

Representation Agreements

NIDUS Personal Planning Resource Centre & Registry

1-604-408-7414

411 Dunsmuir Street
Vancouver, BC V6B 1X4

Provides information on enduring powers of attorney, representation agreements, advance directives, and other aspects of adult guardianship legislation.

www.nidus.ca

TIP!

Every capable adult in BC has the right to accept or refuse health care treatment. An **Advance Directive** (living will) documents a process called advance health care planning. Capable adults learn about their treatment options, discuss them with family, friends, caregivers, and doctor and make decisions about what health care they would want in the future if they became unable to make or communicate their own health care decisions.

The Vancouver Island Health Authority has made available an information package and planning document, that can be downloaded from VIHA's **Advance Directives** home page online at www.viha.ca/advance_directives. For more information, phone 250-370-5687.



Meals

Food Banks

Food hampers of mostly non-perishable foods are provided to those in need. Identification, proof of address and proof of income may be required.

Mustard Seed

250-953-1575

625 Queens Avenue

Victoria, BC V8T 1L9

Open Monday, Wednesday, Thursday and Friday from 9 a.m. to 2 p.m. Limited to 1 visit per month.

www.mustardseed.ca

Salvation Army

250-386-8521

2965 Quadra Street

Victoria, BC V8T 4E3

Open Monday to Friday from 9 a.m. to 11:45 a.m. and 1 p.m. to 4:15 p.m. Limited to 3 visits per year. Wheelchair accessible.

www.salvationarmy.ca

Sidney Lions

250-655-0679

2295 Ocean Avenue

Sidney, BC V8L 3S8

Open Monday, Wednesday, and Friday from 9 a.m. to 12 noon. Closed the last week of the month. Limited to 1 visit per month.

www.sidneyfoodbank.com

Grocery Delivery Services by Phone

Safeway Dial-A-Shop **250-370-1669**

1950 Foul Bay Road
Victoria, BC V8R 5A7

A senior and shut-in shopping service. Will do shopping for phone orders and deliver for a charge on minimum order of \$35 for those living within Hillside and Cook Street area (Fort & Foul Bay side of Safeway).

www.safeway.com

Sendial **250-544-1234**

(Seniors and Disabled Volunteer Shopping Service, sponsored by Thrifty Foods). Call customer service at the number above and they will take your name and phone number and pass it on to the Thrifty Food store for your area. You will be called the day before your order is shopped and delivered. \$5 delivery charge for all Sendial orders. Call between 8 a.m. and 9:30 p.m.

www.thriftyfoods.com

Wellburn's Market **250-384-3543**

1058 Pandora Avenue
Victoria, BC V8V 3P5

Will do shopping-by-phone order and deliver a minimum order of \$25 within a 3 mile radius. \$4 delivery charge. Call before noon, Monday to Friday except holidays.

Meals – Dining Out

Meals prepared and served in the community for seniors. Please call ahead for the time, cost, availability, and membership requirements.

Beckley Farm Lodge **250-381-4421**

530 Simcoe Street
Victoria, BC V8V 4W4

Church of Our Lord **250-383-8915**

626 Blanshard Street
Victoria, BC V8W 3G6

Esquimalt Recreation Centre **50 + Lunch Program** **250-412-8500**

527 Fraser Street
Victoria, BC V9A 6H6

Fernwood Community Centre **Autumn Glow Society** **250-381-1552**

1240 Gladstone Avenue
Victoria, BC V8T 1G6

Glenshiel **250-383-4164**

606 Douglas Street
Victoria, BC V8V 2P8
www.theglenshiel.bc.ca

See advertisement on page 65.

James Bay Community Project **Administration** **250-388-7844**

547 Michigan Street
Victoria, BC V8V 1S5

James Bay Community **School Centre** **250-389-1470**

140 Oswego Street
Victoria, BC V8V 2B1

**Jewish Community Centre
Of Victoria** 250-477-7185

3636 Shelbourne Street
Victoria, BC V8P 4H2

**Juan de Fuca 55 +
Activity Centre** 250-474-8618

1767 Island Highway
Victoria, BC V9B 1J1

**Monterey Centre
Seniors' Activity Centre** 250-370-7300

1442 Monterey Avenue
Victoria, BC V8S 4W1

**Oaklands Chapel
Seniors** 250-595-1411

2736 Fernwood Road
Victoria, BC V8T 3A4

Saanich Silver Threads 250-382-3151

286 Hampton Road
Victoria, BC V8Z 1H1

**St. Mary's Anglican
Church** 250-474-4119

4125 Metchosin Road
Victoria, BC V9C 3Z6

**Salt Spring Seniors
Services Society** 250-537-4604

379 Lower Ganges Road
Salt Spring Island, BC V8K 2V4

**Sooke Seniors'
Drop-In Centre** 250-642-6898

6689 Sooke Road
Sooke, BC V9Z 1H9

**Meal Preparation and
Delivery – Dining In**

Better Meals 1-888-838-1888

3930 Kitchener Street
Burnaby, BC V5C 3M2
Home delivered freezer-to-table meals. 3 course dinner for \$6. Also available diabetic, bland low sodium and pureed diet menus. Free weekly delivery with minimum order of \$25. Better Meals is a registered service provider of Veterans Independent Program.
www.bettermeals.com

**Chef on the Run
Oak Bay** 250-595-3151

2020 Oak Bay Avenue
Victoria, BC V8R 1E4
Dinners delivered to your home or pick-up. Low salt, fat and skin removed. Small delivery charge.
www.chefontherun.ca

**Chef on the Run
Sidney** 250-655-3141

9781B 2nd Street
Sidney, BC V8L 4P8
Dinners delivered to your home or pick-up. Low salt, fat and skin removed. Small delivery charge.
www.chefontherun.net

Dine In Victoria 250-361-3463

Delivers dinner to your door from some of the best restaurants in town. Place your order at the number above, not the restaurant. Menus online or call to receive a book. Delivery charge, plus a 5% menu surcharge. 10% gratuity applies to orders over \$50.00.
www.dineinvictoria.com

Medical Equipment

Meals on Wheels **250-537-556**
Salt Spring Island **ext.33**

Meals on Wheels delivers a hot meal between 12 noon and 2 p.m. Monday to Friday. Extra meals are available.

Meals on Wheels
Sooke **250-642-2184**

Meals on Wheels delivers a hot meal between 11 a.m. and 12 noon, Monday, Wednesday and Friday. Frozen meals are available. Offers monthly menus with a wide variety of items.

Meals on Wheels
Victoria **250-595-6650**

Meals on Wheels delivers a fresh meal between 11 a.m. and 1 p.m. on Monday, Wednesday and Friday. Meals are ready to heat in the oven or microwave. We serve residents in Greater Victoria, the Saanich Peninsula and the Western Communities. Subsidies may be available to clients of the Vancouver Island Health Authority.
www.mealsonwheelsvictoria.ca



Medical Equipment and Supplies

Businesses offering a variety of equipment and supplies.

Communication Aids for Hearing

TELUS Message Relay for the Deaf For Tele Typewriter (TTY) users calling a standard telephone user, dial **1-800-972-6509** or **711**. For standard telephone users to communicate with a Tele Typewriter (TTY) user, dial **1-800-855-0511**.

**Western Institute for
the Deaf and
Hard of Hearing** **1-888-736-7391**

2125 West 7th Avenue
Vancouver, BC V6K 1X9
Provides special equipment for the hearing impaired.
www.widhh.com

Communication Aids for Vision

**Canadian National Institute
for the Blind** **250-595-1100**

2340 Richmond Avenue
Victoria, BC V8R 4R9
Sales, assessment and demonstration of vision enhancement and adaptive technology.
www.cnib.ca