

# S NEWS

## for the Young at Heart

### Qualicum Beach Seniors' Activities Centre

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www.qbseniors.shawbiz.ca ~ emailqbseniors@shawbiz.ca

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OCTOBER, 2013

250 752-0420

*October gave a party  
The leaves by hundreds came.  
The chestnuts, oaks and maples,  
And leaves of every name.  
The sunshine spread a carpet,  
And everything was grand.  
Miss Weather lead the dancing,  
Professor Winds, the band.*

I came across this little verse this summer and thought it would be just the way to start my October (and final) musing report.

September saw us getting back into full swing at the Centre after a very busy summer. We did have to cancel the Exercise Class on Thursday mornings due to lack of participation...maybe we could start something new in this spot. If you have any suggestions, talk to Riva West who is our Activity Director and has some new groups starting in October that some of you may like to take part in.

Johanna organized a picnic down at the beach on the 8th. The weather turned out sunny after a few wet days and those who came enjoyed themselves. Maybe next summer we can do this more often, it is a lovely place to sit and enjoy the view.



## MAGGIE'S MUSINGS

...we should take time out to enjoy it while we can.

On the 21st, the Centre took part in the Town's Sidewalk Sale by selling coffee and cookies. We made \$23 on the cookies which we donated to the Salvation Army food bank. Thank you to **Johanna, Maureen** and **Elva** who helped organize it all!

I want to thank the volunteers who helped out at the Wellness Fair: **Johanna, Bonnie, Win, Elva, Ann, Lila** and **Evelynne**. It was interesting to visit the other booths that were there as well as meet the people who stopped at our table. It was a good opportunity to give out info about the Senior Centre.

Of course there is the **AGM** coming up on the **22nd** of the month. I would encourage all members to come. We will close the Centre at 1:00 p.m. so the kitchen volunteers have time to tidy up before closing. There will be no activities that afternoon.

This is my last report, as I mentioned earlier and as usual I am doing it at the

last minute! It has been an experience being president (I can't think of a word to describe it...challenging at best!) I couldn't have done it without the other board members: Maureen, Janet, Suzanne, Bob, Ron and Lila who gave me their continual support.

**A BIG THANK YOU** to **Audrey** and **Ed** who stepped in as treasurers and to **Johanna, Riva** and **Joan** who stepped in when we needed them...they are letting their names stand for positions on the new board. Keep in mind we are looking for a **Secretary**.

I hope everyone will come out to our **AGM** to show your support of the Centre. Fair thee well!

*Spotlight  
this month  
Marion White*



Marion White joined the Centre about 7 or 8 years ago—and what a welcome addition to our group! She always has a smile for everyone and seems to enjoy all facets of life.

She volunteered in the kitchen for quite sometime—and very capably managed the kitchen for 3 years.

We loved (and continue to appreciate) the baking she did—especially the cherry squares and the “titty” tarts (even the student passers-by stared in the window at the delicious display in the glass case on the counter!) Marion is also an enthusiastic dart player. Thank you Marion; we very much appreciate all the hours and the skill you have contributed to the Centre

**A** **TUESDAY, OCTOBER 22 ~ 1:00 p.m.**  
**at THE CIVIC CENTRE**

**G** **Plan to let your name stand to serve on the Board ... and**  
**bring your suggestions for the good and**  
**welfare of your Centre**

**M** **WE LOOK FORWARD TO SEEING YOU THERE!**

# Centre Activities

## MONDAY

### ◆ YOGA

9:30 a.m. & 11:00 a.m.

◆ SCRABBLE ~ 10:00 a.m.

◆ QB UB UKULELE -12:45 p.m.

◆ QUIZ / MOVIE ~ 1:00 p.m.

◆ LINE DANCING ~ 3:15 p.m.

## TUESDAY

◆ FUN BRIDGE: 9:15 a.m.

◆ WRITERS GROUP: 10 a.m.

NEEDLEWORK: 1:00 p.m.

◆ CANASTA/ CRIB ~ 1:00 p.m.

## WEDNESDAY

TAI CHI ~ 10:00 am

◆ DOMINOES ~ 10:00 a.m.

◆ BRIDGE ~ 12:30 p.m.

◆ EMPOWERED AGING  
1:00 p.m..

## THURSDAY

◆ SONGBIRDS ~ 10:00 a.m.

◆ Drop-In BRIDGE ~ 12:30 pm

◆ WHIST at 1:00 p.m.

◆ IMAGINATION & PLAY  
1:00 p.m.

◆ LAUGHTER & JOKES  
2:15 p.m.

## FRIDAY

### ◆ DARTS:

at 9:15 a.m. sharp!

UKULELE #2 ~ 10:00 a.m.

◆ YOGA ~ 11:30 a.m.

◆ MAH JONG ~ 1:00 p.m.

◆ ART GROUP ~ 1:00 p.m.

\*\*\*

**You must be a member to participate in Centre activities only \$15 per year**

Monday movies  
at 1:00 pm



\* October 7th \*

### LIFE OF PI

with Suraj Sharma  
Infan Khan

\* October 21st \*

### QUIZ DAY

\* October 28th \*

### A GOOD YEAR

with Russell Crowe  
Albert Finney

## Attention all Kitchen Volunteers

### A SPECIAL MEETING

Will be held at the Centre on  
Saturday, October 5  
at 11:00 a.m.

Please plan to attend,  
coffee will be on!!

## Line Dancing

**CANCELLED:**  
October 28 to  
November 25

\*

**RESUMES:**  
Monday,  
December  
2nd



*"Do not follow where the path may lead,  
go instead where there is no path and  
leave a trail."*

*"Everyone must take time to sit and  
watch the leaves turn."*

*"To put the world right in order ... we  
must first set our hearts right."*

*"The reward of a thing well done is to  
have done it."*

*"Failure is unimportant. It take courage to  
make a fool of yourself."*

\* FRIDAY, OCT. 11  
**FANTASY WOODLAND  
HIGH TEA**

\*TUES. OCT. 22 ~ **AGM**  
at the Civic Centre

\*SATURDAY, OCT. 26  
**HALLOWEEN PUB  
NIGHT**

DECEMBER 1 ~ 5 P.M.  
**CHRISTMAS DINNER**  
at Deez Restaurant  
5:00 p.m.~ \$25

## NEW COMERS & EXPERIENCED WELCOME TO JOIN OUR QB UB UKULELE BAND

*Have you ever considered taking up a musical instrument but felt a little unsure if you could learn to do so?*

WELL, come on out and join our band, try out a ukulele, and see just how easy it is to catch on and what a fun instrument it is to play. We will help you get started and you don't have to be a great singer or have musical ability...just the wish to do something different, have some fun as well as make new friends. We practice every **Monday at 12:45 p.m.**- drop in and see what it is all about. We play at various senior centres and other venues out and about the Oceanside area



# from the kitchen



Always something tasty and interesting served!  
*Drop in for lunch! Don't miss out!*

\* Wednesday, Oct. 2nd

## CHILI

\* Tuesday, October 8

## CABBAGE ROLL CASSEROLE

\* EVERY THURSDAY

Something Special!!

\* Monday, October 21

## CHICKEN CACCIATORE

3  
-  
"SOUP SEASON" is upon us ...and as usual we are always looking for those buckets of soup to arrive in our kitchen throughout the winter months.

As most of you know we pay for the ingredients, as well as for any **baking** ...the kitchen staff are always very happy to see "yummy stuff" arrive to be served throughout the day.

**P.S.:** Do you have any "ice cream buckets" you would like to part with? ... our supply of soup containers has run short so will accept your donations!

**P.S. AGAIN!!** A large ugly, black **cookie sheet** has gone missing from the Centre. It is approx. 20" x 16", though not very attractive, it is still clean, not yet decrepit, very useful/useable and missed very much. If you run across it, please return it to the kitchen at the Centre. **AND** the **base of an aluminium** spring form pan is missing ?? We look forward to their return. Many thanks.



The Centre will be closed Monday, October 14th



Thanksgiving Day

*Thank You* to all who worked extra time in the kitchen over the summer.

**IT'S A FACT!!** With our membership over 800, only about 10 volunteer for the kitchen! Where are the rest of you??

New volunteers should go in to work to "learn" the routine and when you feel ready, give me a call to be scheduled ... once a month is great!

We're finding more often we need 3 people over the noon hours.

*Happy Thanksgiving* from Maureen  
**WE MUST BE DOING SOMETHING RIGHT!!**

### IT'S THE DOOR!!!

How many doors do you pass through in a day??

Whew! What a relief to learn this.

Ever walk into a room with some purpose in mind, only to completely forget what that purpose was?

Turns out, doors themselves are to blame for these strange memory lapses.

Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next. Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.

It's not aging, it's the door!! Thank goodness for studies like this!!

### "Create a pilgrimage to the table" this Thanksgiving!

\*1/4 cup plus 2 TBSP caramel topping, divided

\*1 Graham Cracker pie crust

\*1/2 cup plus 2 TBSP pecan pieces, divided

\*1 cup cold milk

\*2 pkgs (4 serving size) Jell-O vanilla instant pudding & pie filling

\*1 cup canned pumpkin \*1 tsp ground cinnamon

\*1/2 tsp ground ginger \*1/4 tsp ground nutmeg

\*1/4 tsp ground cloves

\*1 tub (8 oz.) Cool Whip whipped topping, thawed and divided. \*(Whipped cream works great too)

POUR 1/4 cup caramel topping into crust; sprinkle with 1/2 cup pecans.

BEAT milk, dry pudding mixes, pumpkin and spices with whisk until blended. Stir in 1-1/2 cups whipped topping.

Spread into crust. Top with remaining whipped topping.

REFRIGERATE 1 hour. Top with pecans and drizzle remaining caramel with fork. Store leftovers in fridge.

MAKES 10 SERVINGS.





Hi everybody.  
What a lovely summer we have had.

Now we are looking forward to some great shows AND our lovely trip on January 4th to the beautiful Caribbean Islands on the Nieuw Amsterdam (Holiday American Cruise Ship). We have to have the balance paid by October 14 (or make it the 11th with the long weekend).

The inside cabins are all sold out and because the cruise is so popular, the prices are higher after this date. So, phone Cruise Holidays at 1-800-465-7245 and ask for Shawn and make sure you get the special price you booked ... there are a few seats left if you would like to come with us!!

### YELLOWPOINT SPECTACULAR

the 7th of December...it's now full! But,



you can still see the same show at the Port Theatre, Saturday the 21st of December...same price of \$82 for bus and show.

We are going to Palm Court again this year, \$59 for bus and show. The great orchestra playing all the lovely Latin American music called "Flying Down to Rio". The Halloween show at Chemainus is sold out, but there are

**DEADLINE for  
NOVEMBER 2013  
NEWSLETTER ~ OCT. 28  
LILA GREENE ilapat@shaw.ca  
250 752-6489**

# Out 'n About with Sheila

still tickets for "It's a Wonderful Life" at the Chemainus Theatre with buffet, bus, show and taxes for \$119 each.



**LADYSMITH LIGHT UP, \$50** includes dinner, November 28th.

Remember, **BLACK FRIDAY** is at Bellingham this year, staying at the Hamp-

ton Inn and shopping at Bellis Fair. \$369.

Next year back to Portland. **CHRISTMAS LIGHTS at BUTCHART GARDENS**, dinner included for \$149. Please pay for your trips ASAP as they are going fast.

We had a great time at Tulalip AND a **BIG WINNER** on our bus, \$2800 I believe.

A good time SHOPPING in VICTORIA despite being held up on the Malahat for awhile.

Oh well! You win some and you lose some, but see you soon when you Come Out 'n About with Sheila.

I HAVE ONE LADY LOOKING for a Partner on the Silver Reef trip, November 19-21. \$315 with meals, hotel and shopping trip ... and  
 ANOTHER NICE LADY looking for a lady travelling companion on the cruise to the Caribbean Islands in January.  
Phone Sheila at 250 752-5659 to make contact with these ladies.

## Windows Vs Ford

For all of us who feel only the deepest love and affection for the way computers have enhanced our lives, read on. At a recent computer expo (COMDEX), Bill Gates reportedly compared the computer industry with the auto industry and stated.

"If Ford had kept up with technology like the computer industry has, we would all be driving \$25 cars that got 1,000 miles to the gallon."

**In response to Bill's comments, Ford issued a press release stating:**

**If Ford had developed technology like Microsoft, we would all be driving cars with the following characteristics...**

1. For no reason whatsoever, your car would crash...twice a day.
2. Occasionally, executing a manoeuvre such as a left turn would cause your car to shut down and refuse to restart, in which case you would have to reinstall the engine.



3. Every time a new car was introduced, car buyers would have to learn how to drive all over again because none of the controls would operate in the same manner as the old car.

4. Occasionally, for no reason whatsoever, your car would lock you out and refuse to let you in until you simultaneously lifted the door handle, turned the key and grabbed hold of the radio antenna.

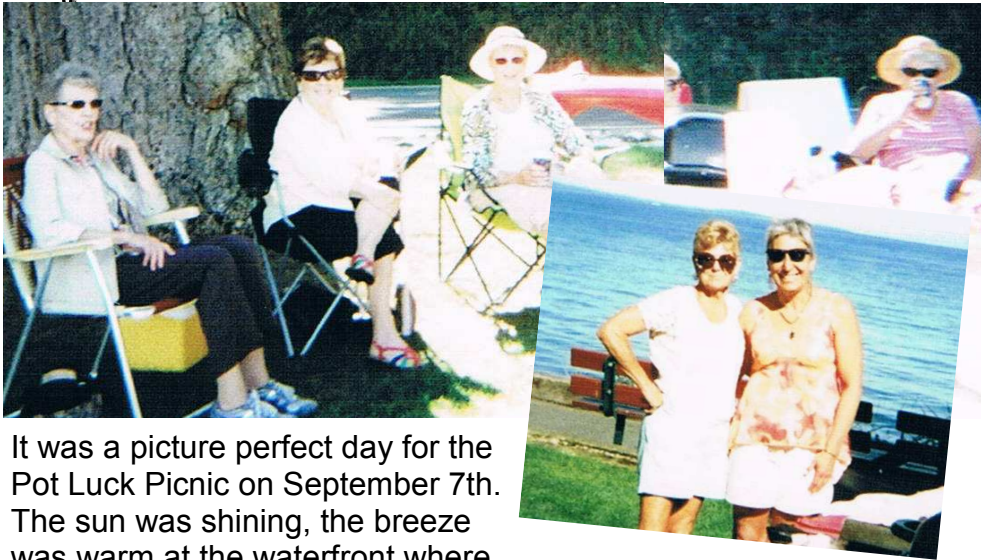
5. The oil, water temperature and alternator warning lights would all be replaced by a single "This Car has Performed an Illegal Operation" warning light.

5. The air bag system would ask, "Are you sure?"

6. When all else fails, you could call "customer service" in some foreign country and be instructed in some foreign language how to fix your car yourself!!

*This is for those of you who love ... but sometimes hate ... your computer!!*

# picnic time ... at the beach!



It was a picture perfect day for the Pot Luck Picnic on September 7th. The sun was shining, the breeze was warm at the waterfront where the picnic was held. Special thanks to **Roy Jones** for coming early to help me set up and for his delicious chicken and garlic bread. Thank you also to **Judy Southern** for helping set up/pack up...and remembering the table cloths!

## Downtown QB ...

On September 21st we opened the Centre to take part in the QB Downtown Merchants Sidewalk Sale and Carnival. Elva Standish and Maureen Johnson baked some wonderful cookies that we sold as a fundraiser for the Salvation Army. Thank you very much ladies. Also thank you to all the volunteers who came to help and to all those that stopped by for a coffee and cookie.



## Fantasy Woodland

A "Fantasy Woodland" tour and High Tea at Milner Gardens is planned for **Friday, October 11th**. If you are interested, please put your name on the sign-up sheet at the Centre. Be at the Centre at 12:30 if you need a ride ... tea is at 1:00 p.m.

## Halloween Pub Night

**HALLOWEEN PUB NIGHT** will be held on Saturday, **October 26th**. A variety show featuring members from the Centre's various groups/bands will entertain.

**\*COSTUME CONTEST \*HOT & COLD APPY'S**

**\*B Y O B**

Watch for sign-up sheet at the Centre

**PS: 'pumpkin carvers'** are required on **Friday the 25th, 1:00 pm** at the centre. Pumpkins, carving tools & aprons supplied.



## BIRD WATCHING

by Gus Barrett

The seagull's not a bird of note,  
Not beautiful like some.  
It begs its meals from fishing boats,  
Then when the fishing boats have gone,  
It dumps its garbage on my lawn.

The gander is such a faithful bird,  
They say he mates for life.  
But samples all the chicks, I've heard,  
Before he picks a wife.  
Monogamous but always looking,  
Even while his goose is cooking.

The crow, now there's a bird depressing.  
Clad in its suit of ebony,  
It hasn't any taste in dressing.  
No drabber bird could ever be.  
But man could learn a lot you know,  
From that oh so cunning crow.

I wonder at the mallard drake,  
So handsome, with his head of green.  
When nature calls, he'll always take,  
The plainest mate I've ever seen.  
I know the secret that he keeps,  
Beauty's only feather deep.

The coot's the clown of all the birds,  
Entertaining all who see.  
Its flying style is so absurd,  
It never know where it should be.  
Devoid of any understanding,  
It crashes every time on landing.

My favourite of all's the eagle,  
Standing guard high in the tree.  
Like a king, so strong and regal,  
Sheltering his family.  
The eagle, so it seems to me,  
Would be an awesome enemy.

And so I sit and watch the birds,  
Resplendent in their winter plumage.  
Wishing I could have the words,  
The words to pay them proper homage.  
Would that poems I could pen,  
As beautiful as feathered friends.



# Safety Committee Notes

6

I attended the Town Safety Committee meeting on Wednesday, Sept. 11th on John Ablett's behalf (as they are enjoying a holiday "down under"). I passed on to committee our thanks for the installation of the "count-down" crossing lights at Fern and Memorial.

**GOOD NEWS!!** An arm with lighted pedestrian signs will be installed over the crosswalk from Qualicum Foods to the TOSH parking lot.

Adding to pedestrian safety in the Town will be crosswalks at **Garden and Memorial, Village Way and Hemsworth and Bay St. and Highway 19A.**  
from Judy Southern



**EDITORS NOTE:** As we are on the subject of **SAFETY** on the streets I wish to mention the importance of the message

(instilled in us as kids)... **stop, look (especially to your right) and listen when exiting the underground parkade** ... with the traffic coming in to park underground as well as Credit Union patrons exiting ...it is for your safety as well as the oncoming traffic, helping prevent fender benders and near misses that occur there from time to time.

... from 'facilities BOB' ...



The Board has purchased seven **CHAIR DOLLY'S** to make it easier for all members to stack the chairs and move to the storage area. The chairs are stacked as usual ten high and left on the dollies. It would be appreciated if everyone using the chairs would stack them correctly and move the stack into the storage area so that area is kept tidy.

While I'm making suggestions on storing our equipment, the **TABLES** should be stored **face to face** and **back to back** to protect the surface of the table tops...this also applies to the **card tables** and **dining tables**. Many thanks.

from Bob Blacklaws

# A Celebration of Life

for **KAY MacINTYRE**  
Saturday, October 12th  
1:00 p.m. ~ 4:00 p.m.  
at the Qualicum Beach Lawn Bowling Club

## Empowered Aging

Four Wednesday afternoons

**NEW START DATE: October 9 - October 30**

**1:00 - 3:00 pm**

**A drop-in discussion forum** sharing with others what works for you. What are you doing for your health and well-being as you age? Be the expert. Come and tell us about it.

This is a way for us to learn from and support each other in developing creative ideas to refresh and renew ourselves. Each week will focus on a different aspect.

Week 1—How do we keep ourselves physically vital and healthy? Week 2—How do we keep ourselves intellectually motivated? Week 3—How are you doing emotionally as you are getting older? Week 4—is there a spiritual aspect to this part of our lives? Week 5—Social aspects and considerations as we lose loved ones.

## Imagination and Play

Four Thursday afternoons

**NEW START DATE: October 10 - October 31**

**1:00 - 2:00 pm**

Is imagination and play only for children? No—it can be for us right now. By having fun with exercises that cultivate the use of our imagination, we can remember how playing helps us be more joyful and creative every day

## Laughter and Jokes

Four Thursday afternoons

**NEW START DATE: October 10 - October 31**

**2:15 - 3:15 pm**

"They" say laughter is the best medicine. What amuses you and tickles your funny bone? Experience the benefits of taking ourselves lightly. Liberate your humorous self. Bring a joke or two so we can all laugh together. Perhaps we can even learn how to create our own jokes and laugh at ourselves.

*For information and to register for any of these events, call Riva West (250) 752-7178 or email [riva.west915@gmail.com](mailto:riva.west915@gmail.com).*

**URGENT CARE (Phase 2) NOW OPEN AT THE OCEANSIDE HEALTH CENTRE**

Construction crews are close to finishing the new entrance from the Alberni

Hwy. to the new Health Centre. With Urgent Care (Phase 2) now open, the community looks forward to Sept. 30 and the opening of the Primary Care Service.

Patients will be part of an integrated health network which will support better access to other health care services such as senior's health, diabetes education, mental health programs, healthy heart programs, homecare and wound care services.

As advertised recently Dr. Marlene van der Weyde has been hired as the first Primary Care physician, bringing with her a very caring approach to existing and new patients.

Initially, primary care services will be available from 9 a.m. to 4:30 pm Monday, Wednesday and Friday with extended hours to 6 p.m. on Tuesday and Thursday.

**AREA RESIDENTS CAN NOW ENROLL IN NEW PRIMARY CARE SERVICE**

With the opening of the Oceanside Health Centre's new primary care service. Oceanside residents will have better access to primary health care services, delivered by a team of health care providers.

In future, clinic hours will expand to 8 a.m. to 6 p.m. Monday to Saturday.

*more on page 8*

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**HAPPY HALLOWEEN** 

Trick or Treat	Moon	Jack O Lantern	Boo
Halloween	Broom	Spook	Black Cat
Pumpkin	Goblin	Candy	Costumes
Ghosts	Masks	Bonfires	Witches
Orange	Spider	October	Bats

**DRAW LINES THRU' THE WORDS** in this Word Find puzzle and receive a free cup of coffee (or tea) and a goodie from our concession. Sign your name and phone # on your entry by Sept. 25th and drop into the jar provided on the front desk at the Centre. The winner will be contacted by phone.

**LAST MONTH'S WINNER: ISABEL LYTTLE**

Name: ..... Fone: .....

J	X	S	L	M	O	O	R	B	S	V	T
A	Z	P	S	E	M	U	T	S	O	C	A
C	B	O	K	Q	G	H	O	S	T	S	E
K	O	O	T	O	R	A	N	G	E	O	R
O	N	K	B	A	T	S	Y	Z	R	C	T
L	F	L	S	N	G	A	N	D	Y	T	R
A	I	M	E	X	I	K	R	N	B	O	O
N	R	O	H	F	D	K	C	P	S	B	K
T	E	O	C	B	I	U	P	A	Q	E	C
E	S	N	T	S	K	S	A	M	L	R	I
R	E	D	I	P	S	X	Y	Z	U	B	R
N	E	E	W	O	L	L	A	H	K	P	T

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 seniors.secretarial@shaw.ca

**BOARD OF DIRECTORS - 2013**

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Vice-president	Maureen Johnson	752-3575
Secretary	Janet Dol	752-8694
Treasurer	Ed Burnett	752-8852
	Audrey Isbell	752-9134
<b>DIRECTORS</b>		
Activities	Riva West	752-7178
Membership	Suzanne Adkins	752-7971
Facilities	Bob Blacklaws	594-8097
Special Events	Johanna Scheepers	752-0257
Newsletter	Lila Greene	752-6489
<b>AFFILIATES</b>		
Travel Co-ordinator	Sheila Jackson	752-5659
Sunshine Lady	Pat Bull	752-3946
Past-president, historian	Judy Southern	752-5586
Kitchen co-ordinator	Joan Walsh	752-2275

## LIFE MEMBERSHIP COMMITTEE

My sincere thanks to all those who took the time to fill in a nomination form mentioning persons who are, in their opinion, deserving of a Life Membership at our Centre.

## Notes from Judy

Your input was a great help in making choices.

Thank you to JOY ARMSTRONG and JERRY PITTS. for serving on the committee with me.

## ALPHABET GARDEN

Big cheers to the waterers! I know ELVA STANDISH and AUDREY ISBELL were a great help in helping our "U" look its best. Thanks too, to ROY JONES.

Cont. from page 7. Information printed here and on page 7 from The Eagle Eye, written by Marlys Diamond... thought to be of interest to members of our Senior Centre.

## URGENT CARE (Phase 2) NOW OPEN AT THE OCEANSIDE HEALTH CENTRE

New patients are being accepted for this practice and enrollment forms for primary care are available at the Oceanside Health Centre reception, and on the Island Health website [www.viha.ca/location/oceanside.htm](http://www.viha.ca/location/oceanside.htm)

As more Oceanside residents may be interested in enrolling in the practice than there are initial spots available, patients will be accepted into the practice based on the following criteria: first priority will be for Oceanside residents without a family doctor; next priority will be Oceanside residents with a family doctor outside the community (e.g. Lower Mainland or elsewhere on Vancouver Island).

Once the needs of the first two groups have been met, other Oceanside residents wishing to move to the new practice will be considered, especially those who might benefit more from the multi-disciplinary team approach to care. Island Health will work with local family practices to help identify and transition these patients.

Primary care is defined as the initial contact patients have with a health care provider such as a family physician, nurse practitioner or other health care worker at the community level. The primary care service in the Oceanside Health Centre is linked to all other programs available through the Centre, which will ensure patient care and follow-up is coordinated.

Primary Care treats new and chronic illnesses and injuries; provides pre- and post-natal care; tends to child and youth health; delivers immunizations; supports health prevention management; manages emotional health (such as depression or stable mental health conditions); treats and cares for complex illnesses; manages chronic diseases; supports palliative care; conducts assessment and referrals and champions preventative care and wellness support.

The Oceanside Health Centre is a new health care facility operated by Island Health. Located at 489 Alberni Highway in Parksville, the facility began a phased-in opening of services in June 2013. The facility will be fully operational on September 30, 2013, delivering an augmented approach to care by providing patients with team-based primary and community services that focus on prevention, wellness and disease management, as well as urgent care services that provide same day medical care for medical issues that require immediate attention. More information about the Oceanside Health Centre is available at [www.viha.ca/locations/oceanside.htm](http://www.viha.ca/locations/oceanside.htm).