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TABLE OF CONTENTS

'As We Age' Welcome	6
Make vacations/travel key to retirement	8
Adopting a dog or cat later in life	9
Exercises to support stronger hips	10
Smell and taste change with age	12
Daily steps to keep your heart healthy	14

SERVICES LISTINGS

Community Healthcare Providers	16
Community Recreation Facilities & Seniors Centres	20
Counselling, Advocacy & Support Services	20
Funeral Homes & Bereavement Support	22
Government Programs & Services	23
Government Representatives	26
- Burnaby/New Westminster MLA's	26
- Local Federal MPs	26
Health Information & Programs	26
Housing (Independent, Assisted, Residential Care & Affordable)	28
Housing Programs & Services	31
In-Home Support Services	33
Leisure, Education & Social Activities	35
Meal & Food Delivery Programs/Shopping Assistance	37
Medical Equipment & Supplies/Pharmacies	37
Medical Equipment - Digital Imaging	39
Professional Services (Wills, Estate Planning, Legal, Insurance & Realtors)	39
Registered Charities & Foundations	40
Tax Information & Financial Services	41
Transportation & Travel	41
Volunteer Opportunities	42

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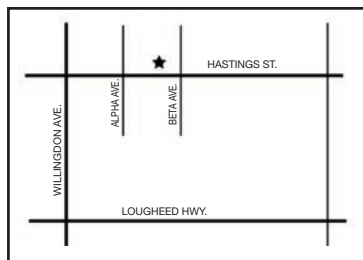
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WELCOME...



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:

engaging articles, community contacts, a directory of organizations and resources, and much, much more. We hope that the 2020 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 2020 edition of the Burnaby and New Westminster Seniors Resource 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 which empower people to improve their lives and their community.

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

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Make vacations and travel a key component of retirement

When the time comes to bid farewell to conference calls, meetings and daily commutes, retirees have open schedules to fill with whichever activities they choose. Travel is one exciting way to pass the time. Traveling can be a rewarding prospect for active seniors, particularly those who successfully pre-planned for retirement and have the income to fund various excursions. Many seniors, both in the United States and Canada, find that travel tops their to-do lists once they retire. According to Senior Travel magazine, new travel options are emerging for newly minted retirees looking for something a little different from the status quo.

The list of destinations retirees have at their disposal is limitless. The following ideas are some of the more popular ways retirees choose to travel.

- **Road trips rule.** Taking to the highways and byways is an excellent way to see the country. Seniors can customize their routes depending on which places they want to visit. RV travel can be as comfortable or as rustic as travelers prefer. Many seniors spend months traveling in their campers, which offer many of the same amenities of home. Campsites and special RV hook-up sites offer the other necessities of traveling the open road.
- **Genealogical tourism is popular.** People hoping to trace their ancestry and visit their ancestral homelands are one of the fastest-growing travel segments. Visiting an old church in Europe where ancestors were married or buying food from a market in which a great aunt or uncle once worked leads retirees on

many international adventures. Such trips provide travelers with a unique opportunity to understand their roots up close and personal while enjoying some international travel along the way.

- **Exotic tours can be exciting destinations.** History buffs or adventure-seeking couples may be particularly attracted to exotic travel destinations that are slightly off of the beaten path. Travel tours may take vacationers to destinations such as excavation sites or backpacking through the rainforest. With passport in hand, seniors can go just about anywhere their desires take them.

- **Enjoy a relaxing seaside trip.** A seaside vacation can be the perfect trip for seniors who want to put their feet up and sip some cocktails while watching the waves lap the shores. Many beach resorts offer all-inclusive packages for different age groups. Meals, excursions and hotel rooms can be bundled into one affordable, confusion-free price.

- **Go cruising.** Speaking of all-inclusive vacationing, cruising seems tailor-made for those ages 50 and older because it offers the convenience of accommodations, food, entertainment, and transportation all in one. The various activities offered on the ship mean travelers can find ways to spend their time how they see fit. Cruising couples can opt to spend all of their time on the ship enjoying carefully prepared meals and entertainment or disembark and explore the various ports of call along the way. Now that they have more free time, retirees can gear up for travel adventures to remember.



Adopting a dog or cat later in life

Companion animals bring great joy to their owners. The unconditional love cats and dogs provide appeals to people of all ages. While many people associate pets with kids who can't wait to welcome the first cat or dog into their homes, pets can benefit aging men and women as well.

It's not uncommon for seniors to feel lonely or depressed when they retire, their children move away or they lose a spouse or close friend or friends. The American Humane Society states that studies show pets help seniors overcome loneliness and depression by providing affection, company and entertainment. Pets also provide much-needed mental stimulation, and many pet owners find their pets help them become more physically active as well.

Seniors who adopt pets may also feel a sense of purpose when helping animals who may not have anywhere to live. This is particularly true of older companion animals, which many young families are understandably hesitant to adopt. Mature pets might be an ideal fit for seniors. When seniors are looking to adopt a pet, there are various reasons why older pets or particular animals might be the perfect fit for them.

- Adult pets may already be house trained, saving seniors the trouble and effort of training them.

- Seniors may find cats fit their lifestyles more than dogs, as cats are less active and do not need to be walked or played with as much as dogs. Cats also are small and easily maneuverable, meaning even seniors who have arthritis or other physical limitations can easily care for cats. Many cats are also content to spend long periods of time sleeping on their owners' laps.

- Small dogs that can be active within the house might be a good idea as well, especially for seniors with mobility issues. They're also easily transported to and from vet appointments.

It's important that seniors carefully weigh the benefits of adopting a pet against any limitations they may have. Having a backup plan for care is advantageous as well. Seniors should not adopt a pet if they anticipate frequent travel or medical care that requires they be away from home for long periods of time.

Exercises to support stronger hips

Surgery is not an inevitable side effect of aging. In fact, men and women over 50 can employ various preventive techniques to strengthen their bones and joints in the hopes of avoiding the surgical wing of their local hospitals.

Hip replacements are one of the most common types of inpatient surgeries in Canada. The number of people undergoing hip replacements continues to increase each year. According to a report released by the Canadian Institute for Health Information, in 2017-2018, there were at least 59,000 hip replacements surgeries. Some may think such surgeries are a final solution to their hip pain, but that might not be the case, as more than one in ten hip replacement recipients will need a second procedure for any number of reasons, including infection or mechanical failure.

A proactive approach that focuses on strengthening and protecting the hips can help aging men and women reduce their risk of one day needing hip replacement surgery. The following are a handful of exercises, courtesy of the AARP, that can help men and women strengthen their hips.

Good Morning

Stand with your feet shoulder-width apart and keep your hands at your sides. With your knees slightly bent and your back naturally arched, bend at your hips as if you're bowing out of respect as far

as you can go, or until your torso is almost parallel to the floor. Return to the starting position. During the exercise, keep your core braced and don't bow your back.

Hip Abduction

Stand with your feet shoulder-width apart. Loop a resistance band around both ankles, and then raise your right leg out to the side as far as you can. Hold in this position for a moment before slowly returning to the starting position. Switch legs and then repeat the exercise on the other side.

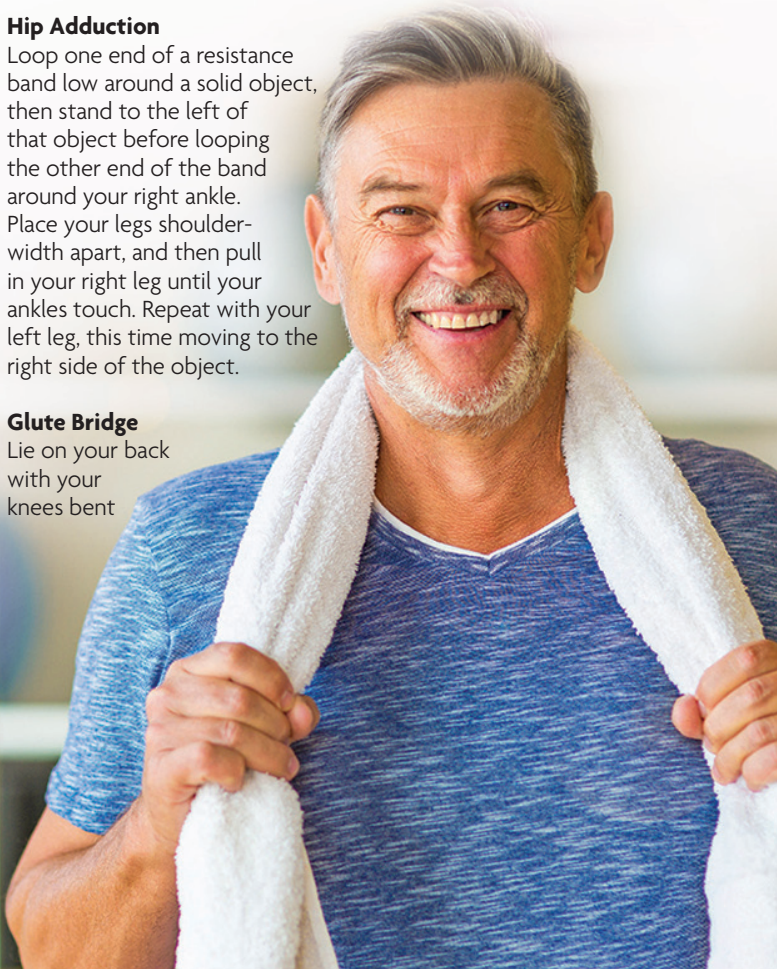
Hip Adduction

Loop one end of a resistance band low around a solid object, then stand to the left of that object before looping the other end of the band around your right ankle. Place your legs shoulder-width apart, and then pull in your right leg until your ankles touch. Repeat with your left leg, this time moving to the right side of the object.

Glute Bridge

Lie on your back with your knees bent

and your feet flat on the floor. Raise your hips to form a straight line from your shoulders to your knees, using some type of support if you need to. Clench your butt at the top of the movement, pause, and lower yourself back down. Men and women unaccustomed to exercise should consult their physicians before performing any of these exercises. In addition, if necessary, perform the exercises under the supervision of a personal trainer who can advise you on proper form and help you reduce your risk of injury.



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Seniors' senses of smell and taste change with age

Aging comes with several sensory changes, many of which people expect. Loss of hearing or diminishing vision are widely associated with aging. But one's senses of smell and taste may diminish with aging as well. The senses of taste and smell work in concert. The sense of smell is vital to personal health, not only because inhaling pleasant aromas can provide comfort and stress relief through aromatherapy and help trigger important memories, but also because smell enables a person to detect the dangers of smoke, gas, spoiled food, and more. The National Institute on Aging says that, as a person gets older, his or her sense of smell may fade, and that will also affect taste. The Mayo Clinic says some loss of taste and smell is natural and can begin as early as age 60.

Adults have about 9,000 taste buds sensing sweet, salty, sour, bitter, and umami flavors, or those corresponding to the flavor of glutamates. Many tastes are linked to odors that begin at the nerve endings in the lining of the nose. Medline says the number of taste buds decreases as one ages, and that remaining taste buds may begin to shrink. Sensitivity to the five tastes also begins to decline. This can make it more difficult to distinguish between flavors.

Similarly, especially after age 70, smell can diminish due to a loss of nerve endings and less mucus in the nose. With the combination of the reduction of these impor-

tant sensory nerves in the nose and on the tongue, loss of smell and taste can greatly affect daily life.

Changes in these senses can contribute to feelings of depression, diminish one's enjoyment of food and cause harmful conditions, such as extreme weight loss from disinterest in food to problems associated with overusing salt or sugar.

Although aging is often to blame, loss of smell and taste also may be tied to early symptoms of Parkinson's disease or Alzheimer's disease. Cancer treatments, medications, lack of saliva, colds, flu, and other factors may contribute to sensory loss. Changing medications or treatments may help.

It's important to bring up diminished flavors or smells with a doctor to rule out something more serious and to determine what might help restore pleasure from smells and flavors. An otolaryngologist, or a doctor who specializes in diseases of the ears, nose and throat, may be able to help fix the problem, though some people may be referred to a neurologist or another specialist.

Continuing to use one's sense of smell and taste by cooking, gardening, trying new flavors, and experimenting with different aromas may help slow down the decline these senses. Although age-related loss of taste and smell cannot be reversed, some such cases may be treatable.

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Daily steps to keep your heart healthy

Heart disease is a formidable foe. According to the Centers for Disease Control and Prevention, heart disease accounts for nearly 25 percent of all deaths in the United States each year.

Issues relating to the heart affect both men and women, and an estimated 15 million adults in the U.S. have coronary heart disease, the most common type of heart disease. And heart disease is not exclusive to the United States, as the Heart Research Institute says that every seven minutes in Canada someone dies from heart disease or stroke.

Such statistics are disconcerting, but they can serve as a wake-up call that compels people to prioritize heart health. Fortunately, heart disease is often preventable and people can employ various strategies to reduce their risk.

- **Stop smoking right now.** One of the best things to do to protect the heart is to stop smoking. The Heart Foundation indicates that smoking reduces oxygen in the blood and damages blood vessel walls. It also contributes to atherosclerosis, or a narrowing and clogging of the arteries.
- **Eat healthy fats.** When eating, choose polyunsaturated and unsaturated fats and avoid trans fats as much as possible. Trans fats increase one's risk of developing heart disease by clogging arteries and

raising LDL (bad) cholesterol levels. Read food labels before buying anything at the store.

- **Keep your mouth clean.** Studies show that bacteria in the mouth involved in the development of gum disease can travel to the bloodstream and cause an elevation in C-reactive protein, a marker for blood vessel inflammation. Brush and floss twice daily, and be sure to schedule routine dental cleanings.
 - **Get adequate shut-eye.** Ensuring adequate sleep can improve heart health. One study found that young and middle-age adults who regularly slept seven hours a night had less calcium in their arteries (a sign of early heart disease) compared to those who slept five hours or less or those who slept nine hours or more.
 - **Adopt healthy eating habits.** Changes to diet, including eating more fruits, vegetables, whole grains, and lean protein, can help you lose and maintain a healthy weight, improve cholesterol levels and reduce blood pressure — leading to a healthier heart.
 - **Embrace physical activity.** Regular moderate exercise is great for the heart. It can occur at the gym, playing with the kids or even taking the stairs at work.
- A healthy heart begins with daily habits that promote long-term heart health.

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ad page
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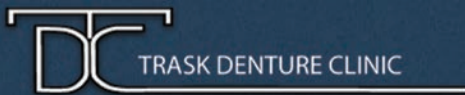
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ad page
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ad page
16

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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/dental-clinic/

Wavefront Centre for Communication Accessibility

2005 Quebec St, VAN
604 736-7391
TTY: 604 736-2527
www.wavefrontcentre.ca

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
604 297-4580

see
ad page
27

Cameron Recreation Complex (55+)

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

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

COUNSELLING, ADVOCACY & SUPPORT SERVICES

Burnaby Community Services

Provides services, programs, and resources for seniors including: transportation, outreach, workshops and activities, programs for low-income seniors such as the recreation credit program, Christmas Bureau hampers, legal advocacy services, tax and form completion, and we provide a range of community resource publications.
2055 Rosser Ave, BBY
604 299-5778
www.BbyServices.ca

see
ad page
7



BURNABY PUBLIC LIBRARY

Home Library & Accessible Service

www.bpl.bc.ca/hlas

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E-mail: bplhomes@bpl.bc.ca



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For more information email: northfraser@carp.ca



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burnaby@nursenextdoor.com



Burnaby Hospice Society

4535 Kingsway, BBY

604 520-5087

www.burnabyhospice.org

see
ad page
16

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
36

Burnaby Seniors Outreach

Offers Caregiver Support Programs, Dementia Friendly Café & Choir, Senior Wellness Workshops and Senior Peer Support.

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

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

604 525-5411

Personalized Dementia Solutions Inc.

778 789-1496 or 1-888-502-1321

www.dementiasolutions.ca

Qmunity

Offers support for the LGBTQ2S+ 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

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.seniorsservicessociety.ca

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

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

Forest Lawn Funeral Home & Burial Park

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



Forest Lawn & Ocean View Funeral Homes

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



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

Mountain View Cemetery

5455 Fraser St, VAN
604 325-2646
www.vancouver.ca/your-government/mountain-view-cemetery.aspx

Ocean View Funeral Home & Burial Park

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



Valley View Funeral Home & Cemetery

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



GOVERNMENT PROGRAMS & SERVICES

Assisted Living Registrar

1-866-714-3378
www.gov.bc.ca/assistedlivingBC

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-patientinfo.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

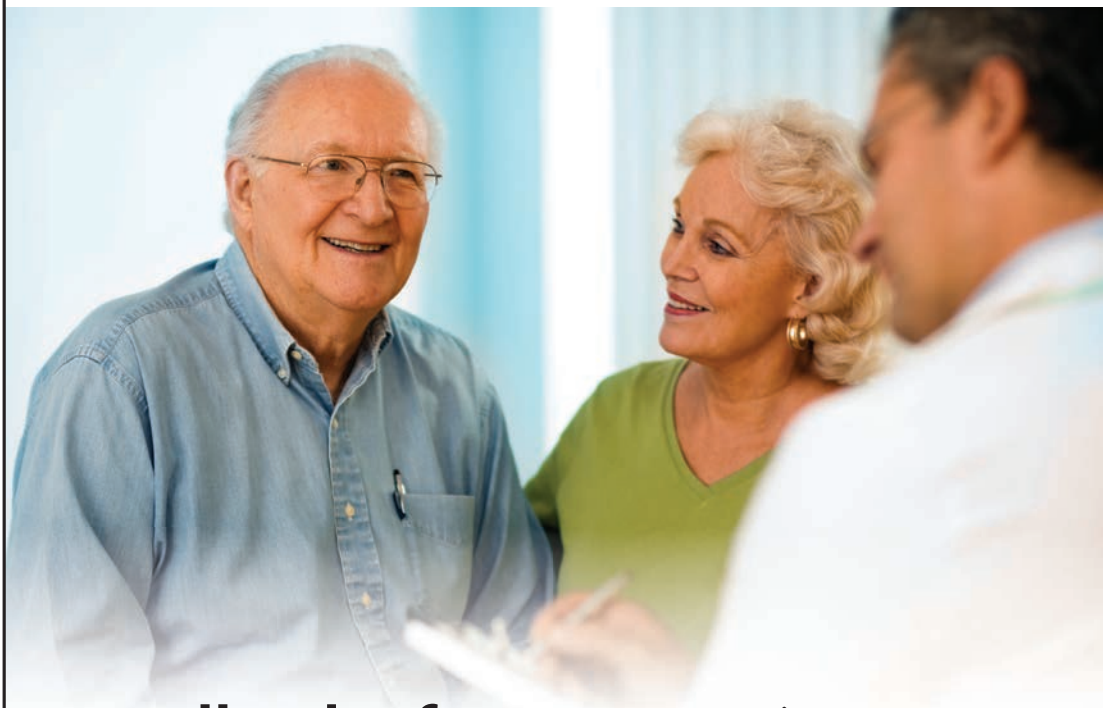
Veterans Affairs Canada

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

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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
katrina.chen.mla@leg.bc.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

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ad page
19

LOCAL FEDERAL MPs

Burnaby North-Seymour: Terry Beech

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

Burnaby - South: Jagmeet Singh

4940 Kingsway, BBY
604 291-8863
www.jagmeet.singh@parl.gc.ca

see
ad page
19

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.
604 587-3936
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
fallspreventions@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

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



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. Take dance, music and art classes, play card games, attend a special event, volunteer, and enjoy a fun trip on a bus outing. Be active by joining a fitness, cycling or yoga class and play table tennis, badminton, or snooker.

Go to one of our centres to pick up a Leisure Guide or visit us at burnaby.ca/seniors

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



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L A W Y E R S

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 - Fri: 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



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

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Affordable Housing Societies

604 521-0818

www.affordablehousingsocieties.ca

AgeCare Harmony Court Estate

7197 Canada Way, BBY

604 527-3323

www.agecare.ca/harmonybc

see
ad page
17

Aspen Green

3365 East 4th Ave, VAN

604 255-3365

www.aspengreenliving.ca

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
36

Beulah Gardens

3350 East 5th Ave, VAN

604 255-7707

www.bghomes.ca

Carlton Gardens

4108 Norfolk St, BBY

604 419-3000

www.chartwell.com

Chalmers Lodge

1450 West 12th Ave, VAN

604 674-8224

www.chalmerslodge.ca

Chartwell Carlton Retirement Residence

4110 Norfolk St, BBY

778 300-2389

www.chartwell.com

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

Derby Manor

8601 - 16th Ave, BBY

604 529-1019

www.derbymanor.ca

Fair Haven United Church Homes

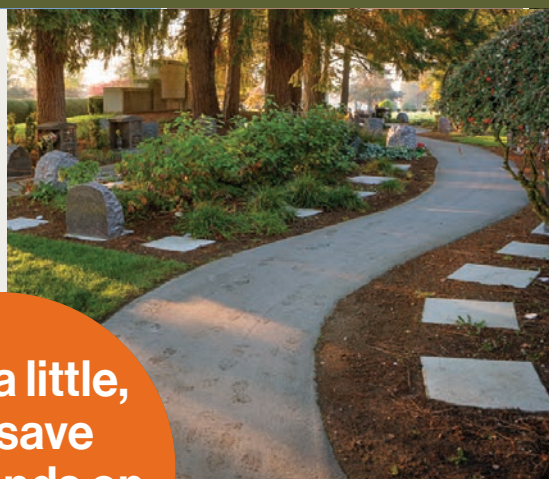
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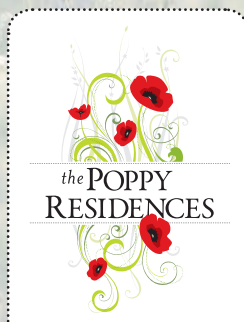


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Fellburn Care Centre

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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.siennaliving.ca

Seton Villa Retirement Centre

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

Shannon Oaks Retirement Home

2526 Waverley Ave, VAN
604 324-6257
www.baptisthousing.org/communities/lower-mainland/shannon-oaks

see
ad page
13

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

Willington 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/housing-assistance/rental-assistance/SAFER
Home Adaptations (HAFl)
www.bchousing.org/housing-assistance/HAFl

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

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www.cleanstartbc.ca

Mobile Work Crew

604 723-3439

www.fraserside.bc.ca/community-living/
mobile-work-crew

Neighbours Helping Neighbours

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www.larchevancouver.org/community-programs/

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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

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betterathome@burnaby.ca

New West: 604 520-6621

support@seniorsservicessociety.ca

www.betterathome.ca



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Classic LifeCare

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604 263-3621

www.classiclifecare.com

see
ad page
21

Comfort Keepers

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www.comfortkeepers.ca

Footcare Passion

Mobile Foot Care

604 780-3992

www.footcarepassion.ca

Home Instead Senior Care

604 432-1139

www.homeinstead.com/3037

see
ad page
33

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

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Burnaby & New Westminster Office

604 725-7254

www.justlikefamily.ca

see
ad page
17

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

Peachtacular Home Health Care

778 859-2695

info@peachtacular.com

www.peachtacular.com

see
ad page
32

CROSSWORD

by **Barbara Olson**
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Across

- 1 ____ the lily (adorns unnecessarily)
- 6 La ____, Bolivia
- 9 "Take a hike!"
- 14 France's longest river
- 15 Big British record label
- 16 19th c. author Virginia
- 17 "We're ____ own now"
- 18 Stupidly stubborn
- 20 Flies by the seat of one's pants
- 22 Go-getter's feeling
- 23 Principal bldgs.?
- 24 Metallic blue
- 26 Past its shelf life
- 29 Engrave a gravestone
- 31 Mirror-cracking
- 32 "____ Mine" (George Harrison book)
- 33 The Honeydrippers' "____ Love"
- 35 Projectiles for Justin Bieber
- 36 Some diag. scans
- 37 Works by painter Emily
- 38 Word with willikers
- 39 Mountain's "backbone"
- 40 Kitchen extension?
- 41 Classical guitarist Liona
- 42 Spam container, perhaps
- 43 Victoria to Vancouver dir.
- 44 Bitty bit
- 45 Mouth-puckering
- 46 Canadian tech strategist Maffin
- 47 In the centre of
- 49 Room in "una casa"
- 52 Seeing things, in poetry?
- 53 G'day sayers
- 55 Moving very stealthily
- 59 Language from which "pyjamas" is derived
- 60 Canadian pasta sauce brand
- 61 Not well
- 62 "Can ____ little help over here?"
- 63 Put back in the sty
- 64 Strategically shy
- 65 Off ____ (sporadically)

Down

- 1 Shines, like Rudolf's nose
- 2 Neither Doric nor Corinthian, architecturally

- 3 Highly courageous
- 4 Pharmacist's workplace
- 5 Talks for the flocks: Abbr.
- 6 ____-Bismol
- 7 Boucherville buddy
- 8 Followed a slalom course
- 9 Showing slickness in a sport?
- 10 Barbeque briquette
- 11 Fishing pole
- 12 Alexander Keith's quaff
- 13 Produced in a plant: Abbr.
- 19 Reality TV's "____ Kitchen"
- 21 First person in Düsseldorf?
- 25 Visibly alarmed
- 26 Mentally vacuous
- 27 Pamplona pal
- 28 Neuter
- 30 Some baseball fly-catchers: Abbr.
- 33 Bloodhound's lead
- 34 "... his wife could ____ lean..."
- 35 Overly "endowed" with self-love
- 36 It makes a difference to a math student?
- 39 ____ de Janeiro, Brazil
- 41 The-lights-are-on-but-nobody's home type
- 44 Moron, to Bugs Bunny
- 45 R-V lineup?
- 48 "Sorry to say..."
- 50 Precipitated
- 51 Like David Suzuki or Adrienne Clarkson
- 52 Steve Martin/Lily Tomlin film "All ____"
- 54 Sunni rival sect
- 55 Subj. of "The Last Spike"
- 56 "____ you kidding?"
- 57 Change in a coffee shop jar
- 58 "Xanadu" band, for short

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Answers on page 38

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see
ad page
15

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see
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21



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see
ad page
6

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see
ad page
6

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see
ad page
24

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Answers to puzzle
on page 34

by Barbara Olson

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see
ad page
11

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4

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4

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27

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see
ad page
15

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see
ad page
16

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see
ad page
15

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www.BurnabyMeals.ca

see
ad page
6

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volunteer@seniorsservicessociety.ca

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