

# North Shore Seniors' Health Expo



SEPTEMBER 8 | 9 A.M.–3:30 P.M.

WEST VANCOUVER SENIORS' ACTIVITY CENTRE | 695 21ST STREET  
WEST VANCOUVER COMMUNITY CENTRE | 2121 MARINE DRIVE

PRESENTED BY

**HERO** HOME CARE™



KEYNOTE  
SPONSOR

**Lily Lee**

MAJOR SPONSORS

 **BlueShore**  
FINANCIAL

 **Davies**

**FRESH ST. MARKET**

 **HearingLife**  
Formerly **NEXGEN HEARING**

 **McKenzie**  
FUNERAL SERVICES

**north shore**  
**news**

Pacific Parkinson's  
RESEARCH INSTITUTE

 **west vanancouver**

# SPEAKERS SCHEDULE



**9 A.M. - 3:30 P.M. (ALL DAY)**

**Exhibitors** - West Vancouver Community Centre Gymnasium

**Memory testing with Medical Arts Health Research Group** - Fabric Arts Room, SAC

**Free hearing tests from HearingLife formerly NexGen Hearing** - Arbutus Studio, WVCC

TIME	ACTIVITY ROOM	AUDIO VISUAL ROOM	LILY LEE SPIRIT ROOM	MARINE ROOM
10 - 11 A.M.	<b>AGING SUCCESSFULLY IN BC</b> Isobel McKenzie, BC Senior Advocate Keynote Sponsor: Lily Lee ACTIVITY ROOM - SENIORS ACTIVITY CENTRE			
11:15 A.M. - 12 P.M.	<b>NAVIGATING THE CARE CONTINUUM IN BC</b> Danny Birch Founder & Co-CEO, Hero Home Care	<b>MANAGING HIP &amp; KNEE ARTHRITIS</b> Wendy Watson OASIS Clinical Educator, Physiotherapist Vancouver Coastal Health	<b>"SHE, HE, THEY, OH MY!" NAVIGATING GENDER IDENTITY AND PRONOUNS</b> Stephanie Glick, Ph.D Faculty of Education, The Institute for Gender, Race, Sexuality & Social Justice, UBC	<b>LEARNING THE BASICS OF MEDICAL ASSISTANCE IN DYING</b> Brendon Pope Lawyer, Westcoast Will & Estates
12 - 1 P.M.	<p style="text-align: center;"><b>LUNCH BREAK   Nutrition Partner: Fresh St. Market</b></p> <p style="text-align: center;">Lunch served all day at the Seniors' Activity Centre's Garden Side Café (8:45 a.m. - 3:30 p.m. Performance by Amanda Wood-Cook 12:15 - 12:45 p.m.)                      Fireside Coffee Bar &amp; Lounge open in the Seniors' Activity Centre (9:30 a.m. - 3:30 p.m.)                      Go for a ride with Cycling Without Age (outside entrance)   Music in the breezeway with WAVE 98.3FM   Woodworking &amp; Billiard demonstrations   Visit exhibitors in the Gymnasium</p>			
1 - 1:45 P.M.	<b>BUILDING FINANCIAL WELLNESS FOR THE NEXT GENERATION</b> Scott Evans, Philip Brown Financial Advisor, BlueShore Financial	<b>I AM NOT READY YET, BUT WHEN I AM, WHERE DO I START? FUNERAL PLANNING 101</b> George and Mark McKenzie Funeral Directors, McKenzie Funeral Services	<b>NUTRITION FOR HEALTHY AGING</b> Anna Slivinski Registered Dietitian, VCH Community Care, UBC Clinical Instructor	<b>FALL PREVENTION AND BETTER BALANCE FOR HEALTHY AGING</b> Denise Morbey Physiotherapist and Co-owner, Aquatic Centre Physiotherapy
1:45 - 2:15 P.M.	<p style="text-align: center;"><b>BREAK TIME   Check out the exhibitors in the West Vancouver Community Centre Gymnasium</b></p> <p style="text-align: center;">Billiards Introduction</p>			
2:15 - 3 P.M.	<b>AN INTRODUCTION TO BRAIN HEALTH</b> Adrienne Poirier Support and Education Coordinator, Alzheimer Society of BC	<b>HOW IS HEARING HEALTH LINKED TO COGNITIVE HEALTH AND OVERALL WELL-BEING?</b> Mandy Fisch MSc. RAUD, RHIP, Owner Operator Victoria Erickson MSc. RAUD, RHIP HearingLife formerly NexGenHearing	<b>KNOW YOUR OPTIONS: WHICH INFLUENZA VACCINE IS THE BEST FOR SENIORS</b> Ajit Johal BSP RPh CTH Pharmacist and Clinical Associate Professor UBC Faculty of Pharmaceutical Sciences	<b>IMPACT 360 FOR PARKINSON'S DISEASE (PD)</b> Don Anderson Acting Chair, Pacific Parkinson's Research Institute (PPRI) charitable organization Dr. Matthew Sacheli Research Program Manager, BC Brain Wellness Program, University of British Columbia Pacific Parkinson's Research Institute
3 - 3:30 P.M.	<p style="text-align: center;"><b>Final chance to check out exhibitors in the West Vancouver Community Centre Gymnasium</b></p>			



To underground parking from 21st Street



**EXHIBITOR BOOTHS**  
SPORTS GYM

**WHEELCHAIR ACCESSIBLE ENTRANCE**

**SENIORS' CENTRE ENTRANCE**

**SPORTS GYM ENTRANCE**

WEST VANCOUVER  
COMMUNITY CENTRE

LILY LEE  
SPIRIT ROOM

ARBUTUS  
STUDIO  
HEARING TESTS

LOUNGE

LOBBY

WOMEN'S  
WASHROOM  
MEN'S  
WASHROOM

ACTIVITY ROOM

AUDIO VISUAL  
ROOM

WOMEN'S  
WASHROOM  
MEN'S  
WASHROOM

W/C

RECEPTION

ENTRANCE

REHAB STUDIO

FIRESIDE COFFEE BAR  
& LOUNGE

PLANT ROOM

ARTS ROOM

CAFETERIA

BILLIARDS ROOM

SACS ON 21ST

SOCIAL RECREATIONAL  
SPEAKER & SPONSOR  
GREEN ROOM

FABRIC ARTS ROOM  
MEMORY TESTING

WORKSHOP

**SENIORS'  
ACTIVITY CENTRE**  
695 21ST STREET  
WEST VANCOUVER

MARINE ROOM

## SPEAKERS

### KEYNOTE



**Isobel McKenzie**  
BC Senior Advocate

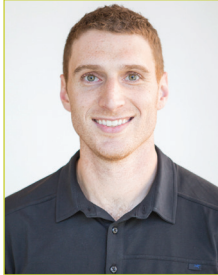
### Aging Successfully in BC

The Seniors Advocate will speak about current issues facing seniors in BC and discuss resources available to overcome barriers to healthy ageing. Discussion will also include the role of her Office and some of her recent reports that identify systemic issues for seniors in BC.

**Location: Activity Room, SAC | Time: 10 - 11 a.m.**

Keynote sponsor:  
**Lily Lee**

### PRESENTING PARTNER



**Danny Birch**  
Founder & Co-CEO, Hero Home Care

### Navigating the Care Continuum in BC

This informative session aims to equip you with valuable knowledge about navigating the care continuum in BC, empowering you to make well-informed decisions regarding care for you and your loved ones. Gain a comprehensive understanding of both the private and public sectors of home care and senior living, including their unique features, benefits, limitations, and costs. Join us as we navigate the world of senior care together, enabling you to age in your place of your choice with confidence and peace of mind.

**Location: Activity Room | Time: 11:15 a.m. - 12 p.m.**

Presenting partner:



### MAJOR SPONSOR



### Don Anderson

Acting Chair  
Pacific Parkinson's Research Institute (PPRI) charitable organization

### Dr. Matthew Sacheli

Research Program Manager  
BC Brain Wellness Program, University of British Columbia

### IMPACT 360 for Parkinson's Disease (PD)

Join us for an insightful presentation about the IMPACT 360 project getting underway at the University of British Columbia and learn about the early symptoms of Parkinson's Disease (PD). The IMPACT 360 project will measure the effect of combining exercise, diet, and mindfulness on slowing the development of the symptoms of PD. Over the next three years, IMPACT 360 will look for synergy when all three of these areas are studied concurrently and in the same subject, building on the infrastructure created by both the Brain Wellness program and the new Healthy Agers project.

**Location: Marine Room | Time: 2:15 - 3 p.m.**



### MAJOR SPONSOR



### Scott Evans

Financial Advisor, BlueShore Financial

### Philip Brown

Financial Advisor, BlueShore Financial

### Building Financial Wellness for the Next Generation

Join BlueShore Financial, a boutique, BC-based full service financial institution, for this enlightening session as we empower you to make informed financial decisions and create a meaningful legacy for generations to come.

Discover innovative strategies to provide tax advantaged funding for education or a first-time home purchase, ensuring financial stability for the next generation.

Be among the first to learn about the NEW first-time home savings account (FHSA), designed to make real estate dreams attainable. Additionally, our financial advisors will touch on effective gifting and wealth protection strategies, reducing estate costs while maximizing wealth transfer to your children and grandchildren. Real estate remains out of reach for many first-time buyers, and education costs continue to skyrocket. By supporting them now, you can witness the impact of your generosity firsthand.

**Location: Activity Room | Time: 1 - 1:45 p.m.**



MAJOR SPONSOR



**Mandy Fisch** MSc. RAUD, RHIP, Owner Operator  
**Victoria Erickson** MSc. RAUD, RHIP  
Registered Audiologists, Registered Hearing Instrument Practitioners  
Hearing Life Formerly NexGen Hearing | West Vancouver

### How is Hearing Health Linked to Cognitive Health and Overall Well-being?

Did you know? By age 65, one in three Canadians will have hearing loss and it is the third most common chronic disability in seniors. Research demonstrates that untreated hearing loss can have far reaching implications that go well beyond hearing alone. Unfortunately, only 20-30% of people who could benefit from hearing aids actually use them.

Our presentation reviews hearing loss and its links to numerous co-occurring conditions, some of which are potentially modifiable. Learn how treating hearing loss can keep the brain fit, can increase communication skills and social interactions, and can increase brain stimulation; which can lower the risk of accelerated cognitive decline.

Join us to delve further into this contentious topic and learn how current hearing aid technology can help to mitigate the potentially significant negative health consequences of untreated hearing loss.

Location: Audio Visual Room | Time: 2:15 p.m. - 3 p.m.



MAJOR SPONSOR



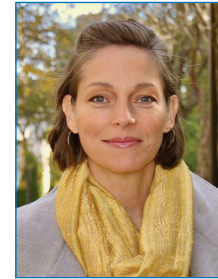
**George and Mark McKenzie**  
Funeral Directors, McKenzie Funeral Services

### I Am Not Ready Yet, But When I Am, Where Do I Start? Funeral Planning 101

If a loved one passed away, would I know what to do? Join George and Mark McKenzie as they share the key areas to be aware of when planning ahead or making funeral arrangements. Find out who has the legal right to make funeral arrangement, the costs, the difference between cremation and burial, whether someone can die at home, the benefits applicable after death, grief support on the North Shore, and many other items that can help you plan ahead.

George and Mark's goal is to educate families on the choices available to them and help you make the decisions that are right for you and your family. McKenzie Funeral Services is the only family-owned funeral service provider on the North Shore.

Location: Audio Visual Room | Time: 1 - 1:45 p.m.



**Stephanie Glick** Ph.D, Faculty of Education  
The Institute for Gender, Race, Sexuality & Social Justice  
The University of British Columbia

### "She, He, They, Oh My!" Navigating Gender Identity and Pronouns

Do you want to develop a deeper understanding of gender identity and gain the confidence to use gender-inclusive language and pronouns respectfully? Please join us for this interactive and educational session aimed at helping participants develop a deeper awareness of gender identity and expression. Participants will explore the concept of gender as a spectrum and will learn about the significance of pronouns beyond the common binary of "he/him" and "she/her." This workshop is open to all individuals, regardless of their prior knowledge or experiences with gender identity and pronouns. Please bring your questions and reflections.

Location: Lily Lee Spirit Room | Time: 11:15 a.m. - 12 p.m.



**Ajit Johal** BSP RPh CTH  
Pharmacist and Clinical Associate Professor  
UBC Faculty of Pharmaceutical Sciences

### Know Your Options: Which Influenza Vaccine is the Best for Seniors

Attend this engaging and informative presentation on the importance of influenza vaccination for seniors. Understanding the growing demographic of older adults becomes imperative as our population ages. Delving into the unique challenges seniors face, especially regarding the devastating impact of frailty from influenza complications. Examining the correlation between age-related immune system decline and the heightened susceptibility to severe influenza emphasizes the importance of advancements in vaccine technology to address this. Take advantage of this opportunity to learn about the importance of influenza vaccination and its potential to safeguard the health and well-being of our beloved seniors. Together, let us build a healthier future for our aging population.

*Sanofi Pasteur has provided an education grant for this session.*

Location: Lily Lee Spirit Room | Time: 2:15 - 3 p.m.



**Denise Morbey**  
 Physiotherapist and Co-owner  
 Aquatic Centre Physiotherapy, Lifemark

**Fall Prevention and Better Balance for Healthy Aging**

Would you like to stay independent and injury free? Did you know that 85% of all senior-related injuries occur due to falling? Improving your balance and strength is the answer to reducing your risk and preventing falls. Join Physiotherapist Denise Morbey to learn about practical tips for improving your balance and strength, adaptive equipment that will help you remain independent and safe in your home, and take-home exercises that you can start today. *Equipment courtesy of Davies Homes Health Care.*

**Location: Marine Room | Time: 1 - 1:45 p.m.**



**Adrienne Poirier**  
 Support and Education Coordinator, Alzheimer Society of BC

**An Introduction to Brain Health**

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training, and more.

**Location: Activity Room | Time: 2:15 - 3 p.m.**



**Brendon Pope**  
 Lawyer, West Coast Wills & Estates

**Learning the Basics of Medical Assistance in Dying (MAiD)**

Join Brendon Pope—a wills and estates lawyer—as he discusses the history of MAiD, the eligibility requirements and procedure to put MAiD into effect, recent legal developments, as well as some of the current criticisms surrounding MAiD. While MAiD has been legal in Canada since 2016, many questions remain.

*Medical assistance in dying (MAiD) is patient requested assistance provided by a doctor or nurse practitioner that causes the patient's death.*

**Location: Marine Room | Time: 11:15 a.m. - 12 p.m.**



**Anna Slivinski**  
 Registered Dietitian, VCH Community Care, UBC Clinical Instructor

**Nutrition for Healthy Aging**

Eating well can be challenging as you age. What you eat is often affected by the cost of food, dealing with health concerns, your energy level, or perhaps living alone. Join Anna to learn how to stretch your food dollar and still eat food that will keep you healthy, strong, and happy! Take home some useful tips on how to get the nutrients you need to age well through what you eat.

**Location: Lily Lee Spirit Room | Time: 1 - 1:45 p.m.**



**Wendy Watson**  
 OASIS Clinical Educator, Physiotherapist

**Managing Hip & Knee Arthritis**

Did you know that nearly half of people over the age of 50 say that arthritis or joint pain limit their daily activity? Exercise has been found to help reduce pain and improve function. Join Wendy to learn about arthritis in commonly affected joints, ways of managing your arthritis without surgery, and what happens if you need joint replacement surgery. Find out how to manage your hip and knee arthritis without surgery, with a focus on exercise and local community resources that will help to keep you moving. This session will also include information for people who are considering joint replacement surgery.

**Location: Audio Visual Room | Time: 11:15 a.m. - 12 p.m.**

Session presented by:  
 Davies

**MEET OUR KEYNOTE SPONSOR**  
**LILY LEE**



Lily Lee is a West Vancouver resident and longtime philanthropist. She has always been interested in supporting public health and the health of seniors. Born in remote Alert Bay on Vancouver Island, she eventually made her way to Vancouver where she attended the University of British Columbia and became a public health nurse in 1956.

Although Lily left nursing to raise a family with her late husband, local business icon Robert Lee, her empathy for people remains a lifelong passion.

Lily's recent contribution to the Vancouver Chinatown Foundation's project at 58 West Hastings Street—a 10-storey building—will include 230 units of housing and a public health clinic. The clinic will be named Lily Lee Health Centre in Lily's honour and will be operated by Vancouver Coastal Health.

Lily is pleased to support the 2023 North Shore Seniors' Health Expo.

# EXHIBITORS

West Vancouver Community Centre | Sports Gymnasium | 9 a.m.–3:30 p.m.

Advanced Medical Healthcare Equipment	Hear at Home Mobile Hearing Clinic LTD	North Shore Community Resources
Amica Senior Lifestyles	HearingLife formerly NexGen Hearing	PARC Retirement Living
Aquatic Centre Physiotherapy	Hero Home Care	Pardon Me Hearing
Assante Financial Management Ltd.	Hollyburn Funeral Home	Sanofi - Vaccines
Avenue Cannabis	Hollyburn House	Seniors Activity Centre
Bayshore Home Health	Home Instead Senior Care	Shylo Home Healthcare
BC Care Providers Association	Karin Kirkpatrick, MLA - West Vancouver-Capilano	Sunrise At Lonsdale Square
BetterBrains Rehabilitation/ Aging at Home	Kim Gould, Real Estate Advisor, The Next Door Group	Vancouver Coastal Health
Blue Shore Financial	Living Well Home Care Services	West Coast Wills & Estates
Chartwell Churchill House Retirement Residence	Marci Deane, Mortgage Broker	West Vancouver Memorial Library
Comfort Keepers	McKenzie Funeral Home	West Vancouver Police and West Vancouver Fire & Rescue
Davies Home Health Care	My Home Rehab Inc.	Your Moving Concierge
District of West Vancouver		... and more!

## COMMUNITY PARTNERS



Speakers' Presentations are located in the Seniors' Activity Centre and in the Lily Lee Spirit Room in the West Vancouver Community Centre. Please see pages 2 and 3 for Speakers Schedule.