services & Specialized Victim Support Services, Stopping the Violence Counselling and Outreach, PEACE counselling for children, Men Choose Respect Group, Sexual Assault Support, and Poverty Law Advocacy. All services are free and confidential.

## Youth & Family Powell River

604-485-3090 • 7105 Nootka & 5814 Ash

Free service for children, parents and families through counselling and programs.

## Support Groups

### Brain Injury Society

604-485-6065 • #101-7020 Duncan

Support, education and advocacy for persons living with an acquired brain injury.

### Caregivers' Support - Dementia

[malerie.meeker@gmail.com](mailto:malerie.meeker@gmail.com)

Second Wednesday of each month between 10am and noon in the Lower Legion Hall.

### Caregivers' Support - Four Tides Hospice

604-223-7309 • 4675C Ontario

We provide supports & services to those nearing end-of-life, their caregivers & those grieving.

### Powell River

#### Compassionate Friends

Ariel Turcotte • 604-218-6245

[powellrivertcf@gmail.com](mailto:powellrivertcf@gmail.com)

Offers friendship and understanding to bereaved parents and families after the death of their child. Our mission is to offer a safe place for bereaved parents to be heard while processing their grief. We hold monthly meetings in Powell River on the fourth Tuesday of the month.

### Elders Group (Tla'amin)

778-657-5525 • 4895 Salish Drive

Coordinates programs that are inclusive to Indigenous Elders (55 and older).

### Gerry Gray Place & SOAR

604-485-4008 ext 101 • 7055 Alberni

Gerry Gray Place: drop-in, resources for older adults. SPARC parking passes available.

## Immigrant Welcome Centre

604-414-3630 • #106-2871 Joyce

[immigrantservices@liftcommunityservices.org](mailto:immigrantservices@liftcommunityservices.org)

Supports for immigrants to Canada including ESL tutoring; settlement information; clubs and social groups; help with documents and applications; referrals to community supports; and information about life in Canada and Powell River.

### Men Choose Respect

604-223-5876

Group support for self-identifying men who want to contribute to safe caring relationships in their lives.

### Parkinson's Support Group

604-223-4566 • 6932 Crofton

Information and resource. Second Tuesday of the month, 1:30-3:00 at the United Church.

### Senior Citizens' Association #49

604-414-9456 • 6792 Cranberry

Provides social, mental and physical activities for seniors.

### Source Club Society

604-485-0005 • 4476 Cumberland

Supporting people living with serious & persistent mental health conditions.

### SUSTAIN

604-485-2004

Substance User's Society Teaching Advocacy Instead of Neglect is a peer-managed group advocating for individuals who use drugs. Meetings Tuesdays at 4 pm at the CRC.

### TOPS (Take Off Pounds Sensibly)

604-485-0025 • 6932 Crofton

A fun support group to help your weight loss journey. Lose weight, get healthy.

### Trans qathet: Alliance for Gender Diversity and Support

604-414-6187 • #27-7100 Alberni

[transqathet.ca](http://transqathet.ca) • [info@transqathet.ca](mailto:info@transqathet.ca)

Peer to peer support for gender diverse & trans people, & their allies. Workshops & meet-ups, including a Zoom meet-up the first Tuesday of every month 7:00-8:30 pm.

### Grief Walking Group - Four Tides Hospice Society

604-223-7309

First and last Tuesday at 10 am at the Lower Seawalk parking lot.

## Weight Loss

### TOPS

#### (Take Off Pounds Sensibly)

Barb at 604-485-0025

or Max at 604-487-9112 • 6932 Crofton

[tops.org](http://tops.org)

TOPS is a non-profit group dedicated in supporting people to become healthy. The first step in becoming healthy is with weight loss. No pressure, no diets, just supporting healthy eating. Every Thursday 4:45 to 6:00 pm at the United Church.

## Wellness

### Bloom Therapy

5300 Yukon Ave

[bloom-therapy.ca](http://bloom-therapy.ca)

Fresh flowers are mood boosting and help with productivity so pick yours up at Bloom Therapy's shop Wednesday - Sunday to enjoy or give to someone you care about. Other beneficial products available in store such as locally made candles, cards, comfort packs, chocolate, and tea. Shop anytime online for monthly subscriptions, workshops, and deliveries at [bloom-therapy.ca](http://bloom-therapy.ca).

### Cedar Cove Coaching

604-414-4274 • 4739 Harvie Ave

Our motto: Embrace Adventure Together. I will help you explore your goals and growth.

### Fusion Medicine Integrative Clinic

604-223-8877 • 4536 Willingdon

Clinical Homeopathy. Suitable for the most sensitive. Primary or add-on care.

### Healing with Krista

604-578-8588

Reflexology, reiki, hands-on healing, & more.

### Inner Light Natural Healing

604-414-5385 • 5794 Marlatt

Energy healing and intuitive counselling and meditation.

### Jennifer Poland & Darryl Gurney The Nature of Us

250-418-1779 • [thenatureofus.ca](http://thenatureofus.ca)

As metaphysical therapists, Jennifer channels Angels and Masters to access & heal Past Life, Ancestral, & Karmic Patterns. Darryl uses integrative healing tools to facilitate Subconscious Belief Change, Physical, Emotional, & Energetic Healing. They work together to combine their skills of over 30 years to offer clients deep & truly transformational healing.



**LEARN MORE ABOUT ALL OF THESE MODALITIES:** Above, local Naturopathic Doctor Lani Nykilchuk takes a blood pressure reading. Not sure what an ND does? Come to the Health and Wellness Fair October 18 at the Recreation Complex! (See Page 30)

## Wellness (cont.)

### Live with Bliss

604-483-4380

Essential oil products and training. Discover how the right oils can help you.

### Nyla Falardeau

604-414-7815 • #200-4400 Marine

Reiki and intuitive readings.

### Sage By Sea Wellness Practice

604-223-1957 • 4444 Omineca

Hakomi (mindfulness) counselling. Thai yoga, massage, & reiki.

### Simply Bronze

604-485-4225 • 6975 Alberni

[simplybronze.ca](http://simplybronze.ca)

Let your body make its own vitamin D naturally with UVB made from our sunbed at Simply Bronze. Exposure to UV elevates your mood improves common skin conditions such as psoriasis, eczema, and acne. Try new cocoon wellness pod for pain management, weight loss, detox, mental health, skin health and better sleep.

### Sounds Good

#### Health and Wellness

778-522-9642 • 10988 Berger

Reflexology, reiki, and a variety of modalities to help you on your wellness path.

### Spirit Wind Healing

604-487-4274 • 8754 Hwy 101

Angel readings, reiki, Hawaiian Huna, psychometric aura testing.

### Wild Spirit Apothecary

604-208-4969 • 6251 Yew

[wildspiritapothecary.ca](http://wildspiritapothecary.ca)

[wildspiritapothecary@gmail.com](mailto:wildspiritapothecary@gmail.com)

Amber Friedman runs this small-batch apothecary that offers a variety of botanical body care products, plant-based medicine, consultations and herbal medicine classes. Products are available at: Ecosystems, Artifacts Gallery, Lund Market, and online.

### Wolffy's Book Den

604-483-4940 • 6729 Cranberry

[wolffdenbooks.com](http://wolffdenbooks.com)

[fb.com/conspiracybazaar](https://fb.com/conspiracybazaar)

A storyteller's haven for children and adults, the Den's Conspiracy Bazaar stocks not only journals and organizing tools but also books and accessories for the mind and body on all spiritual paths.

Reduce the **worry** of living alone

\$1 per day...  
That's all it costs  
for peace of mind

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- Necklace or wristband
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- Wireless options also available



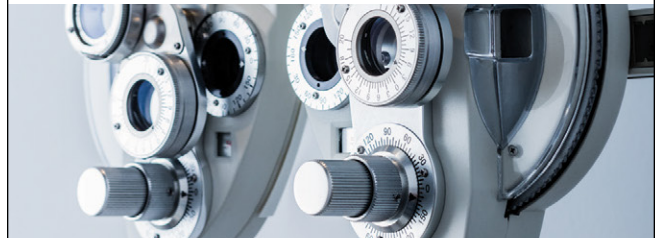
Contact us today!  
**Powell River Kiwanis Lifeline**  
[prkiwanislifeline@shaw.ca](mailto:prkiwanislifeline@shaw.ca)  
4943 Kiwanis Ave • V8A 5H5 • 604 485-0499

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Dr. John Wyse & Dr. Ekaterina Medina, Optometrists



# Your ears and your brain Adapting to hearing aids early is so worth it

By Isabelle Southcott

**H**earing loss as we age is common, but did you know it is also a risk factor for dementia?

Hearing loss has been associated with increased mental decline and a decrease in memory and thinking skills. We hear with our ears, but we make sense of what we hear in our brains.

Untreated hearing loss can lead to communication difficulties, social isolation, loss of independence, and problems with everyday activities.

"Hearing loss is not the root cause of dementia but if left untreated it can accelerate it," said Shannon Formby, owner of Powell River Hearing.

"Agerelated hearing loss occurs gradually, and we do not always know what sounds we are missing until we start hearing them again," said Shannon. When we are missing sounds there is less stimulation going on in the brain.

"Good hearing allows the brain to interpret sounds and where they are coming from; this not only benefits our brain health, but our safety as well.

"To keep the brain processing information, we need to hear everything. We need to hear the doctor when they tell us what is wrong and the

**"To keep the brain processing information, we need to hear everything."**

- Shannon Formby

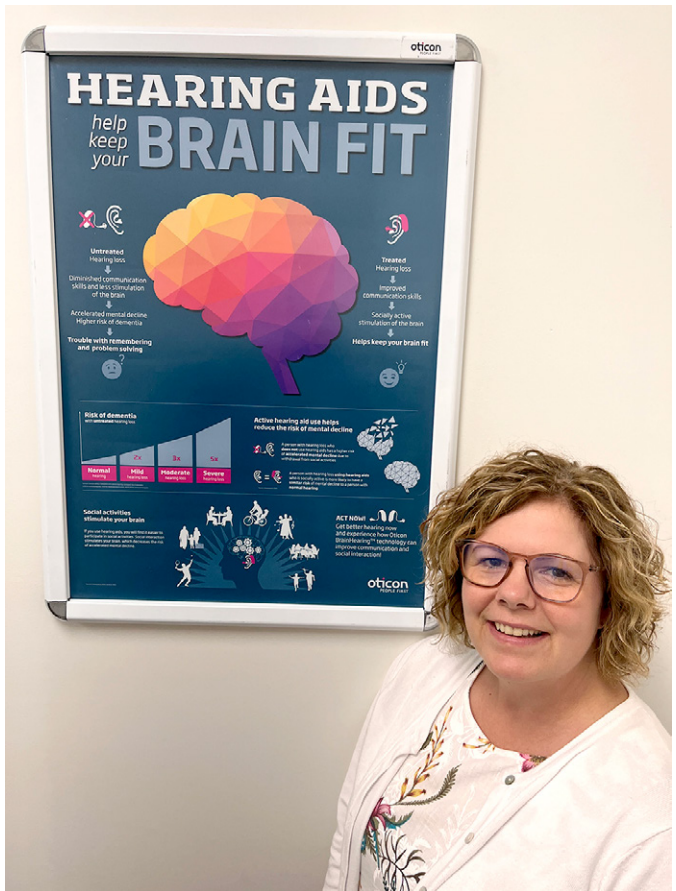
pharmacist when they tell us what medications we need to take and when.

"Sometimes people who cannot hear clearly will nod in agreement suggesting an understanding of the information they are receiving.

"This compensatory behaviour will impact their ability to recall information and often leads to confusion," said Shannon.

Hearing aids can help reduce the negative effects of untreated hearing loss and help keep your brain fit.

**People often put off having their hearing tested** until it becomes obvious to everyone around them that they have a hearing loss. "Some people leave it untreated so long that their families schedule their appointment and say: 'We are doing this!' expecting an immediate fix for the problem, only it doesn't work that way. Getting conditioned to hearing aids is a process," Shannon said, explaining that



**DON'T PUT IT OFF:** Audiologist Shannon Formby says that some people delay getting their hearing checked—a situation that can cost their relationships—and cognition.

when people lose their hearing they live in a world where sounds are dampened down and with corrections their world is opened up.

"People sometimes reject hearing aids because of annoying sounds, but the brain requires time to adjust to all sounds, not just speech sounds.

"It takes time. With consistent use of hearing aids, the brain builds up tolerance for the annoying sounds and will learn to tune them out.

"This is a process of the brain becoming adapted to hearing well again and some people think they won't get beyond it, but they do."

Hearing aids rehabilitate a broken auditory system, said

Shannon, explaining what they do. And they work best if they are used daily in all listening situations.

People who treat hearing loss with hearing aids sooner rather than later tend to do better as they age. Wearing hearing aids becomes a habit that they don't even think about.

Whereas those who begin wearing them later in life often depend on their caregiver to put them in and clean them and their caregiver may not be trained in how to do so.

"If you can rely on yourself and get used to maintaining your hearing aids, you will carry that with you through your later years," said Shannon. **▣**

# Seniors'

## What's On Weekly:

### Mondays

- 10 am • Ukulele • Cranberry Seniors Centre
- 10 am • Drop-in (to 3 pm) • Gerry Gray Place
- Noon • Lunch Service (must register) • Gerry Gray Place
- 1 pm • Line Dancing • Legion
- 1 pm • Seniors Wellness Drop-In Class • Rec Complex
- 1 pm • Table Tennis • Rec Complex
- 4 pm • Pickleball • Oceanview
- 7 pm • Cards • Seniors Centre
- 7 pm • Cinch • Legion

### Tuesdays

- 10 am • Tai Chi • Cranberry Seniors Centre
- 10 am • Viva Voce Choir • Cranberry Seniors Centre
- 10 am • Drop-in (to 3 pm) • Gerry Gray Place
- 11:30 am • Rhythm and Strength (Drum Fit with Stretch) • Gerry Gray Place
- 12:30 pm • Chair Yoga • Gerry Gray Place
- 1 pm • Table Tennis • Rec Complex
- 1 pm • Groove Dancing • Cranberry Seniors Centre
- 1 pm • Drop-in coffee & chat • Rec Complex
- 7 pm • Fun Darts • Legion

### Wednesdays

- 10 am • Drop-in (to 3 pm) • Gerry Gray Place
- Noon • Lunch Service (must register) • Gerry Gray Place
- 1 pm • Carpet Bowling • Cranberry Seniors Centre
- 1 pm • Seniors Wellness Drop-In Class • Rec Complex
- 5 pm • Pickleball • Oceanview
- 6 pm • Table Tennis • Rec Complex
- 7pm • Euchre • Cranberry Seniors Centre

### Thursdays

- 9 am • Fibre Arts Auxiliary • Cranberry Seniors Centre
- 9 am • Strong Men's Fitness Class • Gerry Gray Place
- 9 am • Men's Coffee Social (to 11 am) • Gerry Gray Place
- 9:30 am • Quilting • Cranberry Seniors Centre
- 10 am • Drop-in (to 3 pm) • Gerry Gray Place
- Noon • Chair Yoga • Gerry Gray Place
- 1 pm • Shuffleboard • Legion
- 6 pm • Table Tennis • Rec Complex
- 7 pm • Latin Dance (light exercise) • Cran Seniors Centre

### Fridays

- 9:30 am • Chair Yoga • Rec Complex
- 10 am • Drop-in (to 3 pm) • Gerry Gray Place
- 10 am • Seniors in Training (S.I.T.) • Cran Seniors Centre
- Noon • Lunch Service (must register) • Gerry Gray Place
- 1 pm • Bridge • Cranberry Seniors Centre
- 1 pm • Table Tennis • Rec Complex
- 1 pm • Seniors Wellness Drop-In Class • Rec Complex
- 4 pm • Pickleball • Oceanview

### Saturdays

- 1:30 pm • Advanced Pickleball • Oceanview

### Sundays

- 1 pm • Pickleball (free coaching 1 to 2 pm) • Oceanview



# Activities



**NEW AND FAMILIAR FACES:** September's Seniors Together lunch at the Recreation Complex. At the front is Vivian Thickett, who is leading the seniors in some chair exercises. Seniors Together Powell River is a monthly

social for seniors that includes a free lunch and activities; offered from 11am to 1:30pm, the second Tuesday of the month at the Powell River Recreation Complex (5001 Joyce Avenue). Register by contacting the Rec Complex.

## What's On Monthly:

### Seniors Together Luncheon

In partnership with the Cranberry Seniors Centre, this free event for Seniors includes an educational presentation and a light lunch. Formerly held at the Recreation Complex, this event will be hosted at the Cranberry Seniors Centre from 11:30 am-1 pm. You must pre-register for this free event. Register online at [powellriverprc.ca](http://powellriverprc.ca), in person at the Recreation Complex, or call 604-485-2891.

### Tech Tips for Seniors

12:30 pm at the Seniors Centre, the third Thursday of each month (October 17, November 21, December 19, etc). Connect with your kids, your grandkids, long-lost friends and family, and each other in new ways!

### Contact Numbers:

Seniors Centre: 604-414-9456  
Gerry Gray Place: 604-485-4008  
Rec Complex: 604-485-2891  
Legion: 604-485-4870

*Some activities may be subject to membership requirements or activity fees. Please contact the organization for more details.*

*Note: Pickleball at Oceanview is organized by the Rec Complex.*



**COME AND STRUM:** On Mondays at 10am, Nancy Hamilton leads a ukulele class at the Cranberry Seniors Centre for all ages and abilities. \$3 drop-in or \$30 for the year.



# New life at the old firehall in Townsite

By Robert Fitzpatrick

The historic Arbutus Fire Hall in Powell River, once a pillar of community safety, is undergoing a transformation that echoes its legacy of service.

The building's repurposing into an addiction treatment centre represents the culmination of a collaborative effort to address the pressing need for such services in the region. The expansion of Miklat Recovery, an established program in Powell River, into this new space is a testament to the power of partnership and shared vision.

The qathet Regional Hospital District, recognizing the critical need for expanded addiction treatment facilities, has played a pivotal role by leasing the Arbutus Fire Hall to Together We Can, the organization behind Miklat Recovery. This collaboration has paved the way for the program to double its capacity, offering hope and healing to more individuals and families grappling with addiction.

The metamorphosis of the Arbutus Fire Hall is a powerful symbol of community resilience and commitment. It showcases how a landmark steeped in history can be reimagined to meet evolving needs, ensuring its continued relevance and contribution to the well-being of the community.

The expansion of Miklat Recovery is not merely about adding beds; it's about



**FROM FIREHALL TO TREATMENT CENTRE:** This building on Arbutus Avenue in Townsite is being leased to Miklat Recovery Society and Together We Can, to double nonprofit addictions treatment capacity here. Murals by Catnip.



creating a safe and supportive environment where individuals can embark on their journey to recovery.

Together We Can is proud to witness the growth of its Miklat Recovery program and the positive impact it will undoubtedly have on countless lives. The organization's dedication extends

beyond this expansion, with aspirations to establish a dedicated women's addiction treatment centre in the future.

The Arbutus Fire Hall's transformation serves as an inspiring reminder that even amidst challenges, communities can unite to create lasting solutions and build a brighter future for all. **Z**



# Youth Services Coming

By Delyth Harper

**F**oundry is on it's way to our community! Our Foundry will be called Foundry qathet and is led and operated by Youth and Family.

Foundry is a province-wide network of integrated health and wellness services for young people ages 12-24. In other words, Foundry is a one-stop shop for free youth services all offered and available to youth and their families under one roof.

The goal of Foundry is to reach young people early to address small problems before they become bigger ones.

The development of Foundry qathet will involve the coming together of existing youth-focused community-based services, resources, and

organizations to ensure the centre provides a full range of services with an integrated approach that suits our community's highlighted needs. We hope Foundry qathet will become a community hub and a safe, cool space for hanging out. We want it to be a place youth and families in this town turn to when they need support.

Once Foundry qathet is developed and operational, young people in our community and their families will no longer have to ask, "Where can we go for help?"

Please follow along for updates on our website and social media channels:

[foundrybc.ca/qathet](http://foundrybc.ca/qathet)

[facebook.com/foundryqathet](https://facebook.com/foundryqathet)




**MIRIAM ABRAMS, NTP**  
~ Nutritional Therapy Practitioner ~

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For more information:  
[miriamabramsntp@gmail.com](mailto:miriamabramsntp@gmail.com)  
<https://www.timbermassageandwellness.com/>



## Did we miss you this year?

Make sure you appear in *ZEST 2025*, qL's annual health & wellness resource



*ZEST 2025* comes out inside the October issue of *qathet Living* magazine.

The booklet provides qathet's only complete print health and wellness guide.

To help new clients find your services, book an ad with qL. Contact us today!

[suzi@prliving.ca](mailto:suzi@prliving.ca)  
or 604-344-0208

or

[sean@prliving.ca](mailto:sean@prliving.ca)  
or 604-485-0003



**Health &  
Wellness Fair**  
Saturday, October 26  
10 am to 2 pm  
Recreation Complex  
Free!

*From a flu clinic to  
fitness challenges*

# Learn more about you at the Health Fair

*By Alexandra Young*

**D**iscover a new approach to a healthier lifestyle at the Health & Wellness Fair, a dynamic and engaging event taking place on Saturday, October 26, 2024, from 10 am to 2 pm at the Powell River Recreation Complex Upper Foyer.

This exciting one-day fair offers a fresh perspective on wellness, bringing together a variety of local businesses, organizations, and resources dedicated to promoting healthy living.

The Health & Wellness Fair is designed to be educational and interactive. Attendees will have the chance to explore a diverse range of exhibits showcasing the latest in health and wellness services. Whether you're interested in fitness, nutrition, or holistic therapies, there will be something for everyone. Engage in lively conversations with health experts, take part in fitness challenges, and gain valuable insights into maintaining a balanced lifestyle.


A key feature of the fair will be wellness checks provided by VK Wellness,

allowing people to have a brief emotional and psychological check in with a certified professional.

Additionally, Vancouver Coastal Health will host a Flu Clinic, offering people an opportunity to get their flu shot and stay protected during the upcoming season.

Admission to the fair is completely free, allowing everyone to participate in a variety of activities. Attendees can enter a draw for exciting door prizes, learn essential CPR and AED skills, and attend brief yet impactful presentations by health professionals.

This event emphasizes the importance of integrating multiple aspects of health and wellness, highlighting the range of resources available within the community. By bringing together different disciplines, the Health & Wellness Fair aims to create a comprehensive experience that supports and inspires attendees on their journey to a healthier life.

Don't miss out on this engaging and informative event—mark October 26 your calendar and join us for a day dedicated to your well-being! 





# Primary Care Network qathet

**Primary health care... close to home**

Visit our website at [qathetpcn.ca](http://qathetpcn.ca) to learn about available health resources and the new care providers on your primary care team: nurses, social workers, pharmacists, and NPs



## NEED A DOCTOR OR NP?

Register yourself, your family or others under your care for the **Health Connect Registry**. When a provider becomes available, you will be contacted.

Call 8-1-1 or visit [qathethcr.ca](http://qathethcr.ca) to register.



## Better at Home

*Empower your independence*

If remaining in your home is important to you, this program can assist with non-medical, in-home support services, such as:

- Light Housekeeping
- Transportation
- Grocery Shopping
- Light Yardwork

Some services have a fee based on household income.

For more information, please contact us!



## Connect at Gerry Gray Place

**New Location!** The ARC: 7055 Alberni  
Open 9am to 3pm Monday to Friday

**Seeking volunteers!**  
Please contact us today

**Gerry Gray Place**  
inclusion Powell River  
604-485-4008  
[ggp@inclusionpr.ca](mailto:ggp@inclusionpr.ca)  
[www.ggp.inclusionpr.ca](http://www.ggp.inclusionpr.ca)



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island

## SOAR

*Supporting Older Adults through Recreation*

If staying engaged is important to you, we offer plenty of activities to move your body, exercise your brain and keep busy.

You may find yourself in a group exercise class, hopping on a bus for an adventure, or meeting new friends at the weekly lunch program.

All activities by donation.

# Health Wellness Fair

**Saturday, October 26, 2024, 10 am – 2 pm**  
**Recreation Complex Upper Foyer**  
**FREE GENERAL ADMISSION**

- Visit booths representing local businesses and organizations helping people live more healthfully
- Converse with health experts
- Enter a draw for door prizes
- Take part in fitness challenges
- Learn about CPR & AED Awareness
- Attend engaging presentations
- Get a wellness check by VK Wellness
- Attend the VCH Flu Clinic
- & much more!

For more info, please contact:  
Alex Young | [ayoung@powellriver.ca](mailto:ayoung@powellriver.ca)  
or the Recreation Complex



**Flu Clinic | Demos | Draws | Booths | More**