

A rewarding career with  
**GoldenLife**



# About Golden Life

**Golden Life operates seniors' housing and care communities throughout BC and Southern Alberta.** Our communities offer independent living, assisted living, supportive living, residential care, home support, short-term stays and convalescent programs to support seniors of all abilities, from independent to those who require 24-hour professional nursing care.

“ Every day that I work, my goal is to bring laughter and smiles to all our residents and staff. The sense of family we have is heartening. I love working herel

— GOLDEN LIFE STAFF

”



## GOLDEN LIFE FAST FACTS

**Over 1,700 seniors**  
call a Golden Life Village  
home

We employ over  
**1,500 people**  
across all our villages

Golden Life annually  
**wins nursing**  
excellence awards

## LOCATIONS

### British Columbia

- Castle Wood Village, Castlegar
- Joseph Creek Village, Cranbrook
- Crest View Village, Creston
- Rocky Mountain Village, Fernie
- Mountain Side Village, Fruitvale
- Silver Kettle Village, Grand Forks
- Columbia Garden Village, Invermere
- Garden View Village, Kimberley
- Lake View Village, Nelson
- Rose Wood Village, Trail
- Kootenay Street Village, Cranbrook
- Ocean Front Village, Courtney
- Coastal Breeze Village, Powell River

### Alberta

- Whispering Winds Village, Pincher Creek
- Evanston Grand Village, NW Calgary
- Grande Avenue Village, Cochrane
- Grand Seton Village, Seton

## Real Living® Enabling Residents to Live their Best Lives

Golden Life's trademarked philosophy Real Living® reflects our belief that a quality life is important at all stages of our journey and puts the person at the center of all decision making.

The four pillars of Real Living® — Vitality, Independence, Opportunity and Security — have been developed to guide us to meet residents' medical, social, spiritual, cognitive and cultural needs to the best of our abilities.

There are no 'patients' in our villages. Instead, there are residents, individuals who bring with them an extended network of relationships with family, friends and others that are maintained within the social fabric of the village. We accept and adapt to our resident's functional abilities, personal desires, life experiences and health needs. We also respect individual differences, promote individual choice, and focus on strength and wellness.



# Look Around Courtenay

Courtenay has many places to see and activities to get involved in all year long. Courtenay is part of the unceded traditional territory of the K'ómoks First Nation, the traditional keepers of this land.

## Cinemas and Theatres

- Sid Williams Theatre
- Landmark Cinema
- Old Church Theatre Society
- Courtenay Little Theatre Society

## Historical Points

- Courtenay Riverway Heritage Walk
- Courtenay and District Museum
- Simms Millennium Park
- Lewis Park
- Fifth Street
- Settler's Cairn

**Downtown Courtenay is Comox Valley's central district for shopping and entertainment. With 240 businesses and amenities in one walkable area, you'll find just about anything you want, including galleries, a museum, theatres, cafes, pubs, restaurants and boutiques. Free parking and bicycle-friendly too!**

## Shopping

- Artifact
- Bop City Records
- Design Therapy
- Laughing Oyster Book Shop
- Cherry Wine Fashions
- And more

## Festivals and Events

- Simms Summer Concert Series
- Winterbites Festival
- Herb Bradley Snowsport Festival
- Nautical Days
- Vancouver Island Musicfest
- Dine Around Festival
- Downtown Courtenay Summer Street Markets

## Schools

- 6 Elementary
- 3 Secondary
- 1 Senior/Secondary
- 1 Middle
- Nala'atsi Alternate Program

## Fitness

- StrongHearts Fitness: School of Movement
- Wild + United Athletics Inc.
- In-Yoga Studio
- 30 Minute Hit
- The Studio Comox Valley
- Comox Valley Boxing Club
- and more

GET FIT & HAVE FUN!



**Courtenay**  
was incorporated  
in 1915.

Courtenay's **estimated**  
population in 2020 was  
**28,862.**



## There are lots of adventures to be found around Courtenay!

The Comox Valley is Vancouver Island's adventure and culinary destination. Picture yourself carving down an alpine ski run with an ocean view, Nordic skiing through an ancient forest, or scuba diving in crystal clear water.

### Hot Springs

- Fairmont Hot Springs
- Lussier Hot Springs
- Radium Hot Springs
- Ram Creek Hot Springs

### Popular Hikes

- Strathcona Provincial Park
- Seal Bay Nature Park
- Nymph Falls Nature Park
- Wildwood Interpretive Forest
- Royston Seaside Trail
- Comox Marina Park

### Beaches and Outdoor Water Activities

- Goose Spit Beach
- Kye Bay Beach
- Saratoga Beach
- Miracle Beach Provincial Park
- Kayak the Courtenay Estuary, Comox Lake or among the islands in Salish Sea

### Summer Activities

- Charter a fishing or sightseeing tour
- Tour and taste at local breweries, wineries & distilleries
- Take Mount Washington ZipTour and experience 2.3 km of stunning alpine-ocean scenery
- Travel 80 million years back in time by taking fossil tours with the Courtenay Museum
- Taste your way through the Comox Valley with culinary tours
- Take Whale Watching tour on a zodiac or covered boat
- Grizzly Bear Expedition tour
- Learn about the K'òmoks First Nation
- Golfing! Comox Valley has nine golf courses suitable for golfers of all skill levels

### Winter Activities

- Ride the slopes at Mount Washington on skis or snowboard, or give the tube park a whirl!
- Refuel, relax, and unwind at any of the amazing Comox Valley Restaurants
- Check out over 55 miles of pristine cross-country trails at Mount Washington's Raven Lodge

- Treat yourself to a rejuvenating spa treatment
- Tour the festive window displays in the Downtown shopping areas
- Browse local art galleries and gift shops
- Check out a museum
- Visit the indoor Comox Valley Farmers' Market and sample local produce
- Challenge yourself on one of the year-round golf courses
- Experience spectacular scuba diving in one of the world's cleanest marine environments





# A Day in the Life in Courtenay

There are so many options for your days in the area. Here are a few our staff love:

## Summer Days

### WORKDAY

### DAYS OFF

Day shift: 7AM-3PM

#### Afternoon plans:

- Take a stroll down Royston Seaside Trail
- Go for a swim at the Gartley Beach

#### Evening plans:

- BBQ at the Gartley Beach: 7PM
- Beverages at Ace Brewing Company: 9PM

#### Morning plans:

- Check out Coal Creek Disc Golf Course
- Peruse the Farmer's Market

#### Afternoon plans:

- Picnic at Millard Lookout
- Take a relaxing walk down Courtenay Riverway Heritage Walk



SEE THE SIGHTS!



## A Day in the Life in Courtenay

# Winter Days

### WORKDAY

### DAYS OFF

Day shift: 7AM-3PM



#### Afternoon plans:

- Treat yourself to a rejuvenating spa treatment



#### Evening plans:

- Take in a beautiful sunset and enjoy a bonfire with friends
- Cuddle up with a good book

#### Morning plans:

- Brunch at local café
- Shopping
- Visit the dog park



#### Afternoon plans:

- Browse local art galleries and gift shops
- Ride the slopes at Mount Washington



#### Evening plans:

- Take a culinary tour of Downtown Courtenay





## Your Opportunity

We believe our primary responsibility is to our residents and their loved ones. We take the time to know our residents both as individuals and as members of the local community. We encourage residents' independence and choices for all services, care options and other functions of daily life.

We ensure that our staff are trained and supported in their roles because staff are the backstage engineers who truly make our social model work effectively. We strive to create and maintain environments where growth, opportunity, challenge and accomplishment are as important as fair pay, safety, and just ethical treatment.

### Golden Life provides the following opportunities for staff:

- Excellent training, orientation and mentorship for new graduates
- Opportunities for growth and advancement
- Golden Life Leadership Program — over 80% management promoted from within!
- Staff appreciation events
- Great comprehensive benefits program
- Rural BC loan forgiveness program — 100% of student debt forgiven over five years
- Our employee concierge will provide you with contacts for local housing, daycares, entertainment and more

## Department Philosophy

### Care

We believe it is our responsibility to listen and learn from our residents and families, care for and entertain them, inform them and empower them through an enriching environment.

We believe and value contributions made by our highly qualified care staff, which regularly assesses each resident within the community of care to maximize resident wellness.

We believe our employees deserve to be respected as individuals who have desires and whose health and happiness are integral to resident happiness and wellbeing.

## Did you know?

In our Long Term Care Villages, LPN's work to their full scope of practice and are given more autonomy than in acute settings. For Registered Nurses, expect a scope of practice similar to that found on medical floors on the hospital.

This is a great place to secure your skill set, begin your career and to build experience in the fastest growing area of healthcare!

## AVAILABLE POSITIONS

Health Care Aide  
(HCA)

Licensed Practical  
Nurse (LPN)

Registered Nurse  
(RN)

Director of Care  
(DOC)

# Resources for Graduates

## For information on:

- Provisional licenses
  - BC student
  - Canada nurse (also for out of province students)
- Emergency licenses (2-week turnaround)
- Student loan repayment program

## Visit:

<https://bit.ly/30pLt4>



## Contact Us

We can help you navigate the system — call our employee concierge, who can help arrange your paperwork and give you an in-depth knowledge of the mountain community you want to call home!

**778-400-3622**

**Email: [inquiry@glm.ca](mailto:inquiry@glm.ca)**