

New Physician Welcome Package

Nanaimo, British Columbia



Community information for physicians new to Nanaimo.

Nanaimo Medical Staff Association



WELCOME

THE WELCOME PACKAGE

Welcome to Nanaimo! This package, created by the Nanaimo MSA's New Physician Wellness Program, contains information and resources that you may find useful in your transition to Nanaimo and surrounding areas. This package is not meant to be comprehensive, nor does it intend to promote certain organizations over others. However, we hope that it will provide you with a sample of resources to help get settled in our community, both personally and professionally.

NANAIMO MSA

The Nanaimo MSA represents and advocates for Nanaimo medical personnel who hold a Board-issued permit to practice at a hospital, and who have been appointed to the Medical Staff. Its purpose is to represent the views of the medical staff on matters of interest, identify the rights and responsibilities of the individual practitioner, play an advocacy role independent from medical managers and department heads, and to provide the independent voice of the medical staff as a whole.

More information about the Nanaimo MSA visit www.nmses.ca

Disclaimer: *this package is for information purposes only and does not constitute or imply endorsement of any one person, company, or activity as listed.*

Contents

Welcome	1
Physician Society	2
Live	3-5
Work	6
Play	7-8
Contact	9





Nanaimo Medical Staff Engagement Society (NMSES)



Welcome to the Nanaimo Medical Staff Association (MSA).

As a member of the MSA, you are automatically a member of NMSES. NMSES is funded by the Specialist Services Committee (SSC) as part of the Facility Engagement (FE) initiative. FE is a provincial initiative that aims to strengthen relationships, engagement and communication between health authorities and facility-based physicians to improve their work environment and the delivery of patient care.



What is NMSES?

The Nanaimo Medical Staff Engagement Society supports and facilitates MSA engagement with the Health Authority through the provision of resources and infrastructure. Areas of focus include physician to Health Authority relationship and collaboration, physician to physician relationship and collaboration, and physician leadership and governance.

Who is NMSES?

The Society is governed by an Executive & Advisory Council of physicians who are supported by the Society's Project Manager and staff. The Council represents the voices and perspectives of the Medical Staff, and meets monthly to discuss issues that impact the Medical Staff and patient care.

NMSES for you.

NMSES supports physicians in various forms, including funding for physician-led projects and initiatives, opportunities to sit on committees and working groups, and scholarship funding. We also provide MSA, bulletins, event invitations, and more!. Visit our website at www.nmses.ca for more information, resources, and to read our Strategic Plan.



LIVE

CLINICS

Anchor Family Medicine

<http://anchorclinic.ca/>

Caledonia Clinics

<http://caledonianclinic.ca/>

Medical Arts Centre

<https://medicalartscentre.com/>

Pacific Station Medical Clinic

<https://pacificstationmed.ca/>

Sow's Ear Medical Clinic Ltd

<http://www.fetchbc.ca/service.html?i=23>

The Medicine Cabinet Medical Clinic

<http://www.fetchbc.ca/service.html?i=17>

Townsite Medical

<https://www.townsiteclinic.ca/>

Waddington Medical Clinic

[Waddington Medical Clinic](http://www.waddingtonmedicalclinic.ca/)

Wallace Street Medical Clinic

<https://wallaceclinic.ca/>

Walmart Walk-In & Family Practice Clinic

<http://jacknathanhealth.com/>

Wellington Medical Clinic

<http://wellingtonmedicalclinic.ca/>

COMMUNITY RESOURCES

Nanaimo Community Hospice Society

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

Nanaimo Disability Resource Centre

<http://www.ndrc.info/>

Nanaimo Foundation

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

DENTISTS

Cedar Valley Dental Center

<https://www.dentistrybc.com/>

Dover View Dental

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

Lakeside Dental Clinic

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

North Ridge Village Dental

<https://www.northridgedental.ca/>

Uplands Dental Clinic

<https://www.uplandsdental.com/>

FAMILY

Childcare:

NICC Childcare Center

<https://www.yellowpages.ca/bus/British-Columbia/Nanaimo/NICC-Childcare-Centre/6569868.html>

PacificCARE

<https://www.pacific-care.bc.ca/webads2.php?pgnum=25&filtercity=Nanaimo&filtertype=&page=home>

Quarterway Childcare Center

<http://www.quarterwaychildcare.com/SCHOOLS>

Don't forget your physician discounts!

CMA: Discounts for you and your family to numerous companies & services.

www.cma.ca/En/Pages/member-discounts.aspx

Island Health: The Employee Preferred Purchasing program is an employee-driven program that connects Island Health physicians to discounts and special offers provided by businesses serving Vancouver Island.

www.viha.ca/recognition/employee_preferred_purchasing/index.html



LIVE

FAMILY CONT'D.

Independent Schools:

Aspengrove School

<https://www.aspengroveschool.ca/>

Discover Montessori School

<http://public.dm-school.ca/>

Nanaimo Christian School

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

The High School at Vancouver Island University

<https://international.viu.ca/high-school>

Public Schools:

School District 68 Elementary Schools

<https://www.sd68.bc.ca/level/elementary-school/>

School District 68 Secondary Schools

<https://www.sd68.bc.ca/level/secondary-schools/>

FINANCES

Physician Financial

<https://www.facebook.com/groups/303157906773998Lead>

FINDING A HOME

Real Estate

460 Realty Inc

<https://www.460realty.com/>

RE/MAX of Nanaimo

<https://remaxofnanaimo.com/>

Renting

Craigslist

<https://nanaimo.craigslist.org/>

Kijiji

<https://www.kijiji.ca/h-nanaimo/1700263>

Renting cont'd.

Used Nanaimo

<https://www.usednanaimo.com/>

Rent Faster

<https://www.rentfaster.ca/bc/nanaimo/>

LGBTQ

Nanaimo Pride Society

<https://www.facebook.com/pridenanaimo/>

Trans Vancouver Island

www.transvancouverisland.ca

A resource and information for transgender and gender diverse people and their allies on Vancouver Island

RECREATION

Community Fitness & Aquatic Centres:

Beban Park Social Centre

<https://www.nanaimo.ca/facilities/Details/1-Beban-Park-Social-Centre>

Bowen Complex

<https://www.nanaimo.ca/facilities/Details/8-Bowen-Park-Complex>

Nanaimo Aquatic Centre

<https://www.nanaimo.ca/facilities/Details/147-Nanaimo-Aquatic-Centre>

Nanaimo Ice Center

<https://www.nanaimo.ca/facilities/Details/216-Nanaimo-Ice-Centre>

Oliver Woods Community Centre

<https://www.nanaimo.ca/facilities/Details/231-Oliver-Woods-Community-Centre>

Romper Room

<https://climbromperroom.com/>



LIVE

REGIONAL DISTRICT OF NANAIMO

<https://www.rdn.bc.ca/>

RELIGION

Christian Churches

<http://churchdirectory.ca/browse/?p=BC&a=%&c=Nanaimo>

Islamic Centre of Nanaimo

<http://thebcma.com/BranchProfile.aspx?BranchId=10>

Spiritual Education and Celebration Centre

<https://www.unitynanaimo.org/>

SHOPPING LOCAL

Community Markets

Cedar Farmers Market

<http://www.cedarfarmersmarket.org/>

Sundays, 10:00 AM to 2:00 PM, May- October

Island Roots Bowen Road Market

<https://www.islandrootsmarket.com/>

Wednesdays, 3 pm to 6 pm, starting Oct. 17th

Nanaimo Downtown Farmers Market

<http://nanaimodowntownfarmersmarket.com/>

Fridays starting June 1st until Sept 14th 10 am – 2 pm

Nanaimo Farmers Market Online

<https://nanaimofarmersmarketonline.ca/>

Order by 9 pm on Monday to enjoy a delivery on Wednesday afternoon!

TRANSPORTATION

Taxi

A C Taxi

<http://actaxi.ca/>

Yellow Cab

<https://www.nanaimotaxi.ca/>

Bus

Regional District of Nanaimo

<https://www.rdn.bc.ca/transit-schedules>

Ferry

Departure Bay Ferry

<https://www.bcferries.com/schedules/mainland/hbna-current.php>

Duke Point Ferry

<https://www.bcferries.com/schedules/mainland/tsdp-current.php>

Plane

Comox Airport (YQQ)

<https://www.comoxairport.com/>

Nanaimo Airport (YDC)

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

Victoria Airport (YYJ)

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

WORK

BURNOUT SUPPORT

Physician Health BC

<https://www.physicianhealth.com/>

24/7 Help Line: 1-800-663-6729

A program to support and advocate for BC physicians & their families. They provide assistance for a wide range of physical, mental & relationship challenges and aim to support a healthy, connected & resilient physician community.

COMMERCIAL/ OFFICE SPACE REALTORS

Colliers International

<http://www.collierscanada.com/en/offices/nanaimo/property-listings>

NAI Commercial Central Vancouver Island

<https://naivanisle.ca/>

LOCAL SUPPORTS

Island Health

<https://www.medicalstaff.islandhealth.ca/>

The Island Health Medical Staff website is a centralized information resource intended to provide timely, consistent and clear communication for Island Health's medical staff. It includes orientation & start-up resources, information on organizational structure, a calendar of events for continuing professional development events/activities, and much more.

Nanaimo Division of Family Practice

<https://www.divisionsbc.ca/nanaimo>

Nanaimo Medical Staff Engagement Society (NMSES)

<https://www.nmses.ca/>

Check out the Practice Start-up Guide for a comprehensive check-list of items to consider as you set up your new specialty practice.

The checklist can be found on the [NMSES website](#) as well as on the [NMSES Facebook Page](#)

PLAY

ARTS

Nanaimo Arts Council

<https://www.nanaimoartscouncil.ca/>

Nanaimo Art Gallery

<http://nanaimogallery.ca/>

CULTURE & HISTORY

Nanaimo Aboriginal Centre

<https://www.nanaimoaboriginalcentre.ca/culture/>

Nanaimo Bathtub Races

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

Nanaimo Museum

<http://nanaimomuseum.ca/>

The Port Theatre

<http://www.porttheatre.com/events/archives/apr-2016/city-nanaimos-2016-culture-heritage-awards-ceremony/>

Tourism Nanaimo

<https://www.tourismnanaimo.com/what-to-do/art-history-and-culture/>

MEDITATION/MINDFULNESS

Centre for Compassion Inspired Health

<http://compassioninspiredhealth.com/>

Get connected with your colleagues!

 **“Nanaimo Doctor’s Lounge”**

Your local physician network has a private, physicians-only, virtual doctor’s lounge where you can meet your colleagues and discuss a spectrum of topics from life to work.

<https://www.facebook.com/groups/210537849562307/>

 **Physician Group Activities**

Visit the NMSES website or contact us to find out how you can be supported in starting a group activity for you and your colleagues.

www.nmses.ca
admin@nmses.ca | 250-591-2833

PLAY



OUTDOORS

Hikes & Trails

All Trails

[https://www.alltrails.com/explore/canada/british-columbia/nanaimo?a\[\]=hiking](https://www.alltrails.com/explore/canada/british-columbia/nanaimo?a[]=hiking)

Alpine Club of Canada Vancouver Island Chapter

<http://accvi.ca/>

Hiking Meetups

https://www.meetup.com/topics/hiking/ca/bc/nanaimo/?_cookie-check=AB5-Bo_KtYQ1HV6Y

Mountain Biking

Nanaimo Mountain Bike Club

<http://nanaimomountainbikeclub.com/>

Nanaimo Mountain Bike Trails

<https://www.trailforks.com/region/nanaimo/>

On the Water

Nanaimo Rowing Club

<https://sites.google.com/site/nanaimorowingclub/home>

Nanaimo Yacht Club

<http://nanaimoyc.ca/>

SPORTS

Children's Recreation Programs

<https://www.nanaimo.ca/recreation-parks/recreation-facilities-schedules/childrens-recreation-programs>

Clubs and Organizations

<https://www.nanaimo.ca/docs/recreation-parks/clubsandorganizations.pdf>

Nanaimo Sports and Social Club

<https://www.nanaimossc.com/>

Have you tried MeetUp?

<https://www.meetup.com/cities/ca/bc/nanaimo/>



Nanaimo MSA

CONTACT

NANAIMO MEDICAL STAFF ENGAGEMENT SOCIETY

203-1801 Bowen Rd., Nanaimo, BC | V9S H1H

T. 250-591-2833

E. admin@nmases.ca

 www.nmases.ca

 NMSES

*Visit our website to meet
your MSA Executive and
Advisory Council
members.*

ISLAND HEALTH

MEDICAL STAFF ENGAGEMENT & DEVELOPMENT

 [Webpage: Medical Staff Engagement & Development](#)

GET INVOLVED!

Visit our website to see our events calendar, participate in forums, apply to lead your own events or groups and much more!

www.nmases.ca