Galiano HEALTH CARE SOCIETY

Galiano Island Seniors' Resource Guide

Land Acknowledgement

It is with respect, humility and kindness that we acknowledge that we work within the ceded traditional territory of the Tsawwassen First Nation, and within the shared, asserted, unceded and traditional territories of the Penelakut, Hwlitsum, Lelum Sar Augh Ta Naogh, and other Coast Salish peoples who hold traditional rights and responsibilities in and around what is now known as Galiano Island. We recognize as a health care centre that there is systemic racism within and throughout our healthcare system, and that we have the responsibility and power to create culturally safe and appropriate environments of care.

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My Personal Information

Name:	
Telephone:	
Address:	
City/Province:	
Postal Code:	
Emergency Contact:	
BC Service Card No.:	
Old Age Security No.:	
Location Of Will & Important Docs:	
Allergens:	
Health Conditions:	
Other:	
Other:	

Important Phone Numbers

Emergency Contact:	
Next Of Kin / Spouse:	
Family:	
Neighbour:	
Doctor:	
Clinic:	
Pharmacy:	
Lawyer:	
Insurance Agent:	
Other:	
Other:	
Other:	
Other:	

Welcome to the Galiano Island Seniors' Resource Guide

Galiano HEALTH CARE SOCIETY

As we move through different stages of life, finding the right support can sometimes feel a little more complex—especially when living on a limited income or navigating health challenges. That's why we're so pleased to share this first edition of the Galiano Island Seniors' Resource Guide. It's been thoughtfully created to help connect you with the programs, services, and supports available right here in our community.

Aging brings change—but it also brings perspective, resilience, and experience. Older adults have long played an important role in shaping life on Galiano. We deeply value the richness and diversity this brings to our

community—much like we treasure the varied beauty of Galiano's natural landscape.

This guide is just one way to help you find the information you need—but we also know that sometimes what matters most is simply having someone to talk to. If you have questions or want to talk something through, we're always happy to help. Please don't hesitate to reach out to our Community Wellness office at 250-539-0970.

We're grateful to our community, funders, and partners. On a small island like ours, every bit of care goes a long way—and it's that spirit of support that makes this place feel like home.

VICTORIA FOUNDATION

Thank you to the Victoria Foundation for supporting the seniors resource guide.

Crisis, Emergency Support & Preparedness

Galiano Island Ambulance, Fire, Police
Phone: 9-1-1
Responds to life or property-threatening emergencies.

Galiano Island Emergency Program
Email: galianoemergencypreparedness@gmail.com

The Galiano Island Emergency Program is a volunteer program supporting our residents and first responders through emergency mitigation, preparedness, response and recovery. For full details, see page 14.

Healthlink BC (Nurse Line)
Phone: 8-1-1
- 24 hours a day, 7 days days a week

Health care professionals available to answer your questions; help with variety of health topics or information about BC health services. Translation services in over 130 languages.

Island Women Against Violence

Salt Spring Island Transition House Hotline
Phone: 1-877-435-7544

Sexual Assault Crisis Response
Phone: 1-833-946-1706

Seniors Abuse & Information Line (SAIL)

Phone: 1-866-437-1940
Website: seniorsfirstbc.ca/programs/sail

SAIL is a confidential phone line for older adults, or those who care about them, to speak with a professional intake worker about abuse, mistreatment or any issues that impact the health and well-being of seniors in BC.

Suicide Crisis Helpline

Phone: 9-8-8

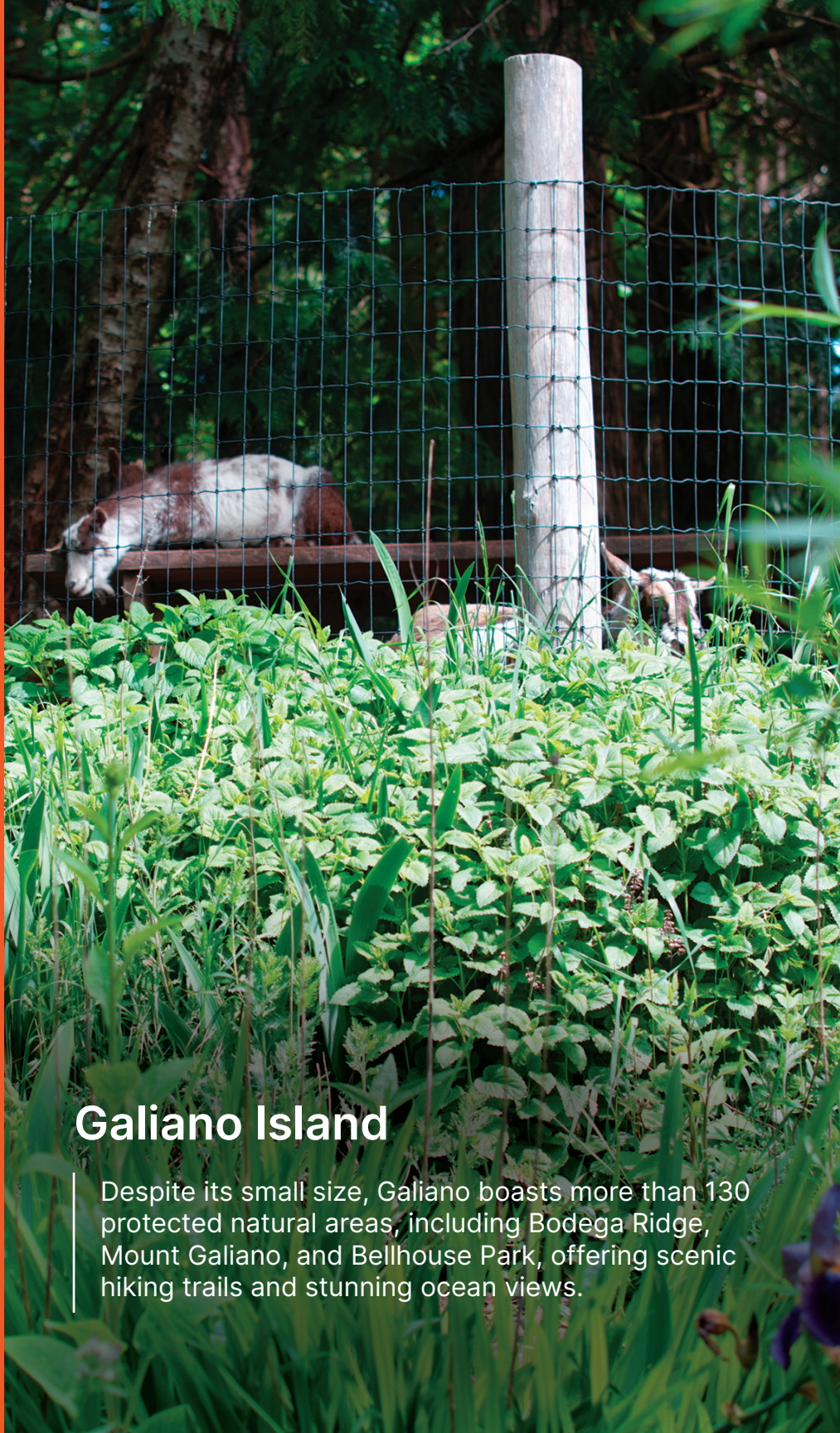
- 24 hours a day, 7 days days a week

Talk Suicide 24 Hour

Phone: 1-833-456-4566

Vancouver Island Crisis Line

Phone: 1-888-494-3888 (24 hour)
Text: 1-250-800-3806 (6 - 10 pm)
Website: vicrisis.ca (6 - 10 pm)



Galiano Island

Despite its small size, Galiano boasts more than 130 protected natural areas, including Bodega Ridge, Mount Galiano, and Bellhouse Park, offering scenic hiking trails and stunning ocean views.

Important Supports & Services (Non-Emergency)

Phone: 2-1-1
Connects you to non-emergency programs and services in your area.

Access Pro Bono: Lawyer Referral Services
Phone: 1-877-762-6664
Website: accessprobono.ca

A free lawyer referral service for any British Columbia to find a suitable lawyer.

Animal Rescue: RestQ Animal Sanctuary
Phone: 250-539-3105
Email: info@restqsanctuary.org

We rescue, re-home and assist animals in need on Galiano Island.

Canadian Anti-Fraud Centre
Phone: 1-888-495-8501

Report telemarketing fraud, identity theft and other false or misleading acts.

Credit Cards Lost
Mastercard: 1-800-307-7309
Visa: 1-800-847-2911

Credit Counselling
Phone: 1-888-527-8999
Website: nomoredebts.org

A non-profit service providing help with managing money better, solving debt problems and using credit responsibly.

Important Supports & Services (Non-Emergency) (Cont'd)

Dial-A-Law
Phone: 1-800-565-5297
Website: dialalaw.ca

A non-profit organization, providing free information on the law in BC in 130 topic areas. Gives information only and does not give legal advice.

Firehalls
North Galiano Fire Hall: 250-539-3453
South Galiano Fire Hall: 250-539-2131
Non-emergency pager: 1-888-574-1959

Galiano Clinic
Phone: 250-539-3230
- Monday to Friday 9 am - 5 pm

For help after hours:
Phone: 1-800-866-5602
- 5 pm - 8 am, 7 days a week

Galiano Island Recycling
Phone: 250-539-5769
Address: 220 Sturdies Bay Road
Website: galianorecycles.ca

Keeping our recycling out of landfills since 1992! Friday & Saturday from 9:30 am - 2:30 pm.

ICBC Customer Contact
Phone: 1-800-910-4222

Island Wildlife Natural Care Centre
Phone: 250-537-0777
Emergency pager: 250-360-4939
Website: sealrescue.org

For concerns about injured or abandoned wildlife, including mammals, birds and marine life.

(Cont'd)

- *Located on Salt Spring Island & open 7 days a week, year-round.*

Mental Health & Substance Use

Phone: 1-250-538-4711

For self-referral or booking an appointment with Island Health.

Pharmacare

Phone: 1-800-663-7100

Get help paying for medications or medical supplies.

Phone Security

To trace last call received: *57
To BLOCK YOUR NUMBER from someone's call display: *67

Poison Control Centre

Phone: 1-800-567-8911

If you suspect someone has been poisoned by a medicine, chemical or other substance.

Public Guardian & Trustee of BC

Phone: 250-356-8160
Email: mail@trustee.bc.ca
Website: www.trustee.bc.ca

A range of services for adults who may need help managing their personal, legal and financial affairs and have no other decision makers available to help them.

RCMP Victim or Witness Services

Phone: 1-250-629-6531

Tenant Resource and Advisory Centre (TRAC)

Phone: 1-800-665-1185
Website: tenants.bc.ca

Providing an information line to tenants across BC.

Galiano Island Emergency Program

The Galiano Island Emergency Program is a volunteer program supporting our residents and first responders through emergency mitigation, preparedness, response and recovery. Our Program is staffed by a dedicated group of volunteers under the auspices of the Southern Gulf Islands Emergency Program. We provide education on steps that residents and visitors can take to be prepared for, respond to and recover from emergencies and disasters. These include severe storms, prolonged power outages, wildfires, earthquakes, hazardous spills and more. We strive to be a disaster-resilient community.

It is important to be prepared to for at least one week, have an emergency plan, grab and go kit and be registered with both your Neighbourhood Program (galianoemergencypreparedness@gmail.com) and the CRD Public Alert Notification Program.

Wildfire/Evacuation

The Fire Chiefs or other responder agencies determine whether to call for evacuation of a neighbourhood or larger area of the island. An evacuation ORDER would be issued under a Declaration of a State of Local Emergency (CRD) and could be preceded by an evacuation ALERT.

- If registered with the CRD Public Alert Notification System (PANS), you will be contacted with instructions on what to do and where to go.
- You may receive a call, email or text message from your Galiano Emergency Program Neighbourhood Contact.
- You may be directed to one of the Emergency Program Reception Centres on Galiano – the Lions Hall, Galiano Community Hall (South Hall) or the North Galiano Community Hall.

- You will see information posted on the Galiano Emergency Program and the SGI Emergency Program Facebook sites.
- The CRD Emergency Dashboard will have the most up to date relevant information including Alerts, Power Outages, Weather Alerts, Wildfires and Earthquakes.

In The Event Of An Evacuation

- Gather family and pets. Bring “grab and go” bag with personal items including ID, medications, toiletries, credit cards, cash, insurance documents, your cell phone and charger.
- To register as evacuees and receive Emergency Support Services including food and accommodation assistance for up to 72 hours, follow instructions in the evacuation order.
- Registration is usually done in-person at a designated Reception Centre. To streamline the process, and if there is Internet access, it may also be done online through the provincial Evacuee Registration and Assistance (ERA) system (ess.gov.bc.ca), prior to arriving at the Reception Centre. Registration with ERA may be done at anytime.

Power Outages/Downed Power Lines

- Report power outage to BC Hydro: 1- 888-769-3766
- For updates check BC Hydro website: bchydro.com/power-outages
- Stay 10 metres away from fallen power lines and never cross over lines!

Galiano Island Emergency Program (Cont'd)

Water In An Emergency

- If your water comes from a well, and the power is out, do not draw water or flush your toilet.
- Turn off water to avoid accidentally using water.
- If you are on a water system, follow the instructions of your water manager.

Information Sites

For information/assistance in an emergency, check with Facebook or your Neighbourhood Contact or report to a Reception Centre, if one has been opened.

Check these Facebook sites for more information:

- Southern Gulf Islands Emergency Program
- Capitol Regional District
- Galiano island Emergency Program
- Galiano Volunteer Fire Department
- North Galiano Fire

Register with the CRD Public Alert Notification System at: crd.bc.ca/service/fire-and-emergency-programs/public-alert-notification-system

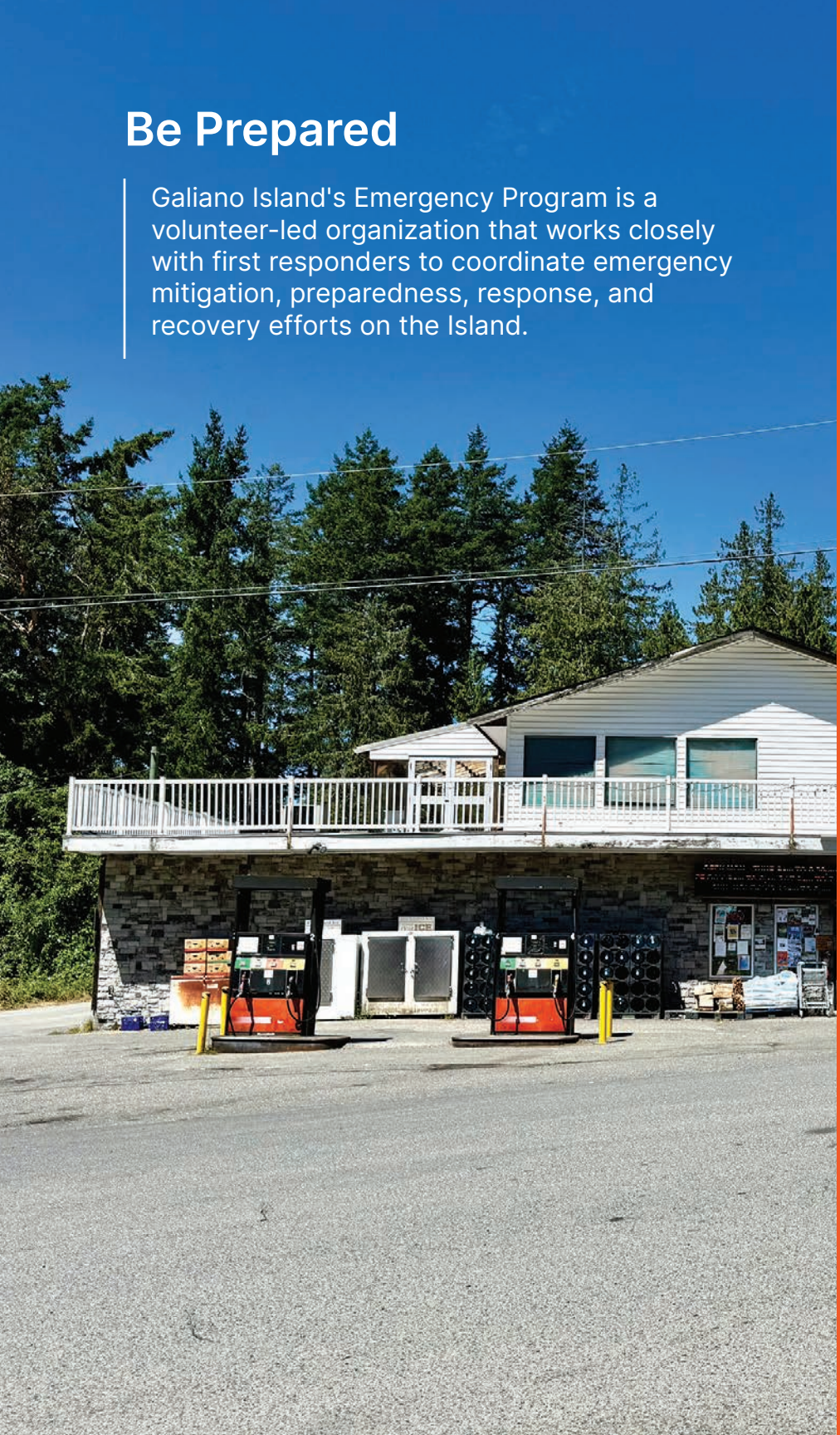
In Case Of A Fire Or Medical Emergency:
Phone: 9-1-1

To Report A Forest Fire Anywhere:
Phone: 1-800-663-5555 or *5555 on a Cellphone

Southern Gulf islands Emergency Program:
Phone: 1-250-629-6982

Be Prepared

Galiano Island's Emergency Program is a volunteer-led organization that works closely with first responders to coordinate emergency mitigation, preparedness, response, and recovery efforts on the Island.



Your Elected Representatives

Electoral Area Director, Southern Gulf Islands

Paul Brent
Phone: 1-604-760-9975
Email: directorsgi@crd.bc.ca
Address: PO Box 183, 116 Winter Cover Road, Saturna Island BC V0N 2Y0

Galiano Island Community Liaison, Islands Trust

Chairperson: Tim Peterson
Real Estate & Southern Gulf Islands Administration
Phone: 1-250-607-7094
Email: galianoinfo@crd.bc.ca OR tpeterson@islandstrust.bc.ca
Address: 23 Madrona Road, Galiano Island, BC V0N 0E9

Member of the Legislative Assembly (MLA)

Rob Botterell (Green Party)
Phone: 1-250-655-5600
Email: Rob.Botterell.MLA@leg.bc.ca
Address: 9828 Fourth Street, Sidney, BC V8L 2Z3

Member of Parliament (MP)

Elizabeth May (Green Party)
Phone: 1-800-667-9188
Email: elizabeth.may.C1@parl.gc.ca
Address: #1 - 9711 Fourth Street, Sidney, BC V8L 2Y8

My role as a Member of Parliament is one of service. I work for you.

My constituency office is here to serve you and ensure your concerns are heard in Parliament. We are dedicated to offering conscientious, caring, and non-partisan assistance to all residents of Saanich–Gulf Islands.

We support seniors in navigating federal programs such as the Canada Revenue Agency, Canada Pension Plan, Service Canada, the Canada Dental Care Plan, Veterans Affairs, and Assisted Living for Indigenous Seniors.

Elizabeth M.P.
May

If you have any questions, please call or email
Elizabeth.May.C1@parl.gc.ca

1-9711 Fourth St, Sidney, BC

250 657-2000

elizabethmaymp.ca

MLA ROB BOTTERELL

Saanich North and the Islands

We're here to help:

- Provide information on locating government services and contact information,
- Assist in understanding government policies and services,
- Assist in navigating through government bureaucracy,
- Ensure due process is being followed,
- Attend community events, and
- Provide congratulatory messages.

Rob.Botterell.MLA@leg.bc.ca
9828 Fourth St., Sidney, BC.
Office: 250.655.5602
www.mlabotterell.ca

Galiano Health Care Society

Galiano HEALTH CARE SOCIETY

Keeping Galiano Healthy

Quality Health Care is our Priority

Promoting the health, the prevention of illness, and the well-being of the Galiano Island community in response to expressed community needs. Service providers include: physicians, nurses, dentists, mental health counsellors and more. In addition to operating a medical clinic with a range of services, our organization offers a variety of community programs. Our Health Care Centre would not exist without the support of our community. **We welcome you to become a member, donor or volunteer.**

Hours: Monday -Friday, 9 am - 5 pm
- Closed for lunch & on weekends

Phone: 250-539-3230
- Phones are answered 9:30 am-12 noon & 1-3 pm

Address: 908 Burrill Road, Galiano Island, BC V0N 0E9

Website: galianohealth.org

For after-hours urgent care, phone the on-call physician: 1-800-866-5602.

There is Ambulance Attendant coverage through the **911 emergency system, 24 hours a day / 7 days a week.**

Galiano Health Care Society
(Cont'd)

Health Care

Community Health Nurse
Phone: 250-539-5103
Email: andrea.hamilton@islandhealth.ca

Community Health Services provide care and support to help you stay safe and independent at home. We can assist with daily tasks like bathing and medications, as well as nursing care, rehabilitation and support for those with complex health needs including end-of-life care.

Dental Clinic
Phone: 250-539-2939 Ext #3
Email: dentalclinic@galianohealth.org

The Clinic provides basic dental procedures including dental hygiene, fillings, crowns, extractions, and cancer screening. We make referrals to other practitioners for complex or specialized care. We can help you make claims to your insurance company, though in most cases we require payment for services on the day of service.

Lab Services
Phone: 250-539-3230 ext 4
Online booking: galianohealth.org/book-appointment

A visiting Island Health Lab technician provides basic testing; some services are unavailable due to equipment limitation. Lab services are available Thursdays from 7 - 10 am. Please book in advance - last minute appointments are rarely available. Bring your Care Card and lab requisition.

Mental Health Outreach / Social Worker

Phone: 250-858-2830
Email: outreach@galianohealth.org

Free confidential support to seniors navigating life's challenges, including help accessing health care, housing, income supports and home care, as well as advocacy during medical or service transitions. Assistance with forms, family or service providers and emotional support during times of change or crisis. Referrals to counselling and other community resources available.

Primary Health Care

Phone: 250-539-3230

At the Galiano Island Health Care Society, we understand the importance of timely access to medical care. Our doctors are available for both routine care and urgent medical issues in the community. When you come to the Clinic, please bring your BC Health Card to ensure a smooth and efficient appointment.

- *PLEASE NOTE: We are NOT a walk-in clinic.*

Public Health Nurse

Phone: 250-544-2400 ext 22408
Email: michelle.vahamaki@islandhealth.ca

Public health nursing provides health promotion, disease prevention and support to women, children, youth and families.

Travel Assistance Program

When you need to travel for non-emergency medical specialist services, come in to the clinic to request a Travel Assistance Program (TAP) form. TAP helps alleviate some of the transportation costs for eligible BC residents.

Galiano Health Care Society
(Cont'd)

Community Programs

Better at Home
Phone: 250-539-0970
Email: betterathome@galianohealth.org

Better at Home supports Galiano seniors with simple, non-medical tasks to help people live independently at home. Services include housekeeping, friendly visiting, grocery shopping, on-island transportation and delivery of frozen meals prepared by the Galiano Food Program. Fees are based on a sliding scale adjusted for income and services are delivered by a mix of staff and volunteers.

Chatterbox
Phone: 250-539-0970
Email: communitywellness@galianohealth.org
Address: Lion's Hall, 922 Burrill Road

Every Tuesday at 10 AM, community members gather at Lion's Hall to enjoy coffee, tea, baked goodies and great conversation with friends and neighbours. While many regular attendees are seniors, everyone is welcome. The program also features occasional guest speakers or educational sessions. Volunteers assist with driving, refreshments, and companionship. We plan to add a second Chatterbox gathering so stay tuned. Do you have an idea for a topic or speaker? Interested in volunteering? We'd love to hear from you!

Community Connector
Phone: 250-539-0970
Email: communitywellness@galianohealth.org

Our organization recognizes that social and environmental factors affect our well-being. The

(Cont'd)
Community Connector program connects older adults with local, non-medical services and activities in the community.

Compassionate Community

Phone: 250-539-0970
Email: communitywellness@galianohealth.org

A volunteer support service for individuals experiencing life limiting illness. Trained volunteers focus on enhancing the quality of life for those individuals and on providing respite support for caregivers and families.

- *Private & confidential service*
- *Volunteers with specialized training*
- *Home visits & neighbourly support*
- *Assistance with advance care planning*
- *Accompanied community outings & walks*
- *Transportation to appointments on Galiano*

These services are not a substitute for medical care, home care, counselling or personal health care.

Transitions in Dying and Grieving

Phone: 250-539-9800
Email: transitionsgaliano@gmail.com

A volunteer program offering support for individuals and families facing end of life.

- *Professional level grief support - on a volunteer basis - for individuals, couples, or in bereavement groups.*
- *Public Advance Care Planning workshops quarterly, and occasional forums relating to practical, emotional, or philosophical aspects of dying, loss and grief.*
- *Access to books concerning death and dying, grief and loss.*
- *Referrals come from the Galiano Health Care Centre and private individuals.*

Galiano Health Care Society
(Cont'd)

▶ Volunteer In Our Community Health & Wellness Programs

Would you like to be involved in one of our community programs on the island? There are many dedicated individuals who volunteer their time to make Galiano a caring community. Our programs focus on seniors health and wellness, such as social events, assistance at home, palliative & grief support and more - encouraging social connection. **Contact us for information on the volunteer opportunities available!**

Phone: 250-539-0970
Email: communitywellness@galianohealth.org

Notes

Giving Back

Would you like to get involved in one of our community wellness programs? Reach out to learn how you can make a difference!

Galiano Health Care Society
(Cont'd)

▶ Independent Practitioners (At The Clinic)

Chiropractor: Dr.Travis Cox
Phone: 250-931-1334
Website: gulfislandschiro.com
Online booking: https://madronahealth.janeapp.com

Mental Health & Substance Use: Susan Van Asselt
Phone: 250-539-0034

You can access adult Mental Health and Substance Use (MHSU) services in your community by completing a free and confidential intake assessment with Island Health's local MHSU team.

Non-Urgent Mental Health Resource: Andrew Simmons, Island Care
Email: andrew@islandcare.org
Phone: 250-858-2830

Andrew works 20 hours/week for the GHCS as a social worker, funded by donations. He also accepts clients to his private practice.

Naturopathic Doctor: Dr Martha Reid
Phone: 1-604-688-1169
Website: doctorschoiceintegrative.com

Physiotherapist: Cheryl Hull, RPT
Email: info@eclipsephysiotherapy.ca
Online Booking: https://ep.janeapp.com
Website: https://eclipsephysiotherapy.ca

Physiotherapist: Chris Kennedy, RPT
Phone: 1-604-967-2357
Email: chriskennedy.physio@gmail.com
Website: fortifyphysio.ca

Empowerment Counselling
Therapist: Andrew Simmons, MSW, RSW
Phone: 1-604-283-6772
Website: empowermentcounselling.ca

Private counselling sessions provide a safe, confidential space to explore issues such as grief, anxiety, depression, life transitions, addiction, and relationship challenges - with a compassionate approach that is tailored to person's needs. Sessions are available both in-person and virtually, and are open to individuals, couples, and families seeking support for mental health and emotional well-being.

Hospitals & Other Healthcare Information

Go to a Hospital Emergency Department for life-threatening conditions or mental health emergencies.

Emergency departments provide the highest level of care for medical issues such as:

- Involvement in a major accident
- Trouble breathing
- Severe abdominal or chest pain
- Signs of stroke (face droop, arm weakness or slurred speech)
- Loss of consciousness
- Uncontrolled bleeding

▶ Hospitals

Saanich Peninsula Hospital
2166 Mt Newton X Rd, Saanichton
Phone: 1-250-544-8000

Royal Jubilee Hospital
1952 Bay St, Victoria
Phone: 1-250-370-8000

Victoria General Hospital
1 Hospital Way, Victoria
Phone: 1-250-727-4212

▶ Other Urgent Health Information

Call 8-1-1

8-1-1 is Healthlink BC's phone line for non-emergency health information and services (Nurse Line).

- 24 hours a day, 7 days a week

BC Drug & Poison Information Centre
Phone: 1-800-567-8911

If you suspect someone has been poisoned by a medicine, chemical or other substance.

Mental Health & Substance Use
Phone: 1-250-538-4711

For self-referral or booking an appointment with Island Health.

Indigenous Liaison Nurse Program, Island Health

The Indigenous Liaison Nurse Program supports and advocates on behalf of Indigenous patients, clients and families; helping to access referrals, benefit information and more. The program is available at all Island Health hospitals.

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

Saanich Peninsula Hospital

Indigenous Liaison Nurse
Phone: 250-652-7590 or 778-677-0774

Indigenous Patient Navigator
Phone: 250-217-6407

Victoria General Hospital

Indigenous Liaison Nurses
Phone: 250-727-4543 or 250-217-0934 or 250-580-3920

Royal Jubilee Hospital

Indigenous Liaison Nurses
Phone: 250-370-8847 or 250-516-9394 or 250-480-8333

Pharmacy / Prescriptions

Costco: Prescriptions by Mail

Phone: 1-778-732-1455
Fax: 778-309-6383
Email: britishcolumbiamailorderpharmacy@costco.com

If you have a new prescription, ask your doctor to fax or phone it in. If your prescriptions are at another pharmacy now, provide the pharmacy name, contact information and prescription details. Your prescription will be transferred to Costco mail order pharmacy for processing and delivery.

Galiano Courier

Phone: 250-539-8184
Email: rodshut@gmail.com
Website: galianocourier.wordpress.com

Galiano Courier is able to provide courier service on Tuesday or Thursday from pharmacies in Sidney with delivery on the following day throughout Galiano Island.

Pharmacare
Phone: 1-800-663-7100

Get help paying for medications or medical supplies.

Pharmacist Services
Website: gov.bc.ca/gov/content/health/accessing-health-care/pharmacy-services#pharmacisthelp

For refills and minor ailments: Pharmacists can now prescribe for 21 minor ailments and can provide emergency refills in certain circumstances.

REACH Community Health Centre
Phone: 604-216-3136

REACH will ship prescriptions by mail from Vancouver. Call the REACH Pharmacy directly to fill orders.

Food, Groceries & Meals

Galiano Community Food Program

"Food is the Medium, Community is the Message" is our catchy vision statement. One of the goals of the Galiano Community Food Program is to build community through the sharing of food with community members. The Food Program promotes food sustainability through workshops, a garlic growing co-op, food-related curriculum, community potluck dinners, food festivals, a public greenhouse, and distributing nutritious meals to the community.

Phone: 250-539-2175
Email: galianofoodprograms@gmail.com
Website: galianoclub.org/food-program

▶ Food Programs

Food Bank

Address: 262 Georgeson Bay Road

*In partnership with St. Margaret's of Scotland Church, the Galiano Club runs the Food Bank. Hampers are available for pickup between 11 am and 1 pm on **Fridays** at the old firehall or by appointment.*

Food Fridge

Address: 217 Sturdies Bay Road

The community Food Fridge is the result of the work of a group of local residents dedicated to providing barrier free access to food. Take what you need, leave what you can. The fridge is located outside Galiano Trading.

- Available 24 hours a day 7 days a week.

Frozen Meals
Phone: 250-539-2175
Email: galianofoodprograms@gmail.com
Cost: $6 - $8 (sliding scale)

*Prepared meals are available during the Soup and Bread Lunch on **Mondays**, or by delivery on **Wednesdays**.*
- For delivery service, contact Galiano Food Program.

Soup and Bread Community Lunch
Address: 141 Sturdies Bay Road
Time: 12:30 - 1:30 PM
Suggested Donation: $5 - $10

Mondays the hall is open to everyone for a home-cooked meal. Join us for a bottomless bowl of soup at the Galiano Community Hall.

▶ Grocery Stores

Daystar Market
Phone: 250-539-2800
Address: 96 Georgeson Bay Road
- Open every day 9am - 6 pm

The Corner Store & Liquor Agency
Phone: 539-2986
Address: 61 Georgeson Bay Road

Galiano Garage Gas & Convenient Store
Phone: 250-539-5500
Address: 14 Madrona Road

Montague Harbour Marina General Store
Phone: 250-539-5733
Address: 3452 Montague Road

Housing

Galiano Cottage Co-op

We are creating secure, long-term, market-price rental housing on Galiano Island, managed and maintained by the islanders living in it. If you're looking for housing or want to be on a waiting list, visit our website.

Website: galianocottages.org

Housing NOW Project

In 2018, the Capital Regional District's Southern Gulf Islands Housing Needs Assessment confirmed a growing crisis: secure, affordable housing is in short supply—especially for renters. The Southern Gulf Islands (SGI) Housing NOW Project, launched by the SGI Community Resource Centre is a community-led response to this challenge.

With a large senior population, our communities need year-round options that work. We're building a stronger Home Share Registry—one that not only connects people with housing, but also builds trust, connection, and local resilience. The Housing NOW Project is deepening its commitment to practical, community-rooted housing solutions across the Southern Gulf Islands.

Website: sgicommunityresources.ca/housing-now-home

Page Drive Seniors Housing

Established in 1975, the Galiano Housing Society was created to provide non-profit housing at a reasonable cost for seniors on Galiano Island. You may submit an application online or send an email or letter to request an application be mailed.

Email: hello@pagedrive.ca
Address: Galiano Housing Society, 276 Georgeson Bay Rd, Galiano Island BC, V0N 1P0
Website: pagedrive.ca

▶ Housing Related Resources

BC Rebate for Accessible Home Adaptations

Phone: 1-800-257-7756
Website: bchousing.org/housing-assistance/BC-RAHA

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

Residential Tenancies Board

Phone: 1-800-665-8779
Website: gov.bc.ca/gov/content/housing- tenancy/residential-tenancies

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

Shelter Aid for Elderly Renters (SAFER)

Phone: 1-800-257-7756
Website: bchousing.org/housing-assistance/rental-assistance-programs/SAFER

Assistance with rental costs based on income and rent amount for those 60 and over.

Transportation

Beacon Community Services Volunteer Medical Drive Program

If you have a medical appointment in Victoria, this program may work to get you from the ferry in Sidney to your appointment and back. Because these are volunteer drivers, the service is for those who are fairly abled bodied. Call for more information.

Phone: 250-656-5537 ext. 112

Galiano Island Community Transportation

Residents on Galiano Island will soon benefit from a new local bus service as a result of funding from the federal government. With the purchase of two electric minibuses, this launches the first-ever transit system for the Island. This project supports the community's goal to provide transportation options for all islanders, including seniors and those with disabilities, to access local services safely and independently.

On Island: Volunteer Drivers

Better at Home provides local rides based on availability of volunteers. If you are interested in volunteering or need a ride, give us a call.

Phone: 250-539-0970

Travel Assistance Program (TAP)

Financial assistance to BC residents who must travel outside their community for non-emergency, physician-referred medical care. Request a TAP form from Galiano Health Clinic. There is no reimbursement for travel already taken.

Phone: 1-800-661-2668
Website: www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc

Social & Recreational

Chatterbox

Phone: 250-539-0970
Address: Lion's Hall, 922 Burrill Road
Email: communitywellness@galianohealth.org

Every Tuesday at 10 AM, community members gather at Lion's Hall to enjoy coffee, tea, baked goodies and great conversation with friends and neighbours. While many regular attendees are seniors, everyone is welcome. The program also features occasional guest speakers or educational sessions. Volunteers assist with driving, refreshments, and companionship. We plan to add a second Chatterbox gathering so stay tuned. Do you have an idea for a topic or speaker? Interested in volunteering? We'd love to hear from you!

Fitness Classes for Seniors

Shelley Smith
Phone: 1-778-834-1148
Email: shelleygalianoisland@gmail.com

With a focus on exercises that improve muscle strength, balance and agility, classes are offered twice a week at the Lions Hall. The classes are social and fun, as we face the challenges aging brings to each of us.

Galiano Activity Centre

Phone: 250-539-5323
Email: galianoactivitycentre@gmail.com
Address: 1290 Sturdies Bay Road
Website: galianoactivitycentre.org

In 1981, the Centre was launched to promote educational, cultural, recreational, social and other community activities. Resources include a fitness centre, tennis court, classes, workshops, educational activities and equipment rentals. If you want to volunteer or offer a new program, please contact us.

(Cont'd)
Phone, email or visit the website to find out how to become a member or register for programs.

Galiano Club
Phone: 250-539-2175
Email: thegalianoclub.org
Address: 141 Sturdies Bay Road
Website: galianoclub.org

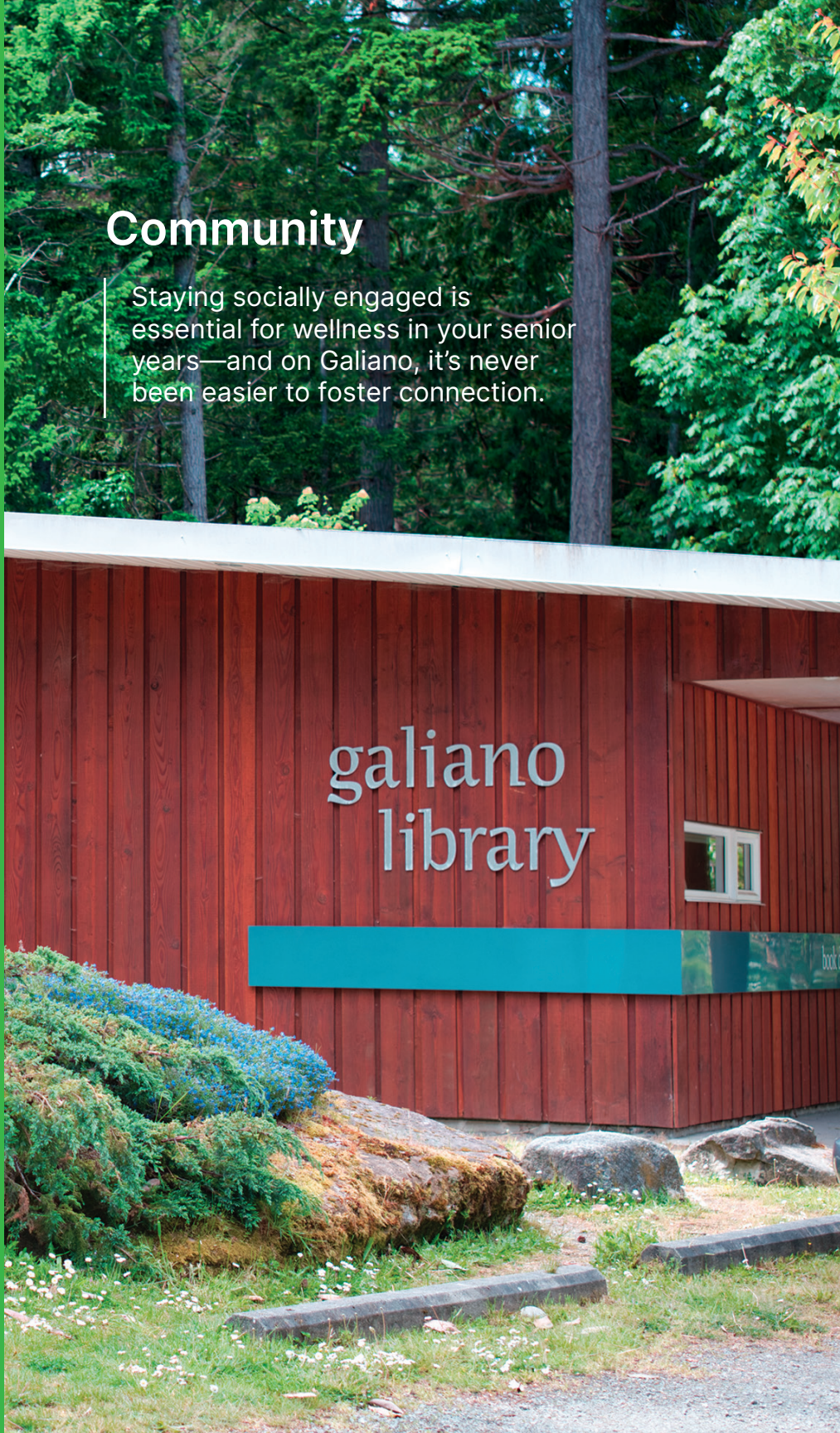
Founded in 1924, the Club was formed to encourage social activity, foster agricultural interest and build a public hall. The hall is a hub of the community for local events, concerts, dances and more. The hall includes a full kitchen, events hall, stage, washrooms, bike repair and electric vehicle charge stations. Annual events feature fairs, markets and performances.

Galiano Lions Club
Email: galianolionspark@gmail.com
Address: 992 Burrill Road

In existence for over 50 years on Galiano, the Lions Club operates a large hall and a commercial kitchen which is available for rent to the public. The club is responsible for a large park which includes a baseball diamond, paved walking trail for seniors, skateboard park and community garden. The Lions host community events for both islanders and visitors, and is the home of Chatterbox, Senior's Fitness Classes, Saturday Market, Christmas Craft Fair, children's Halloween celebration, Breakfast with Santa, the Seafood Dinner and the August Fiesta & Parade.

Community

Staying socially engaged is essential for wellness in your senior years—and on Galiano, it's never been easier to foster connection.



Social & Recreational (Cont'd)

Library
Phone: 250-539-2141
Email: galianolibrary@gmail.com
Address: 1290 Sturdies Bay Road
Website: sgicl.bc.libraries.coop/galiano-island
▪ Galiano Library is open Wednesday (11-5) and Thursday-Sunday (11-2)

North Galiano Community Hall
Email: ngcacoord@gmail.com
Address: 22790 Porlier Pass Road
Website: north-galiano-community-hall.weebly.com

The North Galiano Community Association (NGCA) was formed in 1973, originally to host events and meetings for residents of the north end of the island. The Hall is now host to a variety of classes, workshops, fundraisers and social events. The Hall is also available for rent, whether it's a meeting or a larger event requiring a commercial kitchen. Check our calendar of events online or email more information.

Southern Gulf Islands Neighbourhood House
Website: sginh.ca

The Southern Gulf Islands Neighbourhood House (SGINH) offers a broad range of fun, open and inclusive programming for seniors of all ages and backgrounds. We work collaboratively to support all four of the Southern Gulf Islands of Saturna, Galiano, Mayne and Pender to strengthen our collective communities. We value our elders.

Living Your Best Life At Home

If you are an older adult or a caregiver, Island Health provides community health services that support people to remain independent and in their own home. Community health workers provide those services to BC residents who require personal assistance with activities of daily living.

Support at Home

Home Care is personal care for those who are elderly, ill, recovering from an illness, have physical disabilities or need care at the end of life. Local community-based teams on Galiano support aging or recovery at home. On the team are Home Care Nurses, Case Managers, Home Support Workers.

Services at home may include:

- Home Care Nursing (wound dressing, medication support)
- Home Safety Assessment
- Home Support (shower/bathing, meal service, mobility assistance)
- Palliative Care

Need Help?

If you need support at home, call the Community Access Centre line to see what services might be available to you. Home Care services are provided by Island Health and while some services are free, there are costs for others, based on your income.

Community Access Centre

Phone: 250-388-2273 / 1-888-533-2273
Website: islandhealth.ca/our-services/community-health-services/accessing-our-services

Please have the following information ready when you call:

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

On Galiano Island you can also call Community Health Nurse at the Health Care Society for assistance or more information about services.

Community Health Nurse

Phone: 250-539-5103 or 250-415-6931
Email: andrea.hamilton@islandhealth.ca
- Monday - Thursday

Notes

Assisted Living & Long Term Care

If you are unable to live independently, there are options for supported living, that provides more assistance in your daily life.
Phone: 250-388-2273 or 1-888-533-2273

Assisted Living

Assisted Living provides housing and some services for those who can live independently, but require a supportive environment due to physical or functional health challenges. A Case Manager from Island Health would make the referral for an Assisted Living residence. If your income is low, the monthly cost of Assisted living is 70% of your net income which covers a private housing unit, two meals a day, housekeeping, laundry services and 24-emergency response.

Assisted Living locations:
islandhealth.ca/our-locations/assisted-living-locations

Long Term Care

Long Term Care (LTC) provides 24 hour professional care in a supportive environment for those who have complex care needs and can no longer be cared for at home or in an assisted living residence. If you meet the criteria through an Island Health assessment, a case manager would apply for a residence on your behalf. If you or someone you know, is ready to move into Long Term Care, call one of the numbers above. If your income is low, the monthly cost of Long Term Care is 80% of your net income which covers accommodation, meals, housekeeping, laundry, personal care, medications and other specialized services.

Long Term Care locations:
www.islandhealth.ca/our-locations/long-term-care-locations

Facility Respite

Facility respite offers people short-term overnight care in licensed care facilities. For caregivers, this provides a chance to rest, recharge and connect with their community. For those that are cared for, facility respite provides a change of scenery, social activities and professional care and support.

Respite resources:
islandhealth.ca/our-services/community-health-services/caregiver-support-and-respite/facility-respite-care

BC Government Services

▶ Health

Fair PharmaCare / Medical Services Plan (MSP)

Phone: 1-800-663-7100
Website: gov.bc.ca/gov/content/health/health-drug-coverage.

For help paying for medications and medical supplies, register for the income-based Fair PharmCare plan.

First Nations Health Authority (FNHA)

Phone: 1-855-550-5454
Email: healthbenefits@fnha.ca
Website: fnha.ca/benefits

The FNHA plans, manages and funds the delivery of First Nations health programs across BC. The FNHA Health Benefits Program provides status First Nations people living in BC with a comprehensive and community-driven health benefits plan.

Island Health - Seniors Services

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

Explore provincial services related to those over the age of 65.

▶ Housing

BC Housing - Vancouver Island Regional Office

Phone: 1-800-787-2807
Website: https://www.bchousing.org/housing-assistance

For information about subsidized housing, rental subsidies, home adaptations, tenant resources and more.

BC Rebate for Accessible Home Adaptations

Phone: 1-800-787-2807
Website: bchousing.org/housing-assistance/BC-RAHA

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

Choice in Supports for Independent Living (CSIL)

Phone: 1–888-533-2273
Website: gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/choice-in-supports-for-independent-living

A self-directed option for eligible home support clients, CSIL clients receive funds directly from the health authority to purchase and manage their own home support services.

Because CSIL is a challenging system to navigate, Spinal Cord Injury BC, has developed online workbooks to give people the information they need to apply. For assistance, contact:

Phone: 1-800-689-2477
Email: info@sci-bc.ca
Website: sci-bc.ca/info-centre/choice-supports-independent-living/

Residential Tenancies Board

Phone: 1-800-665-8779
Website: gov.bc.ca/gov/content/housing- tenancy/residential-tenancies

Assistance for tenants in a conflict with a landlord (rent increases, evictions etc).

Shelter Aid for Elderly Renters (SAFER)

Phone: 1-800-787-2807
Website: bchousing.org/housing-assistance/rental-assistance-programs/SAFER

SAFER is a subsidy for renters over 60 with a low to moderate income. You must apply to be eligible for monthly support based on income and rent expense.

BC Government Services (Cont'd)

▶ Resources & Support

BC211: Confidential, Support & Resources 24/7
Phone: 211
Website: bc211.ca

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

BC Senior Advocate
Phone: 1-877-952-3181
Email: seniorsadvocatebc.ca
Website: seniorsadvocatebc.ca

An information and referral line that is available from 8:30 - 4:30 pm, Monday to Friday. Senior service specialist will work with you to provide resources and help resolve issues.

BC Seniors' Guide
Phone: 1-877-952-3181
Website: gov.bc.ca/assets/gov/people/seniors/about-seniorsbc/guide/bc-seniors-guide-12th-edition.pdf

A wealth of information on resources for seniors who live in BC.

Kinship Care Help Line

Phone: 1-855-474-9777
Email: kinshipcare@parentsupportbc.ca
Website: parentsupportbc.ca/services/support-line

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

Seniors BC

Phone: 1-800-663-7867
Website: www2.gov.bc.ca/gov/content/family-social-supports/seniors

Information on government services for older adults.

Federal Government Benefits & Programs

For most of these financial benefits, you must be up to date on filing your income tax returns. That is not the case, for the counselling, support and crisis intervention services.

Canadian Dental Care Plan (CDCP)

Phone: 1-833-537-4342
Website: canada.ca/en/services/benefits/dental/dental-care-plan.html

CDCP is a new federal public dental plan available for Canadians who do not have access to dental insurance and have a family net income of less than $90,000. You must have filed your income tax for the previous year. Applications are online at the website.

Canada Pension Plan (CPP)

Phone: 1-800-277-9914
Website: canada.ca/en/services/benefits/publicpensions/cpp.html

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

CPP Additional Benefits

Phone: 1-800-277-9914

You may also quality for other CPP benefits listed here. Like the Canada Pension, you must apply for these benefits: Guaranteed Income Supplement, Post-retirement Benefit, Disability Pension, Post-retirement Disability Benefit, Survivor's Pension, Children's Benefit and Death Benefit.

Ensure that you ask what other benefits you are eligible to receive.

Federal Programs and Services for Seniors
Phone: 1-800-622-6232
Website: https://www.canada.ca/en/employment-social-development/campaigns/seniors.html
An overview of all federal programs available to seniors.

CGEB Credit (previously the GST/HST Credit)
Phone: 1-800-387-1193
Website: https://www.canada.ca/en/revenue-agency/services/forms-publications/publications/rc4210/canada-groceries-essentials-benefit.html

The Canada Groceries and Essentials Benefit (CGEB) is a federal, tax-free quarterly payment that replaced the GST/HST credit to provide low- and modest-income individuals and families with increased financial relief for everyday living costs. *Call to enquire.*

Indigenous Services Canada
Phone: 1-800-567-9604
Email: infopubs@sac-isc.gc.ca
Website: www.canada.ca/en/indigenous-services-canada.html
General information about federal government services for First Nations, Inuit and Métis people, including health care, mental health support, residential school survivor support and status cards.

- For services related to registration and status cards, call the regional office in Vancouver, **call 1-236-330-9961**

Hope for Wellness Help Line
Phone: 1-855-242-3310
Website: hopeforwellness.ca (information or online chat

Counselling and crisis intervention for all Indigenous peoples across Canada. Experienced and culturally competent counsellors are reachable by phone and online 'chat' 24 hours a day, 7 days a week.

Federal Government Benefits & Programs (Cont'd)

Residential School Survivors
Phone: 1-866-925-4419

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

- Available 24 hours a day, 7 days a week.

Old Age Security (OAS)
Phone: 1-800-277-9914
Website: www.canada.ca/en/services/benefits/publicpensions/old-age-security.html

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

Guaranteed Income Supplement (GIS)
Phone: 1-800-277-9914
Website: https://www.canada.ca/en/services/benefits/publicpensions/old-age-security/guaranteed-income-supplement.html

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

Veterans Affairs Canada
Phone: 1-866-522-2122
Website: www.veterans.gc.ca/eng

Information and resources for all federal programs available to veterans, including housing, caregiver support, mental / physical health and financial programs.

Do You Have A New Health Diagnosis?

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

After Stroke BC
Phone: 1-888-313-3377
Website: strokerecoverybc.ca

Alzheimer Society of BC
Phone: 1-800-936-6033
Email: info@alzheimerbc.org
Website: alzheimer.ca/bc/en

To learn more about the programs and services we offer, or find dementia-related information specific to your needs, the Alzheimer Society has the education and resources to help you.

Arthritis Society
Phone: 1-800-321-1433
Email: info@bc.arthritis.ca
Website: arthritis.ca/support-education/support-in-your-community

BC Lung Association
Phone: 1-800-665-5864
Email: info@bclung.ca
Website: bclung.ca/patient-support/copd-resources

For support and education about COPD, asthma, bronchitis and other lung diseases.

BC Lupus Society
Phone: 1-866-585-8787 or 604-879-8739
Email: info@bclupus.org
Website: bclupus.org

Canadian Cancer Society
Phone: 1-888-939-3333.
Website: cancer.ca/en/living-with-cancer/how-we-can-help

Provide a support system for people with cancer and their family, friends and caregivers. For answer questions about cancer, manage life with cancer, find community and connection, call the toll-free information hotline.

Canadian Continence Foundation
Phone: 1-800-265-9575
Website: canadiancontinence.ca

Information and newsletter on incontinence.

Canadian Mental Health Association
Phone: 310-6789 or 988
Email: help@cmha.bc.ca
Website: bc.cmha.ca

Canadian National Institute for the Blind
Phone: 250-595-1100
Website: cnib.ca/en?region=bc

Service to those with vision loss including rehab, adaptive resources, library and daily living skills.

Chronic Pain Resources
Phone: 250-519-1836
Email: rjhpainprogram@islandhealth.ca
(Pain Clinic Victoria)
Website: https://www.islandhealth.ca/health-topics/pain-and-pain-management/resources

Dementia
Website: https://islandhealth.ca/learn-about-health/seniors/dementia

Resources and information on dementia.

Diabetes Education Centre
Phone: 250-370-8322
Website: islandhealth.ca/our-locations/diabetes-education-centres

Do You Have A New Health Diagnosis? (Cont'd)

Falls Prevention
Website: islandhealth.ca/learn-about-health/seniors/falls-prevention
Resources and information on how to prevent falls.

Heart & Stroke Foundation of Canada
Website: heartandstroke.ca/services-and-resources
Information on heart and stroke resources.

Island Deaf and Hard of Hearing Centre
Phone: 1-250-592-8144
Email: idhhc@idhhc.ca
Website: idhhc.ca

Kidney Foundation of Canada
Phone: 1-800-567-8112
Email: info.bcy@kidney.ca
Website: https://kidney.ca/en/kidney-health/living-with-kidney-disease/support-network

Mental Health
Website: islandhealth.ca/learn-about-health/seniors/seniors-mental-health
Resources and information about seniors' mental health.

Multiple Sclerosis
Phone: 250-388-6496
Website: mssociety.ca
Services, information, support & more for people with MS.

Osterporosis
Phone: 1-800-463-6842
Website: osteoporosis.ca
Education and support on risk-reduction and treatment of osterporosis.

Parkinsons Society of BC
Phone: 1-800-668-3330
Website: parkinson.bc.ca/resources-services/support-groups

Respiratory Education Centre
Phone: 250-370-8265
(Respiratory Education Centre - Victoria)
Website: islandhealth.ca/our-services/respiratory-health-services

Stroke Recovery Association (Saanich Peninsula)
Phone: 250-656-6221
Email: contact@spstrokerecovery.org
Website: spstrokerecovery.org

Support, exercise, therapy, and education for those recovering from stroke and their caregivers.

Notes

End Of Life Support & Resources

▶ Caregiver & Grief Support

EI Compassionate Care Benefits
Phone: 1-800-622-6232
Website: canada.ca/en/services/benefits/ei/caregiving.html

Provides financial assistance while you're away from work to care for a person who is critically ill, injured or in need of end-of-life care.

Family Caregivers of BC
Phone: 1-877-520-3267
Website: familycaregiversbc.ca

Supporting caregivers by providing resources, education and a caregiver support phone line, so that caregivers feel more confident and successful in their important role.

Island Health Caregiver Support
Phone: 250-388-2273
Email: communityvirtualcare@islandhealth.ca
Website: islandhealth.ca/our-services/community-health-services/caregiver-support-and-respite

Information about caregiver support, including respite care and adult day programs.

▶ End Of Life Care

Medical Assistance in Dying (MAID)
Phone: 1-250-727-4382
Email: maid@islandhealth.ca
Website: gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/ end-of-life-care/medical-assistance-in-dying

British Columbians seeking medical assistance in dying should speak with their doctor, nurse practitioner or local health authority for information, eligibility, process, safeguards and other end-of-life options. MAID provides people, who are experiencing intolerable suffering due to a grievous and incurable medical condition, the option to end their life with the assistance of a doctor or nurse practitioner.

▶ Palliative & End Of Life Care

Hours: 8:30 am - 10:30 pm
Phone: 250-388-2273 / 1-888-533-2273
Website: islandhealth.ca/our-services/end-of-life-hospice-palliative-services

Hospice palliative care, also called end-of-life care, includes a range of services for dying people of all ages. For palliative care units in Victoria or Saanich Peninsula, your doctor, nurse practitioner or Home Care Nurse will coordinate admission. For services and support at home, the Home and Community Care team will coordinate access. ***No doctor's referral is needed to access services and programs.*** *Call the Community Access Line in your region to learn how we can help you and your family members.*

End Of Life Support & Resources (Cont'd)

▶ Local Services

Compassionate Community

Phone: 250-539-0970
Email: communitywellness@galianohealth.org

A volunteer support service for individuals experiencing life limiting illness. Trained volunteers focus on enhancing the quality of life for those individuals and on providing respite support for caregivers and families.

- Private & confidential service
- Volunteers with specialized training
- Home visits & neighbourly support
- Assistance with advance care planning
- Accompanied community outings & walks
- Transportation to appointments on Galiano

These services are not a substitute for medical care, home care, counselling or personal health care

Transitions in Dying and Grieving

Phone: 250-539-9800
Email: transitionsgaliano@gmail.com

A volunteer program offering support for individuals and families facing end of life.

- Professional level grief support - on a volunteer basis - for individuals, couples, or in bereavement groups.
- Public Advance Care Planning workshops quarterly, and occasional forums relating to practical, emotional, or philosophical aspects of dying, loss and grief.

(Cont'd)

- Access to books concerning death and dying, grief and loss.
- Referrals come from the Galiano Health Care Centre and private individuals.

▶ Planning & After Death

Advance Care Planning

Phone: 250-370-5687
Email: advancecareplanning@islandhealth.ca
Website: islandhealth.ca/our-services/advance-care-planning/advance-care-planning

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

C.A.R.E Funeral Services

Phone: 250-655-9669
Address: 9787 Fourth Street, Sidney BC V8L 2Y9
Website: carefuneral.com

A full service funeral for all faiths and beliefs. Call anytime of the day or night.

Memorial Society of BC

Phone: 1-888-816-5902
Email: admin@memorialsocietybc.org

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

Notes

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