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SECTION 8

Quality of Life

Quality-of-life experiences are increasingly hard to realize in major urban centres. Concerns about over-crowding, rising crime, stress, pollution, high tax rates and rising real estate prices continue to drive individuals and families to seek more pleasing and rewarding communities. Salmon Arm offers business owners and new residents a refreshingly different paradigm, one that places a higher value on environmental quality, personal fulfillment and spiritual rewards. For example, the arts, cultural-based programs, festivals, sporting events, visiting performers and entertainers continue to grow in numbers and flourish in our community. People here are celebrants of a better life as well as participants in building a healthy, more satisfying one.



Health

General Health

General Health		
	Shuswap	B.C.
Life Expectancy at Birth (av 2000-2004)	79.8	80.6
Teen Pregnancies (per 1000 women 15-17 2000-2002)	15.3	20.5
Infant Mortality Rate (1999-2003)	3	4
Potential Years of Life Lost		
(per 1000 pop avg. 1999-2003)	Shuswap	B.C.
Suicide/ Homicide	3	5.4
Natural Causes	30.6	36.8
Accidental Causes	11.9	12.5
Source: BC STATS Regional Statistics Indicators of Health Problems, www.bcstats.gov.bc.ca July, 2005.		

Facilities

Health Care- Facilities			
Hospitals	Location	Distance from City (km)	Number of Beds
Shuswap Lake General Hospital	Salmon Arm	0	40
Vernon Jubilee Hospital	Vernon	65	332
Royal Inland Hospital	Kamloops	110	463 (2 hospitals)
Kelowna General Hospital	Kelowna	103	330
Health Authorities	Location	Number	
Enderby Community Health Centre	Enderby	250-838-2450	
Salmon Arm Health Unit	Salmon Arm	250-833-4100	
Shuswap Health Services	Salmon Arm	250-833-3636	
Sicamous Health Unit	Sicamous	250-836-4835	
Note: These numbers can be found in the Blue Pages under "Health Authorities".			
Other Health Professional Services	Location	Number	
Outpatient Clinics	Salmon Arm & Area	6	
Physicians	Salmon Arm & Area	40	
Dentists	Salmon Arm & Area	15	
Source: Info-Tel & Telus Yellow Pages; Phoned the above; www.investbc.com website. July, 2005.			

Organizations

Health Care -- Organizations		
Health Related Organizations and Programs		
Organization Name	Location	Phone
Canadian Cancer Society	Salmon Arm	250-833-4334
Canadian Mental Health Assoc.	Salmon Arm	250-832-8477
Community Care Health Services	Salmon Arm	250-832-6643
Fletcher's Park Seniors Resource Centre (Offers services in meals, advising, shopping, education and care)	Salmon Arm	250-832-7000
Harmony Haven	Salmon Arm	250-832-6643
Health Connections -- Transit service for non-emergency medical appointments in Kamloops (Tuesdays), and in Vernon/ Kelowna (Wednesdays) from Revelstoke, Sicamous, Salmon Arm, Sorrento. \$5 each way.	Revelstoke, Sicamous, Salmon Arm, Sorrento.	866-618-8294; www.busonline.ca
Meals on Wheels	Salmon Arm, Sicamous	250-832-3015, 250-832-7000, 250-836-2446
North Okanagan Shuswap Brain Injury	Salmon Arm	250-833-1140
Public Health Nurse	Shuswap Region	250-833-4101
Rotary Gardens	Salmon Arm	250-832-8655
Shuswap Family Planning Clinic	Shuswap Region	250-833-0164
Shuswap Independent Living Assoc.	Salmon Arm	250-832-9726
Source: Info-Tel and Telus Yellow Pages; Contacted the above; Updated August, 2007.		

Residences

Health Care- Residences				
Seniors/ Residential Care	Location	Type	Number of Rooms/Beds	Funding
Arbor House	Salmon Arm	Licensed residential care	14	Private
Bastion Place	Salmon Arm	Residential Care	101	Gov't
Eagle Valley Haven	Sicamous	Seniors' Rental Units	28	Private
Good Samaritan Society: Hillside Village (2005)	Salmon Arm	Complex Care	75	Gov't
Good Samaritan Society: Pioneer Lodge Conversion Project (2006)	Salmon Arm	Assisted Living (Including Meals & Care)	30 Suites	Gov't
Harmony Haven	Salmon Arm	Adult Day Care	21 people	Gov't
Heron Place	Salmon Arm	Supportive room & board	12	Private
Lakeside Manor Retirement Lodge	Salmon Arm	Independent Housing	53	Private
Landers' Lodge (2006)	Salmon Arm	Supportive Living	13	Private
McGuire Lake Seniors Lodge	Salmon Arm	Rooms & meals	48	Private
Mountain View Manor	Salmon Arm	Assisted Living	10 Rooms	Private
Oakside Manor	Enderby	Residential Care Geriatric Psychiatric	36 Rooms, 38 Beds	Private
Parkview Place Extended Care	Enderby	Complex Care	31	Gov't
Piccadilly Care Centre	Salmon Arm	Supportive Living	66	Gov't/ Private
Piccadilly Terrace	Salmon Arm	Independent Housing	91 Rooms	Private
Shuswap Lions Manor	Sorrento	Independent Housing	16 suites	Gov't
Shuswap Lodge Retirement Residence	Salmon Arm	Supported & assisted living	40	Private
The Lodge Seniors Residence	Sicamous	Rooms & meals	10 Suites	Private, Residents may qualify for subsidy funding
Source: Info-Tel and Telus Yellow Pages; Contacted the above; www.gss.org website; updated August, 2007.				

Social, Cultural & Religious Amenities

Summer Recreation

Summertime in the Shuswap has plenty to offer in terms of recreation, largely due to the excellent weather and easy lake access. Some of these activities include

- Baseball
- Biking
- Fishing
- Golfing
- Hiking
- Horseback Riding
- Rafting
- Swimming
- Soccer
- Volleyball
- Water-skiing & Wakeboarding



Photo Courtesy of Salmon Arm Golf Club www.salmonarmgolf.com

Salmon Arm's proximity to the lake provides visitors and residents with numerous outdoor activities. Houseboating and boating are incredibly popular, with access to over 1000km of shoreline.



Photo Courtesy of Twin Anchors Houseboats <http://www.twinanchors.com/>

Winter Recreation



Photo Courtesy of Magna Bay Resort www.magnabayresort.com

Salmon Arm and surrounding areas offer an excellent spread of winter recreation, including

- Curling
- Hockey
- Skating
- Skiing
- Sled Dog Races
- Sleigh Rides
- Snowmobiling
- Snowshoeing



The Sunwave Centre holds two NHL regulation size arenas and the Salmon Arm Savings and Credit Union Memorial Sports Complex, a 100 X 200 foot indoor playing surface used for soccer, football, lacrosse, archery, rugby, baseball and training. Additional information about the above activities is available at www.shuswap.bc.ca.



Photo Courtesy of Larch Hills Ski Area <http://www.larchhillsskiclub.bc.ca>

Religion

Religious Institutions in the Shuswap	
Institution	Location
Alliance	* All Located in Salmon Arm and/or surrounding Areas. Vernon (65km) offers a broad selection of additional places of worship that are not found on this list.
Anglican	
Baptist	
Catholic	
Christian	
Community	
Eckankar	
Evangelical Free	
Gospel	
Jehovah's Witnesses	
Lutheran	
Mennonite	
Methodist	
Non-Denominational	
Pentecostal	
Presbyterian	
Salvation Army	
Seventh Day Adventists	
United	
Source: Info-Tel & Telus Yellow Pages, July 2005.	

Social & Culture

Social & Cultural Amenities	
Ballet & Dance Companies	Location
Dancing Angels	Sorrento
Interior Dance Academy	Salmon Arm
Just for Kicks Dance Studio	Salmon Arm
Momentum Gymnastics	Salmon Arm
Shuswap School of Ballet	Salmon Arm
Theatre Companies	Location
Shuswap Theatre Society	Salmon Arm
Galleries & Museums	Location
Shuswap Art Gallery Association	Salmon Arm
Haney House Heritage Park and Museum	Salmon Arm
Sicamous & District Museum & Historical Society	Sicamous
White Post Auto Museum	Tappen
Falkland Heritage Park Museum and Archives	Falkland
Public Libraries	Location
Okanagan Regional Library	Salmon Arm, Silver Creek Sicamous, Falkland, Enderby, Sorrento and Celista.
Okanagan College Library	Salmon Arm
Source: Info-Tel Yellow Pages, July 2005.	

Sports & Recreation

Sports, Recreation and Attractions		
Professional, Semi-professional, College Teams	Location	Sport & Status
Silverbacks Hockey Team	SunWave Centre	Junior A Hockey
Most Popular Attractions	Location	Description
Arts & Culture events	Various	Numerous great events*
Boating & houseboating	Sicamous, SA Bay	1100 km of shoreline.
Cross-country skiing	Larch Hills	Magnificent setting; annual ski loppet.
Golf Courses	4 courses	Championship and executive courses.
Haney House Heritage Park and Museum	Salmon Arm	Museum and historical sites with nature trails.
Margaret Falls	Sunnybrae	Short walk/hike to falls.
Nature Bay Trail	Waterfront	One hour walk/bike trail.
Roots & Blues Festival	SA Fairgrounds	60 artists, 7 stages.
Snowmobiling	Several	Fly Hills, Hunter Range, Crowfoot Mountain.
Twin-sheet Arena	Salmon Arm	Two ice/cement arenas. Ice Sports, or Trade Shows.
Wineries (Tours)	3 - Various	Wine tours & tasting.
4-plex movie theatre	Salmon Arm	New Release Videos shown on Large Screens.
*For a listing of events in Salmon Arm, visit www.sachamber.bc.ca for the events calendar listing.		
Shopping Malls	Location	Major Stores
Centenoka Park Mall	360 TCH S.W.	Safeway, Real Canadian Warehouse Club, Sears
Piccadilly Place Mall	10th St. S.W.	Zellers, Overwaitea, Shopper's Drug Mart
Shuswap Park Mall	Lakeshore Drive N.W.	Askew's Foods, BC Liquor Store.
Source: SAEDS Office, Telus Yellow Pages, Sunwave Centre. Updated August 2007.		