

# as we age

SENIORS RESOURCE GUIDE 2024



health



diet



fitness



activities



support

**Burnaby**now

NewWestminster  
**RECORD**



# Burnaby's Affordable Retirement Living Community

Think life in a seniors community featuring delicious meals, spacious suites, activities for the body, mind and spirit and a caring community is out of reach?

**Think again!**

Your new home is waiting at AgeCare Harmony Court Estate. Call **604-788-8164** or visit [agecare.ca](http://agecare.ca) today for more information and to book your personalized tour.



Telling a story they've  
all heard 5 times.

**parc**  
retirement  
living

[parcliving.ca](https://parcliving.ca)

**Being a senior has its moments.** Life at PARC embraces this, whether those moments are funny, over the top or just relatable. Best of all, you get to share them with like-minded people at the same stage of life. You also get to choose from a variety of activities, accommodation options and meals. Live your best years in the best company.

**Mulberry:** 604.526.2248 | 7230 Acorn Ave, Burnaby | [parcliving.ca/mulberry](https://parcliving.ca/mulberry)

# We prescribe

Our Save-On-Foods & PriceSmart Foods pharmacists can now prescribe for minor ailments.



Our Pharmacist can assess your minor ailment and write you a prescription. This may include the following and more:

- Acne
- Acid Reflux
- Athlete's Foot
- Allergies
- Cold Sores
- Diaper Rash
- Eczema
- Fungal Infections
- Heartburn
- Oral Thrush
- Skin Infections
- Urinary Tract Infections

See our Pharmacist for details.

**save on foods** pharmacy **PRICE SMART** 佳廉超市 FOODS PHARMACY 藥房

Spend min. \$30\* on pharmacy products and receive one **free** **\$10** gift card

Coupon valid until December 31, 2024 at SAVE-ON-FOODS or PRICESMART FOODS pharmacy.

\*Excluding prescriptions, cosmetics, health & beauty aid, baby products, groceries, tobacco. Selected products may be excluded due to provincial and regulatory restrictions. See pharmacist for details. To the pharmacy attendant: Ensure \$20 or more is spent on eligible pharmacy items. Scan gift card. Scan coupon. Place coupon in drawer.

4 56364 99268 8

**NOW OPEN The City of Lougheed:** 9899 Austin Rd. Burnaby, 604-899-1357

**Marine Way:** 7501 Market Crossing, Burnaby, 604-433-6314

**Cameron:** 3433 North Rd, Burnaby, 604-415-9992

**Willingdon:** 4469 Kingsway, Burnaby, 604-435-8283

**Station Square:** 4650 Kingsway, Burnaby, 604-433-3760

**Royal City Centre:** 610 6th St, New West, 604-520-6087

**Sapperton:** 270 East Columbia St, New West, 604-523-2583

**HighGate Village:** 7155 Kingsway, Burnaby, 604-540-1389

**Madison Centre:** 4399 Lougheed Hwy, Burnaby, 604-298-5173

# MISSING TEETH?

*We can help!*



Partial Dentures



Complete Dentures



Implant Supported Dentures

## NORTH BURNABY DENTURE CLINIC

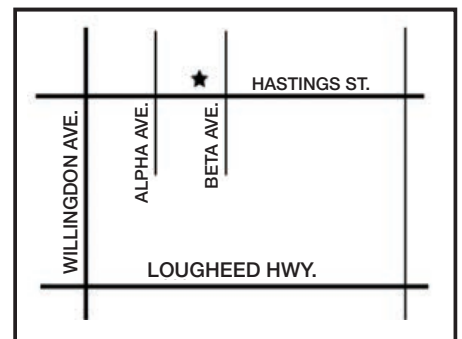
*Trusted since 1981*

4653 Hastings St., Burnaby

**604-294-6911**

[www.northburnabydentureclinic.com](http://www.northburnabydentureclinic.com)

Jeremy Duprat R.D., Denturist





Burnaby Seniors' Resources Society

778-357-0525  
burnabyseniorsresourcesociety@gmail.com  
burnabyseniors.ca

The Burnaby Seniors Resources Society is comprised of not-for-profit agencies & businesses in Burnaby serving seniors in the community.

BSRS provides: educational programs, networking opportunities and has a wealth of information and resources for seniors and their families.



burnabyseniors.ca



# as we age

## TABLE OF CONTENTS

'As We Age' Welcome .....	8
<b>SERVICES LISTINGS</b>	
Community Healthcare Providers .....	10
Community Recreation Facilities & Seniors Centres .....	12
Counselling, Advocacy & Support Services .....	13
Funeral Homes & Bereavement Support .....	17
Government Programs & Services .....	18
Government Representatives .....	18
Health Information & Programs .....	22
Housing - Independent, Assisted, Residential Care & Affordable .....	24
Housing Programs & Services .....	26
In-Home Support Services .....	26
Leisure, Education & Social Activities .....	30
Meal & Food Delivery Programs/Shopping Assistance .....	32
Medical Equipment & Supplies/Pharmacies .....	34
Medical Equipment - Digital Imaging .....	37
Professional Services - Wills, Estate Planning, Legal, Insurance .....	37
Registered Charities & Foundations .....	38
Tax Information & Financial Services .....	38
Transportation & Travel .....	38
Volunteer Opportunities .....	38

## CONTRIBUTORS

Publisher: Lara Graham  
 Contributor: Amy Mak  
 Project Coordinator: Cynthia Hendrix  
 Design & Production: Birgit Brunner



As We Age: Seniors Guide is published annually by the Burnaby NOW, New Westminister Record, and Glacier Media Inc. To advertise in future editions, call 604 444-3451 or email lgraham@glaciermedia.ca



## welcome...



We're very pleased to have once again teamed up with Burnaby Community Services to create our annual health and wellness guide for seniors. In these pages, you'll find a wealth of information aimed at serving the needs of seniors here in Burnaby and New Westminster, including engaging articles, community contacts, a directory of local organizations and resources, and much more.

We're proud of our collaboration with Burnaby Community Services in creating the 2024 edition of *As We Age*, and are confident that it will serve readers well by shedding light on ways for those at or nearing retirement age to achieve and maintain good health and community connection, further their education and gain awareness. Thanks for taking the time to read our publication. We'd be very happy to hear your comments on what you would like to see in future editions.

**Lara Graham,**  
Publisher, Burnaby *NOW* and New Westminster Record



Welcome to the 2024 edition of the Burnaby and New Westminster Seniors Guide. This guide provides a list of services for seniors 55+ and their families along with some related articles.

We are delighted with our ongoing partnership with the Burnaby Now and the New Westminster Record to publish resource guides that support people to access community resources.

The inclusion of agencies and businesses in this guide does not constitute an endorsement nor does the omission constitute disapproval.

For more information about seniors supports and services in your community, please contact us at 604-291-2258 or visit [bbservices.ca](http://bbservices.ca).

**Antonia Beck,**  
CEO, Burnaby Neighbourhood House  
(Umbrella organization for Burnaby Community Services, Burnaby Seniors Outreach and Burnaby Meals on Wheels)



# 55+ BE ACTIVE IN BURNABY

Burnaby has four centres that specialize in programs for adults 55 years and older. These are friendly places where you can meet and socialize, learn new skills and enjoy creative leisure time.

For current activities and schedules, visit: [Burnaby.ca/Seniors](http://Burnaby.ca/Seniors)

**Bonsor 55+ Centre**  
604-297-4580 | 6533 Nelson Avenue

**Cameron Recreation Complex**  
604-297-4456 | 9523 Cameron Street  
The new temporary Cameron Community Centre and Library will be located in The City of Lougheed Shopping Centre at 9855 Austin Ave and an opening date will be shared once construction is ready to commence. Please contact staff for more information.

**Confederation Seniors' Centre**  
604-294-1936 | 4585 Albert Street  
The senior's programs and activities at Confederation Seniors' Centre will be temporarily relocated to Christine Sinclair Community Centre at 3713 Kensington Avenue. More details will be shared once construction is ready to commence. Please contact staff for more information.

**Edmonds Community Centre**  
604-297-4838 | 7433 Edmonds Street





# ARE YOU READY TO PUT PAIN IN THE PAST?



## Are YOU Tired of Living with:

- Tight muscles?
- Chronic pain?
- Restricted movement?
- Poor posture?

***If you answered yes to any of these issues, contact us today and we will help you!***

It's a shame so many people think their only option is to "rest" and mask their pain with pills hoping it just goes away. The reality is, if you've suffered for longer than 9 days, something is wrong! We want to help by showing you all the options that are available to you – some of which you can do at home and many that are covered by almost all insurance companies. And all of them are 100% natural.

## Back Pain Doesn't Have to Be Your Normal

Our team of health professionals are here to help if you're suffering from chronic back pain. Following a comprehensive assessment, we will work with you to create a personalized treatment plan. From there, a combination of supervised exercise, massage, and manual therapy will be used to help you recover faster and get back to living your life!

***Get back to the active, healthy life you want and deserve!***

## BURNABY'S LEADING PAIN SPECIALISTS



#102-7777 Royal Oak Ave  
604.437.7777



**OPEN 7 DAYS A WEEK!**



#205-5501 Kingsway  
604.439.1604

CHIROPRACTIC ● PHYSIOTHERAPY ● NATUROPATHY  
ACUPUNCTURE ● MASSAGE THERAPY



Book a **FREE DISCOVERY VISIT!**

[www.RoyalTreatmentTherapeutics.com](http://www.RoyalTreatmentTherapeutics.com)



## COMMUNITY HEALTHCARE PROVIDERS

### Acoustica Hearing Clinic

104 - 3999 Henning Dr, BBY  
604-294-1080  
acousticahearing.com

### Amplifon Clinics

605 - 4980 Kingsway, BBY  
604-432-6696  
108 - 1015 Columbia St, NW  
604-526-9717  
amplifon.com/ca

### Axis Dental Surgery Group

104 - 250 Keary St, NW  
604-553-7177  
axisdentalsurgery.com

### Burnaby Hospital

3935 Kincaid St, BBY  
604-434-4211  
fraserhealth.ca/service-directory/  
locations

### Burnaby Orthopaedic & Mastectomy

300 - 6411 Nelson Ave, BBY  
604-436-6092  
burnabyorthopaedic.com

### CDI College

Certified Dental Assisting Program  
Students offer free dental hygiene services  
(polishing, x-rays, and fluoride treatments)  
5th Floor, 5021 Kingsway, BBY  
604-437-8585  
cdicollege.ca

### Duke Park Denture Clinic & Laboratory

111 - 7738 Edmonds St, BBY  
778-985-5000  
burnabydentures.ca

### Edmonds Urgent and Primary Care Centre

201 - 7315 Edmonds St, BBY  
604-519-3787

### FYidoctors (Burnaby)

3801 Hastings St, BBY  
604-291-8825  
FYidoctors.com/burnaby

### FYidoctors (New Westminister)

Royal City Centre  
240 - 610 Sixth St, NW  
604-522-6929  
FYidoctors.com/new-westminister

### HearingLife Burnaby North:

3776 Hastings St, BBY  
604-569-1162

### Metrotown:

1698 - 4500 Kingsway, BBY  
604-434-6446

### New Westminister:

101 - 625 Fifth Ave, NW  
604-553-4952  
hearinglife.ca

### Madison Eyes Doctors of Optometry

102 - 1899 Rosser Ave, BBY  
604-298-7555

### New West Dentistry & Implant Centre

609 Sixth St, NW  
604-524-4981  
newwestminsterdentistry  
andimplantcentre.com

### New West Dentureworks Inc.

270 - 522 Seventh St, NW  
604-553-1222  
newwestdentureworks.com

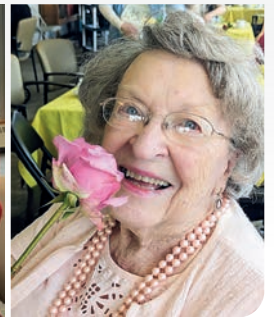
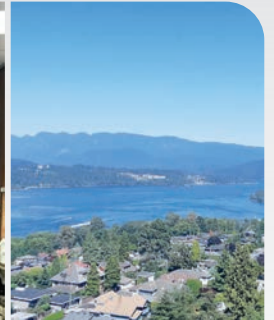
# BURNABY'S BEST KEPT SECRET IS CELEBRATING 50 YEARS!



For 50 years, Seton Villa has proudly served seniors with respect and integrity. We provide a caring community, while promoting health, independence, and affordable living.

Our all-inclusive monthly rental rates start at under \$2,000 providing 3 made from scratch meals, weekly housekeeping and laundry, an emergency call system, recreational activities, cable, Wi-Fi, utilities, suite insurance and maintenance services. Make the most of your retirement. Come home to Seton Villa! Call today to book a tour.

### Voted Favourite Retirement Residence in Burnaby!



**OUR ALL-INCLUSIVE MONTHLY RATES START AT UNDER \$2,000 AND WE HAVE VACANCIES!**

**Click on the QR code to take a virtual tour and learn more.**



3755 McGill Street, Burnaby | 604-291-0607 | www.setonvilla.com

# Making Seniors a Priority in Our Community



**KATRINA CHEN, MLA**

**BURNABY-LOUGHEED**  
3-8699 10TH AVE  
BURNABY, BC V3N 2S9  
604-660-5058  
KATRINA.CHEN.MLA@LEG.BC.CA



**JAGMEET SINGH, MP**

**BURNABY SOUTH**  
4940 KINGSWAY  
BURNABY, BC V5H 2E2  
604-291-8863  
JAGMEET.SINGH@PARL.GC.CA



**PETER JULIAN, MP**

**NEW WESTMINSTER-BURNABY**  
110-888 CARNARVON ST  
NEW WESTMINSTER, BC V3M 0C6  
604-775-5707  
PETER.JULIAN.C1@PARL.GC.CA

**Dental Care is here!  
Call our office for details.**



**RAJ CHOUHAN, MLA**

**BURNABY-EDMONDS**  
5234 RUMBLE ST  
BURNABY, BC V5J 2B6  
604-660-7301  
RAJ.CHOUHAN.MLA@LEG.BC.CA



**JENNIFER WHITESIDE, MLA**

**NEW WESTMINSTER**  
335 SIXTH ST  
NEW WESTMINSTER, BC V3L 3A7  
604-775-2101  
JENNIFER.WHITESIDE.MLA@LEG.BC.CA



**ANNE KANG, MLA**

**BURNABY-DEER LAKE**  
105-6411 NELSON AVE  
BURNABY, BC V5H 4H3  
604-775-0565  
ANNE.KANG.MLA@LEG.BC.CA



**JANET ROUTLEDGE, MLA**

**BURNABY NORTH**  
4270 HASTINGS ST  
BURNABY, BC V5C 2J6  
604-775-0778  
JANET.ROUTLEDGE.MLA@LEG.BC.CA

**Please contact us for any of  
your federal or provincial needs.**

### North Burnaby Denture Clinic

4653 Hastings St, BBY  
604-294-6911  
northburnabydentureclinic.com

### Prime Denture Clinic Ltd.

315 - 555 Sixth St, NW  
604-521-6424  
primedentureclinic@gmail.com  
primedentureclinic.ca

### Queen's Park Dental

902 Quayside Dr, NW  
604-256-2825  
queensparkdental.ca

### Royal Columbian Hospital

330 East Columbia St, NW  
604-520-4253  
fraserhealth.ca/service-directory/  
locations

### Sonaris Ear Centre

306 - 5050 Kingsway, BBY  
778-564-3277  
sonaris.ca

### Royal Treatment Therapeutics

**Royal Oak:**  
#102 - 7777 Royal Oak Avenue, BBY  
604-437-7777  
**Kingsway:**  
#205 - 5501 Kingsway, BBY  
604-439-1604  
royaltreatmenttherapeutics.com

### Total Therapy Rehabilitation & Wellness Centre

**Metrotown:**  
4665 Central Blvd, BBY  
604-620-9700  
**North Burnaby:**  
4162 Dawson St, BBY  
604-437-9355  
totaltherapy.ca

### Trask Denture Clinic

4616 Imperial St, BBY  
604-437-7916  
traskdenture.ca

### Vancouver Foot & Ankle Clinic

104 - 4350 Hastings St, BBY  
604-757-2558  
vancouverfootandankle.com

### VCC Dental Hygiene Clinic

Students provide low-cost dental care to the general public, under the guidance of experienced instructors.  
604-443-8499  
vcc.ca/services/eat-shop--more/  
dental-clinic/

### Wavefront Centre for Communication Accessibility

210 - 2755 Lougheed Hwy, POCO  
604-942-7397  
2005 Quebec St, VAN  
604-736-7391  
TTY: 604-736-2527  
580 - 2184 West Broadway, VAN  
778-329-0870  
TTY: 778-329-0874  
wavefrontcentre.ca

## COMMUNITY RECREATION FACILITIES & SENIORS CENTRES

### 411 Seniors Centre Society

3502 Fraser St, VAN  
604-684-8171  
411seniors.org

## Burnaby Community Response Network



Visit the BCCRN website:  
www.bccrns.ca

**Regional Mentor Fraser Valley West,**  
Ken Kuhn,  
Contact Email: ken.kuhn@bccrns.ca,  
Contact Phone: 604-949-0599

### What is a Community Response Network (CRN)?

A Community Response Network (CRN) is made up of a diverse group of concerned community members, community agencies, local businesses, government agencies, professionals and others who come together to create a coordinated community response to abuse, neglect and self-neglect in vulnerable adults.

The Burnaby CRN is reaching out to the community to join the network and work to raise the awareness of abuse, neglect and self-neglect in vulnerable adults and to ultimately prevent it from happening.



BC ASSOCIATION OF  
**Community Response Networks**  
*Stopping Adult Abuse and Neglect ...Together.*



### Henry Lam, RAUD, RHIP

Burnaby's most experienced independent audiologist. I provide a variety of audiology services - hearing tests, hearing aids, tinnitus management, and pediatric testing. Call and book an appointment to experience the best in personal, tailored hearing services.

I speak English, Cantonese, and ASL.

### Henry Lam

M.Sc., Aud(C), RAUD, RHIP  
Registered Audiologist and  
Hearing Instrument Practitioner



## SONARIS EAR CENTER

306 - 5050 Kingsway, Burnaby, BC, V5H 4C2  
T: 778.564.3277 | F: 604.336.9093  
E: burnaby@sonaris.ca | www.sonaris.ca

**55+ BC Games**  
778-426-2940  
55plusbcgames.org

**Bonsor 55+ Centre**  
6533 Nelson Ave, BBY  
604-297-4580

**Cameron 55+ Centre**  
9523 Cameron St, BBY  
604-297-4456

**təməsew' tx<sup>m</sup> Aquatic and  
Community Centre**  
65 East Sixth Ave, NW  
604-777-5100

**Century House**  
620 Eighth St, NW  
604-519-1066  
centuryhouseassociation.com

**Confederation Seniors' Centre**  
4585 Albert St, BBY  
604-294-1936

**Edmonds 55+ Centre**  
7433 Edmonds St, BBY  
604-297-4838

**Physical Activity Services**  
*Advice on physical activity and healthy living.*  
8-1-1 or 604-215-8110  
[www.healthlinkbc.ca/health-services/](http://www.healthlinkbc.ca/health-services/)  
[healthlink-bc-811-services/physical-activity-services](http://healthlink-bc-811-services/physical-activity-services)

**Queensborough  
Community Centre**  
920 Ewen Ave, NW  
604-525-7388  
newwestcity/parks-and-recreation

**Royal City Centre  
Shopping Centre**  
610 Sixth St, NW  
604-526-8064  
royalcitycentre.ca

**COUNSELLING,  
ADVOCACY &  
SUPPORT SERVICES**

**Burnaby Community Services**  
*Provides services and resources for seniors including: transportation to medical appointments, tax and form completion, and a range of community resource publications. Also provides programs for low-income seniors such as the Recreation Credit Program and Christmas Bureau seniors hampers.*  
2055 Rosser Ave, BBY  
604-299-5778  
BbyServices.ca

**Burnaby Hospice Society**  
4535 Kingsway, BBY  
604-520-5087  
burnabyhospice.org



San Antonio Shoemakers

**all about fit**

[www.mySASshoes.ca](http://www.mySASshoes.ca)



Water Resistant-Slip Resistant Line

Introducing Our **RUST** Collection



HUGGY | RELAXED & COZY

Available In Alternative Colorways



- Experienced shoe fitters on site
- Old fashioned customer service
- Multiple widths and lengths for a custom fit
- Proper support and relief for all foot types
- Handmade in North America
- Comfortable, fashionable and practical styles for women and men



**JOURNEY SNEAKER**

GQ "BEST SNEAKER OF 2023"



JOURNEY II CHALK

JOURNEY MESH GRAY

JV MESH BLUE

**SAS COMFORT SHOES BURNABY**

5900 Kingsway  
604.558.4727  
(Next to Wendy's)



**SAS COMFORT SHOES SURREY**

10340 152nd St  
604.498.4801  
(Next to Tim Horton's)



Online orders at [www.MySASshoes.ca](http://www.MySASshoes.ca)

## Burnaby Neighbourhood House

Offers Caregiver Support Programs, Seniors Memory Club, and Seniors Peer Support.

### BNH South:

4460 Beresford St, BBY  
604-431-0400

### BNH North:

4908 Hastings St, BBY  
604-294-5444

### BNH Brentwood:

2055 Rosser Ave, BBY  
604-299-5778  
alexish@burnabynh.ca  
burnabynh.ca

## Burnaby Seniors Outreach

2055 Rosser Ave, BBY  
604-299-5778  
bsoss.org

## Burnaby Seniors' Resources Society

facebook.com/burnabyseniors

## CARP North Fraser Chapter

1.833.211.2277  
northfraser@carp.ca  
carp.ca

## Century House Association Peer Support

604-519-1064 or 778-882-2472  
chaps.connect@gmail.com

## Burnaby & New Westminster Community Response Networks

bccrns.ca

## Golden Transitions

604-240-8085  
geoff@goldentransitions.ca  
goldentransitions.ca

## Multicultural Family Support Services

306 - 4980 Kingsway, BBY  
604-436-1025 or 236-865-1194  
vlmfss.ca

## New West Police Service & FSGV

Elder Abuse Unit  
604-525-5411

## Personalized Dementia Solutions Inc.

1-888-502-1321 or 778-789-1496  
dementiasolutions.ca

## Qmunity

Offers support for the 2SLGBTQIA+ community  
604-684-5307  
seniors@qmunity.ca  
qmunity.ca

## Citizen Support Services

Volunteer Visitor, Phone Buddy, Shopping Buddy, Shop by Phone, Light Housekeeping and Transportation to Medical Appointment services.  
604-294-7980  
burnaby.ca/citizensupportservices

## Seniors First BC

Seniors Abuse & Information Line (SAIL)  
604-437-1940  
1-866-437-1940  
seniorsfirstbc.ca

*Family value-based home care!*

### AFFORDABLE & FLEXIBLE PERSONALIZED HOME CARE

- Companionship
- Personal Care
- Specialized Care
- Overnight & 24 hr. Care
- Disability Care
- Respite Care
- Post-surgery care
- Home Support Services

Compassionate, experienced fully bonded & insured caregivers

JUST LIKE FAMILY  
HOME CARE

778-858-2748  
www.justlikefamily.ca



Our Clients  
are Just Like  
Family!

CALL FOR A FREE HOME CONSULTATION TODAY!

THE  
DERBY  
MANOR



Retirement Living

Bring this Ad and get the special rate.  
Reach out to us at 604.529.1019 for  
further information and to schedule  
your customized tour today.

\$ FROM 2,999



+1 604-529-1019  
info@derbymanor.ca  
www.derbymanor.ca  
8601-16TH AVE. BURNABY, BC V3N 0G1

# Home Care as unique as your family



Caregivers • Homemakers • Companions • Nurses

Talk to the Qualicare team about flexible options for AM/PM and 24/7 care, short and long term, help with errands and appointments, specialized care plans for dementia, ALS, Parkinson's, MS, palliative care, and more.

## Together, we've got this



**Qualicare**<sup>®</sup>  
Home Care

Call now for a supportive care conversation 604-670-8512

[www.qualicare.com](http://www.qualicare.com)

# Keep your brain sharp as you age



**C**ognitive decline is on the minds of many adults as they get older. Memory loss and trouble processing things can sometimes be a side effect of aging, as Everyday Health says the brain changes in size and structure as a person gets older. These changes can affect how well the brain works over time. Furthermore, illnesses affecting the brain, such as Alzheimer's disease, may start showing their symptoms in people when they've reached their mid-60s, says the National Institute on Aging.

Cognitive decline and dementia are not a certainty of aging. But older adults interested in strengthening their brains may want to consider these strategies.

## **Address high blood pressure**

High blood pressure can increase the risk of heart disease and stroke.

Maintaining healthy blood pressure and cholesterol levels is associated with better cognitive function, according to data published in 2021 in the *Journal of Alzheimer's Disease*.

***Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.***

## **Use all your senses**

Harvard Health says the more senses used in learning something, the more of the brain that is involved in retaining the memory. Studies have shown that images paired with

pleasant aromas leads to better recall later on.

## **Exercise regularly**

Staying physically active helps maintain blood flow to the brain, which also helps reduce the risk for hypertension.

## **Eat brain-healthy foods**

According to Cone Health Medical Group, studies show eating fish rich in omega-3 fatty acids, like tuna, salmon and mackerel, decreases risk for cognitive decline. People should avoid saturated fats, trans fats and hydrogenated oils.

## **Read and write frequently**

According to a study in the *journal Neurology*, regular reading and writing in one's older years reduced the rate of memory decline by 32 percent. Joining a book club or simply reading more on one's own can improve cognition. Similarly, writing improves memory and communication abilities and can help strengthen the brain as well.

## **Drink healthy beverages**

Tea and coffee can improve alertness and focus, as they're rich in polyphenols and antioxidants. A Place for Mom says caffeine in these beverages can help solidify new memories. Avoid drinking sugary beverages and limit consumption of alcohol, as neither boasts brain-boosting properties.

Keeping the brain sharp is a multilayered process that involves healthy foods and beverages, exercise and brain-stimulating activities.



## Seniors Services Society – Support Services

Offers meal programs, seniors' medical transportation, support calls, grocery shopping and light housekeeping for New West seniors 60+.

604-520-6621  
seniorsservicesociety.ca

## VictimLink BC

Confidential, 24/7, Multilingual service

Call or text: 1-800-563-0808

TDD: 711 or

VRS: 1-800-663-7867

victimlinkBC@bc211.ca

victimlinkbc.ca

## Vital Connections Program

604-525-9144 x 4142 or

604-341-5897

jmiller@fsgv.ca

## FUNERAL HOMES & BEREAVEMENT SUPPORT

## BC Bereavement Helpline

604-738-9950

contact@bcbh.ca

bcbh.ca

## Bell & Burnaby Funeral Chapel

4276 Hastings St, BBY

604-298-2525

bellburnaby.com

## British Columbia Funeral Association

Offers advice on pre-planning funeral arrangements.

1-800-665-3899

bcfunerals.com

## Burnaby Hospice Society

604-520-5087

burnabyhospice.org/

bereavement-services

## Forest Lawn Funeral Home & Memorial Park

3789 Royal Oak Ave, BBY

(FH) 604-299-7720

(MP) 604-299-7711

forestlawn-burnaby.com

## Forest Lawn & Ocean View Funeral Homes

Prearrangement Services

604-291-8446

preplanning@dignitymemorial.com

forestlawn-burnaby.com

## Last Post Fund

Assists with funeral and burial services for veterans.

1-800-465-7113

lastpostfund.ca

## Memorial Society of BC

A non-profit organization that helps members pre-plan funeral services.

1-888-816-5902

memorialsocietybc.org

## Ocean View Funeral Home & Burial Park

4000 Imperial St, BBY

604-435-6688

oceanviewfuneral.com

Compassionate Care  
for Individuals  
& families.



### Free Services:

- Palliative Care Support Services
- In-home & Long Term Care Palliative Support
- Volunteer Grief Support
- Grief Support Groups
- Individual Grief Counselling & Therapy



Contact us today for service or information:

604-520-5087

info@burnabyhospice.org

www.burnabyhospice.org

## Remain living independent longer!

Improve your well-being with person-centred & flexible home care services at competitive rates

- Help with tasks of everyday living
- Cognitive engagement & activities
- Emotional, physical & mobility support
- Specialized home health services
- Transition support to higher level care

Nurse-managed & privately owned

Locally operated



Call for a free consultation!

604.551.8867

www.seniorschoiceforcare.ca

## GOVERNMENT PROGRAMS & SERVICES

### BC Ministry of Social Development & Poverty Reduction

*Income Assistance, Senior's Supplement & Bus Pass Program*

1-866-866-0800

[www2.gov.bc.ca/gov/content/family-social-supports/seniors](http://www2.gov.bc.ca/gov/content/family-social-supports/seniors)

### Canadian Anti-Fraud Centre

1-888-495-8501

[antifraudcentre-centreantifraude.ca](http://antifraudcentre-centreantifraude.ca)

### Government of Canada - Program & Services for Seniors

*Canada Pension Plan, Disability Benefits, Old Age Security, Guaranteed Income Supplement, Survivor's Allowance*

1-800-622-6232

TTY: 1-800-926-9105

[canada.ca/seniors](http://canada.ca/seniors)

### Office of the Seniors Advocate

1-877-952-3181

[seniorsadvocatebc.ca](http://seniorsadvocatebc.ca)

### Province of BC Seniors Program & Services

*Provides information on seniors' health care, finances, benefits, housing, transportation & more.*

1-800-663-7867 or VRS: 1-800-663-7867  
[seniorshc.ca](http://seniorshc.ca)

### Veterans Affairs Canada

General Inquiries: 1-866-522-2122

TDD/TTY: 1-833-921-0071

Veterans Assistance Service:

1-800-268-7708

TDD/TTY: 1-800-567-5803

[veterans.gc.ca](http://veterans.gc.ca)

### WelcomeBC

*Information about programs, services and resources for newcomers to BC.*

[welcomebc.ca](http://welcomebc.ca)

### New Westminster City Hall

511 Royal Ave, NW

604-521-3711 (Main)

604-527-4522 (Mayor's Office)

[newwestcity.ca](http://newwestcity.ca)

### MLA, Burnaby - Deer Lake:

#### Anne Kang

105 - 6411 Nelson Ave, BBY

604-775-0565

[anne.kang.mla@leg.bc.ca](mailto:anne.kang.mla@leg.bc.ca)

[annekangbcmcla.ca](http://annekangbcmcla.ca)

### MLA, Burnaby - Edmonds:

#### Raj Chouhan

5234 Rumble St, BBY

604-660-7301

[raj.chouhan.mla@leg.bc.ca](mailto:raj.chouhan.mla@leg.bc.ca)

[rajchouhan.ca](http://rajchouhan.ca)

### MLA, Burnaby - Lougheed:

#### Katrina Chen

3 - 8699 10th Ave, BBY

604-660-5058

[katrina.chen.mla@leg.bc.ca](mailto:katrina.chen.mla@leg.bc.ca)

[katrinachen.ca](http://katrinachen.ca)

## GOVERNMENT REPRESENTATIVES

### Burnaby City Hall

4949 Canada Way, BBY

604-294-7944 (Main)

604-294-7340 (Mayor's office)

[burnaby.ca](http://burnaby.ca)



## AGELESS ADVENTURES

Serving BC Seniors for 36 years

Fully escorted tours of Canada, the U.S. and beyond

Home pick-up & drop-off service, within the lower mainland

More intimate group sizes

Many included meals, showcasing local cuisine

Early payment discount

Cancellation protection plan

Newest, climate controlled, wide body coaches

Stay 'n' Play tours



Call for a Tour Brochure:

**604-542-5566**

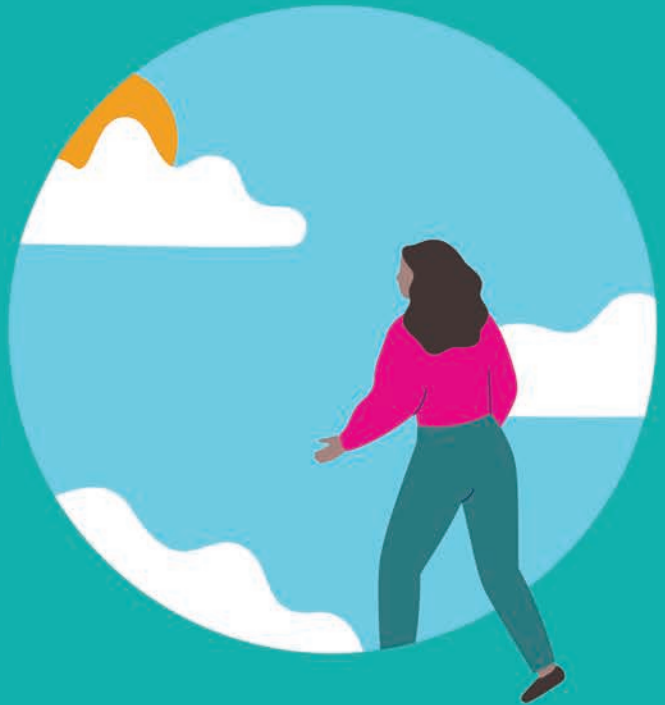
Visit us online at:

[agelessadventures.com](http://agelessadventures.com)



[info@agelessadventures.com](mailto:info@agelessadventures.com)

# Get help for your mental health journey



## Free mental health program for British Columbians age 13+

Learn skills to manage low mood,  
stress, and worry with support  
from a telephone coach.



Do you  
have more  
questions?

**“[BounceBack<sup>®</sup>] has helped  
me realize that I deserve all  
the help I received so I can go  
on with plans to go back to  
doing volunteer work, making  
new friends, relaxing and  
having fun in my life.”**

**– BounceBack<sup>®</sup> participant**

# CONNECTION B

## BURNABY NEIGHBOURHOOD HOUSE

is proud to be the umbrella organization for Burnaby Community Services, Burnaby Seniors Outreach, and Burnaby Meals on Wheels. We have integrated our services to help seniors remain independent by providing a range of resources and opportunities that support positive change and well being such as:

**SOCIAL & RECREATIONAL /** community-based and volunteer-led programs including, fitness, art, music, social clubs, and Monday & Friday lunches

**CAREGIVER AND PEER SUPPORT /** education sessions, appreciation lunches, and caregiver groups support family caregivers to share emotions and experiences, seek and give advice and exchange practical information with others, and create a network for mutual support. Senior Peer Support Volunteers will also be available to offer confidential one-to-one support to seniors and caregivers when requested.

**THERAPEUTIC PROGRAMS /** Adult Day Program (TAPS), monthly Dementia Cafes and Seniors Memory Club offer specialized and therapeutic environments and provide social, recreational, and educational programming

### FOOD SERVICES FOR SENIORS /

- **Meals on Wheels** - provides hot and healthy Western and Chinese meals 604-299-5754
- **Prepared Meals** - subsidized frozen meals (provided on a sliding scale)
- **Grocery Shopping**
- **Food Bank Delivery**

**TRANSPORTATION /** Volunteer driver take seniors to and from medical appointments

**TAX AND FORM COMPLETION /** assistance for low income seniors

**ADULT LITERACY AND DIGITAL LITERACY /** EAL classes and help with digital devices at computer cafes

**SETTLEMENT AND INTEGRATION SERVICES /** first language support, info and orientation to life in Canada, referrals and aid with applications for eligible benefits

### COMMUNITY RESOURCE PUBLICATIONS /

Community Resource Guide and Seniors Community Resource cards.



**SOUTH HOUSE** 4460 Beresford St, Burnaby |  
**NORTH HOUSE** 4908 Hastings St, Burnaby | 604-  
**BRENTWOOD HOUSE** 2055 Rosser Ave, Burnaby

# EGINS WITH US



## VOLUNTEER WITH THE BURNABY NEIGHBOURHOOD HOUSE!

**Volunteer to refresh old skills, gain new ones, meet new people, and make a difference in the community. Assist with or lead our programs & events! Times and days are flexible.**

### MEALS ON WHEELS /

- 1) Depot Driver:** using our Meals on Wheels minivan, take our delivery containers out to our caterer in Richmond (Bridgeport area) to pick up Western meals from our caterer. Mondays 7:45am-9:45am
- 2) Route Delivery Drivers:** deliver hot, delicious meals to clients on one of our routes in Burnaby. Wednesdays or Fridays 10:30-12:30 (on-call)

**SENIOR'S TRANSPORTATION /** pick up senior clients at their residences and drive them to the dental and medical appointments throughout Burnaby, New Westminster, Coquitlam, Port Coquitlam, Port Moody, and Vancouver. Mileage reimbursement is provided

**SENIOR'S FOOD DISTRIBUTION /** deliver food hampers and/or prepared meals to isolated seniors living in Burnaby. Wednesdays and Thursdays - time of day flexible. You will need access to a car.

**FORM FILLING AND INFORMATION & REFERRALS /** help seniors with form completion and find information and services they need.

**TAPS (THERAPEUTIC ACTIVATION PROGRAM FOR SENIORS) /** help with or lead social activities during the TAPS day program. Activities involve socializing, games, lunch, education, and physical activity for seniors 55+.

**DIGITAL VOLUNTEERS (IN-PERSON) /** work one-on-one or in small groups with adult/senior learners. Volunteers need to be comfortable working in-person at any of our three locations. Mondays 10am-12 pm (North House), Mondays 12-2pm (South House), Tuesdays 1-3pm (North House), Wednesdays 10am-12pm (Brentwood), Thursdays 3-5pm (South House) and Saturdays 10am-12pm (South House).

**SENIOR'S PEER SUPPORT /** provide one-on-one support and guidance to a fellow senior through challenging times in their lives. Training will be provided.

**SUPPORT BURNABY SENIORS - VOLUNTEER OR  
MAKE A DONATION TODAY! CALL 604-431-0400.  
[www.BurnabyNH.ca](http://www.BurnabyNH.ca)**

SENIORS PROGRAMS ARE FINANCIALLY SUPPORTED BY:

604-431-0400 | [info@burnabynh.ca](mailto:info@burnabynh.ca) | [burnabynh.ca](http://burnabynh.ca)  
604-294-5444 | [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca) | [burnabynh.ca](http://burnabynh.ca)  
604-299-5778 | [info@bbservices.ca](mailto:info@bbservices.ca) | [burnabynh.ca](http://burnabynh.ca)



Parkland



Immigration, Refugees  
and Citizenship Canada



United Way  
British Columbia

**MLA, Burnaby North:****Janet Routledge**

4270 Hastings St, BBY  
604-775-0778  
janet.routledge.mla@leg.bc.ca  
janetroutledge.ca

**MLA, New Westminster:****Jennifer Whiteside**

604-755-2101  
jennifer.whiteside.mla@leg.bc.ca

**MLA, Richmond -****Queensborough: Aman Singh**

604-664-0700  
aman.singh.mla@leg.bc.ca

**MP, Burnaby North - Seymour:****Terry Beech**

3906 Hastings St, BBY  
604-718-8870  
terrybeechmp.ca

**MP, Burnaby - South:****Jagmeet Singh**

4940 Kingsway, BBY  
604-291-8863  
jagmeetsingh.ndp.ca

**MP, New Westminster -****Burnaby: Peter Julian**

110 - 888 Carnarvon St, NW  
604-775-5707  
peterjulian.ca

**HEALTH INFORMATION  
& PROGRAMS****Acute, Home & Community  
Care Services**

Toll free: 8-1-1 or 604-215-8110  
TTY: 7-1-1  
[www2.gov.bc.ca/gov/content/health/  
accessing-health-care](http://www2.gov.bc.ca/gov/content/health/accessing-health-care)

**Assisted Living Registry**

1-866-714-3378  
[www2.gov.bc.ca/gov/content/health/  
assisted-living-in-bc](http://www2.gov.bc.ca/gov/content/health/assisted-living-in-bc)

**Arthritis Answers Line**

1-800-321-1433  
arthritis.ca

**BC Ambulance Service Billing**

1-800-665-7199  
[bcehs.ca/about/billing](http://bcehs.ca/about/billing)

**BC Palliative Care Benefits**

*Benefits and support for at-home  
palliative care.*  
[www2.gov.bc.ca/assets/gov/health/  
health-drug-coverage/pharmacare/  
palliative-patientinfo.pdf](http://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/palliative-patientinfo.pdf)

**Community Care  
Facilities Licensing**

*Investigates allegations of unsafe,  
inappropriate or abusive care in licensed  
facilities and residential homes within  
Fraser Health region.*  
604-918-7683  
[feedback@fraserhealth.ca](mailto:feedback@fraserhealth.ca)

**Fall Prevention  
Mobile Clinics**

*One-on-one assessments with healthcare  
professionals.*  
604-587-7866  
[fallspreventions@fraserhealth.ca](mailto:fallspreventions@fraserhealth.ca)  
[fraserhealth.ca/Service-Directory/  
Services/Clinics/falls-prevention-  
mobile-clinic](http://fraserhealth.ca/Service-Directory/Services/Clinics/falls-prevention-mobile-clinic)

**First Link Dementia Helpline**

1-800-936-6033  
[alzheimer.ca/bc](http://alzheimer.ca/bc)

**Fraser Health Crisis Line (24 hr)**

604-951-8855  
1-877-820-7444

# Cobbett & Cotton

## LAW CORPORATION

### WILLS and ESTATES

Our specialized team can assist you with your estate planning needs.

A thoughtful estate plan and preparation of your will can ensure that your estate is distributed according to your wishes. Powers of attorney, representation agreements, and advance directives can help you plan for your financial and personal matters to be taken care of in the event of your incapacity. Let us help you consider how the law affects your unique situation.

### ESTATE ADMINISTRATION

We understand that dealing with a loss is often overwhelming. We provide a range of estate administration services to help our clients, including advice on the laws relating to the estates, executor's liability, and creditor's claims, preparing applications for grant of probate, attending to property transfers, and assisting with estate accounting and distribution.

If you require assistance with wills and estates matters, please contact us:

#300 - 410 Carleton Ave, Burnaby, BC V5C 6P6

(604) 299-6251 / [estateplan@cobbett-cotton.com](mailto:estateplan@cobbett-cotton.com) / [www.cobbett-cotton.com](http://www.cobbett-cotton.com)

# Construction starts on 155 affordable rental units for Burnaby seniors

Rents are currently projected to range from \$375 to \$1,400, depending on the unit size and renter's income.

More seniors in Burnaby will soon have access to affordable housing.

The city, province, Dania Society and BC Housing have partnered to build a new six-storey development at 4277 Norland Ave. featuring 155 homes, including 154 one-bedroom units and one studio unit.

All units will be adaptable or accessible and it's expected the building will be complete early in 2025.

Rents are projected to range from \$375 to \$1,400 per month, depending on unit size and tenant income.

"Many of these units will be offered with deep subsidies, which will ensure seniors on a fixed income can afford to enjoy their lives right here in Burnaby," Burnaby Mayor Mike Hurley said at a groundbreaking ceremony on Friday (Feb. 11).

"One of the most heartbreaking things we heard from residents during the mayor's Task Force on Community Housing was that seniors will be priced out of our city. Imagine that you live your whole life somewhere, give back to the community and raise your family and then you have to leave once you retire.

"That's unacceptable. And that's why this project is so important."

The province, through BC Housing, is funding \$17 million of the project through the Building BC: Community Housing Fund and will also provide a



***“Many of these units will be offered with deep subsidies, which will ensure seniors on a fixed income can afford to enjoy their lives right here in Burnaby.”***

**BURNABY MAYOR MIKE HURLEY**

yearly operating subsidy of roughly \$946,000.

“These 155 homes will provide seniors the opportunity to stay and age in place,” B.C. housing minister Ravi Kahlon added at the ceremony.

“[It] will also help build the community here and make the

social fabric of this community even stronger.”

The City of Burnaby is also providing a grant of approximately \$1.6 million from its Community Benefit Bonus Affordable Housing Reserve.

“I know it's taken time to get here. But now it's all coming together,” Hurley said.

The Dania Society, which also operates three other seniors housing residences, will own and operate the new facility.

The society initially purchased the 1.7-hectare property at the corner of Canada Way and Norland Avenue in 1941 and built Dania Home, a retirement home for Danish Seniors in 1944.

A new Dania Home was opened at the location in 2015.

**Seniors Distress Line (24 hr)**  
604-872-1234

**Fraser Health –  
Home Health Service Lines**  
New Inquiries: 1-855-412-2121  
**Burnaby:** 604-918-7447  
**New West:** 604-777-6700

**Fraser Health -  
Mental Health Centres**  
**Burnaby:** 604-453-1900  
**New West:** 604-777-6800

**Fraser Health – Public Health**  
**Burnaby:** 604-918-7605  
**New West:** 604-777-6740

**Health Insurance BC**  
*Provides information on Pharmacare, Fair  
Pharmacare, and Medical Services Plan*  
604-683-7151  
[www2.gov.bc.ca/gov/content/health](http://www2.gov.bc.ca/gov/content/health)

**HealthLink BC/Seniors Info Line**  
*Provides multilingual, non-emergency  
health information and referral; speak  
with a nurse, pharmacist, dietitian or  
exercise professional.*  
8-1-1 or 604-215-8110 | TTY: 7-1-1  
[healthlinkbc.ca](http://healthlinkbc.ca)

**Healthy Eating & Physical Activity**  
[healthlinkbc.ca/healthy-eating-physical-activity](http://healthlinkbc.ca/healthy-eating-physical-activity)

**Immunization  
Information & Tools**  
[immunizebc.ca](http://immunizebc.ca)

**Substance Use Services**  
**Burnaby:** 604-777-6870  
**New West:** 604-777-6800

**VictimLink BC**  
*Confidential, 24/7, Multilingual service*  
1-800-563-0808  
TTY: 604-875-0885  
[victimlinkbc.ca](http://victimlinkbc.ca)

**YMCA Healthy Heart Program**  
*(Cardiac Prevention, Rehabilitation &  
Maintenance)*  
604-521-5801

**HOUSING - INDEPENDENT,  
ASSISTED, RESIDENTIAL  
CARE & AFFORDABLE**

**Affordable Housing Societies**  
604-521-0818  
[affordablehousingsocieties.ca](http://affordablehousingsocieties.ca)

**AgeCare Carlton**  
4108 Norfolk St, BBY  
604-419-3000  
[agecare.ca](http://agecare.ca)

**AgeCare Harmony Court Estate**  
7197 Canada Way, BBY  
604-788-8164  
[living.agecare.ca/retirement-living](http://living.agecare.ca/retirement-living)

**Atira Women's Resource Society:**  
*Maggie's House for Older Women*  
1010 Sperling Ave, BBY  
604-205-9350  
[atira.bc.ca](http://atira.bc.ca)

**Baptist Housing Society**  
604-940-1960  
[baptisthousing.org/communities/  
lower-mainland](http://baptisthousing.org/communities/lower-mainland)

**Belvedere Seniors Living**  
604-939-1930 or 604-939-5991  
[belvederebc.com](http://belvederebc.com)

**Cascade Gardens**  
3460 Kalyk Ave, BBY  
604-434-2666  
[parkplaceseniorsliving.com](http://parkplaceseniorsliving.com)

## Home Support Tailored To Your Individual Needs



### We offer:

- Wound Care
- Alzheimer Care
- Palliative Care
- Respite Care
- Live-In Caregiver
- Personal Care
- Meal Preparation
- Medication Reminder
- Homemaking
- Transportation

 **Safe Care  
Home Support**

Call **604-945-5005** for  
**FREE In-Home Consultation**

ICBC Claims Accepted



[SafeCareHomeSupport.Ca](http://SafeCareHomeSupport.Ca)

## Dementia - Friendly Adult Day Program

Day program option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment. At the same time, this program assists caregivers with respite and offers caregivers support.



This is a joint program between the City of Coquitlam and the ACWC.



Location:

**The Dogwood Pavillion, Coquitlam, BC**

To Learn More & Register

**778-549-6413** or

[info@adultcognitivewellnesscentre.ca](mailto:info@adultcognitivewellnesscentre.ca)

[AdultCognitiveWellnessCentre.Ca](http://AdultCognitiveWellnessCentre.Ca)



**Chartwell Carlton Retirement Residence**

4110 Norfolk St, BBY  
778-300-2389  
chartwell.com

**Courtyard Terrace Seniors Community**

3730 Burke St, BBY  
604-437-6262  
parkplaceseniorsliving.com

**Dania Manor & Dania Home**

604-299-2414  
dania.bc.ca

**Derby Manor**

8601 - 16th Ave, BBY  
604-529-1019  
derbymanor.ca

**Fair Haven Homes Society**

*Burnaby Apartments, McKay Apartments, Vivian Apartments*  
604-225-9937  
fairhaven.bc.ca

**Fellburn Care Centre**

*Access requires Fraser Health assessment*  
6050 East Hastings St, BBY  
604-412-6503  
fraserhealth.ca

**Hopehill Living in Community**

*Independent living and assisted living residences.*  
604-255-7707  
hopehill.ca

**Mulberry PARC**

7230 Acorn Ave, BBY  
604-526-2248  
parcliving.ca

**New Chelsea Society**

205 - 4300 North Fraser Way, BBY  
604-395-4370  
newchelsea.ca

**New Vista Healthcare & Housing**

604-521-7764  
newvista.bc.ca

**Nikkei Seniors Health Care & Housing Society:**

**Robert Nimi Nikkei Home**  
6680 Southoaks Cres, BBY  
**New Sakura-so**  
6677 Southoaks Cres, BBY  
604-777-5000  
seniors.nikkeiplace.org

**Rideau Retirement Residence**

1850 Rosser Ave, BBY  
604-291-1792  
rideauresidence.ca

**Seton Villa Retirement Centre**

3755 McGill St, BBY  
604-291-0607  
setonvilla.com

**Society for Christian Care of the Elderly**

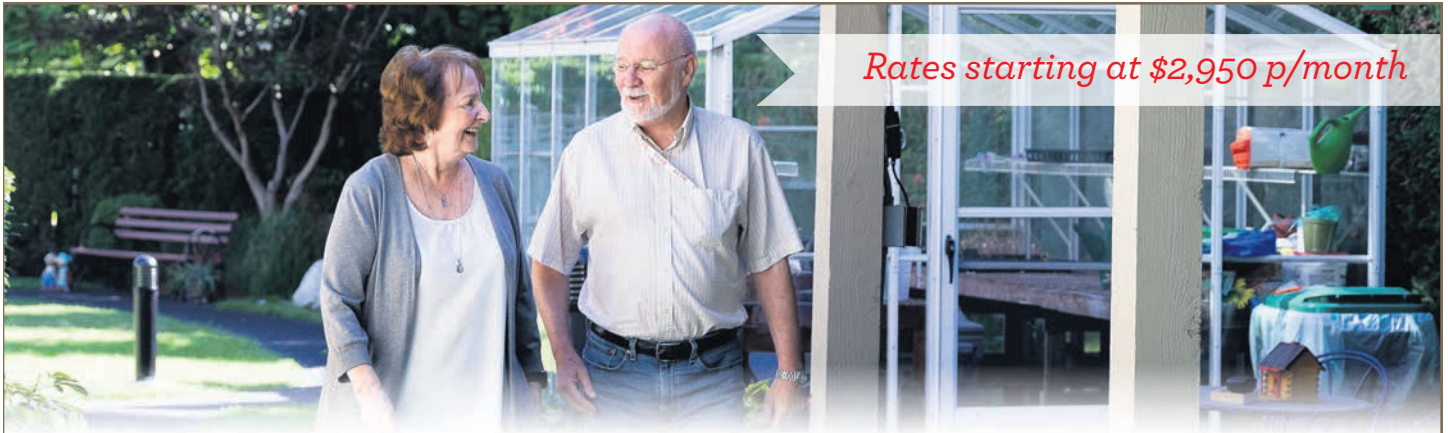
604-681-7337  
sccce.ca

**Swedish Canadian Village**

7230 Halifax St, BBY  
604-420-1124  
swedishcanadian.ca

**The Poppy Residences**

5291 Grimmer St, BBY  
604-568-5563  
thepoppyresidences.com



*Rates starting at \$2,950 p/month*

# You'll Love Living Here!

Spend your days doing what you love best, we'll take care of the rest:

- Delicious, freshly-made options for each meal
- Weekly housekeeping & linen services
- Peace of mind with a personal emergency alert service
- Opportunities to stay fit, active & social every day
- Local courtesy shuttle service for personal use
- Month-to-month residency agreements



Langley & South Delta  
**Retirement. Living!**

-----  
**BriaCommunities.ca**

## Thornebridge Gardens

Retirement Residence  
649 Eighth Ave, NW  
604-524-6100  
verveseniorliving.com/  
thornebridge-gardens

## Willingdon Care Centre

Access requires Fraser Health assessment  
4435 Grange St, BBY  
604-433-2455  
fraserhealth.ca

## HOUSING PROGRAMS & SERVICES

### BC Home Renovation Tax Credit for Seniors and Persons with Disabilities

1-877-387-3332  
[www2.gov.bc.ca/gov/content/taxes/  
income-taxes/personal/credits/  
seniors-renovation](http://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/seniors-renovation)

### BC Housing

604-433-2218  
Shelter Aid for Elderly Renters (SAFER)  
[bchousing.org/housing-assistance/  
rental-assistance-programs/SAFER](http://bchousing.org/housing-assistance/rental-assistance-programs/SAFER)

### BC Rebate for Accessible Home Adaptations (BC RAHA)

[bchousing.org/housing-assistance/  
BC-RAHA](http://bchousing.org/housing-assistance/BC-RAHA)

### Clean Start BC

Offers hoarding cleanup, junk removal,  
pest control and sanitization services.  
1-855-297-8278  
[cleanstartbc.ca](http://cleanstartbc.ca)

### Condominium Home Owners Association of BC

604-584-2462  
[choa.bc.ca](http://choa.bc.ca)

### Home Owner Grants/Tax Deferment for Seniors

1-888-355-2700  
[www2.gov.bc.ca/gov/content/taxes/  
property-taxes/annual-property-tax](http://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax)

### Licensing & Consumer Services

604-646-7050  
[bchousing.org/licensing-consumer-  
services](http://bchousing.org/licensing-consumer-services)

### Mobile Work Crew

604-723-3439  
[fraserside.bc.ca/community-living/  
mobile-work-crew](http://fraserside.bc.ca/community-living/mobile-work-crew)

### Neighbours Helping Neighbours

604.764.6601  
[larchevancouver.org/community-  
programs/](http://larchevancouver.org/community-programs/)

### Residential Tenancies

400 - 5021 Kingsway, BBY  
604-660-1020  
[www2.gov.bc.ca/landlordtenant](http://www2.gov.bc.ca/landlordtenant)

### Senior Citizens Repair Service

604-438-6990

### Seniors Services Society – Housing Services for Seniors 60+

604-520-6621  
[seniorsservicesociety.ca](http://seniorsservicesociety.ca)

### TRAC – Tenant Resource & Advisory Centre

604-255-0546  
[tenants.bc.ca](http://tenants.bc.ca)

## IN-HOME SUPPORT SERVICES

### Aging My Way Home Care Inc.

604-290-8331 or  
604-438-6990  
[agingmywayhomecare.ca](http://agingmywayhomecare.ca)

# Taste the Fullness of Life

*Your journey to a confident smile starts here.*

Introducing a revolutionary solution for those grappling with traditional dentures or missing teeth – the extraordinary All-on-X treatment, also known as Teeth in One Day! Elevate your dental experience at Tri-Cities Dental Specialists, where our expert team offers a treatment backed by over 25 years of research and unparalleled success.

Discover the freedom to enjoy your favourite foods and confidently flaunt your smile again! Unlike conventional dentures, our permanent dental implants seamlessly mimic the look and feel of natural teeth. No more hassles of removal or reliance on adhesives – these implants provide unmatched comfort

without exerting pressure on your gums. Brace yourself for a 70% increase in biting force, enabling you to savour every bite of the foods you've been longing for.

Led by the skilled hands of Dr. Narani, Dr. Ballo, and our proficient team, Tri-Cities Dental Specialists boasts extensive experience in implant placement and cosmetic dentistry. Rest easy knowing you are in the hands of experts dedicated to realizing your dental goals and dreams.

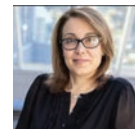
Bid farewell to the discomfort of ill-fitting dentures and the agony of failing teeth. Take the leap towards a radiant transformation by visiting our dependable team today!



**Tri-Cities**  
DENTAL SPECIALISTS

[www.TriCitiesDental.ca](http://www.TriCitiesDental.ca) | 604.939.8467

201-1032 Austin Avenue, Coquitlam | [info@tricitydental.ca](mailto:info@tricitydental.ca)



Dr. Nazanin Narani  
Periodontist



Dr. Ahmed Ballo  
Prosthodontics

# new west DENTUREWORKS



Quan Gifford, R.D.,  
Denturist, Owner & Operator for over 23 years  
MEMBER OF THE ASSOCIATION OF B.C.



# Smile

while you still  
have teeth!

Or come visit your  
local Denturist.  
Full Service  
Denture Clinic

Immediate full upper denture replacement  
inserted on day of extractions.



270 - 522 Seventh St, New Westminster | 604-553-1222  
info@newwestdentureworks.com | newwestdentureworks.com

### All Nursing Health Services

604-488-9323  
info@allnursing.ca  
allnursing.ca

### BC Eldercare Massage

604-340-3581  
bceldercare.ca

### Better At Home

*Provides non-medical support services to seniors. Subsidies may be available.*

**Burnaby:** 604-297-4877  
betterathome@burnaby.ca

**New West:** 604-520-6621  
support@seniorsservicesociety.ca  
betterathome.ca

### Big Hearts Home Healthcare

604-493-2045 or 1-855-902-CARE  
info@bigheartshomecare.ca  
bigheartshomecare.ca

### Caring Shepherd Home Care Services

604-614-8544  
caringshepherd.ca

### Chipperfield Mobile Physiotherapy

604-828-2610  
chipperfieldphysio.ca

### Classic LifeCare

604-263-3621  
classiclifecare.com

### Comfort Keepers

604-689-8609  
comfortkeepers.ca

### Elizz by SE Health

1-866-565-0065  
info@elizz.com  
elizz.com

### Footcare Passion (Mobile Foot Care)

604-780-3992  
footcarepassion.ca

### Good Riddance Professional Organizing Solutions

604-421-5952  
goodriddance.ca

### Hero Home Care

1-888-988-9913  
care@herohomecare.ca  
herohomecare.ca

### Home Instead

BBY: 604-432-1139 or  
NW: 604-552-3324  
homeinstead.com/3037

### Integrative Rehabilitation

604-419-0998  
info@bcintegrativerehab.com  
bcintegrativerehab.com

### John's Helping Hands

604-329-1006  
john@johnshelpinghands.ca  
johnshelpinghands.ca

### Just Like Family Home Care

Burnaby & New Westminster  
Tri-Cities & Maple Ridge  
604-725-7254  
justlikefamily.ca

### Karp Home Care

604-420-7800  
karp-homecare.com/burnaby-new-west

### Nurse Next Door

604-553-3330  
nursenextdoor.com

### Peachtacular Home Health Care

778-859-2695  
info@peachtacularhhc.com  
peachtacularhhc.com

### Physio2U

778-846-7695  
physio2u.ca

## New Westminster Community Response Network



Visit the BCCRN website:  
<https://bccrns.ca>  
**New Westminster CRN Coordinator:**  
Leanore Sali  
**Contact Email:**  
leanore@sssbcc.ca  
**Contact Phone:**  
604-520-6621

### What is a Community Response Network (CRN)?

A Community Response Network (CRN) is made up of a diverse group of concerned community members, community agencies, local businesses, government agencies, professionals, and others who come together to create a coordinated community response to abuse, neglect, and self-neglect in vulnerable adults.

The New Westminster CRN is reaching out to the community to join the network and work to raise awareness of abuse, neglect and self-neglect in vulnerable adults and to ultimately prevent it from happening.



BC ASSOCIATION OF  
**Community Response Networks**  
*Stopping Adult Abuse and Neglect ...Together.*



# HEROES, NOT JUST CAREGIVERS

- Companionship
- Medication Management
- Homemaking
- Cooking & Meal Support
- Home Nursing
- End-of-Life Care
- Personal Care
- Dementia & Alzheimer's Care



## SCAN for a FREE In-Home Care Consult

1-888-988-9913  
care@herohomecare.ca



# Home Instead®

*To us, it's personal*

[www.Homeinstead.com/3037](http://www.Homeinstead.com/3037)

#208-5066 Kingsway, Burnaby



## Awarded Burnaby's Favourite **HOME HEALTH SERVICE PROVIDER**



**Our experienced Care Professionals can help with:**

- Personal Care
- Dementia Care
- Respite Services
- Companionship
- Medication Reminders
- Errands & Transport
- Housekeeping
- Meals & Nutrition
- Palliative Support

*Approved service provider - City of Burnaby, ICBC, WorkSafe*



Book your **FREE** consultation  
**604-432-1139 / burnaby@homeinstead.com**



### Qualicare Home Care

778-730-0225 ext 3  
qualicare.com

### Safe Care Home Support

604-945-5005  
safecarehomesupport.ca

### Seniors Choice for Care

604-551-8867  
info@seniorschoiceforcare.ca  
seniorschoiceforcare.ca

### Shylo Home Healthcare

Burnaby: 604-434-9681  
North Vancouver: 604-985-6881  
Vancouver: 604-736-6281  
shylohomehealthcare.ca

## LEISURE, EDUCATION & SOCIAL ACTIVITIES

### Burnaby Parks, Recreation and Culture

604-294-7450  
burnaby.ca/recreation-and-arts/

### Burnaby Community & Continuing Education

604-296-6901  
burnabyce.ca

### Burnaby Neighbourhood House

*Offers welcoming social, recreation, and educational activities and a community-based seniors day program.*

**BNH South:** 4460 Beresford St, BBY  
604-431-0400

**BBY North:** 4908 Hastings St, BBY  
604-294-5444

**BNH Brentwood:** 2055 Rosser Ave,  
BBY

604-299-5778  
alexish@burnabynh.ca  
burnabynh.ca

### Burnaby Village Museum

6501 Deer Lake Ave, BBY  
604-297-4565  
burnabyvillagemuseum.ca

### Century House

620 Eighth St, NW  
604-519-1066  
centuryhouseassociation.com

### Citizen Support Services

*Volunteer Visitor & Phone Buddy Programs*  
604-294-7980  
burnaby.ca/services-and-payments/  
seniors-and-family-support/services-  
for-Burnaby-seniors

### Community Centred College for the Retired

6650 Southoaks Cres, BBY  
604-517-8732  
cccrburnaby.org

### Fraser River Discovery Centre

788 Quayside Dr, NW  
604-521-8401  
fraserriverdiscovery.org

### Massey Theatre & Plaskett Gallery

735 Eighth Ave, NW  
604-517-5900  
masseytheatre.com

### MOSAIC Seniors Club (for Immigrant & Refugee Seniors)

5575 Boundary Rd, VAN  
315 - 7155 Kingsway, BBY  
604-362-4318  
mosaicbc.org/our-programs/join-the-  
mosaic-seniors-club

**COURSES for SENIORS 50+**  
SINCE 1973  
SPRING • FALL • WINTER 2024/25  
Community Centred College for the Retired  
www.cccrburnaby.org 604-517-8732 cccr@telus.net

**The College offers a variety of daytime classes, including:**

- ◆ Computers ◆ Photography on Smartphones & iPhones ◆ Social Media (iPad + Windows) ◆ Fine Art (Painting, Drawing) ◆ Quilting ◆ Calligraphy ◆ Music (Piano, Ukulele) ◆ Genealogy ◆ Languages (French, German, Spanish, Hindi & Mandarin) ◆ Games (Bridge, Chess) ◆ Memories to Memoirs and more...

The College is open Spring (April-June), Fall (Sep-Nov) and Winter (Jan-Mar). Daytime classes. See the College website for current info.

**6650 Southoaks Crescent, Burnaby (Alan Emmott Centre)**

We are looking for new and exciting classes and if you would like to volunteer to teach, please contact us or visit our website.

We gratefully acknowledge the financial assistance of:

Donations welcome. Tax receipt available.

## FAST & COMPANY LAW FIRM

### Probate & Estate Administration Real Estate Law



Marie-Louise Fast,  
serving Burnaby  
and Metro  
Vancouver area  
for 35 years.

Call 604.273.6424  
or visit [www.fastandco.ca](http://www.fastandco.ca)



902 Quayside Drive, New Westminster



604-522-5242  
info@queensparkdental.ca  
queensparkdental.ca



FOLLOW US ON  [www.instagram.com/queensparkdental](https://www.instagram.com/queensparkdental)

Call us today to schedule a tour.  
**604.568.5563**  
Lunch is on us!



## Together We Grow

Discover your best retirement options. Here you will enjoy an active lifestyle, social connections, fine cuisine, and affordable worry-free living, all in a pet-friendly setting. Located in the Heart of Burnaby.



### The Poppy Residences

Independent Living Community  
for Active Seniors

[thepoppyresidences.com](http://thepoppyresidences.com) **604.568.5563**  
5291 Grimmer Street, Burnaby

## MOSAIC CARES - Social Prescribing Program for Seniors

*One-on-One Support for Seniors*  
315 - 7155 Kingsway, BBY  
236-485-0968  
[mosaicbc.org/our-programs/one-on-one-support-for-seniors](http://mosaicbc.org/our-programs/one-on-one-support-for-seniors)

## New Westminster Museum & Archives Anvil Centre, Irving House & Samson V

604-527-4640  
[newwestcity.ca/services/arts-and-heritage](http://newwestcity.ca/services/arts-and-heritage)

## Public Libraries - Home Library Services

*Offer delivery of library materials to people who have difficulty accessing the library.*

**Burnaby:** 604-436-5423  
[bpl.bc.ca](http://bpl.bc.ca)

**New Westminster:** 604-527-4650  
[nwpl.ca](http://nwpl.ca)

## Queensborough 50+ Social Club

920 Ewen Ave, NW  
604-525-7388

## Seniors' Health & Wellness Institute (COSCO)

*Offers 47 free workshops to seniors' groups on healthy living, safety and legal issues.*

604-261-6887  
[president@seniorshelpingseniors.ca](mailto:president@seniorshelpingseniors.ca)  
[seniorshelpingseniors.ca](http://seniorshelpingseniors.ca)

## SFU Liberal Arts & 55+ Program

778-782-8000  
[sfu.ca/liberal-arts](http://sfu.ca/liberal-arts)

## Shadbolt Centre for the Arts

6450 Deer Lake Ave, BBY  
604-297-4440  
[shadboltcentre.com](http://shadboltcentre.com)

## UBC Extended Learning

*Academic Explorations Program offers online and on-campus courses.*  
604-822-1444  
[extendedlearning.ubc.ca/programs/academic-explorations](http://extendedlearning.ubc.ca/programs/academic-explorations)

## Voices of Burnaby Seniors Society

*A group of seniors (55+) and service providers committed to enhancing the lives of Burnaby seniors.*

604-619-0953  
[VOBSsociety@gmail.com](mailto:VOBSsociety@gmail.com)  
[vobss.ca](http://vobss.ca)



## SUPA Mobility Trial

FOR THOSE INTERESTED IN **FREE HEALTH COACHING OR HEALTH EDUCATION SESSIONS**

### WHO IS ELIGIBLE?

AGED 70-89

THOSE EXPERIENCING ISSUES WITH THEIR MOBILITY

COMPLETED GRADE 12 EDUCATION

PHONE: 604-875-4111 EXT.69313  
EMAIL: [COGMOB.RESEARCH@UBC.CA](mailto:COGMOB.RESEARCH@UBC.CA)



## MEAL & FOOD DELIVERY PROGRAMS / SHOPPING ASSISTANCE

### Better Meals – Pick Up or Meal Delivery

5742 Beresford St, BBY  
604-299-1877  
[bettermeals.ca](http://bettermeals.ca)



# LEAVE A LEGACY

## THE MCKOEN'S COMMITMENT TO A LASTING LEGACY



Steven and Sandra McKoen

Burnaby residents, Steven and Sandra McKoen, believe that the strength of any community lies in the level of support and care provided to its residents. They wanted to make a difference that would extend into the future and support healthcare in their community well beyond their lifetime, so they planned a legacy gift pledging to leave \$100,000 to Burnaby Hospital Foundation in their Will.

“One of the things you have to think about when you are creating a Will is the kind of gifts you specify,” says Steven. “As we were going through the process, we not only thought about supporting our kids, but what we could do for our community. I couldn’t think of a better place to give back to than Burnaby Hospital.”



Leaving a gift in your Will is a wonderful way to celebrate your life and ensure that people in your community today, along with future generations, will benefit from quality healthcare.

## THE LEGACY SOCIETY

Burnaby Hospital Foundation’s Legacy Society is an exclusive club in which the Foundation honours and recognizes those who include the Foundation in their Will or estate plans.



[bhfoundation.ca/legacy](https://bhfoundation.ca/legacy)



### **Burnaby Neighbourhood House - Prepared Meals and Shopping**

4460 Beresford St, BBY  
604-431-0400

### **Casalinga Home Delivery & Catering Service**

604-435-1994  
casalinga.ca

### **Citizen Support Services**

*Shopping Buddy & Shop By Phone*

*Programs* 604-294-7980

[burnaby.ca/services-and-payments/seniors-and-family-support/services-for-Burnaby-seniors](http://burnaby.ca/services-and-payments/seniors-and-family-support/services-for-Burnaby-seniors)

### **Dairyland Home Service**

1-877-341-8700  
morethanmilk.ca

### **Greater Vancouver Food Bank**

604-876-3601  
foodbank.bc.ca

### **Japanese-Style Meals on Wheels**

604-687-2172  
tonarigumi.ca

### **Meals on Wheels**

**Burnaby:** 604-299-5754

[burnabymeals.ca](http://burnabymeals.ca)

**New Westminster:** 604-520-6621

[seniorsservicessociety.ca](http://seniorsservicessociety.ca)

### **Seniors Services Society (New West)**

*Dining Club and social activities for seniors 60+.*

604-520-6621

[seniorsservicessociety.ca](http://seniorsservicessociety.ca)

## **MEDICAL EQUIPMENT & SUPPLIES/PHARMACIES**

### **Adaptive Comfort Clothing**

778-997-5491 *by appointment only*

### **Addressing Needs**

*Adaptive clothing for mobility/medical issues.*

1-800-817-4365

[addressingneeds.com](http://addressingneeds.com)

### **AssistList**

*Free online marketplace to buy, sell and donate home health medical equipment.*

[info@assistlist.ca](mailto:info@assistlist.ca)

[assistlist.ca](http://assistlist.ca)

### **BC MedEquip Home Health Care**

265 Schoolhouse St, COQ

604-888-8811

[bcmedequip.com](http://bcmedequip.com)

### **Bonsor Pharmacy & Medical Supplies**

107 - 6411 Nelson Ave, BBY

604-431-8877

### **Calea Pharmacy**

130 - 8061 Lougheed Hwy, BBY

604-294-1500

[calea.ca](http://calea.ca)

### **Canadian Red Cross**

*Health Equipment Loans*

105 - 7355 Canada Way, BBY

604-522-7092

[redcross.ca/lowermainland](http://redcross.ca/lowermainland)

### **Fraser Health Lifeline**

604-953-4960

[fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/lifeline](http://fraserhealth.ca/Service-Directory/Services/Seniors---Community-Services/lifeline)

### **Galaxy Medical Alert Systems**

1-855-905-7414

[galaxymedicalalert.com](http://galaxymedicalalert.com)

### **Lancaster Medical Supplies & Prescriptions**

604-708-8181

[lancastermed.com](http://lancastermed.com)

### **Medic Alert Foundation Canada**

1-800-668-1507

[medicalert.ca](http://medicalert.ca)

### **National Seating & Mobility**

101 - 8620 Glenlyon Parkway, BBY

604-293-0002

[nsm-seating.ca](http://nsm-seating.ca)

### **New West PharmaChoice**

25 Eighth Ave, NW

604-525-2474

[newwestpharmacy.ca](http://newwestpharmacy.ca)

### **Pharmasave – Columbia Square**

130 - 1005 Columbia St, NW

604-525-5607

[pharmasave.com](http://pharmasave.com)

### **Pharmasave – Crest Plaza**

8697 10th Ave, BBY

604-522-8050

[pharmasave.com](http://pharmasave.com)

### **Pharmasave – Greystone**

10-1601 Burnwood Dr, BBY

604-428-2648

[pharmasave.com](http://pharmasave.com)

### **Pharmasave – Metrotown**

4390 Beresford Ave, BBY

604-563-4390

[pharmasave.com](http://pharmasave.com)

### **Price Smart Foods Pharmacy**

Station Square, 110 - 4650 Kingsway, BBY

604-433-3760

[pricesmartfoods.ca](http://pricesmartfoods.ca)

### **Regency Medical Supplies**

4437 Canada Way, BBY

604-434-1383

[regencymed.com](http://regencymed.com)

### **Save On Foods Pharmacy Cameron**

3433 North Rd, BBY

604-415-9992

[saveonfoods.com](http://saveonfoods.com)

### **Save On Foods Pharmacy Highgate Village**

200 - 7155 Kingsway, BBY

604-540-1389

[saveonfoods.com](http://saveonfoods.com)

### **Save On Foods Pharmacy Madison**

4399 Lougheed Hwy, BBY

604-298-5173

[saveonfoods.com](http://saveonfoods.com)

### **Save On Foods Pharmacy Marine Way**

7501 Market Crossing, BBY

604-433-6314

[saveonfoods.com](http://saveonfoods.com)

### **Save On Foods Pharmacy Royal City Centre**

198 - 610 6th St, NW

604-520-6087

[saveonfoods.com](http://saveonfoods.com)

### **Save On Foods Pharmacy Sapperton**

270 East Columbia St, NW

604-523-2583

[saveonfoods.com](http://saveonfoods.com)

### **Save On Foods Pharmacy Willington**

4469 Kingsway, BBY

604-435-8283

[saveonfoods.com](http://saveonfoods.com)

### **Sunquest Mobility Home Medical Equipment**

202-610 Sixth St, NW

778-397-8083

[sunquestmobility.com](http://sunquestmobility.com)

### **Technology for Living**

Provincial Respiratory Outreach Program

1-866-326-1245 or 604-301-4208

Technology for Independent Living

604-326-0175

[technologyforliving.org](http://technologyforliving.org)



# InLet Hearing

## Hear the world around you



### We Offer

- Full Hearing Assessments
- Personalized Treatment For Hearing Loss
- Hearing Aid Fittings
- Custom Ear Protection
- Ear Wax Removal
- Continued Care and more

*Connect your cell phone  
with your hearing aids!*



**Call to Book! 604-939-1059**

[www.inlethearing.ca](http://www.inlethearing.ca) 2320 Clarke St. Port Moody



# Potential dangers of mixing herbal and prescription meds



**M**edications improve the lives of billions of people across the globe every day. Without access to medication, millions may die while countless others would experience a dramatic decline in their quality of life.

Though there's no denying the positive effects of medication, the efficacy of herbal supplements and prescription drugs does not mean each are risk-free. Risks may even be compounded when individuals take herbal supplements and prescription medications concurrently. According to the Mayo Clinic, herbal supplements do not always interact well with prescription medications. For example, herbal supplements can interact with medicines utilized to treat issues affected the heart and blood vessels. That includes conditions like high blood pressure, which estimates from the World Health Organization indicate affects nearly 1.3 billion adults between the ages of 30 and 79.

Mixing medications has always been risky, but a growing reliance on herbal medicines has potentially elevated that risk. That's perhaps due to perceptions of herbal supplements as wholly natural, leading some to conclude that a substance that's wholly natural cannot jeopardize the human body.

***Mixing medications has always been risky, but a growing reliance on herbal medicines has potentially elevated that risk.***

However, an analysis published in the British Journal of Clinical Pharmacology detailed more than a dozen instances of adverse drug reactions affecting individuals who took herbal medicines alongside

various prescription medications. The medications taken, some of which were antidepressants, were prescribed to treat various conditions, including HIV, epilepsy and heart disease.

The potential dangers of mixing herbal and prescription medications underscore the need to engage in honest and open discussions with a physician before taking any herbal or prescription medications. Individuals currently taking a prescription medication should consult with their physician before taking any herbal supplements, while those who take herbal medicines and supplements should bring that up with their physicians if they are prescribed a new medication.

## **What are some symptoms of herbal and prescription interactions?**

The Mayo Clinic notes that a fast heartbeat and changes in blood pressure are two indicators of drug interactions. But many additional side effects can indicate a potentially dangerous or unhealthy interaction is taking place. For example increased dryness or irritation of skin when taking more than one topical acne drug at the same time indicates an unhealthy interaction is taking place.

Herbal and prescription medication interactions can be dangerous. Individuals are urged to contact their physicians before combining medications and to bring up their existing medication regimen whenever they are issued a new prescription.

## Telus Health - LivingWell Companion

Personal emergency response service with optional fall detection.

1-888-505-8008

[telus.com/livingwellcompanion](https://telus.com/livingwellcompanion)

## MEDICAL EQUIPMENT - DIGITAL IMAGING

### Initio Medical Group

PET/CT Cancer Diagnostics

300 - 3185 Willingdon Green, BBY

604-678-9274

[initiomedical.ca](https://initiomedical.ca)

### West Coast Medical Imaging Clinics

Medical Diagnostic Imaging Centre

306 - 4180 Lougheed Hwy. BBY

778-309-1559

Royal City Centre, NW

604 522-6818

401 - 233 Nelson's Cres, NW

604-526-2466

[westcoastmedicalimaging.com](https://westcoastmedicalimaging.com)

## PROFESSIONAL SERVICES WILLS, ESTATE PLANNING, LEGAL, INSURANCE

### Access Pro Bono Society

604-878-7400

[accessprobono.ca](https://accessprobono.ca)

### BC Ministry of Justice

Wills & Estates Planning

[www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/wills-and-estate-planning](https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/financial-legal-matters/wills-and-estate-planning)

### Clicklaw

Provides legal information, education and assistance

[clicklaw.bc.ca](https://clicklaw.bc.ca)

### Cobbett & Cotton

#### Law Corporation

300 - 410 Carlton Ave, BBY

604-299-6251

[cobbett-cotton.com](https://cobbett-cotton.com)

### Dial-a-Law

604-687-4680

[dialalaw.peopleslawschool.ca](https://dialalaw.peopleslawschool.ca)

## Law Students' Legal Advice Program

604-822-5791

[lslap.bc.ca](https://lslap.bc.ca)

### Fast & Company Law

480 - 6400 Roberts St, BBY

604-273-6424

[fastandco.ca](https://fastandco.ca)

### Office of the Ombudsperson

Receives inquiries and complaints about the practices and services provided by public agencies.

1-800-567-3247

[bcombudsperson.ca](https://bcombudsperson.ca)

### Nidus Personal Planning Resource Centre and Registry

Provides information on completing representation agreements and other personal planning tools.

[info@nidus.ca](mailto:info@nidus.ca)

[nidus.ca](https://nidus.ca)

### People's Law School

604-331-5400

[info@peopleslawschool.ca](mailto:info@peopleslawschool.ca)

[peopleslawschool.ca](https://peopleslawschool.ca)

### Public Guardian and Trustee of BC

604-660-4507

[trustee.bc.ca](https://trustee.bc.ca)

# Imagine...

## The Freedom & Security You Deserve

### Independent Living...

#### ALL-INCLUSIVE RENTAL ACCOMMODATIONS:

#### JUNIOR STUDIO, STUDIO, 1 & 2 BEDROOM SUITES

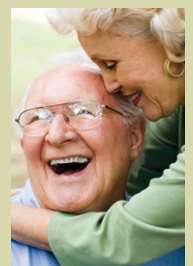
- Nutritious meals by certified chef
- A Life Enhancement Program of activities
- Home of Pitt Meadows Senior Rec. Centre
- Spacious comfortable suites with full kitchens & appliances



## Assisted Living... The Care & Comfort You Deserve!

#### Our Manor experience has:

- A registered 30 suite assisted-living residence
- Certified nurse on staff
- 24 hr. staffing for security & comfort
- Private Manor dining room & lounges
- Specialized wellness programs
- Services available for your individual needs
- Jr. studio, studios & 1 bedroom suite



# THE WESBROOKE

SENIORS LIVING COMMUNITY

12000 190A Street, Pitt Meadows • 604.460.7006 • [www.TheWesbrooke.com](https://www.TheWesbrooke.com)



2019 Favourite Retirement Residence



Developed by ALLEGRO PROPERTIES INC.  
Managed & Operated by CASA GROUP



CALL TODAY OR REGISTER ONLINE FOR YOUR PRIVATE SHOWING | OPEN 9AM-4PM DAILY

## Seniors First BC - Elder Law Clinics

604-437-1940  
seniorsfirstbc.ca

## Society of Notaries Public of BC

604-681-4516  
snpsc.ca

## REGISTERED CHARITIES & FOUNDATIONS

### ALS Society of BC

1228 - 13351 Commerce Parkway, RICH  
604-278-2257  
alsbc.ca

### Alzheimer Society of BC

300 - 828 West 8th Ave, VAN  
604-681-6530  
alzheimerbc.org

### Arthritis Society BC & Yukon

895 West 10th Ave, VAN  
604-714-5550  
arthritis.ca

### BC Cancer Foundation

150 - 686 West Broadway, VAN  
604-877-6040  
bccancerfoundation.com

### Burnaby Hospice Society

4535 Kingsway, BBY  
604-520-5087  
burnabyhospice.org

### Burnaby Hospital Foundation

3935 Kincaid St, BBY  
604-431-2881  
bhfoundation.ca

### Canadian Blood Services, BC & Yukon

4750 Oak St, VAN  
1-888-236-6283  
blood.ca

### Canadian Cancer Society, BC & Yukon

1-888-939-3333  
cancer.ca

### CNIB Foundation

210 - 610 Sixth St, NW  
604-431-2121  
cnib.ca

### Diabetes Canada

1.800.226.8464  
diabetes.ca

### Heart and Stroke Foundation

Info Line: 1-888-473-4636  
heartandstroke.ca

## Parkinson Society

**British Columbia**  
600 - 890 West Pender St, VAN  
Info Line: 604-662-3240  
parkinson.bc.ca

## Prostate Cancer Foundation BC

4 - 17918 55th Ave, SRY  
604-574-4012  
prostatecancerbc.ca

## TAX INFORMATION & FINANCIAL SERVICESBC

### BC Securities Commission

604-899-6854  
bcsc.bc.ca

### Canada Revenue Agency

*TIPS – Tax Information Phone Service*  
1-800-267-6999  
Individual Tax Enquiries  
1-800-959-8281  
canada.gc.ca/en/revenue-agency

### Credit Counselling Society

1-888-527-8999  
nomoredebts.org

## TRANSPORTATION & TRAVEL

### BCAA – Safe Driving Tips for Seniors

caa.ca/driving-safely/senior-drivers/

### BC Bus Pass Program

*Discounted annual bus pass for qualifying  
seniors of low income/persons with  
disabilities.*

1-866-866-0800  
www2.gov.bc.ca/gov/content/  
transportation/passenger-travel/  
buses-taxis-limos/bus-pass

### BC Ferries

Discounted seniors' rates are available.  
1-888-223-3779  
bcferries.com

### Better At Home (New West)

*Medical & non-medical transportation for  
seniors 60+*  
604-520-6621  
seniorsservicessociety.ca

### Burnaby Seniors Transportation

604-292-3901  
BbyServices.ca/seniorstransportation

## Ebus Safely Home

1-877-769-3287  
myebus.ca

## Ladies on the Go

604-535-5565  
ladiesonthego.ca

## Quant Care

604-767-4030  
quantcare.ca

## Seniors' Vehicle Insurance Discounts (ICBC)

604 661-2800  
icbc.com/insurance/costs/Pages/  
Discounts-and-savings.aspx

## Sparc BC - Parking Permit Program

604-718-7744  
sparc.bc.ca/parking-permits

## TransLink

*HandyDART Custom Transit  
Taxi Saver & HandyCard Program*  
604-953-3680  
translink.ca/en/riders-guide/transit-  
accessibility

## Veteran Specialty Licence Plates

*BC Veterans Commemorative Association*  
604-770-3498  
bcveterans.org

## VIA Rail Canada

1-888-842-7245  
viarail.ca

## Volunteer Cancer Drivers Society

Book a Ride: 604-515-5400  
volunteercancerdrivers.ca

## VOLUNTEER OPPORTUNITIES

## Burnaby Neighbourhood House

604-431-0400  
burnabynh.ca

## Community Volunteer Connections

604-529-5139  
cvinfo@volunteerconnections.ca  
volunteerconnections.ca

## Seniors Services Society

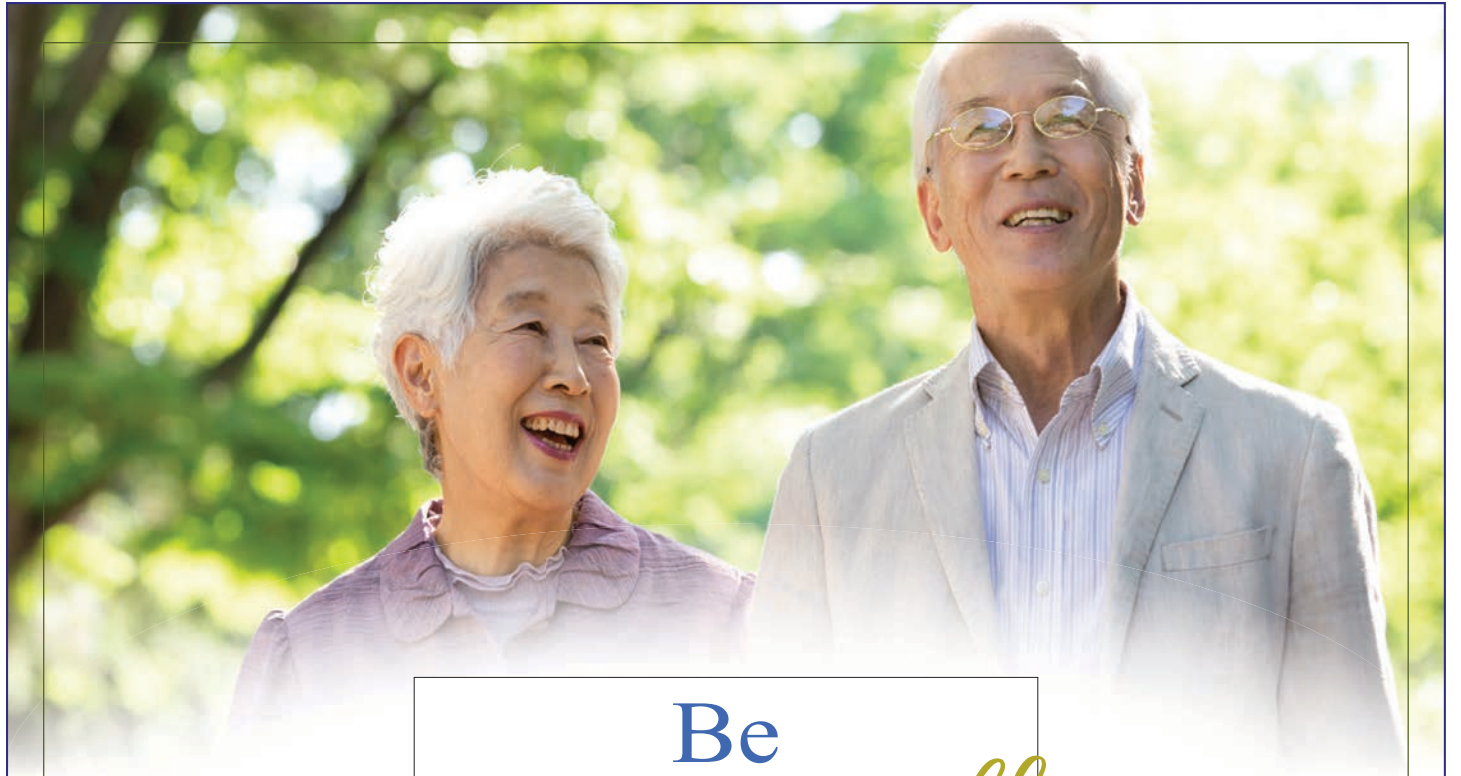
604-520-6621  
volunteer@seniorsservicessociety.ca  
seniorsservicessociety.ca

## Volunteer Burnaby

604-294-5533  
volunteerburnaby.ca

## Volunteer Grandparents

604-736-8271  
volunteergrandparents.ca



Be  
*your best self*

# It's all here for you

Thornebridge Gardens Retirement Residence provides luxurious, worry-free surroundings with life enriching services that will have you loving senior living.



Call today to book  
your personal tour and  
complimentary lunch  
**(604) 524-6100**

649 Eighth Avenue, New Westminister, BC [VerveSeniorLiving.com](http://VerveSeniorLiving.com)



Taking care of  
each other is what  
*community*  
is all about.

**WE'RE PROUD TO SERVE** our community with personal, compassionate care. As your Dignity Memorial® professionals, we're dedicated to helping families create a unique and meaningful memorial that truly celebrates the life it represents.

*Proudly serving our community for over 50 years.*

Dignity®  
MEMORIAL

*Every Detail Remembered™*

**Prearrangements - call 604-328-6079**  
**[preplanning@dignitymemorial.com](mailto:preplanning@dignitymemorial.com)**

**FOREST LAWN**

Funeral Home and Cemetery  
3789 Royal Oak Ave,  
Burnaby  
[ForestLawn-Burnaby.com](http://ForestLawn-Burnaby.com)  
(FH) 604-299-7720  
(C) 604-299-7711

**OCEAN VIEW**

Funeral Home and Cemetery  
4000 Imperial St,  
Burnaby  
[OceanViewFuneral.com](http://OceanViewFuneral.com)  
604-435-6688

**BELL & BURNABY**

Funeral Chapel  
4276 Hastings St,  
Burnaby  
[BellBurnaby.com](http://BellBurnaby.com)  
604-298-2525

Dignity Memorial is a division of Service Corporation International (Canada) ULC, a publicly owned company.

