

APPENDIX A: COMMUNITY ASSETS

GOVERNMENT AND /OR NON-PROFIT

BC Transit:

The fixed-route transit system has a fleet of low-floor buses that provide wheelchair and scooter accessible services on regular transit routes. HandyDART is a transportation service for persons who are unable to use conventional transit service without assistance. Door-to-door service is provided to and from accessible building entrances. Clients must be registered with the handyDART office and book in advance. When handyDART is unavailable, the Taxi Saver Program provides registered handyDART passengers with subsidized taxi service (50% discount coupons to a maximum monthly amount).

CONTACT: HandyDART: (250) 339-5442

Churches and Faith-based Organizations:

Comox Valley is home to approximately 45 places of worship. Many local churches have programs for seniors.

Comox Seniors Centre Association:

Seniors association serving over 800 members with a variety of clubs, activities and food services.

CONTACT: Phone: (250) 339-5133; Dave Robinson (President) (250) 703-2539

Comox Legion:

Community-based service organization that contributes volunteer hours and money to community events and programs, including programs for seniors. The majority of programs at the legion are social and recreational for veterans and their families.

CONTACT: Phone: (250) 339-2022

Comox Valley Boys and Girls Club:

Local non-profit offering programs for children and parents in the Comox Valley. Their mission is to provide a safe supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships and develop the confidence and skills for life.

CONTACT: Ian Kalina (Executive Director) E-mail ikalina@bgccvi.com

Comox Valley Community Response Network:

Increases the awareness of adult abuse and neglect, provide referrals to other services. Currently this agency has over 40 members and member organizations. The current CRN executive is also the SOS executive.

CONTACT: Jennifer Pass (Chair) E-mail: passj@telus.net

Comox Valley Family Services Association:

Accredited non-profit with a mission to build on individual and family strengths to support growth and healthy lifestyles. Grandparents support program. Drop-in services are also available to assist seniors with community resource navigation.

CONTACT: Gillian Normandin (Executive Director) Phone (250) 338-7575 ext. 227 E-mail Gillian.n@cvfsa.org

Comox Valley Head Injury Society:

Provides programs and support services to brain injury survivors, their families and caregivers in the Comox Valley. Advocacy and support is provided to all ages. Senior Caregivers Counselling Program offers free counselling to seniors providing care to brain injury survivors in the Comox Valley. The caregiver or brain injury survivor must be 65 or older.

CONTACT: Cathy Stotts (Executive Director) ed.cvhis@gmail.com

Comox Valley Hospice Society:

Health care professionals and trained volunteers provide palliative health care and support resources free of charge to people in the Comox Valley who are dying, faced with terminal illness, or faced with the grief of losing a loved one.

CONTACT: Barb Warren and Terry Odneale Phone (250) 339-5533

Comox Valley Kiwanis Village Society:

Housing for low-income seniors over the age of 55. Comox Valley Village has 44 units. Courtenay Kiwanis Village is owned by BC Housing and is composed of 20 units.

CONTACT: Karae White (Administrator) Phone: (250) 338-8651 E-mail: comoxvalleykiwanis@gmail.com

Comox Valley Lifeline Society:

Non-profit society that provides specialized equipment for emergency assistance 24 hours per day, 7 days per week. Pendants are linked through phone lines to connect with monitors who can connect seniors to a family member, trusted friend or an ambulance. Reduced fees are available for those who meet the established criteria.

CONTACT: cvls.sheila@shaw.ca

Comox Valley Nursing Centre:

As part of VIHA's Primary Health Care and Chronic Disease Management portfolio, the nursing centre provides care in health promotion, disease management and community development and empowerment. Programs and services include chronic pain, street outreach, health library, support groups and workshops.

CONTACT: Chris Bowlby (Manager) Phone: (250) 331-8502

Comox Valley Senior Peer Counselling Society:

Free services for seniors by trained volunteer peers who provide a listening ear and emotional support to peers who may be troubled by the challenges related to the aging process. This society has had volunteers for over 15 years, and in 2012, over 50 volunteers offered more than 4500 hours to participate as peer counsellors, supervisors, board members, trainers and caregiver support group members to over 100 client referrals.

CONTACT: Susan Armstrong and Marie Skinner (Chair of Board) Phone: (250) 890-0099

Comox Valley Salvation Army Family Services:

Some of the programs offered include emergency food assistance, emergency homeless shelter, Tuesday Hot Lunch program, pastoral counselling, Christmas hamper program, clothing and furniture vouchers. They receive many phone calls from seniors for home visits / transportation but currently do not have enough staff to handle the demand.

CONTACT: Colleen (Family Services Coordinator) or Brent (Community Ministries Director) Phone: (250) 338-5133 ext 222

Divisions BC Family Practice:

Community-based group of family physicians working together to achieve common health care goals. The Comox Valley Divisions BC has a Care of the Frail Elderly Committee that is examining this topic of concern.

CONTACT: Janet Brydon (Executive Director) E-mail: jbrydon@divisionsbc.ca

Evergreen Seniors Club:

Under the direction of the Courtenay Recreational Association, this club provides a wide range of activities and programs for seniors 55 years or older at the Florence Filberg Centre in downtown Courtenay.

CONTACT: Phone: (250) 338-1000 Website: www/evergreenseniorsclub.org E-mail: smurphy@courtenay.ca (Manager of Recreation)

Glacier View Lodge Society Adult Day Program and Respite Stays:

The adult day program provides services to seniors with complex health issues who are still living in the community to connect with others in the community and participate in a variety of social, physical, cognitive and spiritual/emotional programs. Respite Stays provides short-term care for those whose caregivers need a break. Those admitted to the respite program are able to access all care and services available to residents of Glacier View Lodge. Access to the programs is arranged through VIHA's Home and Community Care.

CONTACT: Christine Welch (Transitional Coordinator) Christine.welch@sjghcomox.ca

Grandparents Raising Grandchildren Support Group:

A weekly "Grandparents Raising Grandchildren" support circle is offered jointly by the Comox Valley Transition Society and the Comox Valley Child Development Centre.

Hornby and Denman Community Health Care Society:

Local non-profit society (for 32 years) helping seniors remain in their own homes and communities as they age or recover from illness or injury. Home Support: Personal care services offered in cooperation with VIHA. Services include help with medication reminders, bathing and personal care (help with support stockings, grooming, dressing, toileting), meal preparation, equipment loan, respite for family caregivers and palliative care. Home Assist: Offers a full range of services available to help community members live comfortably at home. This can include housework, laundry, meals, outings, driving clients to appointments or shopping and personal care for anyone that does not qualify for Home Support. Clients pay fully for their care. This can be organized on a one-time, seasonal or regular basis. Clients are billed monthly. Hourly rate of \$27. No profit is made.

CONTACT: Phone: (250) 335-2885 Website: hornbydenmanhealth.com

K'ómoks First Nation:

Non-medical services for seniors (cleaning, meals, transportation) are provided by a department in the Band. Clients are referred to K'ómoks Band from family and physicians.

CONTACT: Ronda Billie (Social Development Worker) E-mail: ronda.billie@comoxband.ca

Kwakiutl District Council Health:

The KDC Health Home and Community Care Program provides culturally appropriate care to community members. Clients are referred to Kwakiutl District Council Home and Community Care from family and physicians. Program services include case management, home care nursing, personal care worker teams, respite care and end of life/palliative care.

CONTACT: Lorraine Harry (Home and Community Care Manager) Phone: (250) 339-6591 or (250) 286-9766

LUSH Valley Food Action Society:

Non-profit supporting food related projects to educate and empower Comox Valley people towards personal wellness, community health, and environmental stewardship. VIHA Food Security HUB providing leadership and support, developing communication networks and facilitating dialogue with community and government. The Fruit Tree Program brings tree owners, fruit pickers and the community together. Volunteer fruit pickers harvest fruit from trees and keep one third of the harvest . One third goes to the fruit tree owner, while the final third goes to a community organization.

CONTACT: Phone: (250) 331-0152 Website: www.lushvalley.org E-mail: admin@lushvalley.org

Meals on Wheels:

This VIHA program is affiliated with Home and Community Care and offers delivery of hot lunches on Tuesdays and Thursdays in Courtenay, Comox and hot dinners for South and Cumberland areas. Volunteers drive meals to clients and meals are \$6.50 each, billed monthly.

CONTACT: Diane Lanthier Phone: (250) 331-8522

Red Cross Health Equipment Loan Program (HELP) and Palliative Bed Loan Program:

Liase with local agencies. This program is mainly run by approximately 13 volunteers in the Comox Valley (for administrative duties and equipment maintenance). In partnership with the Hospice, provide palliative beds for short-term loans.

CONTACT: Carmen Christiansen E-mail: Carmen.Christiansen@redcross.ca

Senior Citizen Counsellors:

Help for seniors having problems with any government service (i.e. pensions, medical services plans, death certificates, income tax).

CONTACT: Thelma Stevenson Phone (250) 334-2206

Support Our Seniors:

Non-partisan society that advocates for the provision of support that seniors, living either in a facility, or with independence challenges in their own home, need to have a good quality of life. This group advocates at the individual, group and community level.

CONTACT: Jennifer Pass (Chair) E-mail: passj@telus.net

Vancouver Island Regional Libraries:

There are library branches in Comox, Courtenay, Cumberland and Hornby that provide a variety of programs and services to community members of all ages. In addition, there are boardrooms and meeting rooms available to non-profit organizations that can be booked through the local manager.

ValleyLinks / Volunteer Comox Valley:

Dedicated to enhancing volunteerism through the delivery of community information resources, services and programs. Members of this organization can be part of a volunteer referral program where there is a volunteer police record check program and promote the programs in need of volunteers.

CONTACT: Phone: (250)334.8063

VIHA Home and Community Care:

Provides personal support services to all eligible residents of BC who live in the VIHA region. Some of their programs include home support, adult day programs, brain injury program, respite care, assisted living housing and access to Residential Care (nursing homes).

CONTACT: Diane Fietz (Team Leader) Phone: (250) 331-8522

Wachiay Friendship Centre:

Elder Support Services includes weekly lunch, rides to appointments, workshops and support for elders. Helping Hands program provides emergency assistance. Advocacy service aids seniors living in poverty with welfare, tenancy and debt issues. In addition, they have the Homelessness Street Outreach Program that supports individuals who are homeless or at risk of homelessness by connecting them with housing, income assistance and community-based support services.

CONTACT: Phone: (250) 338-7793 Website: www.wachiay.org; Naomi Coutts (Elder Support Worker) Phone (250) 338-7793 ext. 259

Wheels for Wellness Society:

Transportation to non-emergency medical specialist appointments. This service takes seniors to out of town physician referred medical appointments (i.e. Victoria, Vancouver, Nanaimo, Campbell River, etc.) that exceed 75 km one way from your point of departure.

CONTACT: Phone: (250) 338-0196 Website: wheelsforwellness.com E-mail: info@wheelsforwellness.com

PRIVATE AGENCIES

A Little Lift:

Personalized services for seniors. Services include pet to vet, appointments, companionship, in-home service and getting groceries.

CONTACT: Phone: (250) 890-0636 Website: www.alittlelift.ca E-mail: lbsaunders@shaw.ca

Ask Andrea:

Local personal assistant to seniors. Senior transportation and accompaniment. Services include transportation to appointments, errands, visits or going for a drive.

CONTACT: Phone: (250) 465-8999

Caring for You Today:

Senior care services, including wheelchair accessible van service and household management.

CONTACT: Patricia Edgar Phone: (250) 871-7270

Commute with Care:

Transportation and accompaniment for seniors in the Comox Valley.

CONTACT: Phone: (250) 464-1233 Website: www.commutewithcare.ca E-mail: commutewithcare@shaw.ca

Driving Miss Daisy:

Transportation to appointments, social functions, grocery and personal shopping and vacation accompaniment.

CONTACT: Phone: (250) 650-2010 Website: www.drivingmissdaisy.net E-mail: Mike@DrivingMissDaisy.net

Karen's Care for Seniors and their Caregivers:

Specializing in providing relief for caregivers.

CONTACT: (250) 897-3294

Nurse Next Door:

Home care services with three levels of caring (taking care, enriched care and vital care). This company provides a wide variety of services, from companionship and errands to dementia support and end-of-life caregiving.

CONTACT: Phone: (250) 336-8606 Website: www.nursenextdoor.com E-mail: vancouverislandnorth@nursenextdoor.com

OmniCare:

Homemaking support, nursing support and transportation services for seniors.

CONTACT: Lance Pace (Director, Owner) Phone: (250) 890-7535

Seniors Services Under One Roof:

“One-stop” resource centre for seniors and family caregivers.

CONTACT: Phone: (250-339-1188) Website: www.keystoneeldercare.com E-mail: info@keystoneeldercare.com

Thrifty's and Quality Foods Grocery Delivery Services:

Online shopping and delivery services for groceries. Sendial is a shopping and home delivery service designed for those in our community who are physically unable to shop for themselves. This service is available on a temporary or permanent basis for a nominal delivery fee of \$5. Ideal for the stay-at-home senior.

CONTACT: Phone: (250) 544-1234

Valley Home Meals:

Meals available for pick-up or delivery service available in Comox and Courtenay.

CONTACT: Phone: (250) 339-2625 Website: www.ValleyHomeMeals.com

We Care:

National independently owned home health care provider with offices serving more than 800 communities across Canada. Accredited by Canadian Council on Health Services Accreditation providing home health care. Services include homemakers, companions and sitters.

CONTACT: Shelley Grondahl (Client Care Manager) 1-888-334-8531 or Shelley_grondahl@wecare.ca

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Community

United Way to offer senior home services in the fall

The United Way Central & Northern Vancouver Island is bringing services to the homes of seniors in the Comox Valley, but first they want input from the community on exactly what services are required and how they should be delivered.

Better at Home is a new program designed to help seniors remain independent in their homes.

The services available are expected to include light housekeeping, grocery shopping, home maintenance, transportation to appointments and friendly visits.

All of the services will be non-medical in nature and they are meant to supplement those services provided by community healthcare workers.

Some of the services will be provided free of charge while others will involve fees on a sliding scale based on ability to pay.

The provincial government recently provided United Way Lower Mainland with \$20 million to provide home services for seniors in up to 68 communities across B.C., but before the program begins in October 2013, The United Way is asking senior citizens and their families what

services would be of help.

United Way Central & Northern Vancouver Island has hired consultants Jacque Kinney and Jody Macdonald to gather and compile input from local seniors, family members and community agencies in order to shape the Better at Home Program best for the Comox Valley's needs.

Kinney and Macdonald have extensive backgrounds in community development and working with vulnerable communities.

Anyone interested in providing input is asked to go online to fill out a survey at :

www.surveymonkey.com/s/QWY83ZJ, send feedback to betterathomecv@gmail.com or phone Jacque Kinney at 250-650-4452 or Jody Macdonald at 250-218-5640.

On Monday, May 27 a community meeting will take place at the Comox Recreation Centre. Community developers will be presenting the results of the community consultation. There will be an opportunity for additional input from seniors and other stakeholders to prioritize the preferred non-medical support services for the Better At Home program and finalize the lead organization criteria.

Better at Home to commence in October

Published: **May 08, 2013 2:00 PM**

Updated: **May 08, 2013 2:18 PM**

The United Way Central & Northern Vancouver Island (UWCNVI) is consulting with the community about how best to deliver the new Better at Home program to commence in the Comox Valley in October.

Better at Home is a program that offers simple services such as grocery shopping, friendly visits, light housework, yard work, home repair, snow removal and transportation to appointments.

The services are non-medical in nature, and are supplemental to those services provided by community health workers, such as personal hygiene assistance and help with medical needs or moving around.

The Province of B.C. has provided \$20 million to United Way Lower Mainland to establish up to 68 Better at Home programs across the province as part of Improving Care for B.C. Seniors: An Action Plan.

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The community developers are looking to the community to provide input about what is needed for senior support. The community is asked to complete a short survey and/or e-mail and phone the community developers.

- Complete a short survey at www.surveymonkey.com/s/QWY83ZJ.
- E-mail betterathomecv@gmail.com.
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UWCNVI fundraising campaign Change Starts Here wrapped up in January and \$207,540 has been raised or pledged for the Comox Valley.

The community support directly helps hundreds of people in our community through the work by United Way's 11 community partners who support kids to be all they can be, empower people to move from poverty to possibility and help create healthy, strong communities.

There are many ways to give to UWCNVI. Call the office at 250-729-7400 or e-mail info@uwcnavi.ca or give online at www.uwcnavi.ca.

Since 1958, United Way CNVI has invested in programs and services that help people to improve their lives and that strengthen our communities.

Due to the generosity of donors and volunteers, UWCNVI is funding grants in 2012 to 44 charities supporting 50 programs for children, youth and seniors in Central Island, the Comox Valley and Campbell River. UWCNVI is also a partner in the Success by 6 early childhood development programs throughout the Central and Northern Island and is the Community Entity for Nanaimo's Homelessness Partnering Strategy.

— United Way Central & Northern Vancouver Island

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COMOX VALLEY ECHO MAY 10, 2013

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