



health



diet



fitness



activities



support

as we age

SENIORS RESOURCE GUIDE 2019

BURNABY & NEW WESTMINSTER



Mulberry PARC

Home in the heart of Central Burnaby

Amidst the shops, restaurants and amenities of the High Gate area in Burnaby, Mulberry PARC offers proximity to all the services you need, with the bonus of a fireside lounge where you can relax with a novel, enjoy a conversation with friends or engage in a lively game of bridge.

With features like our shuttle service, chef-prepared meals, leisure programs, yoga, and fitness classes, retirement living has never been so attractive. With suites starting at \$2760 it's within reach.

Join us for a complimentary lunch and tour by calling **604.526.2248**.

mulberry
parc
retirement living with a plus

7230 Acorn Avenue, Burnaby
parcliving.ca/mulberry

TABLE OF CONTENTS

'As We Age' Welcome	6
Seniors becoming more tech-savvy	8
How to stay flexible as you age	9
Learn about the causes of adult hearing loss	10
Pros and cons to early retirement	12

SERVICES LISTINGS

Community Healthcare Providers	14
Community Recreation Facilities & Seniors Centres	18
Counselling, Advocacy & Support Services	20
Funeral Homes & Bereavement Support	22
Government Programs & Services	22
Government Representatives	23
- Burnaby/New Westminster MLA's	23
- Local Federal MPs	23
Health Information & Programs	23
Housing (Independent, Assisted, Residential Care & Affordable)	26
Housing Programs & Services	28
In-Home Support Services	31
Leisure, Education & Social Activities	33
Meal & Food Delivery Programs/Shopping Assistance	35
Medical Equipment & Supplies/Pharmacies	37
Medical Equipment - Digital Imaging	39
Professional Services (Wills, Estate Planning, Legal, Insurance & Realtors)	40
Registered Charities & Foundations	41
Tax Information & Financial Services	41
Transportation & Travel	41
Volunteer Opportunities	42

CONTRIBUTORS

Publisher: Lara Graham
 Contributor: Marney Godkin
 Project Coordinator: Jenna Hebb
 Design & Production: Gary Slavin



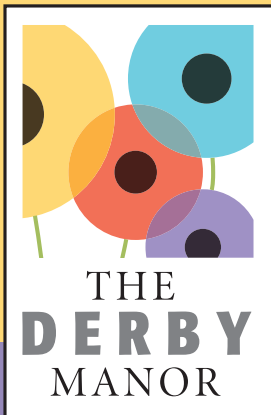
As We Age: Seniors Guide is published annually by the Burnaby NOW, New Westminster Record, and Glacier Media Inc. To advertise in future editions, call 604-444-3451 or email lgraham@glaciermedia.ca



You have
worked
hard – start
enjoying life!



Derby Manor has so much to offer and so much to enjoy. Choose your own activities and entertainment or join in organized events – the choice is yours. Independent living accommodations at an affordable monthly rental rate.



Show
Suite Open!
CALL
778.728.0573
and book a tour

OVER 90% OCCUPIED

Visit our show suite, let us explain more about our programs and services.

Phone to book your tour now.

www.derbymanor.ca

8601 - 16th Avenue, Burnaby | 604.529.1019 | info@derbymanor.ca

MISSING TEETH?

We can help!



Partial Dentures



Complete Dentures



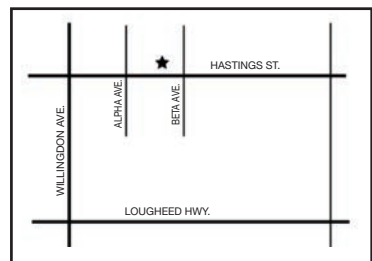
Implant Supported Dentures

NORTH BURNABY DENTURE CLINIC

Trusted since 1981

4653 Hastings St., Burnaby
604-294-6911
www.northburnabydentureclinic.com

Jeremy Duprat R.D., Denturist
Francisco Gino R.D., Denturist



WELCOME...



We are so pleased to have once again joined forces with the team at Burnaby Community Services in creating our annual health and wellness guide for seniors. In the following pages, you'll find a wealth of information designed to serve the needs of the seniors here in Burnaby and New Westminster: en-

gaging articles, community contacts, a directory of organizations and resources, and much, much more. We hope that the 2019 edition of this publication will continue to serve readers well and allow them to enjoy these "golden years" with good health, community connection, and education and awareness. We are proud of our collaboration with Burnaby Community Services in creating this guide and look forward to continuing to provide our readers with useful, interesting and engaging publications in future.

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



Welcome to the 2019 edition of the Burnaby and New Westminster Seniors Resource Guide. The guide is a listing of services for and stories about seniors 55+ and their families. We are proud of our ongoing partnership with the Burnaby *NOW* and The Record to publish

resource guides which empower people to improve their lives and their community. The inclusion of agencies and businesses in the guide do not constitute an endorsement, nor does omission constitute disapproval. For more information about services in your community please contact Burnaby Community Services at 604-299-5778 or visit www.bbyservices.ca.

Stephen D'Souza,
Executive Director, Burnaby Community Services

Burnaby Seniors Outreach

seeing to the emotional needs of seniors in Burnaby since 1987

- Senior Peer Counselling
- Caregiver Support Programs
- Dementia Friendly Cafés

2055 Rosser Ave.,
Burnaby
(604)291-2258
or info@bbyseniors.ca



www.bsoss.org



Providing over
15,000 meals a year.
Serving Burnaby
since 1968

For more info
please contact us at
604.299.5754

or email:
info@BurnabyMeals.ca

www.BurnabyMeals.ca





BURNABY
COMMUNITY
SERVICES

CHANGE BEGINS WITH US

Burnaby Community Services helps seniors remain independent by providing a range of resources and opportunities that support positive change and well-being, such as:

Seniors Transportation – driving seniors to and from medical-related appointments.

Advocacy, Tax and Form Completion – assistance for low income seniors.

Welcoming Seniors' Spaces – trained outreach volunteers connect isolated seniors to community spaces.

Recreation Credit – providing credit to use Burnaby Parks, Recreation and Cultural Services for seniors with low income and those with a disability.

Christmas Bureau Hampers – helping seniors celebrate the holiday season.

We offer a range of publications in support of seniors, including the *Community Resource Guide* and *Seniors Community Resource Cards*.

Visit our office or website for more information.



Burnaby Community Services

EMPOWERING **PEOPLE** CHANGING **LIVES**

2055 Rosser Avenue • Burnaby, BC V5C 0H1 • Phone: 604-299-5778

Fax: 604-299-3755 • www.BbyServices.ca



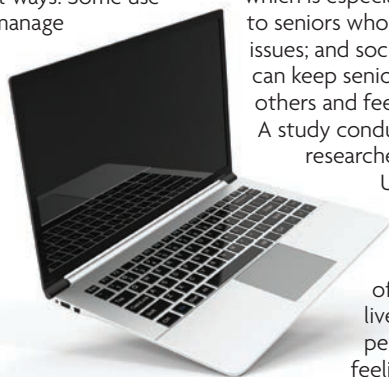
Seniors becoming more tech-savvy

Technology is the future, and digital communication has opened many doors for people around the world. Although younger generations have grown up with technology at their fingers, Baby Boomers and older adults did not. But in spite of that, studies show that growing numbers of seniors are open to the idea of technology and even seeking ways to further their use and knowledge. According to a 2014 study by Pew Research Center, 59 percent of seniors regularly use the internet — a 6 percent increase from the previous study conducted in 2012. Today, 67 percent of adults age 65 and older say they go online. Pew also says that, although seniors consistently have lower rates of technology adoption than the general public, four in 10 seniors now own smartphones, which is more than double the amount that did in 2013. Seniors in Australia are especially tech savvy, as Deloitte's mobile consumer survey found 78 percent of Australian seniors aged 65 to 75 own a smartphone, up from 69 percent in 2016.

While stereotypes have long painted seniors as technologically inept, seniors are actually more socially and digitally engaged than ever before. Seniors use technology in many different ways. Some use mobile apps to manage medications and doctor's appointments and monitor their fitness regimens. Some families employ 24/7 alert systems or smarhome technology to keep seniors comfortable and safe at home for as long as possible. Noninvasive, "smart" technology can analyze factors such as whether or not doors are left open, if there has been movement in a home, or whether appliances/lights are on or off. This represents a great way for families to stay informed and provide assistance even if they are not nearby.

SilverSurfers, a senior-based information website, says other tech that seniors are embracing includes online dating; audio and digital books; online shopping, which is especially valuable to seniors who have mobility issues; and social media, which can keep seniors connected to others and feeling less lonely.

A study conducted by researchers from the University of California, San Francisco found 18 percent of American seniors live alone, and 43 percent report feeling lonely on a regular basis. Loneliness can increase death risk. Social media and internet connectivity can be an important tool in helping seniors feel like active members of society. Technology is no longer just for teenagers or active workers. Seniors are increasingly embracing technology and becoming a fast-growing demographic for tech usage.



How to stay flexible as you age

Men and women may begin to feel less flexible as they get older. According to the University of Maryland Medical Center, that loss of flexibility is because muscles lose both strength and elasticity as the body ages.

A lack of flexibility can make men and women more vulnerable to certain types of injuries, including muscle strains and tears. While people might not be able to maintain the flexibility they enjoyed in their twenties, there are ways for them to combat age-related loss of flexibility.

- Stretch frequently. Stretching is a great way to combat age-related loss of flexibility. Stretch major muscle groups, such as hamstrings and shoulder muscles, several times per week. When practicing static stretching, the goal is to gradually elongate the muscle being stretched before holding the elongated position, and ultimately allowing the muscle to return to resting position. As flexibility improves, elongated stretches can be

held for 30 seconds. Avoid stretching muscles that are sore or injured, and discontinue a stretch if you feel pain or discomfort.

- Include yoga in your exercise regimen. Practitioners of yoga typically love how this unique discipline that exercises the body while relaxing the mind improves their flexibility. Many yoga poses are designed to improve the strength and flexibility of muscles, and some physicians may even recommend yoga to aging patients. Yoga DVDs or streaming sessions can be great, but beginners may want to visit yoga studios or sign up for classes at their gyms so instructors can personally ensure they are doing each pose correctly. As their flexibility improves, men and women can try more difficult poses and classes if they so desire.

- Get in the pool. Swimming is another activity that can help aging men and women improve their flexibility. Strength-training exercises are an important component of a well-balanced exercise regimen, but such workouts tend to focus on one or two muscle groups at a time. That means other muscle groups may be inactive and tighten up as a result. Swimming works the entire body, which helps all muscle groups stay loose and flexible. One or two swimming sessions per week can contribute to great gains in overall flexibility, especially for men and women who remember to stretch when they get out of the pool. Flexibility may decrease as men and women age, but there are various ways to combat the natural loss of flexibility.





Learn about the causes of adult hearing loss

By learning what impacts hearing loss, you can make changes to prevent damage.

Hearing loss is quite common and can impact people's lives in profound ways. Although there are some treatments that can improve one's ability to hear and communicate, many people are interested in learning about the ways they may be able to prevent hearing loss in the first place.

Medical experts from the American Speech-Language-Hearing Association advise that hearing loss can be caused by different factors. Learning about these causes can help individuals make smart decisions at a young age to prevent future hearing loss when possible. In certain circumstances, hearing loss may be unavoidable. In such instances, audiologists, or doctors specializing in hearing, can help.

Conductive hearing loss

Conductive hearing loss refers to problems with the ear canal, ear drum or middle ear and its bones, states the Hearing Loss Association of America. Some of the causes of conductive hearing loss include:

- Otitis media is an infection of the middle ear in which fluid accumulation can interfere with the movement of the eardrum and ossicles.
- Impacted earwax also can cause hearing problems.
- Fluid in the middle ear may obstruct hearing.
- Otosclerosis, which is a middle ear disease, can make it difficult for the tiny bones in the middle ear to move. Surgery can correct the problem.
- Malformation of the outer ear, ear canal or middle ear structure can impact hearing as well.

Sensorineural hearing loss

Sensorineural hearing loss, or SNHL, occurs due to problems of the inner ear. It is often referred to as nerve-related hearing loss.

- Aging is a common cause of hearing loss that may not be reversible. Age-related hearing loss is called presbycusis and is marked by muffled or unclear speech. Treatment with assistive hearing devices can help improve hearing.
- Trauma to the ear or head may impact hearing. Wearing protective gear during sports or other activities can protect against neurological damage that may cause hearing loss.
- Damage to the inner ear can result from prolonged exposure to loud noises, states the Mayo Clinic. These noises cause wear and tear on the hairs or nerve cells in the cochlea that send sound signals to the brain. When these hairs or nerve cells are damaged or missing, electrical signals aren't transmitted as efficiently, and hearing loss occurs. Using hearing protection and turning down the volume can help.
- Ménière's disease is an inner ear problem of unknown origins. It usually starts in people between the ages of 30 and 50. Dizziness and ringing of the ear are common, and hearing loss comes and goes. Some loss can become permanent.
- Viruses and diseases as well as family history also may play a role in SNHL.

In some instances, hearing loss may be the result of a combination of factors. Anyone finding their hearing has become less acute should visit with an audiologist. The doctor can then prescribe a treatment plan to help improve hearing.

Regency

MEDICAL SUPPLIES

ORDER ONLINE AT WWW.REGENCYMED.COM

- Physician/Nursing Supplies
- Incontinence
- Bathroom Safety
- First Aid & Wound Care
- Ostomy Supplies
- Mobility/Seating & Rehab
- Lift Chairs
- Lifts & Transfer Devices
- Compression Stockings
- Orthopedic & Supports
- Therapeutic Footwear
- Sports Athletic Products
- Aids to Daily Living

SENIORS DAY
on first
Tuesday every
month



50 Free Parking Spaces



REHAB MEDICAL SUPPLIES

SALES • RENTALS • INSTALLATION • REPAIRS

4437 Canada Way, Burnaby, BC

604-434-1383 • Fax: 604-435-8150

Hours of Operation:

Mon.-Wed. & Fri. 8:30am to 5:30pm • Thurs. 8:30am to 7:00pm • Sat. 9:00am to 4:00pm

Pros and cons to early retirement

A lifetime of working compels many people to look forward to their retirement. Some people even work to retire early. But what are the advantages of early retirement beyond starting a life of leisure? And are there any detriments to this plan?

A 2014 survey by the financial services provider TIAA-CREF found that 37 percent of Americans plan to retire before age 65. However, many of them will not have control over the matter. Those who do may want to consider the pros and cons of early retirement.

Advantages

Many people seek early retirement so that they can live a life free of the constraints of schedules. In retirement, time becomes, more or less, a retiree's own.

Leaving a job can be a boon to a person's health as well. Relieving oneself of the pressures and stresses of



professional life can free up the mind and body. Stress can affect mental and physical health, taxing the heart and contributing to conditions such as depression or anxiety. According to the Mayo Clinic, stress can cause headache, muscle and chest pain and contribute to trouble sleeping.

The earlier the retirement, the more opportunity to travel before health issues begin to limit mobility. Early retirement also can be a way to volunteer more or even start a new job opportunity — one where workers have greater control over their schedules and careers.

Disadvantages

One of the disadvantages of early retirement is a loss of income. Contributions to retirement accounts also ceases at retirement. This can lead to financial setbacks if adequate savings were not allocated for retirement. According to the resource Wealth How, some people who retire early fear outliving their savings.

While retiring early may be good for health, it also can have negative consequences. An analysis from the National Bureau of Economic Research found that retirement can lead to declines in mental health and mobility as well as feelings of isolation. Retiring early may jump start these health implications.

Another consideration is that health insurance provided by an employer typically ends at retirement. That means having to pay out of pocket until a person ages into government-subsidized healthcare, such as Medicare in the United States, at age 65.

Retiring early is a complex issue that requires weighing the pros and cons.





BURNABY'S **NEWEST** RETIREMENT COMMUNITY IS **NOW OPEN** AND READY TO WELCOME YOU!

Discover all our residence has to offer.

Bright open amenity spaces, unique dining experience, beautifully appointed suites, and so much more!

**CALL TODAY TO BOOK YOUR
PERSONALIZED VISIT!**



CARLTON
retirement residence

4110 Norfolk Street
Burnaby • **778-300-2389**
ChartwellCarlton.com

Acoustica Hearing Clinic

4564 Dawson St, BBY
604 294-1080
www.acousticahearing.com

Apex Dental Clinic

201 - 4885 Kingsway, BBY
604 433-3800

Belmont Dental Centre

Royal City Centre
108 - 610 Sixth St, NW
604 521-6313
www.belmontdentalcentre.com

Boundary Dental Clinic

208 - 3815 Sunset St, BBY
604 438-2464
www.boundarydentalclinic.ca

Burnaby Hearing Centre

605 - 4980 Kingsway, BBY
604 432-6696
www.burnabyhearingcentre.com

Burnaby Hospital

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

Burnaby Orthopaedic & Mastectomy

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

CDI College

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

Cedar Chiropractic & Physiotherapy

102 - 4181 Hastings St, BBY
604 738-1168
www.cedarhealth.ca

Chrysalis Dental Centre

406 - 4603 Kingsway, BBY
604 439-8885
www.implantmagic.com

Citident Oral Care Centre

306 - 4603 Kingsway, BBY
604 439-1113
citidentocc@gmail.com

Dentistry at the Heights

4351 Hastings St, BBY
604 299-1099
www.heightsdentistry.ca

Dr. Douglas M. Lovely & Associates

609 Sixth St, NW
604 524-4981
www.newwestminsterdentists.com

see
ad page
24

Dr. Stuart Katz & Associates

210 - 7885 6th St, BBY
604 524-9596
www.drkatz.ca

Duke Park Denture Clinic & Laboratory

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

see
ad page
38

Easy Therapy - Mobile Wellness Clinic

604 537-7167
www.easytherapy.ca

Edmonds Dental

111 - 7738 Edmonds St, BBY
604 553-3456
www.edmondsdental.ca

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

pharmacy



With 50 years of combined pharmacy experience, we are proud to be your full-service neighborhood pharmacy since 2013. We also offer the following additional services:

- Flu, shingles, pneumonia, hepatitis A and B immunization, and other general and travel vaccinations
- Medication blister packing (including Fraser Health's Integrated Medication Management Program, or IMMP)
- Specialty and veterinary compounding
- Medication reviews
- Quit smoking program
- Fitting for compression stockings
- Free local prescription delivery

Pharmasave Greystone Village

#10 - 1601 Burnwood Drive, Burnaby BC

Phone: (604) 428-2648

Open 930-7 Mon-Fri and 10-5 Saturdays

PHARMASAVE

BUILDING WELCOMING AND INCLUSIVE NEIGHBOURHOODS



LEARN MORE ABOUT OUR

- SOCIAL ACTIVITY PROGRAMS
- OUTREACH TO ISOLATED SENIORS
- VOLUNTEER OPPORTUNITIES
- OTHER SUPPORT SERVICES



Website: burnabynh.ca



Funded in part by the Government of Canada's New Horizons for Seniors Program Pan-Canadian Projects.

South House:

4460 Beresford St., Burnaby
(604) 431-0400
info@burnabynh.ca

North House:

4908 Hastings St., Burnaby
(604) 294-5444
simoneb@burnabynh.ca



What is your LEGACY?

Learn more about life-saving planned giving.

Call Sylvia at 604-431-2881
or visit bhfoundation.ca/make-a-difference.



**Burnaby
Hospital
Foundation**

Halo Dental

91 Eighth Ave, NW
604 544-8875
www.halodental.ca

Lloyd Hearing Solutions

140B - 6540 Burlington Ave, BBY
604 434-2070
www.lloydhearingsolutions.ca

see
ad page
30

Madison Eyes Doctors of Optometry

102 - 1899 Rosser Ave, BBY
604 298-7555

New West Dentureworks Inc.

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

see
ad page
40

NexGen Hearing

Burnaby North:
3776 Hastings St, BBY
604 569-1162

Metrotown:
1698 - 4500 Kingsway, BBY

PRESCRIPTIONS

Lisa Patel, Sam Budhwani and Shez Aly

LOW COST AND FAST SERVICE

Rx

RX CARE PHARMACY & COMPOUNDING
— LIVE HEALTHY • LIVE HAPPY • LIVE LONG —

- Home Health Care Products
- Rentals (crutches, walkers, wheel chairs, nebulizers, breast pumps etc.)
- Free Blister Packaging Service
- Free Prescription Delivery

SENIOR DISCOUNTS ON EVERY TUESDAY AND MONTHLY DRAWS

HOURS:
Mon-Fri 9:00 to 6:00
Sat: 9:00 to 3:00
Sun: Closed

4695 Canada Way, Burnaby, BC V5G 1K8
Tel 604-428-RX11(7911) | Fax 604-428-RX12(7912)
info@rxcarepharmacy.ca | www.rxcarepharmacy.ca

604 434-6446
New Westminster:
101 - 625 5th Ave, NW
604 553-4952
www.nexgenhearing.com

North Burnaby Denture Clinic

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

see
ad page
5

Prime Denture Clinic Ltd.

203 - 624 Sixth St, NW
604 521-6424
www.primedentureclinic.ca
primedentureclinic@gmail.com

Royal Columbia Hospital

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

Simple Hearing Solutions

108 - 7885 Sixth St, BBY
604 528-8884
www.simplehearing.ca

JUST LIKE FAMILY HOME CARE

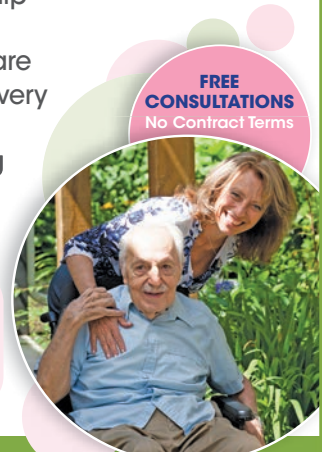
SERVING BURNABY AND
NEW WESTMINSTER

We customize our care plans to you
and your needs.

- Personal Care
- Companionship
- 24/7 Live-in
- Alzheimer's Care
- Hospital Recovery
- Cooking
- Housekeeping
- Respite Care
and more...

**FREE
CONSULTATIONS**
No Contract Terms

Call for your free
consultation
604.725.7254
www.justlikefamily.ca



Read our report
on what our
government
is doing to
support seniors



Download the report at
TerryBeechMP.ca
Or request a copy from our office

TERRY BEECH
BURNABY NORTH - SEYMOUR
Your Member of Parliament


Burnaby **Hospice** Society

Free Services:

Bereavement Counselling
Grief Support Groups
Palliative Care Support Services
Public Education
*Compassionate care for
individuals & families.*

**Call us today
for more information:
604.520.5087**

Or email info@burnabyhospice.org
www.burnabyhospice.org

Live Your **BEST**
Retirement Lifestyle!




AgeCare
HARMONY
COURT ESTATE

7197 Canada Way, Burnaby

Book a Lunch & Tour
Call Joel (604) 527-3323
www.agecare.ca/Harmony

Total Therapy Rehabilitation & Wellness Centre

Metrotown:
4665 Central Blvd, BBY
604 620-9700

North Burnaby:
4162 Dawson St, BBY
604 437-9355
www.totaltherapy.ca

Trask Denture Clinic

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

Vancouver Foot & Ankle Clinic

202 - 410 Carleton Ave, BBY
604 757-2558
www.vancouverfootandankle.com

VCC Hygiene Clinic

Students offer low-cost dental hygiene services (polishing, x-rays, and scaling) to the public.
604 443-8499
www.vcc.ca/services/eat-shop--more

Western Institute for the Deaf and Hard of Hearing

2125 West 7th Ave, VAN
604 736-7391
TTY: 604 736-2527
www.widhh.com

Wonderpoint Wellness Centre

4071 Kingsway, BBY
604 336-0783
www.wonderpointwc.com

COMMUNITY RECREATION FACILITIES & SENIORS CENTRES

411 Seniors Centre Society

704 - 333 Terminal Ave, VAN
604 684-8171
www.411seniors.bc.ca

55+ BC Games

778 426-2940
www.55plusbcgames.org

Bonsor Recreation Complex (55+)

6533 Nelson Ave, BBY
604 297-4597
604 297-4580

see
ad page
27

Cameron Recreation Complex (55+)

9523 Cameron St, BBY
604 297-4456
604 297-4453

see
ad page
27

Canada Games Pool

65 East Sixth Ave, NW
604 526-4281

Centennial Community Centre

65 East Sixth Ave, NW
604 777-5100

Century House

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

Confederation Community Centre (55+)

4585 Albert St, BBY
604 294-1936

see
ad page
27

Edmonds Community Centre (55+)

7433 Edmonds St, BBY
604 297-4838
604 297-4402

see
ad page
27

Fortius Sport and Health

3713 Kensington Ave, BBY
604 292-2500
www.fortiusport.com

Physical Activity Services

Advice on physical activity and healthy living.
8-1-1 or 604 215-8110
www.healthlinkbc.ca/physical-activity

Queensborough Community Centre

920 Ewen Ave, NW
604 525-7388
www.newwest.ca/parks-and-recreation

Royal City Centre Shopping Centre

610 Sixth St, NW
604 526-8064
www.royalcitycentre.ca

see
ad page
32



MAKING SENIORS A PRIORITY IN OUR COMMUNITY



Katrina Chen, MLA

Burnaby - Lougheed
#3-8699 10th Avenue
Burnaby, BC V3N 2S9
604-660-5058
katrina.chen.mla@leg.bc.ca
www.katrinachen.ca



Peter Julian, MP

New Westminster - Burnaby
110-888 Carnarvon Street
New Westminster, BC V3M 0C6
604-775-5707
peter.julian.c1@parl.gc.ca
www.peterjulian.ca



Raj Chouhan, MLA

Burnaby - Edmonds
5234 Rumble Street
Burnaby, BC V5J 2B6
604-660-7301
raj.chouhan.mla@leg.bc.ca
www.rajchouhan.ca



Janet Routledge, MLA

Burnaby North
1833 Willingdon Avenue
Burnaby, BC V5C 5R3
604-775-0778
janet.routledge.mla@leg.bc.ca
www.janetroutledge.ca



Judy Darcy, MLA

New Westminster
301-625 Fifth Ave
New Westminster, BC V3M 1X4
604-775-2101
judy.darcy.mla@leg.bc.ca
www.judydarcy.ca



Anne Kang, MLA

Burnaby - Deer Lake
105 - 6411 Nelson Avenue
Burnaby, BC V5H 4H3
604-775-0565
anne.kang.mla@leg.bc.ca

COUNSELLING, ADVOCACY & SUPPORT SERVICES

Burnaby Community Services

Provides seniors transportation and outreach services, programs for seniors with low income including the Recreation Credit Program, Christmas hampers, advocacy services, tax and form completion, and a range of community resource publications.

2055 Rosser Ave, BBY
604 299-5778
www.BbyServices.ca

see
ad page
7

Burnaby Hospice Society

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

see
ad page
17

Burnaby Neighbourhood House

Offers Welcoming Social Activities and Community Outreach to seniors living in isolation.

BNH South: 4460 Beresford St, BBY
604 431-0400
BNH North: 4908 Hastings St, BBY
604 294-5444
seniorsoutreach@burnabynh.ca
www.burnabynh.ca

see
ad page
15

Burnaby Seniors Outreach

Offers Senior Peer Counselling, Caregiver Support Programs, Dementia Friendly Cafés

2055 Rosser Ave, BBY
604 291-2258
www.bsoss.org

see
ad page
6

CARP (formerly Canadian Association of Retired Persons)

604 522-9020
www.carp.ca

see
ad page
21

Century House Senior Peer Counselling

604 519-1064 x1
www.chspc.ca

Consumer Protection BC

604 320-1667
www.consumerprotectionbc.ca

Diamond Geriatrics

778 885-5695
eldercare@diamondgeriatrics.com
www.diamondgeriatrics.com

20 | AS WE AGE • SENIORS RESOURCE GUIDE 2019

Golden Transitions

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

Multicultural Family Support Services

306 - 4980 Kingsway, BBY
604 436-1025
www.vlmfss.ca

New West Police Service & FSGV

Elder Abuse Team
604 529-2459

Personalized Dementia Solutions Inc.

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

Qmunity

Offers support for the LGBT2Q+ community.
604 684-5307
www.qmunity.ca

Seniors First BC

(formerly BC Centre for Elder Advocacy & Support)
Seniors Abuse & Information Line (SAIL)
604 437-1940 or 1-866-437-1940
TTY: 604 428-3359
www.seniorsfirstbc.ca

see
ad page
30

Seniors Services Society – Support Services

Offers meal programs, seniors' medical transportation, support calls, grocery shopping, light housekeeping, and volunteer form/tax completion clinics for New West seniors 60+.
604 520-6621
www.seniorsservicesociety.ca

see
ad page
32

Strive Living Society

Provides community/residential services for individuals with diverse abilities.
604 936-9944
www.striveliving.ca

VictimLink BC

Confidential, 24/7, Multilingual service
1-800-563-0808
TTY: 604 875-0885
www.victimlinkbc.ca

Vital Connections Counselling

604 519-1064 x2
www.fsgv.ca/counselling



 **BURNABY PUBLIC LIBRARY**

Home Library & Accessible Service

www.bpl.bc.ca/hlas

We'll bring the library to your door if you can't come to us... for FREE!

Phone: **604-436-5423**
E-mail: bplhomes@bpl.bc.ca



Since 1974

Classic LifeCare™

The Finest Home Health Care

24-hour Care • Personal Care • Complex Care
Hourly Care • Companionship • Homemaking
Nursing Foot Care • Palliative Care



Almost 45 years of Home Care Experience,
Dedicated to Exceptional Service

 (604) 263-3621  classiclifecare.com



CARP is Canada's largest advocacy association for older Canadians.

We advocate for better healthcare, financial security, and freedom from ageism.

Read about us at www.carp.ca
Join online and add your voice.

The North Fraser chapter covers from Burnaby to Maple Ridge.

Follow us at: www.facebook.com/NorthFraserCARP

For more information email: northfraser@carp.ca



Home care that celebrates aging

From companionship to live-in nursing, we provide more than just the clinical healthcare you need. We'll work to get you back to doing the things you love.

Call today for a **FREE** Caring Consult
604-553-3330

burnaby@nursenextdoor.com



Nurse Next Door™
home care services

FUNERAL HOMES & BEREAVEMENT SUPPORT

BC Bereavement Helpline

604 738-9950
contact@bcbh.ca
www.bcbh.ca

Bell & Burnaby Funeral Chapel

4276 Hastings St, BBY
604 298-2525
www.bellburnaby.com

British Columbia Funeral Association

Offers advice on pre-planning funeral arrangements.
1-800-665-3899
www.bcfunerals.com

Burnaby Hospice Society

604 520-5024
www.burnabyhospice.org/services/
bereavement-support

see
ad page
17

Forest Lawn Funeral Home & Burial Park

3789 Royal Oak Ave, BBY
(FH) 604 299-7720
(C) 604 299-7711
www.forestlawn-burnaby.com

see
ad page
44

Forest Lawn & Ocean View Funeral Homes

Prearrangement Services
604 328-6079
preplanning@dignitymemorial.com
www.forestlawn-burnaby.com

see
ad page
44

Last Post Fund

Assists with funeral and burial services for veterans.
1-800-465-7113
www.lastpostfund.ca

Memorial Society of BC

A non-profit organization that helps members pre-plan funeral services.
1-888-816-5902
www.memorialsocietybc.org

Ocean View Funeral Home & Burial Park

4000 Imperial St, BBY
604 435-6688
www.oceanviewfuneral.com

see
ad page
44

Valley View Funeral Home & Cemetery

14644 72nd Ave, SUR
604 596-7196
valleyviewsurrey.ca

see
ad page
25

GOVERNMENT PROGRAMS & SERVICES

Assisted Living Registrar

1-866-714-3378
www2.gov.bc.ca/gov/content/health/
accessing-health-care/

BC Ministry of Social Development & Poverty Reduction

Income Assistance, Senior's Supplement & Bus Pass Program
1-866-866-0800
www.mhr.gov.bc.ca/PROGRAMS/other.htm#ss

BC Palliative Care Benefits

Benefits and support for at-home palliative care.
604 683-7151
www2.gov.bc.ca/assets/gov/health/health-
drug-coverage/pharmacare/palliative-pa-
tientinfo.pdf

Canadian Anti-Fraud Centre

1-888-495-8501
www.antifraudcentre.ca

Government of Canada/Service Canada

Canada Pension Plan and Disability Benefits, Old Age Security, Guaranteed Income Supplement, Survivor's Allowance
1-800-277-9914
TTY: 1-800-255-4786
www.canada.ca/en/services/benefits/
retirement.html

Office of the Seniors Advocate

1-877-952-3181
www.seniorsadvocatebc.ca

Seniors BC/Service BC

Provides information on seniors' health care, finances, benefits, housing, transportation & more.
604 660-2421 or 1-866-437-1940
TDD/TTY: 604 775-0303
www.seniorsbc.ca

Veterans Affairs Canada

1-866-522-2122
www.veterans.gc.ca

WelcomeBC

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

1-877-952-6914 (option #3)

www.welcomebc.ca

GOVERNMENT REPRESENTATIVES

Burnaby City Hall

4949 Canada Way, BBY

604 294-7944 (Main)

604 294-7340 (Mayor's office)

www.burnaby.ca

New Westminster City Hall

511 Royal Ave, NW

604 521-3711 (Main)

604 527-4522 (Mayor's Office)

www.newwestcity.ca

BURNABY/ NEW WESTMINSTER MLA'S

Burnaby-Deer Lake: Anne Kang

105 - 6411 Nelson Ave, BBY

604 775-0565

anne.kang.mla@leg.bc.ca

see
ad page
19

Burnaby-Edmonds: Raj Chouhan

5234 Rumble St, BBY

604 660-7301

www.rajchouhan.ca

see
ad page
19

Burnaby-Lougheed: Katrina Chen

3 - 8699 10th Ave, BBY

604 660-5058

www.katrinachen.ca

see
ad page
19

Burnaby North: Janet Routledge

1833 Willingdon Ave, BBY

604 775-0778

www.janetroutledge.ca

see
ad page
19

New Westminster: Judy Darcy

301 - 625 Fifth Ave, NW

604 775-2101

www.judydarcy.ca

see
ad page
19

LOCAL FEDERAL MPs

Burnaby North-Seymour: Terry Beech

3906 Hastings St, BBY

604 718-8870

www.terrybeechmp.ca

see
ad page
17

New Westminster-Burnaby: Peter Julian

110 - 888 Carnarvon St, NW

604 775-5707

www.peterjulian.ca

see
ad page
19

HEALTH INFORMATION & PROGRAMS

Acute, Home & Community Care Services

Toll free: 8-1-1

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)

Arthritis Infoline

1-800-321-1433

www.arthritis.ca/bc

BC Ambulance Service Billing

1-800-665-7199

www.bcehs.ca/about/billing

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

Fall Prevention

www.healthlinkbc.ca/health-topics/ug2329spec

Fall Prevention Mobile Clinics

One-on-one assessments with healthcare professionals.

604 587-7866

fallpreventions@fraserhealth.ca

[www.fraserhealth.ca/Service-Directory/
Services/Clinics/falls-prevention-mobile-clinic](http://www.fraserhealth.ca/Service-Directory/Services/Clinics/falls-prevention-mobile-clinic)

First Link Dementia Helpline

604 681-8651

www.alzheimer.ca/bc



Dr. Douglas M. Lovely

& ASSOCIATES

WELCOME TO OUR STATE-OF-THE-ART DENTAL FACILITY!

- General & Family Dentistry • Dental Implants
- Invisalign • Botox • Accepting New Patients



Dr. Douglas Lovely



Dr. Chantal Thériault



Dr. Ajand Nobahari



Dr. Morris Huang



7 YEARS IN A ROW

609 Sixth Street, New Westminster

604-524-4981

newwestminsterdentists.com

OVER 65 YEARS
COMBINED EXPERIENCE

Hours: Monday: 8am – 8pm • Tuesday: 8am - 5:30pm • Wednesday: 8am – 8pm
Thursday: 8am – 8pm • Friday: 9am – 5pm • Saturday: 9am – 5pm • Sun & Holidays: Closed



Make the smart choice.
Cross the bridge to Surrey.

Affordable
burial spaces



87 acres of natural landscape and
beautifully manicured gardens.

Start Planning TODAY!!
Our experienced staff is available
to answer your questions.
Call **604-596-7196**



Valley View
Funeral Home & Cemetery
by Arbor Memorial

14644 - 72nd Avenue, Surrey, BC
valleyviewsurrey.ca

Arbor Memorial Inc.

Fraser Health Crisis Line (24 hr)

604 951-8855
1-877-820-7444

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/health-drug-coverage

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
TTY: 7-1-1
www.healthlinkbc.ca

Healthy Eating

www.healthyfamiliesbc.ca/eating

Immunization Services

www.immunizebc.ca

Substance Use Services

Burnaby: 604 777-6870
New West: 604 522-3722 x101

VictimLink BC

Confidential, 24/7, Multilingual service
1-800-563-0808
TTY: 604 875-0885
www.victimlinkbc.ca

YMCA Healthy Heart Program

(Cardiac Prevention, Rehabilitation & Maintenance)
604 521-5801
www.ymcahealthyheart.ca

HOUSING (INDEPENDENT,
ASSISTED, RESIDENTIAL CARE
& AFFORDABLE)

Affordable Housing Societies

604 521-0818
www.affordablehousing Societies.ca

Agecare Harmony Court Estate

7197 Canada Way, BBY
604 527-3323
www.agecare.ca/harmonybc

see
ad page
17

Atira Women's Resource Society: Maggie's House for Older Women

1010 Sperling Ave, BBY
604 205-9350
www.atira.bc.ca

Belvedere Care Centre

739 Anderson Ave, COQ
604 939-5991
www.belvederecare.com

see
ad page
29

Carlton Gardens

4108 Norfolk St, BBY
604 419-3000
www.chartwell.com

Chartwell Carlton Retirement Residence

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

see
ad page
13

Courtyard Terrace Assisted Living

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

Dania Manor

4155 Norland Ave, BBY
604 299-1370
www.dania.bc.ca

55+ Active in Burnaby

Our 55+ centres are great places to meet new friends, take dance and art classes, attend a special event, volunteer, take a trip on a bus outing, and, of course stay active by joining in on exercise classes, table tennis, snooker, bridge, carpet bowling and more.

Drop by one of our centres today to pick up a *Leisure Guide* or visit us online at burnaby.ca/seniors

Seniors Centres in Burnaby

Bonsor 55+ Centre

604-297-4580 | 6533 Nelson Avenue

Cameron Recreation Complex

604-297-4456 | 9523 Cameron Street

Confederation Community Centre

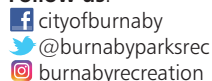
604-294-1936 | 4585 Albert Street

Edmonds Community Centre

604-297-4838 | 7433 Edmonds Street



Follow us:



Cobbett & Cotton

LAWYERS

Having a Will allows you to appoint an executor of your choosing. If you die without a Will someone will have to apply to the Court to be appointed to administer your estate. Of course, simply making any Will is not advisable. Will provisions are not as simple as might appear. They must be carefully worded, and take into account not only your wishes.

Accordingly, it is essential to obtain legal advice when having your Will prepared.

Wills and Estates
Powers of Attorney
Estate Litigation
Estate Planning

To better serve you our office hours by appointment are:
Mon - Thu: 9 am - 9 pm • Fri Sat: 9 am - 5 pm
#300 - 410 Carleton Avenue at Hastings,
Burnaby, B.C. V5C 6P6
Tel. (604) 299-6251 Fax (604) 299-6627
www.cobbett-cotton.com



Derby Manor

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

see
ad page
4

Fair Haven United Church Homes

Seniors Independent Living Apartments
4341 Rumble St, BBY
236 818-6113
www.fairhavenapartments.ca

Fellburn Care Centre

Access requires Fraser Health assessment
6050 East Hastings St, BBY
604 412-6510
www.fraserhealth.ca

Finnish Manor

3460 Kalyk Ave, BBY
604 434-2666
www.finnicare.ca

Mulberry PARC

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

see
ad page
2

New Chelsea Society

604 395-4370
www.newchelsea.ca

New Vista Healthcare & Housing

7550 Rosewood St, BBY
604 521-7764
www.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
www.seniors.nikkeiplace.org

Poppy Residences, The

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

see
ad page
30

Rideau Retirement Residence

1850 Rosser Ave, BBY
604 291-1792
www.siennialiving.ca

Seton Villa Retirement Centre

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

Society for Christian Care of the Elderly

604 681-7337
www.scce.ca

Swedish Assisted Living Residence

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

Thornebridge Gardens Retirement Residences

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

see
ad page
36

Willingdon Care Centre

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

HOUSING PROGRAMS & SERVICES

BC Home Renovation Tax Credit

For Seniors and Persons with Disabilities
1-877-387-3332
ITBTaxQuestions@gov.bc.ca
www.gov.bc.ca

BC Housing

604 433-2218
Shelter Aid for Elderly Renters (SAFER)
www.bchousing.org/Options/Rental_market/SAFER
Home Adaptations (HAFI)
www.bchousing.org/Options/Home_Renovations

Let's
have
fun!



A 100% Canadian
Owned Company

- B.C. owned and family operated.
- Welcoming seniors seeking modestly priced accommodation.
- Designed with you in mind.
- Contact us to discuss the benefits of living at Suncrest.
- **Brand new and recently opened.**
- Attractive & spacious Independent Living and Seniors Life Care suites available.
- Appealing amenities, social and health programs to suit your interests.
- Chef crafted, nutritious meals.



Suncrest
Retirement Community

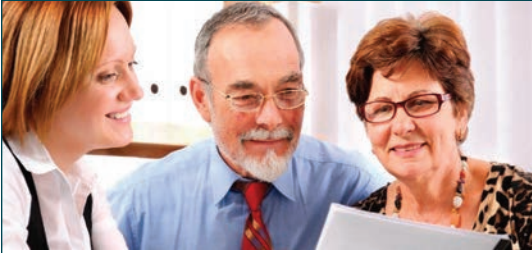
For more information and to book your tour
please call Mardie: 604.542.6200 (Ext) 112
email: suncrestbc@telus.net

Join us for a delicious lunch, our treat!

belvederebc.com

2567 King George Boulevard
South Surrey, B.C. V4P 0E9

seniors first BC



Free Legal Consultations for Adults 55+, once a month:

3rd Wednesday from 11 am to 2 pm

2055 Rosser Avenue, Burnaby

Brentwood Community Resource Centre

Call 604-336-5653 to book an appointment

Seniors Abuse and info line
8 am to 8 pm
7 days a week
Call 604-437-1940

NEW!
Trial Preparation Clinics
for Seniors
Call 604-336-5653

We also offer legal consultations in New Westminster, Richmond, Surrey, North Vancouver and Vancouver

Learn more at www.SeniorsFirstBC.ca

Your hearing is a priceless gift. Don't take it for granted.

WE OFFER SOLUTIONS TO FIT YOUR COMMUNICATION NEEDS, LIFESTYLE, & BUDGET:

- Comprehensive testing and consultations
- Batteries and accessories
- Custom music/noise protection
- Swim molds
- Latest digital technology
- 60 day trial periods
- Financing available



Second generation family business serving the Lower Mainland for over 47 years

Prices Starting from \$749 hearing aid.



Call today for a FREE Hearing Assessment!

Lloyd
Hearing
Solutions



604-434-2070

140B - 6540 Burlington Ave
Burnaby, BC

www.lloydhearingsolutions.ca

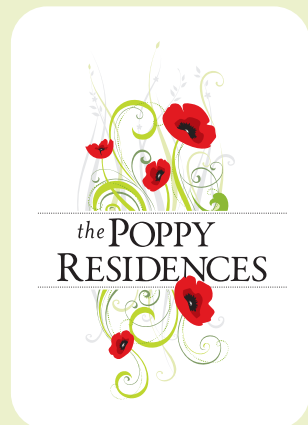
MOVE IN
TODAY



Your new home in the heart of Burnaby

With all the freedom, comfort and services you want, **The Poppy Residences** is a place that lets you get the most out of life.

- Located in the heart of Metrotown
- 1 bedroom or 1 bedroom + den, rent all inclusive
- Weekly housekeeping and fresh linens
- All meals included
- Variety of organized activities, events and bus trips
- Friendly, reliable staff



CALL 604-568-5563 TO BOOK YOUR PERSONAL TOUR!

5291 Gimmer St, Burnaby BC, V5H 0B3 | thepoppyresidences.com

Condominium Home Owners Association of BC

604 584-2462
www.choa.bc.ca

Home Owner Grants/ Tax Deferral for Seniors

Burnaby: 604 294-7350
www.burnaby.ca
New Westminster: 604 527-4550
www.newwestcity.ca

Licensing & Consumer Services

(formerly BC Homeowner Protection Office)
604 646-7050
www.bchousing.org/licensing-consumer-services

Residential Tenancy Branch

400 - 5021 Kingsway, BBY
604 660-1020
www.gov.bc.ca/landlordtenant

Seniors Services Society – Housing Services for Seniors 60+

604 520-6621
housing@seniorsservicessociety.ca
rentbank@seniorsservicessociety.ca
www.seniorsservicessociety.ca



TRAC – Tenant Resource & Advisory Centre

604 255-0546
www.tenants.bc.ca

Clean Start BC

Offers hoarding cleanup and junk removal services.
1-855-297-8278
www.cleanstartbc.ca

Mobile Work Crew

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

Neighbours Helping Neighbours

604 764-6601
www.larchevancouver.org/day_programs.htm

Senior Citizens Repair Service

604 529-1100

IN-HOME SUPPORT SERVICES

Aging My Way Home Care Inc.

604 290-8331
www.agingmywayhomecare.ca

All Nursing Health Services

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

Bayshore Home Care Solutions

300 - 4370 Dominion St, BBY
604 739-7454
www.bayshore.ca

BC Eldercare Massage

604 340-3581
www.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@seniorsservicessociety.ca
www.betterathome.ca

Big Hearts Homecare

778 788-5578
info@bigheartshomecare.ca
www.bigheartshomecare.ca

CBI Health Group Home Health

1-800-463-2225
www.cbi.ca

Classic LifeCare

604 263-3621
www.classiclifecare.com



Comfort Keepers

604 541-8653
www.comfortkeepers.ca

Footcare Passion

Mobile Foot Care
604 780-3992
www.footcarepassion.ca

Your Safety and Comfort
is our Number One Priority



IN-HOME CARE



**SAFE CARE provides your loved one
with the Best Home Care Services:**

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

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

ICBC Claims Accepted • DVA Provider



www.safecarehomesupport.ca



**Home
Instead**
SENIOR CARE®
to us, it's personal.

Homeinstead.com/3037

Personalised care for senior loved ones.

*We help aging parents stay at home,
whether they're dealing with Alzheimer's,
arthritis or anything in between.*

PERSONAL CARE | 24-HOUR CARE
MEMORY CARE | RESPITE CARE | NUTRITION

Contact us for your
FREE in-home consultation

604-432-1139

burnaby@homeinstead.com

#208-5066 Kingsway, Burnaby



**NEW WESTMINSTER'S FAVOURITE
SHOPPING CENTRE**

THERE'S SOMETHING FOR EVERYONE!

ROYAL CITY CENTRE
SHOPPING REDISCOVERED

www.royalcitycentre.ca

Featuring Winners, Walmart, Save-On-Foods, Shoppers Drug Mart and
over 40 stores with lots of free parking at 6th & 6th, New West

Proudly managed by
 STRATH-HALLEN



**We
need
your
continued
help.**



**Seniors
Services
Society**

- ♥ Senior Services Society is **the only agency** to specifically serve homeless and at-risk seniors in Metro Vancouver.
- ♥ Last year we turned away **600 seniors** who needed our help, demand is up and our resources are low.
- ♥ **Only 52%** of funding comes from Government.

PLEASE GIVE NOW | www.seniorsservicesociety.ca
604-520-6621

Home Instead Senior Care

604 432-1139

www.homeinstead.com/3037

see
ad page
32

John's Helping Hands

604 329-1006

john@johnshelpinghands.ca

www.johnshelpinghands.ca

Joie de Vivre Life Enrichment Services

778 384-0060

www.jdvlifeenrichment.com

Just Like Family Home Care

604 725-7254

www.justlikefamily.ca

see
ad page
16

Karp Home Care

604 420-7800

www.karphomecare.com/burnaby-new-west

Nurse Next Door

604 553-3330

www.nursenextdoor.com

see
ad page
21

Nurse Tree Health – Home Care Services

604 655-2636

www.nursetree.ca

Physio2U

778 846-7695

www.physio2u.ca

Practically Daughters

Downsizing, Organizing and Moving

604 421-5952

www.goodriddance.ca

Safe Care Home Support

604 945-5005

www.safecarehomesupport.ca

see
ad page
32

LEISURE, EDUCATION & SOCIAL ACTIVITIES

Burnaby Parks, Recreation and Culture

604 294-7450

www.burnaby.ca/Things-To-Do

see
ad page
27

Burnaby Community & Continuing Education

604 296-6901

www.burnabyccce.ca

Burnaby Village Museum

6501 Deer Lake Ave, BBY

604 297-4565

www.burnabyvillagemuseum.ca

Century House

620 Eighth St, NW

604 519-1066

www.centuryhouseassociation.com

Citizen Support Services

(City of Burnaby)

Gadabouts Program

Wheelers Program

604 294-7980

Shopping Buddies/Volunteer Visitor Program

604 294-7498

Phone Buddy Program

604 297-4470

Seniors Flu Clinic

604 294-7920

www.burnaby.ca/Our-City-Hall/

[City-Departments/Citizen-Support-Services](#)

College for the Retired

6650 Southoaks Cres, BBY

604 517-8732

www.cccrburnaby.org

see
ad page
36

COSCO Health & Wellness Institute

Free workshops to seniors' groups on healthy living, safety and legal issues.

604 261-6887

ws_coor@coscoworkshops.ca

www.coscobc.org

English Language Training

Free English language training for adult newcomers to BC (immigrants and refugees).

www.welcomebc.ca/Live/learn-english.aspx

Fraser River Discovery Centre

788 Quayside Dr, NW

604 521-8401

www.fraseriverdiscovery.org

Massey Theatre & Plaskett Gallery

735 Eighth Ave, NW

604 517-5900

www.masseytheatre.com

visit our PHARMACY

to learn more about our health services

- Shingles, flu, travel and other vaccinations
- Prescription delivery service
- Insulin pump supplies
- Medication check-ups
- Online prescription refills
- Free diabetes meter with the purchase of test strips
- Medication reminder packaging



Plus, present this coupon & earn points when you buy pharmacy products:



save on foods

PriceSmart foods

Spend min. \$30* in
pharmacy products
with your More Rewards
card & receive one:

\$10

gift card



*Excl. Lotto, tobacco, gift cards, prescriptions, clinics, diabetes care, cosmetics, hair care, body care, tickets, charities, bus passes, postage stamps, deposit & recycle fees, rewards and taxes, where applicable. Present this coupon with your More Rewards card to the cashier at time of purchase. **Coupon valid until December 31, 2019.**
To the cashier: Verify \$30 or more spent on pharmacy items before taxes. Scan gift card. Scan coupon. Enter 10.00. Place coupon in drawer.

Limit one coupon per visit. Some restrictions may apply. Valid in store only.
See your pharmacist for details.



5 56364 21237 0

save on foods
pharmacy

PriceSmart foods
pharmacy

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

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

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

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

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

MOSAIC Seniors Club for Immigrant & Refugee Seniors

5902 Kingsway, BBY
604 438-8214
2055 Rosser Ave, BBY
604 292-3907
5575 Boundary Rd, VAN
604 254-9626
www.mosaicbc.org/seniors-club

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

604 527-4640
www.newwestcity.ca/services/arts-and-heritage

New Westminster Parks & Recreation

604 527-4567
www.newwestcity.ca/parks-and-recreation

Public Libraries - Home Library Services

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

Burnaby: 604 436-5423
www.bpl.bc.ca
New Westminster: 604 527-4650
www.nwpl.ca



Queensborough 50+ Social Club

920 Ewen Ave, NW
604 525-7388

Sapperton Old Age Pensioners Association

318 Keary St, NW
604 522-0280

SFU Liberal Arts & 55+ Program

778 782-8000
www.sfu.ca/liberal-arts

Shadbolt Centre for the Arts

6450 Deer Lake Ave, BBY
604 297-4440
www.shadboltcentre.com

UBC Extended Learning

Elder Scholar Program &
Ageless Pursuits Summer Institute
604 822-1444
www.extendedlearning.ubc.ca/seniors

Voices of Burnaby Seniors

A group of seniors (55+) and service providers committed to enhancing the lives of Burnaby seniors.
604 292-3904
www.BbyServices.ca/VOBS

MEAL & FOOD DELIVERY PROGRAMS/SHOPPING ASSISTANCE

Better Meals – Pick Up or Meal Delivery

5742 Beresford St, BBY
604 299-1877
www.bettermeals.ca

Burnaby Meals on Wheels

Let's Do Lunch - Friendly visitor lunch program
604 299-5754



Casalinga Food Services – Meal Delivery

604 435-1994
www.casalinga.ca

Citizen Support Services (City of Burnaby)

Seniors Lunch Program
604 297-4470
Shopping Buddies/Groceries by Phone
604 294-7498
www.burnaby.ca/Our-City-Hall/City-Departments/Citizen-Support-Services

Dairyland Home Service

1-877-341-8700
www.morethanmilk.ca

Greater Vancouver Food Bank

604 876-3601
www.foodbank.bc.ca

Japanese-Style Meals on Wheels

604 687-2172
www.tonarigumi.ca

Meals on Wheels

Burnaby: 604 299-5754
www.BurnabyMeals.ca
New Westminster: 604 520-6621
www.seniorsservicessociety.ca





CELEBRATING 12 YEARS



Call today for your personal tour!

(604) 524-6100

INSPIRED SENIOR LIVING WITH 



649 - 8th Avenue, New Westminster | verveseniorliving.com

Learn for Fun/Teach for Pleasure at the COLLEGE FOR THE RETIRED

This College by seniors for seniors offers a variety of weekday courses over three semesters, Fall, Winter, and Spring.



Courses include:

Computers (Windows), Photo Handling, Photo Book, Social Media (Ipad and Windows), Painting, Drawing and Acrylics, Music (piano, ukulele, and voice), Languages (Mandarin and French), Games (Bridge, Mahjong), Genealogy, Quilting and Knitting, Android and more.

Volunteer Teaching opportunities are available.

Brochures available at Libraries and Community Centres. See website for course descriptions.

6650 Southoaks Crescent, Burnaby • 604-517-8732
cccr@telus.net • www.cccrburnaby.org


When you or your loved ones need a helping hand

CALL DRIVING MISS DAISY


We provide a wide range of services for seniors and families with children. We extend our services to people with mobility, visual and cognitive challenges as well as people recovering after surgery.

 "Through the door" accompaniment and assistance:

- to medical appointments
- Dialysis, eye & cancer clinics
- Airport, ferry and pleasure trips
- Social engagements and vacations
- Shopping, errands and more...

 In-home support

 Walker-friendly and Wheelchair Accessible vehicles

 Veterans Affairs Canada approved



Proudly serving North Shore



604.767.4030

www.drivingmissdaisynorthshore.ca

www.drivingmissdaisy.ca

Email: marina@drivingmissdaisy.net

Seniors Services Society (New West)

Dining Club and Lunch Club for seniors 60+
604 520-6621
www.seniorsservicessociety.ca

see
ad page
32

MEDICAL EQUIPMENT & SUPPLIES/PHARMACIES

Adaptive Comfort Clothing

604 984-8211
www.adaptivecomfortclothing.com

Addressing Needs

Adaptive clothing for mobility/medical issues.
1-800-817-4365
www.addressingneeds.com

Advanced Mobility Products

101 - 8620 Glenlyon Parkway, BBY
604 293-0002
www.advancedmobility.ca

AssistList

Free online marketplace to buy, sell and donate home health medical equipment.
info@assistlist.ca
www.assistlist.ca

BC MedEquip Home Health Care

2230 Springer Ave, BBY
604 888-8811
www.bcmedequip.com

BCITS – Technology for Living

Provincial Respiratory Outreach Program
1-866-326-1245
Technology for Independent Living
604 326-0175
www.bcits.org

Canadian Red Cross

Health Equipment Loans
105 - 7355 Canada Way, BBY
604 522-7092
www.redcross.ca/lowermainland

CareAlert Canada

1-888-475-8595
www.carealertcanada.com

Dawson Pharmacy Remedy's RX

4218 Dawson St, BBY
604 428-9755

see
ad page
43

Elderpost

Free online marketplace and used equipment registry service for seniors, caregivers and providers of products and services.
www.elderpost.com

Fraser Health Lifeline

604 953-4960
www.fraserhealth.ca/health-info/seniors/lifeline

Galaxy Medical Alert Systems

1-855-905-7414
www.galaxymedicalalert.com

Lancaster Medical Supplies

604 708-8181
www.lancastermed.com

Medic Alert Foundation Canada

1-800-668-1507
www.medicalert.ca

Pharmachoice

25 Eighth Ave, NW
604 525-2474
www.pharmachoice.com

Pharmasave – Columbia Square

130 - 1005 Columbia St, NW
604 525-5607
www.pharmasave.com

Pharmasave – Crest Plaza

8697 10th Ave, BBY
604 522-8050
www.pharmasave.com

Pharmasave – Fortius Sport & Health

3713 Kensington Ave, BBY
604 294-2227
www.pharmasave.com

Pharmasave – Greystone

#10 – 1601 Burnwood Dr, BBY
604 428-2648
www.pharmasave.com

see
ad page
15



- BC's largest premium community imaging provider
- MSP covered for eligible services, accompanied by a valid health card
- All requisitions accepted
- X-Ray walk ins welcome

To Book an Ultrasound Appointment:

- Tel: Call directly the clinic of your choice
- Request an online priority ultrasound appointment:
www.westcoastmedicalimaging.com/appointment
- Call patient line 7 days a week:
604-985-WCMI (9264) ext #2



VANCOUVER

430 - 1669 East Broadway
 Phone: 604-873-1846
 Fax: 604-873-6318
**X-Ray, Ultrasound,
 Diagnostic Mammography**
 Close to Commercial Dr.
 Skytrain Station

NEW WESTMINSTER

Royal City Centre
 200 - 610 6th Street
 Phone: 604-522-6818
 Fax: 604-522-6810
X-Ray, Ultrasound
 Free Parking

COQUITLAM

101 - 1015 Austin Avenue
 Phone: 604-937-5588
 Fax: 604-936-8800
X-Ray, Ultrasound, Fluoroscopy
 Across from Rona
 Free Parking

NEW WESTMINSTER

Nelson's Crescent
 401 - 233 Nelson Crescent
 Phone: 604-526-2466
X-Ray
 Close to Royal Columbian
 Hospital



Free Denture Cleaning & Consultation

Call **778 985 5000** to book your appointment



#111-7738 Edmonds St | Burnaby
www.dukeparkdentureclinic.ca



All Denture Services | Implant Supported Dentures | Mobile & Emergency Services | Repairs | All Dental Plans Accepted

Pharmasave – Metrotown

4390 Beresford Ave, BBY

604 563-4390

www.pharmasave.com

Price Smart Foods Pharmacy Station Square

110 - 4650 Kingsway, BBY

604 433-3760

www.pricessmartfoods.ca

see
ad page
34

Regency Medical Supplies

4437 Canada Way, BBY

604 434-1383

www.regencymed.com

see
ad page
11

Rx Care Pharmacy

4695 Canada Way, BBY

604 428-7911

www.rxcarepharmacy.ca

see
ad page
16

Save On Foods Pharmacy Austin

2662 Austin Ave, COQ

604 931-0503

www.saveonfoods.ca

see
ad page
34

Save On Foods Pharmacy Cameron

3433 North Rd, BBY

604 415-9992

www.saveonfoods.ca

see
ad page
34

Save On Foods Pharmacy Highgate Village

200 - 7155 Kingsway, BBY

604 540-1389

www.saveonfoods.ca

see
ad page
34

Save On Foods Pharmacy Madison

4399 Lougheed Hwy, BBY

604 298-5173

www.saveonfoods.ca

see
ad page
34

Save On Foods Pharmacy Marine Way

7501 Market Crossing, BBY

604 433-6314

www.saveonfoods.ca

see
ad page
34

Save On Foods Pharmacy Royal City Centre

198 - 610 6th St, NW

604 520-6087

www.saveonfoods.ca

see
ad page
34

Save On Foods Pharmacy Sapperton

270 East Columbia St, NW

604 523-2583

www.saveonfoods.ca

see
ad page
34

Sunquest Mobility Home Medical Equipment

618 Sixth St, NW

778 397-8083

www.sunquestmobility.com

Telus Health

LivingWell Companion

Personal emergency response service with optional fall detection.

1-844-432-3405

www.telus.com/livingwellcompanion

MEDICAL EQUIPMENT - DIGITAL IMAGING

Premier Diagnostic Centre

PET/CT Cancer Diagnostics

300 - 3185 Willingdon Green, BBY

604 678-9274

www.petscan.ca

West Coast Medical Imaging Clinics

Premier Medical Diagnostic Centre

Medical Diagnostic Imaging

Vancouver and Lower Mainland

604 985-9264

Royal City Centre, NW

604 522-6818

401 - 233 Nelson's Cres, NW

604 526-2466

www.westcoastmedicalimaging.com

see
ad page
38

PROFESSIONAL SERVICES (WILLS, ESTATE PLANNING, LEGAL, INSURANCE & REALTORS)

Access Pro Bono Society

604 878-7400

www.accessprobono.ca

BC Ministry of Justice

Wills & Estates Planning

[www2.gov.bc.ca/gov/content/life-events/
death/wills-estates](http://www2.gov.bc.ca/gov/content/life-events/death/wills-estates)

Clicklaw

Provides legal information, education and assistance.
www.clicklaw.bc.ca

Cobbett & Cotton Lawyers

300 - 410 Carleton Ave, BBY
604 299-6251
www.cobbett-cotton.com

see
ad page
27

Dial-a-Law Library

604 687-4680
www.dialalaw.org

Law Students' Legal Advice Program

604 822-5791
www.lslap.bc.ca

Nidus Personal Planning Resource Centre and Registry

Provides information on completing representation
agreements and other personal planning tools.
604 408-7414 (voicemail only)
info@nidus.ca
www.nidus.ca

Office of the Ombudsperson

Receives inquiries and complaints about the practices and
services provided by public agencies.
1-800-567-3247
www.bcombudsperson.ca

People's Law School

604 331-5400
info@peopleslawschool.ca
www.peopleslawschool.ca

Public Guardian and Trustee of BC

604 660-4507
www.trustee.bc.ca

Seniors First BC -

Elder Law Clinics
604 336-5653
www.seniorsfirstbc.ca

see
ad page
30

Society of Notaries Public of BC

604 681-4516
www.notaries.bc.ca

new west DENTUREWORKS INC.



info@newwestdentureworks.com
www.newwestdentureworks.com

#270-522 SEVENTH STREET | 604-553-1222
IN THE HEART OF NEW WESTMINSTER

HOURS OF OPERATION:

Monday - Friday 9am-5pm • Saturdays by appointment only

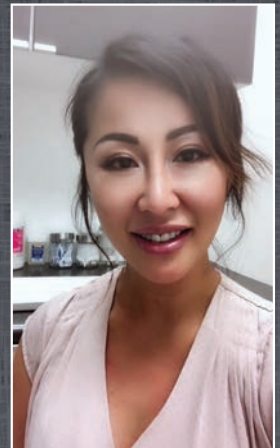


Suction Denture Certified



Full Service Denture Clinic

- New Dentures
- Dentures Over Implants
- Partial Dentures
- Immediate Dentures
- While You Wait Repairs
- Same Day Relines
- Rebase and Cleaning



Quan Gifford, R.D.

**Member of the Denturist
Association of BC. Making
Smiles for over 19 years.*

**FREE
CONSULTATION**

ALS Society of BC

1233 - 13351 Commerce Parkway, RICH
604 278-2257
www.alsbc.ca

Alzheimer Society of BC

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

Arthritis Society BC & Yukon

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

BC Cancer Foundation

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

Burnaby Hospice Society

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

see
ad page
17

Burnaby Hospital Foundation

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

see
ad page
15

Canadian Blood Services, BC & Yukon

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

Canadian Cancer Society, BC & Yukon

565 West 10th Ave, VAN
604 872-4400
www.cancer.ca

CNIB – Canadian National Institute of the Blind

200 - 5055 Joyce St, VAN
604 431-2121
www.cnib.ca

Diabetes Canada

360 - 1385 West 8th Ave, VAN
604 732-1331
www.diabetes.ca

Heart and Stroke Foundation

604 342-8070
Info Line: 1-888-473-4636
www.heartandstroke.ca

Parkinson Society British Columbia

600 - 890 West Pender St, VAN
604 662-3240
www.parkinson.bc.ca

Prostate Cancer Foundation BC

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

TAX INFORMATION & FINANCIAL SERVICES

BC Securities Commission

604 899-6854
www.bcsc.bc.ca

Canada Revenue Agency

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

Credit Counselling Society

1-888-527-8999
www.nomoredebts.org

TD Wealth Private Investment Advice

Sea Glass Wealth Advisory Group
Tracey Lundell & Kristina Thomas
604 482-2495 or 604 482-2499
advisors.td.com/seaglasswealthadvisorygroup/

TRANSPORTATION & TRAVEL

BCAA – Safe Driving Tips for Seniors

www.caa.ca/seniors

BC Bus Pass Program

Discounted annual bus pass for qualifying seniors of low income/persons with disabilities.
1-866-866-0800
www.buspass.gov.bc.ca

BC Ferries

Discounted seniors' rates are available.

1-888-223-3779

www.bcferries.com

Better At Home (New West)

Medical Transportation for seniors 60+

604 520-6621

www.seniorsservicessociety.ca

Burnaby Seniors Transportation

604 299-5778

www.BbyServices.ca/seniorstransportation

Driving Miss Daisy

604 767-4030

www.drivingmissdaisynorthshore.ca



Ebus Safely Home

1-877-769-3287

www.myebus.ca

Free Masons Cancer Car Program

Provides patients with transportation to/from their primary cancer treatments.

604 872-2034

Ladies on the Go

604 535-5565

www.ladiesonthego.ca

Seniors' Vehicle Insurance Discounts (ICBC)

604 661-2800

www.icbc.com/autoplan/costs/Pages/Discounts-and-savings.aspx

Sparc BC

Parking Permit Program

604 718-7744

www.sparc.bc.ca/parking-permit

TransLink

- HandyDART Custom Transit

- Taxi Saver & HandyCard Program

604 953-3680

www.translink.ca/en/Rider-Guide/Accessible-Transit/

Veteran Specialty Licence Plates

BC Veterans Commemorative Association

604 876-2838

www.bcveterans.org

VIA Rail Canada

1-888-842-7245

www.viarail.ca

VOLUNTEER OPPORTUNITIES

Burnaby Community Services &

Burnaby Meals on Wheels

604 299-5778

www.BbyServices.ca



Community Volunteer Connections

604 529-5139

www.volunteerconnections.ca

Seniors Services Society

604 520-6621

volunteer@seniorsservicessociety.ca

www.seniorsservicessociety.ca



Volunteer Burnaby

604 294-5533

www.volunteerburnaby.ca

Volunteer Grandparents

604 736-8271

www.volunteergrandparents.ca



To advertise in the As We Age Seniors Resource Guide 2020 please contact us at display@burnabynow.com

Burnabynow

2020

DAWSON PHARMACY

Remedy'sRx[®]

The Local Drug Store[®]

Our Pharmacy Services include

✓ **Daily Dispense & Medication Administration/ Assist Program** (by Care Aide/LPN) Daily Dispensing and Delivery of Medication, Witnessed Ingestion, Insulin Injection Administration, Blood Sugar and Blood Pressure Monitoring/Checking, Patch Application, Aid in Inhalation Medication, etc. (Service offered in Vancouver, Burnaby, Port Moody, Port Coquitlam, Coquitlam, Maple Ridge, New Westminster, Langley and Surrey).*

✓ **Compliance/Blister Packaging**

✓ **Senior's Discount***

✓ **Methadone & Suboxone Maintenance Treatment Program**

✓ **Fast Prescription Service & Free Delivery**

✓ **Ideal Protein Weight Loss Program**



✓ **Easy Prescription Transfers**

✓ **Home Healthcare, Mobility Aids, Support & Braces and other Medical Supplies**

✓ **Flu Shots & Other Vaccinations**

✓ **Prescription Compounding**

✓ **Compression Stockings & Fitting**

*Some restrictions may apply

**Ideal Protein:
A Medically Developed
Ketogenic Weight
Loss and Weight
Management Protocol**



Dawson
Remedy'sRx
The Local Drug Store[®]

Buy \$20 of over the counter products and **receive \$5 off.**


Some restrictions may apply. See pharmacy staff for details.

Call or Visit Pharmacy for more Information

**4218 Dawson St., Burnaby V5C 0B8
(P): 604 428 9755 (F): 604 428 9756**

Free Parking at Rear

**Located across from the Gilmore Skytrain station, beside walk in
Medical, Dental and Naturopathic clinics.**



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

∞ LIFE WELL CELEBRATED® ∞

Prearrangements - call 604-328-6079
preplanning@dignitymemorial.com

FOREST LAWN

Funeral Home and Cemetery
3789 Royal Oak Avenue,
Burnaby BC V5G 3M1
ForestLawn-Burnaby.com
(FH) 604-299-7720
(C) 604-299-7711

OCEAN VIEW

Funeral Home and Cemetery
4000 Imperial Street,
Burnaby BC V5J 1A4
OceanViewFuneral.com
604-435-6688



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

†Registered Trademark of CARP, used under license.