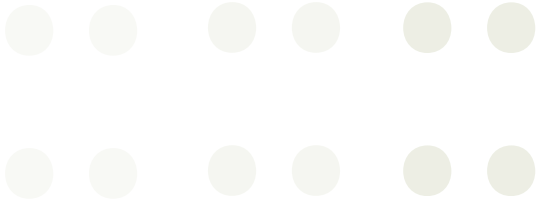




Oceanside Physician **WELCOME PACKAGE**

:: LIVE :: WORK :: PLAY ::

*Orientation Information for
New Physicians to the Oceanside Area*





WELCOME TO OCEANSIDE!

The following is information you may find useful as a new Family Physician (FP) in the Oceanside area. This information in this guide is divided into three sections: Live, Work, Play. Information in this handout was compiled with the help of local GPs, for GPs.

A little bit about the Oceanside area...

Parksville-Qualicum Beach is thoroughly equipped with modern emergency service infrastructures. The RCMP, the BC Ambulance Service and local fire departments are on call 24 hours. The area has a full complement of physicians, chiropractic, physiotherapy, acupuncture, x-ray ultrasound clinic, and holistic naturopathic specialists. Urgent care is provided by Island Health at the new Oceanside Health Centre in Parksville. The Nanaimo Regional General Hospital is a half-hour south of Parksville. In the community, as of 2015, there are 29 office-based physicians in 10 family practice clinics in the Oceanside area.

Parksville-Qualicum Beach is one sunny spot with 2,047 hours of brilliant sunshine every year. Fact: On average, Parksville gets 95 centimeters of rain annually with the average temperature of 14C – about the same as San Francisco. July averages 23.5C and January is sweater weather at 4.7C.

About the Oceanside Division of Family Practice

The Oceanside Division of Family Practice, formed in April 2010, is a local non-profit society of community-based primary care physicians.

The Division gives local physicians an opportunity to work collaboratively with Island Health, the GPSC, and the Ministry of Health to identify health care needs in the local community and develop solutions to meet those needs.

Our priorities are:

- Increase family practitioner influence on health care delivery in our region
- Enhance professional satisfaction to general practitioners
- Improve patient care in our area

All local Family Doctors working in the Oceanside area are welcome to join. Visit our website at:

www.divisionsbc.ca/oceanside

BENEFITS OF MEMBERSHIP

Being a member of a division offers a number of potential benefits, including:

- Greater impact on the organization of local and regional health services around a division practice area
- Enhanced professional collegiality and access to physician health and wellness programs
- Shared efforts for recruitment, retention and locums.
- Support from colleagues in caring for complex or unattached patients
- Practice support for information technology programs and pilot projects.
- Free Up-To-Date subscription
- Calendar of events

The following is information you may find useful as a new Family Physician (FP) in the Oceanside area. This information is provided “by local GP’s for GP’s”. It is not meant to be comprehensive, but will help you get started working in our community. We have included some local health resource information and community information for your convenience.

:: LIVE ::

The Oceanside area is a collection of 12 friendly and small communities, the Parksville Qualicum Beach area stretches along the sheltered Strait of Georgia on Vancouver Island's eastern shore from Nanoose Bay in the south to Deep Bay in the north and inland to Cathedral Grove. Home Lake, the historic town of Coombs, and the popular harbour at French Creek, among others, make up this eclectic region. The Mount Arrowsmith Biosphere Reserve, a precious, UNESCO-designated 800 square kilometre ecosystem recognizes the region's natural significance and locals' relationship with the land.

City of Parksville

<https://www.parksville.ca/> | (250) 248-6144

Town of Qualicum Beach

<http://www.qualicumbeach.com/> | (250) 752-6921

Real Estate Ownership

The bottom line: the economy here is hot and booming. The business sector is dominated by tourism and retirement related industries. Retail, consumer, health and educational services are also strong in Parksville Qualicum Beach. The continuing demand for Vancouver Island real estate has created a huge demand for skilled trades people. Major developments include a slew of new resorts and condominium projects as well as the Parksville Civic and Technology Centre.

<http://www.realtor.ca/>

Real Estate Rentals

RE/MAX First Realty

(250) 248-1071 | <http://www.remaxparksvillequalicum.ca/>

Royal LePage Parksville-Qualicum Beach

(250) 248-4321 | <http://www.parksvillerealestate.com/>

The Kerr Group

(250) 586-1100 | <http://www.thekerrgroup.ca/>

Schools

School District 69

(250) 334-5500 | <http://www.sd69.bc.ca>

The Qualicum School District is centrally situated on east Vancouver Island and serves a student population of approximately 4000 students. There are eight elementary schools (Grades K-7), two secondary schools (Grades 8-12), an alternate school (PASS/Woodwinds) and a Distributed Learning program to support home-learning families called the Collaborative Education Alternative Program (CEAP). The district French Immersion program is available at Oceanside Elementary and Ballenas Secondary Schools.

Important to note: School registration starts in early February. It is important to contact schools early, particularly if you are considering French Immersion, Special Interest programmes, or you have a child with special needs.

Arrowsmith Independent School

(250) 752-2722 | <http://www.arrowsmithindependentschool.ca/>

Arrowsmith Independent School is a new education option in District 69 for Preschool to grade 7. They offer quality Academic programs based on the BC Curriculum guidelines. Their focus is on practical life skills such as Agriculture, Cooking, Outdoor Regional Studies and Sustainability, Music, Drama, and Art. The facility is on an acreage in the country in Arrowsmith, a short stroll away from Hamilton Marsh.

Preschools

Sunrise Preschool

(250) 248-8552 | <http://www.sunrisepreschool.ca/>

Little Star Children's Centre

(250) 752-4554 | <http://www.littlestardaycare.ca/>

Dolphin Tales Preschool

(250) 951-0887 | <http://d69fra.org/dolphin-tales-preschool>

Children's Discovery Centre

(250) 752-4343 | <http://www.childrensdiscoverycentre.ca/>

Discover Montessori

(250) 760-0615 | <http://public.dm-school.ca/>

Child Care

PacificCare

(888) 480-2273 | <http://www.pacific-care.bc.ca>

PacificCARE envisions a world where Families have access to programs and resources that nurture all aspects of healthy development for the children of the future.

Public Services

Cable TV: Shaw Cable

(250) 760-1999 | <http://www.shaw.ca>

Hydro: B.C. Hydro

1-800-224-9376 | <http://www.bchydro.com>

Gas: Fortisbc

1-888-224-2710 | <http://www.fortisbc.com>

Telephone: Telus (within BC)

(250) 310-2255 | www.telus.com

Water: Public Works

Parksville: (250) 248-5412

Qualicum Beach: 250-738-2209

Garbage/Recycling: Nanaimo Regional District

(250) 954-3792

Recycling Return Centre

Parksville: (250) 248-0224

Qualicum Beach: (250) 752-8884

Recycling Hotline

1-800-667-4321

Recreation

For information about facilities, clubs and sports leagues in your area, please contact:

Ravensong Aquatic Centre

(250) 752-5014 | <http://rdn.bc.ca/cms.asp?wpID=1054>

Oceanside Place (Arenas)

(250) 248-3252 | <http://rdn.bc.ca/cms.asp?wpID=607>

Vancouver Island Regional Library

<http://virl.bc.ca/>

Parksville: (250) 248-0170

Qualicum Beach: (250) 752-6121

Transportation

BUS: Regional District of Nanaimo Transit System

(250) 954-1001 | <http://bctransit.com/nanaimo/> to find maps and schedules.

TAXI: Oceanside Taxi Service

(250) 954-8294 | <http://oceansidetaxi.ca/>

Shopping

If you're looking for women's wear, sports wear, folk art, kitchen gadgets, bath accessories, cool garden art, hand made quality jewelry, pottery, its all here and easy to find.

Parksville shopping features a wide variety of retail stores, galleries, boutiques, restaurants, grocery stores, and professional centres. The town draws large crowds for the Summer by the Sea Street Market (Tuesday nights in July and August); more than 100 street vendors set up their stalls in the Craig Street area, musicians and entertainers perform and neighborhood shops stay open late.

The Qualicum Beach shopping experience shuns franchise operations and big box stores in favour of one-of-a-kind boutiques. Wander the pedestrian-friendly streets in the lovely downtown core exploring unique shops, bookstores, antique shops, restaurants, outdoor cafés, galleries and Quality Foods' flagship store with a spectacular cheese and deli selection. This quaint garden lovers village also has its share of professional centres to take care of most business needs.

The rest of the Parksville-Qualicum Beach area is also home to eclectic, original and downright fascinating emporiums. A clutch of them are located side-by-side in Coombs. Heaps of locally farmed produce sit row-upon-row in colourful seasonal splendor. Tibetan antiques and southeast Asian crafts add an air of the exotic.

Farmers Markets

Qualicum Beach Farmers Market

<http://www.qbfarmersmarket.com/> | (844) 843-7236

Better tasting and more nutritious, fresh, locally grown produce is one of the best things we can do for ourselves, our families and communities. Local production means guaranteed freshness and outstanding flavours as well as eliminating the need for of long distance transportation.

- **Saturdays, 8:30am to 12:00pm**, Memorial and Veterans Way, Qualicum Beach

Errington Farmers Market

<http://www.erringtonfarmersmarket.ca/w1/> | (250) 586-0099

Errington Farmers' Market is a proud member of the BCAFM (British Columbia Association of Farmers' Markets). Our Motto is "Make It, Bake It or Grow It!". We offer fresh produce, baked goods, bedding plants and items created by local crafters as well as coffee and goodies from the coffee shop in a woodsy, friendly atmosphere. There is always music playing, activities for the kids, and lots of conversation with friends and neighbours.

- **Saturdays, May to September, 10:00am to 1:00pm**, Errington Community Park

Summer by the Sea Street Market

<http://www.parkvillechamber.com/special-events/summer-by-the-sea-street-market> | (250) 586-0099

The Parksville and District Chamber of Commerce invites you to come and experience the excitement of downtown Parksville's annual Summer by the Sea Street Market being held every Tuesday night from mid June to the 1st of September, from 6:00 pm - 9:00 pm.

Over 150 exceptional artisans offer everything from wrought iron work, rock candles to wooden toys; we definitely have something for everyone. Add tasty food and food trucks and a fabulous line-up of entertainment for your enjoyment. Come out and support our local merchants, as well as vendors traveling from all over Vancouver Island and the Gulf Islands.



Restaurants

There are many great restaurants in the Oceanside Area. Here are some of our favorites:

Parksville

- Lefty's Fresh Food Restaurant, <http://www.leftys.tv/>
- Kalvas Restaurant, <http://kalvastheloghouse.com/>
- Amrikko's Indian Cuisine, <http://amrikkos.ca/>
- Cedar's Restaurant and Lounge, <http://www.tigh-na-mara.com/dine/cedars-restaurant-lounge.htm>
- Cuckoo in Coombs Tattoria and Pizzeria, <http://www.oldcountry-market.com/italianrestaurant.php>
- Taste Cafe and Bistro, <http://www.tastecafeparksville.com/>
- Smoke N' Water Restaurant, <http://smokenwater.com/>
- Sushi Ichi, (250) 954-2020,
- Samurai Sushi & Teriyaki, (250) 951-0752
- Bread and Honey, <http://www.breadandhoneyfoodco.com/>

Qualicum Beach

- Giovanni's Ristorante, <http://www.giovanisqualicum.com/>
- The Final Approach, <http://finalapproachrestaurant.ca/>
- Bailey's in the Village, 670 Primrose St, Qualicum Beach
- Lefty's Fresh Food Restaurant, <http://www.leftys.tv/>
- Qualicum Sushi, (250) 752-5199
- Sushi Hama, (250) 594-9961
- Thalassa Restaurant, <http://golfqualicum.ca/thalassa-restaurant/>
- French Press Cafe, (250) 752-0021
- Bistro 694, www.bistro694.com/

Travel

BC Ferries, <http://www.bcferries.com/>
 Harbour Air, <http://www.harbourair.com/>
 KD Air, <http://www.kdair.com/>
 Tofino Air, <http://www.tofinoair.ca/index.asp>
 Greyhound Bus,
 Tofino Bus,

Local Media

Local FM radio stations:

88.5 The Beach | <http://www.885thebeach.com/>
 99.9 The Lounge | <http://www.thelounge999.com/>

PQ News

Newspaper, Free Tuesdays & Thursdays
 (250) 248-4341 | <http://www.pqbnews.com/>

What's On Digest - Parksville/Qualicum Beach (Monthly)

<http://parkvillequalicum.whatsondigest.com/>
 Community Events

Newcomer Groups

Qualicum Beach and Area Newcomers Club

<http://qbnewcomers.org/>

Parksville Newcomers Club

<http://www.parksvillnewcomers.net/>

Oceanside Volunteer

(250) 594-2637 | <http://www.oceansidevolunteer.org/>

The Oceanside Volunteer Association (O.V.A.) is a community resource assisting volunteer organizations as well as those who wish to volunteer. We promote volunteerism in the Oceanside Region!

Since May 2000 our organization has assisted over 100 non-profit organizations that depend upon volunteers to carry out their programs in Parksville, Qualicum Beach, Nanoose, Bowser, Errington, Coombs, Whiskey Creek and Qualicum Bay.



:: WORK ::

CARE INFORMATION

Oceanside Health Centre (Island Health)

489 Alberni Highway

Parksville, BC V9P 1J9

Phone: (250) 951-9550

Website: <http://www.viha.ca/locations/oceanside.htm>



CARE INFORMATION

OHC SERVICES

Urgent Care

- Hours: 7:30 am to 9:30 pm, 7 days per week, 365 days per year
- Immediate assessment and treatment for conditions that require same-day treatment
- Assessment and stabilization for transfer to hospital, if needed
- The Centre cares for approximately 75% of patients who might typically visit an Emergency Department and not need to be admitted

Primary Care

- Services open Monday to Friday, 9:00 am to 4:30 pm
- New patients are welcome, with preference given to people who currently do not have a family doctor
- Primary Care services are linked to all other programs at the Oceanside Health Centre, to ensure patient care and follow-up is coordinated

Medical imaging

- Open 8:00 am to 4:30 pm Monday to Friday, and on-call during Urgent Care hours.
- Open walk-in 10:00 am to 4:00 pm Saturday/Sunday *Closed 1:00-2:00 pm for lunch
- A physician requisition is needed for all diagnostic tests.
- Phone: (250) 951-9570

Outpatient Laboratory Services

- Open Monday to Friday 7:15 am to 5:30 pm and Saturdays 7:15 am to 3:00 pm
- Operated by Life Labs
- Requisition required; Appointments can be booked online
- Phone: 1-800-431-7206

Telehealth

- Telehealth uses videoconferencing technology to connect patients to health care services, regardless of where they live.

Integrated Community Care Teams (ICCT)

- Integrated community care based teams work 8 hours, 5 days per week with, evening service to 9:00 pm for home care nursing and home support.
- Care team providers deliver services in people's homes, in group settings and in office settings.

Specialty Services

The Oceanside Health Centre offers services Monday to Friday 8:00 am to 4:00 pm for:

- Adults with moderate to severe mental health diagnoses
- Seniors over age 65 needing specialized assessment and or treatment related to complex health conditions and illnesses
- Individuals with diabetes on insulin pumps and women with gestational diabetes
- Patients consulting a specialist outside of Oceanside using telehealth services.

Environmental Health

- Open Monday-Friday 8:00 am to 4:00 pm and for after hour emergencies
- Services to promote and safeguard public health, including protection from environmental and other health hazards.

Medical Day Care (Support Clinic)

- Open 8:00 am to 6:00 pm, 7 days per week. An appointment is required.
- Medical Day care provides scheduled day procedures

COMMUNITY RESOURCES

AMBULANCE services. Local 911 service. 911 response fee is \$50, if transported, fee is \$80.

AUDIOLOGY Services

- Island Health Nanaimo Hearing Program (250) 755-6269
- Connect Hearing (Parksville) (250) 248-8144
- Parksville Hearing Clinic (250) 248-6440
- Qualicum Hearing Clinic (250) 752-9250

BCCA - British Columbia Cancer Agency - Vancouver Island Centre (Victoria) 1-800-670-3322

CONTINUING MEDICAL EDUCATION locally is sponsored by VIHA and the Division.

EVERYWOMAN'S HEALTH CENTRE

#210-2525 Commercial Drive, Vancouver, - www.ewhc.ca
(604)322-6692

HOME CARE

- *Home and Community Care Services (Island Health) Oceanside Health Centre*
489 Alberni Highway, Parksville (250) 951-9550
<http://www.viha.ca/hcc>
Includes:
 - Home Nursing care, Long Term Care Assessments, Rehab Services, Social Work
 - Home Support assists with personal care - dressing, bathing, showering, grooming, hygiene, medication assistance. Does not cover meal preparation or housecleaning

Private Home Care Companies

- Nurse Next Door – Parksville – (877) 588-8609

HOSPICE

Oceanside Hospice Society <http://oceansidehospice.com/>
(250) 752-6227

- Supports individuals/families with end-of-life issues/grief.
- A Hospice and Palliative Care Unit is located at Trillium Lodge in Parksville.

LABS

- Lifelabs (800) 431-7206
489 Alberni Hwy, Unit 1
Mon-Fri - 0715-1730, Sat 0715-1130

MASSAGE THERAPY / ACUPUNCTURE See page 14

MEAL ASSISTANCE

- Meals on Wheels (250) 248-2093 ext. 225

MEDICAL APPOINTMENT TRANSPORTATION SERVICE

- SOS (250) 248-2093 ext. 222

MENTAL HEALTH AND SUBSTANCE USE

- Comox Valley Mental Health and Substance Use (Island Health)- 941C England Ave, Courtenay V9N 2N7, phone 331-8524, fax 331-8525
- *Services include:*
 - ACSS (Adult Community Support Services) for adults with severe, chronic mental illness.
 - Adult Day Therapy Program(SJGH), Changeways, Mindfulness groups
 - ASTAT Team (e.g. Short Term Acute Counselling) Can facilitate urgent psychiatry assessments
- Crisis Line (Public) 1-888-494-3888
- SAIN - Substance Abuse Intervention Nurse, SJGH. Assists with arranging Detox. Pager (250) 703-9102.

ORTHOTICS / FOOT CARE

includes spine / knee braces and foot orthoses

- BD Mitchell - Comox (250) 339 2262
- SOS Orthotics - Comox (250) 339 5852.

Foot Care

- Feet First (250) 338 1702, (250) 335 2349.
- This Little Piggy Foot Care Services (250) 792 3885
- Happy Soles Foot and Nail Care
Paul Kurucz, Podologist (250) 871 2279 or (250) 871 6484

PHARMACIES - See page 13

PHARMACARE PHYSICIANS LINE FOR SPECIAL AUTHORITY

1-877-657-1188

PHYSIOTHERAPY - See page 14

PRENATAL CLASSES (PUBLIC HEALTH NURSING) (250) 331-8520

PUBLIC HEALTH

- Parksville/Qualicum Health Unit (Family Place)
292 Bay Avenue, Parksville, BC
Offer routine immunizations
(250) 947-8242

QUITNOW SERVICES - Smoking Cessation program

<http://www.quitnow.ca> 1-877-455-2233

SALVATION ARMY

192 Island Highway, Parksville (250) 248-8154

SOCIETY OF ORGANIZED SERVICES

<http://www.sosd69.com/>

Phone: (250) 248-2532

Programs and Services

- Volunteer Service
- Better at Home
- Caring for Kids at Christmas
- Medical Appointment Transportation Service
- Homeless Prevention Program
- Meals on Wheels
- Income Tax Return Preparation
- Grad Wear
- St. John Ambulance Babysitting Course
- After School Education Assistance
- Teens in Transition
- Teen Nite
- School Nite Out
- Tic Tac (Time in comfort for tots and caregivers)
- Girl Talk
- Family Night
- Preschoolers on the Move
- Subsidized Counselling

SLEEP APNEA - OVERNIGHT OXIMETRY/CPAP

- Pacific Sleep Care www.pacificsleepcare.ca | (250) 951-0788
- Sleep Tech <http://sleeptech.ca/> | (250) 594-1111

TRAVEL MEDICINE

- Travel Medicine & Vaccination Centre
www.tmvc.com | (250) 244 1044
- Pharmasave - Parksville
<http://www.parksvillepharmasave.com/> | (250) 951-0227
- Pharmasave Qualicum Beach
<http://www.qualicumpharmasave.com/> | (250) 752-3011

VANCOUVER ISLAND COMMUNITY CONNECTIONS

Online directory of services for people with developmental disabilities (Community Living BC, The Job Shop, Triumph Vocational Services, Community Living Resource Centre) – <http://www.vicc.cc>

WORKSAFE BC

- Nanaimo office (250) 751-8000 <http://www.worksafebc.com>

WOUND CARE

- Nursing clinic is available through Home and Community Care referral



CLINICS IN THE OCEANSIDE AREA

Family Practice

Parksville

Dr. Satish Desai (250) 248-3133

Parksville Medical Clinic (250) 248-5757

- Dr. Thor Fridriksson
- Dr. Stephen Noble
- Dr. Lawrence McClure
- Dr. Carey Sulz
- Dr. Mark Morris
- Dr. Julia Hickey-Somerville
- Dr. Viola Szachnowska
- Dr. Kamyar Dahi

Jensen Medical Center (250) 248-6969

- Dr. Rick Henderson
- Dr. John Hancock

McCarter Family Clinic (250) 954-1499

- Dr. Brad Bell
- Dr. Robert Maccari

Weld Street Clinic (250) 248-5677

- Dr. Garth Loughhead
- Dr. Rob Waite

Qualicum Beach

Beach Medical (250) 752-2080

- Dr. Hugh Fletcher
- Dr. George Barber

Ferntree Medical Clinic (250) 752-6568

- Dr. John Dalla Lana
- Dr. Colin Duncan

Dr. Pieter Swart (250) 752-3284

Memorial Ave Medical Clinic (250) 594-2009

- Dr. K. Dawn Papo
- Dr. Jacques Simenhoff

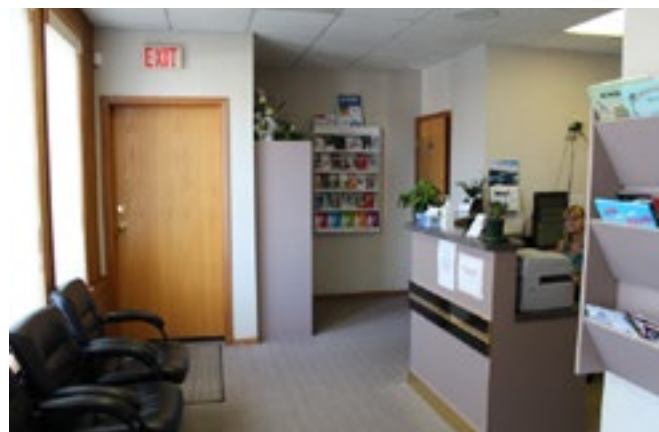
Qualicum Associates Clinic (250) 750-7100

- Dr. Clair Biglow
- Dr. Ashraf ElKarsh

Qualicum Medical Centre (250) 752-0557 or 250-752-6731

(250) 752-6907

- Dr. Peter Haslett
- Dr. Johannes Wagenaar
- Dr. Penny Bartlett



CLINICS/WALK-IN CLINICS

Walk-in Clinics

Caledonian Clinic

Campbell Street Location (250) 753-3202

Brickyard Road Location (250) 390-5200

Lantzville Urgent Care Clinic (250) 390-4542

Walmart Clinic Nanaimo (250) 244-4740

Medical Arts Centre Nanaimo (250) 753-3431

Washington Park Medical Clinic (250) 334-9241

Superstore Mall, Courtenay

- Dr. Katie Barker
- Dr. Shannon Jones

Comox Valley Medical Clinic (250) 898-0202

Walmart, Courtenay

- Dr. Paul Herselman
- Dr. John Fitzpatrick
- Dr. Megan Spring
- Dr. Don Fockler
- Dr. Rob Silcox
- Dr. Barb Fehlau (Pain Clinic T, W,Th)

Other Family Physicians / Locums

- Dr. Bob Price
- Dr. Catherine Edge
- Dr. Herb Wong
- Dr. Chris Kwiatkowski

Palliative Medicine

- Dr. Marlene Van Der Weyde (250) 738-1166



SPECIALIST OFFICES

Specialist On Call List

<https://medicalaffairs.viha.ca/oncall/BrowseSchedules/>

(need a VIHA log-on)

Local Specialists

MEDICAL AETHITICS AND LASER

Dr. Andy Biro (Parksville)

<http://longevitymedical.ca/> | (250) 248-586-1883

PHYSICAL MEDICINE & REHABILITATION

Dr. Kevin Letcher

Dr. Tim Lapp

Qualicum Commons

Ph: (250) 594-4904

Fax: (250) 594-4905

ENDOCRINOLOGY

Dr. Clayton Reynolds

Protea Clinic

Facx referrals to (250) 752-3519

Out of Town Specialists

CARDIOLOGY (Victoria)

Western Cardiology Associates

DERMATOLOGY (Victoria)

Dr. Gordon Telford (Eczema Clinic)

MEDICAL GENETICS CLINIC

Victoria Gen'l Hospital (250) 727-4461 Fax (250) 727-4295

NEPHROLOGY (Nanaimo)

- Dr. Rachel Carson
- Dr. Alison Croome
- Dr. Anthony Booth (clinics at Dr. Pieter Swart's offices)

NEUROLOGY (Nanaimo)

Dr. Kimberley Waterman

NEUROSURGERY (Victoria)

- Dr. Richard Reid
- Dr. Stephen Hentschell
- Dr. John Sun

ORAL SURGERY / MAXILLOFACIAL (Nanaimo)

Dr. Robert Sorochan (250) 753-6671

PEDIATRIC CARDIOLOGY (Nanaimo)

Dr. Marion Tipple

PEDIATRIC ORTHOPEDIC DOCTOR (Victoria)

Dr. Brent Weatherhead

PHYSIATRY / REHAB (Nanaimo)

- Dr. Tim Deutscher
- Dr. John Hawkeswood
- Dr. Andrew Willmott

RHEUMATOLOGY (Nanaimo)

- Dr. Maqbool Sheriff
- Dr. Alison Kidd
- Dr. Nicole Baur

STROKE RAPID ASSESSMENT UNIT (SRAU) (Victoria)

(250) 727-4056

Acute assessment for TIAs/ mild stroke.

Referral required.

Open M-F 08:00-18:00

THORACIC SURGERY (Victoria)

BC Thoracic Surgery

- Dr. Gary Dewar
- Dr. John Samphire

VASCULAR SURGERY (Victoria)

- Dr. James Dooner
- Dr. Peter Kueschler
- Dr. Shung Lee

Full contact info available on College Website
www.cops.bc under "find a physician"

OUT OF TOWN HOSPITALS

NRGH Hospital, Nanaimo, BC - (250) 947-8214

West Coast General Hospital, Tofino, BC - (250) 723-2135

St. Josephs Hospital, Comox, BC - (250) 339-2242

Victoria General Hospital, Victoria, BC - (250) 727-4212

Royal Jubilee Hospital, Victoria, BC - (250) 370-8000

COMMUNITY PHARMACIES

Pharmacies & Direct Lines

Parksville

- **Shoppers Drug Mart** (250) 248-3611 / Physician direct (250) 248-9223
- **Medicine Shoppe** – (250) 248-6695 / Physician direct (250) 248-6635
- **Parksville Pharmasave** - (250) 951-0243 / Physician direct (250) 951-3357
- **Thrifty Foods** – (250) 248-8823 / Physician direct (250) 947-2535
- **Save-On-Foods** – (250) 248-3260 / Physician direct (250) 248-2142
- **Shoppers Simply Pharmacy** (250) 248-3162 / Physician direct (250) 248-5561

Qualicum Beach

- **Qualicum Medicine Centre** – (250) 752-9911/ Physician Direct (250) 752-9836
- **Pharmasave** – (250) 752-6691 / Physician direct (250) 752-3014
- **Medicine Shoppe** – (250) 752-6695/ Physician direct (250) 752-6424
- **Memorial Compound** - Physician Direct (250) 752-1444

Other pharmacies

- **Medicine Centre, Nanoose Bay** – Physician Direct (250) 468-9921
- **Costco Pharmacy** – Physician direct (250) 390-3231



EXTENDED HEALTH SERVICES

Dieticians

Dieticians of Canada

<http://www.dietitians.ca/>

Massage Therapy

Parksville

- Health First Massage Therapy - (250) 586-1616
- Seaview Massage Therapy – (250) 248-5049
- Parksville Massage Therapy – (250) 954-0711
- Comox Valley Therapeutic Massage – (250) 339-9912

Qualicum Beach

- Healing Hands Massage Therapy Clinic- (250) 752-3009
- Qualicum Chiropractic & Massage Therapy - (250) 752-2212
- David Kasakoff – (250) 594-3770

Nanoose Bay

- Nanoose Bay Massage - (250) 468-1482
- Northwest Bay Massage Therapy - (250) 486-5844

Physiotherapy

Parksville

- Parksville Physiotherapy Clinic – (250) 248-2644
- Oceanside Physiotherapy & Work Conditioning–(250) 248-9666

Qualicum Beach

- Qualicum Physiotherapy Clinic - (250) 752-3212
- Cumbria Physiotherapy - (250) 752-8471
- Dogwood Physiotherapy - (250) 752-3393

- Qualicum Manor - (250) 752-1262

Residential Care Facilities

Parksville

- Arrowsmith Lodge - (250) 248-4331
- Stanford Place - (250) 951-0811
- Trillium Lodge– (250) 947-8230
- Cokely Manor - (250) 947-9777

Qualicum Beach

- The Gardens- (250) 752-2818
- Eagle Park Lodge- (250) 947-8220

Acupuncture

Errington

- Oceanside Acupuncture Clinic – (250) 228-4229

Psychologists/Counselling (Private)

- Dr. Joanne Roberts – Parksville (250) 586-3334
- Core Counselling – Parksville (250) 586-7380
- Centre of Expressive Therapy - Parksville (250) 248-1290



:: PLAY ::

THINGS TO DO IN THE OCEANSIDE

Hikes and Trails

- **Cathedral Grove**
- **Little Qualicum River Falls**

- **Moorecroft Regional Park**

The 34 hectare Moorecroft site includes shoreline and spectacular views across the Georgia Strait. There are approximately 32 hectares of natural forest featuring tree species such as Western Red Cedar, Douglas Fir, Arbutus, Bigleaf Maple, Red Alder and Garry Oak. Two intermittent creeks run through the property, and two eagle nesting sites have been identified. The property also contains a wetland area known as Skipsey Lake, an open field and a network of walking trails.

- **Englishman River Regional Park**

In 2005, the RDN partnered with The Nature Trust of BC, Ducks Unlimited Canada, the Nature Conservancy of Canada and the Province of BC to acquire this 207 hectare park and conservation area along the Englishman River. The regional park is home to numerous wildlife species including Roosevelt Elk and a community hatchery with extensive salmon side channel. Wander or ride the many forested park trails and admire the beauty of nature along one of BC's most important rivers. Spawning salmon return to Englishman River Regional Park every September and are celebrated annually there on BC Rivers Day. Finished your park adventure? Head off over the Top Bridge Crossing and the Top Bridge Trail to explore more of beautiful Oceanside.

- **Big Qualicum River Regional Trail**

This trail starts at the Big Qualicum Hatchery and follows the 10 km-long, gravel hatchery service road the length of the river. Amble along under the riverside tree canopy, explore the Fisheries and Oceans Canada hatchery complex and catch the action when the salmon spawn in the fall. It's a great level route for family cycling groups. Note that the trail ends before Horne Lake Caves Rd, a narrow active logging road unsuitable for walkers and cyclists.

- **Mount Cokely ** (5,301 ft.)**

Ascend via the "Saddle" route and scramble to the summit ridge using handholds and careful foot placement for a rewarding view including a possible glimpse of the Olympic Peninsula in Washington State. **Steep terrain, consistent climb, alpine conditions.

- **Mount Moriarty *** (5,282 ft.)**

Hike from Labour Day Lake along the 'Stairmaster' - a steep forest trail leading to the summit, then along an undulating alpine ridge where it is beautiful beyond words.

- **Paradise Meadows**

Paradise Meadows at Mt Washington offer a number hiking levels. There are a number of trails ranging from easy to difficult, and from 3-4 km to 20km+.



THINGS TO DO

Mountain Biking

Anyone that loves to ride bicycles knows that Oceanside is a lucky place to live! From technical downhill, to comfortable cross-country trails and beach cruising, there are options for everyone.

Here are some websites with more information on trails and clubs:

- **Arrowsmith Mountain Bike Club**

<http://www.arrowsmithmtbclub.com>

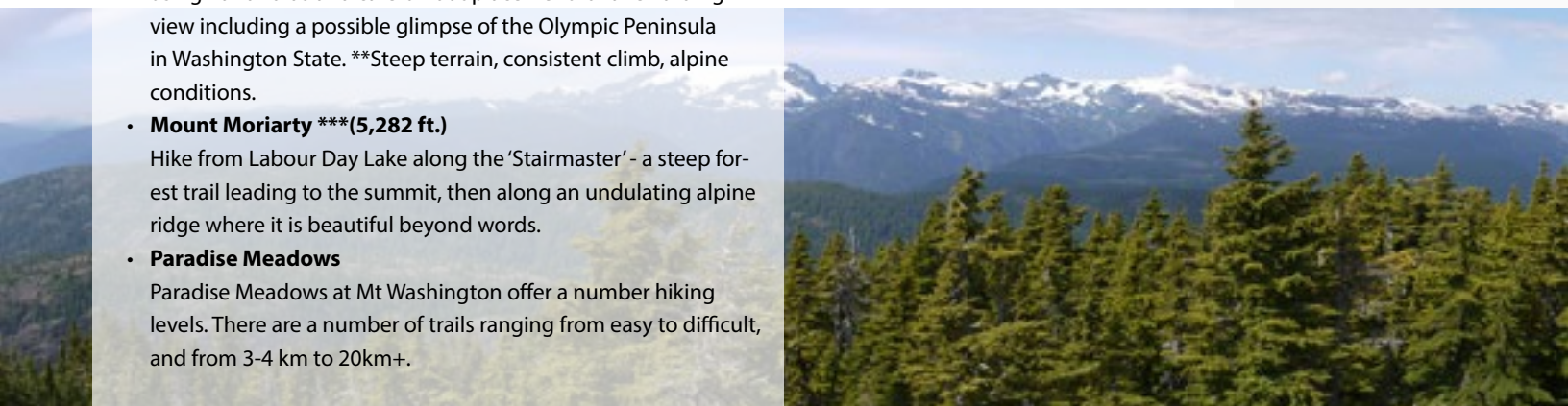
A website with all you need to know about Mountain biking in the Valley.

Skiing

Mount Washington Alpine Resort is located an hours' drive from Oceanside. It offers world class downhill skiing and snowboarding, cross country skiing, snow shoeing, and snow tubing.

Mount Washington Alpine Resort

<https://www.mountwashington.ca>



Biking-BMX

Oceanside BMX, <http://www.erikgoetzingerbmx.net> | (250) 927-4454

Bowling

Parksville Lawn Bowling Club, (250) 954-3930

Qualicum Beach Lawn Bowling Club, (250) 752-3341

Sunset Lanes, <http://www.sunsetlanes.ca/> | (250) 248-6411

Caving

Horne Lake Caves

Website/Phone number

Curling

Parksville Curling Club, <http://www.parkvillecurling.com> | (250) 248-3764

Qualicum & District Curling Club, <http://qualicumcurling.ca> | (250) 752-6162

Fishing

Mid-island Castaways, <http://www.midislandcastaways.com>

Parksville-Qualicum Fish & Game Association, <http://www.pqfg.org>

Fitness Centres

Parksville

Bodyworks Fitness, <http://www.bodyworksgym.net> | Co-ed (250) 248-3946 | Ladies only (250) 248-3346

Kick Start Fitness, <http://kickstartyourfitness.ca> | (250) 586-2011

Jim's Gym, <http://www.jimgym.ca> | (250) 248-3144

Iron Warehouse, <http://www.ironwarehouse.ca> | (250) 586-1566

Qualicum Beach

Bodysculptors Fitness, <http://www.bodysculptorsfitness.com> | (250) 752-5553

Golf

Arrowsmith Golf Course, <http://www.golfarrowsmith.com> | (250) 752-9727

Brigadoon Golf Course, <http://www.brigadoongolfcourse.com> | (250) 954-0644

Eaglecrest Golf Course, <http://www.eaglecrestgolfclub.ca> | (250) 752-6311

Fairwinds Golf Course, <http://www.fairwinds.ca/fairwinds/index.asp> | (250) 468-7054

Morningstar Golf Course, <http://www.morningstargolf.com> | (800) 567-1320

Pheasant Glen Golf Course, <http://www.pheasantglen.com> | (250) 752-8786

Qualicum Beach Golf Course, <http://golfqualicum.ca> | (250) 752-6312

Kayaking

Adventures Sea Kayaking, <http://adventuress.ca> | (250) 755-6702

Alberni Outpost, <http://www.albernioutpost.com> | (250) 754-6626

Pottery

Arrowsmith Potters' Guild, <http://www.arrowsmithpottersguild.bc.ca> | (250) 954-1872

Running

Oceanside Running Club, <http://www.orcarunning.ca>

Skating

Oceanside Place Area

830 West Island Highway

Parksville, BC V9P 2X4

<http://www.rdn.bc.ca/cms.asp?wpID=607> | (250) 248-3252

Oceanside Minor Hockey Association, <http://www.oceansidehockey.com>

Sandy Shores Skating Club, <http://www.sandyshores.ca>

Swimming

Ravensong Aquatic Centre

737 Jones Street

Qualicum Beach, BC V9K 1S4

<http://www.rdn.bc.ca/cms.asp?wpID=1054> | (250) 752-5014

Ravensong Breakers Aquatic Club, <http://www.racbreakers.ca>

Ravensong Masters Swim Club, Email: cu.at.the.pool@gmail.com

Ravensong Waterdancers, <http://www.ravensongsynchro.com>

Surfing Equipment

Qualicum Beach

Island Surf Co, <http://www.islandsurfco.ca> | (855)594-5452

Tofino

Live to Surf, <http://livetosurf.com> | (250) 725-4464

Storm, <http://stormcanada.ca> | (250) 725-3344

Surf Sister Surf School, <http://surfsister.com> | (877) 724- 7873

Ucluelet

Long Beach Surf Shop, <http://www.longbeachsurfshop.com> | (250) 726-2700

Tennis

Arrowsmith Tennis Club, <http://www.arrowsmithtennis.ca> | (250) 954-1066





Yoga

Parksville

Penny's Yoga, <http://www.pennsyyoga.com> | (250) 240-3569

Bare Roots Natural Health and Yoga Centre, <http://barerootsnatural-health.com> | (250) 954-2273

Namaskar Yoga Studio, <http://namaskaryoga.ca/> | (250) 586-9642

Qualicum Beach

Hot N Cool Yoga Club, <http://hotncoolyogaclub.com> | (250) 594-3040

Oceanside Yoga & Wellness Centre, <http://oceansideyoga.com> | (250) 240-3075

Performing Arts

ECHO Players Village Theatre

Qualicum Beach, BC

250.752.3522 | www.echoplayers.ca

Chemainus Theatre

Chemainus, BC

1.800.565.7738 | <http://chemainustheatrefestival.ca/>

The Port Theatre

Nanaimo, BC

250.754.8550 | <http://www.porttheatre.com/>

Dance Companies

- Innovate Dance Arts
<http://www.innovatedancearts.com>
- Qualicum Beach School of Dance
<http://qbschoolofdance.com>
- Forever Yung Dance Studio
<http://www.foreveryungdancestudio.com>



Visit a local Vineyard

- **Little Qualicum Cheeseworks, MooBerry Winery**

<http://www.mooberrywinery.com>

Open daily year-round

9:00 a.m. to 5:00 p.m