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# North Shore Seniors' Health Expo

**JUNE 7 | 9 A.M. – 3:30 P.M.**

**Seniors' Activity Centre**  
695 21st Street, West Vancouver  
**West Vancouver Community Centre**  
2121 Marine Drive, West Vancouver

# Speakers Schedule 9 A.M. – 3:30 P.M.

**Exhibitors** - West Vancouver Community Centre Gymnasium & Arts Room in SAC  
**Memory testing with Medical Arts Health Research Group** - Fabric Arts Room, SAC  
**Free hearing tests from HearingLife formerly NexGen Hearing** - Arbutus Studio, WVCC  
**Meal options served all day at the Seniors' Activity Centre's Garden Side Café** (9:30 a.m. - 3:30 p.m.)

9 A.M. - 3:30 P.M.

Exhibitors in the West Vancouver Community Centre Gymnasium all day

10 - 11 A.M.

**Keynote Presentation: The Future of Ageing** | Keynote Sponsor: Lily Lee  
**Dan Levitt, BC Seniors Advocate** | Activity Room, Seniors' Activity Centre

## ACTIVITY ROOM

## AUDIO VISUAL ROOM

## LILY LEE SPIRIT ROOM

## OCEAN ROOM

## GARDEN ROOM

11:15 A.M. - 12 P.M.

**Navigating the Care Continuum in BC**  
**Danny Birch, Founder & Co-CEO**  
 Hero Home Care

**Coffee, Tea, and Pre-Planning**  
**George and Mark McKenzie, Funeral Directors**  
 McKenzie Funeral Services

**Fall Prevention**  
**Parm Johal, Owner**  
 Davies Home Health Care & Pharmacy

**PPRI: A Leader in Improving Diagnosis and Treatment of Parkinson's Disease**  
**Barry McBride, Board and Research Committee Chair**  
**Roger Scott-Douglas, Board and Communications Committee Chair**  
 Pacific Parkinson's Research Institute (PPRI)

**Urinary Incontinence: All Your Questions Answered**  
**Rachel Hahn, RN, Nurse Care Director**  
**Natasha Churath, Licensed Practical Nurse, Nurse Care Director**  
 Proof of Care

12 - 1 P.M.

**LUNCH & LEARN: 12:10 - 12:45 P.M.**  
**Real Estate - Your Greatest Asset & Next Steps**  
**Kim Gould, Brock Smeaton & Jesse Dean Cook, Smeaton Cook Real Estate Group**

**LUNCH BREAK** | Meal options served all day at the Seniors' Activity Centre's Garden Side Café (9:30 a.m. - 3:30 p.m.)  
 Fireside Coffee Bar & 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 & Billiard demonstrations (SAC)  
 Visit exhibitors in the West Vancouver Community Centre Gymnasium

1 - 1:45 P.M.

**"Green Is The New Grey" Seniors and Medical Cannabis**  
**Dr. Robert A.D. Sealey, B.Sc. M.D**

**Hearing Health is Brain Health: How Hearing Loss Affects Brain Function and Overall Health**  
**Mandy Fisch, MSc. RAUD, RHIP, Owner Operator**  
**Victoria Erickson, MSc., RAUD, RHIP**  
 HearingLife formerly NexGenHearing

**Spotlight on Ageism**  
**Lorna Harding, Coordinator**  
 North Shore Community Response Network

**Loneliness & Social Isolation: Tips for Staying Connected**  
**Cherian Itty, Owner**  
 Comfort Keepers  
 North & West Vancouver, AMICA representative

**Unforeseen Tomorrow: The Essentials of Incapacity Planning**  
**Mike Beishuizen, Lawyer**  
 West Coast Wills & Estates

1:45 - 2:15 P.M.

**BREAK TIME** | Check out the exhibitors in the West Vancouver Community Centre Gymnasium  
 Billiards Introduction

2:15 - 3 P.M.

**Senior Fraud Prevention**  
**Constable Matt Plant**  
 West Vancouver Police

**Get it Together: Organize Your Important Personal Information & Documents to Protect Yourself Now and in the Future**  
**Nicole Garton, President**  
 Heritage Trust

**Managing Osteoarthritis Through Exercise**  
**Andre Mascarenhas, Physiotherapist**  
 Aquatic Centre Physiotherapy, Lifemark  
**Ian Horne, Kinesiologist**  
 Registered Kinesiologist, District of West Vancouver/Aquatic Centre Physiotherapy

**Beyond The Move: Guidance & Emotional Support for Seniors In Transition**  
**Judie Dahl, Founder and CEO**  
 Your Moving Concierge  
**Cynthia Gyuk, RSW, BSW, Founder**  
 Meaningful Endings

**Dizziness in the Elderly**  
**Abeed Hirji, Registered OT, Certified Clinical Vestibular Therapist, Clinical Concussion Therapist**  
 Lifemark Physiotherapy Lonsdale

3 - 3:30 P.M.

Final chance to check out exhibitors in the West Vancouver Community Centre Gymnasium

3:15 - 4:15 P.M.

**AV ROOM FILM SCREENING: Keys Bags Names Words**  
 A documentary film about hope in aging and dementia.

# Exhibitor Map



# Speakers



KEYNOTE SPONSOR

## Lily Lee

**Dan Levitt, BC Seniors Advocate**  
**The Future of Ageing**

During this keynote presentation, BC Seniors Advocate, Dan Levitt, will explore trends in issues that older adults are facing in communities across the province and identify opportunities for change. He will explore new ways of moving forward to build a better future for older adults and inspire healthy ageing.

**Location:** Activity Room, Seniors' Activity Centre | **Time:** 10 - 11 a.m.



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 choice with confidence and peace of mind.

**Location:** Activity Room, Seniors' Activity Centre | **Time:** 11:15 a.m. - 12 p.m.



COMMUNITY PARTNER



Westcoast Wills  
& Estates

**Mike Beishuizen**  
Lawyer, West Coast Wills & Estates

### **Unforeseen Tomorrow: The Essentials of Incapacity Planning**

In this insightful presentation, an experienced estate lawyer from Westcoast Wills & Estates discusses incapacity planning. What documents should you have in place? What are some of the complications? In this area of law, being proactive is essential to ensure that you maintain control over your financial and healthcare decisions, should you lose mental capacity in the future.

**Location:** Garden Room, West Vancouver Community Centre  
**Time:** 1 - 1:45 p.m.



**Judie Dahl**  
Founder and CEO, Your Moving Concierge

**Cynthia Gyuk**  
RSW, BSW, Founder of Meaningful Endings

### **Beyond the Move: Guidance & Emotional Support for Seniors in Transition**

This valuable session goes beyond the move. It focuses on the value of life change, and the vulnerability that is felt when dealing with loss during this transition. Gain insightful information and tools that can assist you in not only navigating the physical process of your move, but also the emotional loss around letting go of your "stuff" and embracing the memories they hold. Discover how the transition into a new physical space can be a meaningful experience filled with loving memories, new connections, and an experience that honours your wishes.

**Location:** Ocean Room, West Vancouver Community Centre  
**Time:** 2:15 - 3 p.m.





**Mandy Fisch**  
MSc., RAUD, RHIP, Owner Operator



**Victoria Erickson**  
MSc., RAUD, RHIP  
HearingLife formerly NexGenHearing

**Hearing Health is Brain Health: How Hearing Loss Affects Brain Function and Overall Health**

Do you ever feel tired or stressed from socializing, become confused during conversations, or find that people are mumbling? Your brain may need more sound input!

Your ears collect and transmit sounds to your brain, where they are processed into meaningful information. When your brain is not receiving enough sound information from your ears, your communication ability is adversely affected. Our presentation reviews current and longitudinal research, demonstrating that untreated hearing loss can have far reaching implications that go well beyond hearing alone.

Learn how treating hearing loss can keep the brain fit, increase communication skills to improve social interactions, and enhance brain stimulation, helping to mitigate the potentially significant negative health consequences of untreated hearing loss. Join us to delve further into this contentious trending topic.

**Location: AV Room, Seniors' Activity Centre | Time: 1 - 1:45 p.m.**



**Nicole L. Garton**  
B.A., LL.B., LL.M., C.Med, FEA, TEP, Heritage Trust

**Get it Together: Organize Your Important Personal Information & Documents to Protect Yourself Now and in the Future**

Putting together an estate binder will require some time and effort, but the rewards will be well worth your while. Collecting all your most important information and documents into an organized estate binder will relieve your family of a heavy burden, should anything happen to you. Your preparation and planning will ensure that your important personal and health wishes are followed and that your estate is settled in a cost-effective and efficient manner. Enjoy the peace of mind knowing that this important task is taken care of.

**Location: AV Room, Seniors' Activity Centre | Time: 2:15 - 3 p.m.**



**Rachel Hahn**  
RN, Nurse Care Director, Proof of Care

**Natasha Churath**  
Licensed Practical Nurse, Nurse Care Director, Proof of Care

**Urinary Incontinence: All Your Questions Answered**



Whether you are experiencing urinary incontinence or are just worried about when it might start affecting you, this presentation will answer all your questions. Learn what urinary incontinence is, what causes it, how it is treated, and how to prevent it. The session will include an overview of pelvic floor muscles, their role, and most importantly, provide prevention and tips on how to help manage urinary incontinence.

**Location: Garden Room, West Vancouver Community Centre  
Time: 11:15 a.m. - 12 p.m.**



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## Lorna Harding

Coordinator, North Shore Community Response Network

### Spotlight on Ageism

Ageism is widely prevalent and stands as the most socially accepted and tolerated form of discrimination in Canada. Similar to sexism or racism, ageism is a form of discrimination that judges individuals based on their age. It can manifest at any stage of life, irrespective of one's age, leading to prejudiced assumptions about a person's background, abilities, and mental or physical condition, solely based on age perceptions.

**Location:** Lily Lee Spirit Room, West Vancouver Community Centre

**Time:** 1 - 1:45 p.m.

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## Abeed Hirji

Occupational Therapist, Certified Vestibular Therapist,  
Clinical Concussion Therapist  
Lifemark Physiotherapy Lonsdale

### Dizziness in the Elderly: Screening and Management Options for Senior Wellness

One of the leading health concerns for people over the age of 60 is falling, which is often related to dizziness and balance problems. Balance in walking and standing is dependent on many factors including an individual's vestibular function. The vestibular system (our body's balance apparatus), can begin to function poorly with age, leading to diminished quality of life. Dizziness and balance-related problems are complex and challenging, often requiring the expertise of multiple health practicing clinicians to help alleviate or overcome difficulties with these issues. Join Abeed and learn more.

**Location:** Garden Room, West Vancouver Community Centre

**Time:** 2:15 - 3 p.m.

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A M I C A

SENIOR LIFESTYLES



## Cherian Itty

Owner, Comfort Keepers North & West Vancouver

### Loneliness & Social Isolation: Tips for Staying Connected

We are social beings and staying connected to our community with regular social interaction is key to brain health and happiness. About 30% of Canadian seniors are at risk of becoming socially isolated. Loneliness is the distressing feeling of being alone or separated, while social isolation is the lack of social contacts and having few people to interact with regularly. Join Cherian in discussing the difference between loneliness and isolation. Learn what the contributing risk factors are and tips for staying connected and nurturing brain health.

**Location:** Ocean Room, West Vancouver Community Centre

**Time:** 1 - 1:45 p.m.

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## Parm Johal

BSP, RPh, CEO, Wilson-Davies Group

### Fall Prevention

Falls are the leading cause of injury and the sixth leading cause of death among seniors. Predominantly occurring at home during routine activities, these incidents stem from easily overlooked hazards. This presentation on fall prevention aims to heighten awareness of such dangers and empower attendees to mitigate them effectively. We'll discuss the role of medications, assistive devices, nutrition, and exercise in fall prevention, providing a comprehensive approach to safeguarding seniors' well-being.

**Location:** Lily Lee Spirit Room, West Vancouver Community Centre

**Time:** 11:15 a.m. - 12 p.m.

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**MAJOR SPONSOR**

Pacific Parkinson's  
RESEARCH INSTITUTE



**Barry McBride**

Pacific Parkinson's Research Institute (PPRI) Board and Research Committee Chair



**Roger Scott-Douglas**

PPRI Board and Communications Committee Chair

**The Pacific Parkinson's Research Institute: A Leader in Improving Diagnosis and Treatment of Parkinson's Disease**

Parkinson's Disease is the fastest growing neurological disease. More than 100,000 Canadians live with Parkinson's and 30 more are diagnosed every day. Movement is normally controlled by dopamine, a chemical that carries signals between the nerves in the brain. When cells that normally produce dopamine die, the symptoms of Parkinson's appear.

Roger Scott-Douglas and Barry McBride, Board members of Pacific Parkinson's Research Institute (PPRI), will provide a brief overview of the PPRI, its core mission, and history of support to groundbreaking research at the Pacific Parkinson's Research Centre (PPRC). The presentation will also provide an update on some of the exciting, newly funded research projects and highlight ways in which interested individuals can assist in the research work carried out at the PPRC.

**Location: Ocean Room, West Vancouver Community Centre**

**Time: 11:15 a.m. - 12 p.m.**



**Constable Matt Plant**

West Vancouver Police (WVP)

**Senior Fraud Prevention**

This presentation is designed to help seniors identify various types of fraud and protect themselves from being victimized. In an ever-evolving world, fraud schemes are always changing, and the police have a duty to protect its citizens, which includes educating them on various crime trends and what to recognize. Based on crime trends in the community, the WVP continually updates seniors to empower them in recognizing the various fraud schemes and how to report them to police.

**Location: Activity Room, Seniors' Activity Centre | Time: 2:15 - 3 p.m.**

**MAJOR SPONSOR**

McKenzie  
FUNERAL SERVICES



**George and Mark McKenzie**

Funeral Directors, McKenzie Funeral Services



**Coffee, Tea, and Pre-Planning**

Although discussing one's death may be unavoidable, dedicating time to pre-plan your cremation or burial arrangements can offer solace to both you and your family. Join George & Mark McKenzie for a cup of coffee or tea as they equip you with the necessary tools and guidance to pre-plan your end-of-life wishes. The burden of making numerous challenging decisions during an already tense period is eased by having a thorough and thought-out plan. *McKenzie Funeral Services is the only family-owned funeral service provider on the North Shore.*

**Location: AV Room, Seniors' Activity Centre | Time: 11:15 a.m. - 12 p.m.**

**COMMUNITY PARTNER**

AQUATIC CENTRE  
PHYSIOTHERAPY



**Andre Mascarenhas**

Physiotherapist, Aquatic Centre Physiotherapy, Lifemark



**Ian Horne**

Registered Kinesiologist, District of West Vancouver/Aquatic Centre Physiotherapy

**Managing Osteoarthritis Through Exercise**

Close to four million people have been diagnosed with osteoarthritis in Canada and statistics show that this number has been on the rise since 2016 with hip and knee osteoarthritis being the most common.

Join Ian and Andre for this information session on managing osteoarthritis through exercise and physical activity. Find out what osteoarthritis is, the different risk factors, pain management, and what treatments are available, including exercise and aqua therapy. Learn how to experience less pain and get back to the activities you enjoy.

**Location: Lily Lee Spirit Room, West Vancouver Community Centre**

**Time: 2:15 - 3 p.m.**



### Dr. Robert A.D. Sealey, B.Sc. M.D.

#### “Green Is the New Grey” Seniors and Medical Cannabis

More and more seniors are curious about whether medical cannabis is a safe and affordable option for managing the physical symptoms associated with aging and improving their quality of life.

This presentation will discuss the history of medical cannabis, the recently discovered endocannabinoid, the science behind the indications/contraindications of medical cannabis along with the different strains, modes of administration, and barriers to regulated access.

**Location: Activity Room, Seniors' Activity Centre | Time: 1 - 1:45 p.m.**



### Kim Gould, Brock Smeaton & Jesse Dean Cook

Realtors, Smeaton Cook Real Estate Group of Royal LePage Sussex West Vancouver

*Lunch & Learn:*

#### Real Estate - Your Greatest Asset and Next Steps

Join us for an engaging lunch and learn session tailored specifically to seniors and presented by the #1 real estate team on the North Shore. We will explore how real estate can be your greatest asset in retirement and will share valuable insights into the current market conditions, empowering you to make informed decisions about your next steps.

Whether you're considering downsizing or private senior residences, we'll delve into the available options. Learn how to navigate this transition with confidence and ease while unlocking the full potential of your real estate assets and embarking on the next chapter of your life with peace of mind.

**Location: Activity Room, Seniors' Activity Centre | Time: 12:10 - 12:45 p.m.**



*Film Screening:*

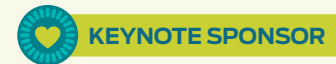
#### Keys Bags Names Words: A Documentary Film About Hope in Aging and Dementia

Dementia is one of the greatest fears of people today. This documentary shifts the narrative of fear and hopelessness to one of hope and action. There are things we can do as individuals to reduce our risk of developing dementia. There are ways to connect meaningfully with our loved ones, even if they no longer recognize us. We can live a high quality of life after diagnosis.

*Producer/Director: Cynthia Stone*

*Editor/Co-Producer: Linda Peckham*

**Location: AV Room, Seniors' Activity Centre | Time: 3:15 - 4:15 p.m.**



### Meet Our Keynote Sponsor:

## LILY LEE



Lily Lee is a West Vancouver resident and long-time 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. (*Read more at [chinatownfoundation.org/58wh/](http://chinatownfoundation.org/58wh/)*).

We are grateful for Lily's generous support of the 2024 North Shore Seniors' Health Expo.



# Exhibitors

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

Advanced Medical Healthcare  
Equipment  
Amica Senior Living  
Aquatic Centre Physiotherapy  
Avenue Cannabis  
BC Community Response Networks  
CHARTwell Churchill House  
Chi-Flo Pain Relief Clinic  
Comfort Keepers  
Cür Laser and Skin  
Cycling Without Age  
Davie's Home Health Care  
Family Services of the North Shore  
Gambling Support BC  
Hear at Home Mobile Hearing Clinic  
HearingLife formerly NexGenHearing  
Heart and Home  
Heart to Home Meals Vancouver  
Heritage Trust Company  
Hero Home Care  
Hollyburn Funeral Home  
Hollyburn House  
Langara College  
Living Well Home Care  
McKenzie Funeral Services  
Medical Arts Health Research Group

Motive Force Tech Canada Corp.  
My Home Rehab Inc.  
North Shore Emergency Management  
North Shore Neighbourhood House  
North Shore Primary Care Network  
North Vancouver Foot Care  
Office of the Seniors Advocate of BC  
Optomeyes  
Parc Retirement Living  
Proof of Care  
Route65.ca (BC Care Providers  
Association & EngAge BC)  
Shylo Home Healthcare  
Silver Harbour Seniors' Activity  
Centre  
Surefit Denture Clinic  
The Travelling Hygienist  
Vancouver Coastal Health – Older  
Adult Mental Health  
West Vancouver Memorial Library  
West Vancouver Police Dept and  
West Vancouver Fire  
West Vancouver Seniors' Activity  
Centre  
Westcoast Wills & Estates  
Your Moving Concierge  
... and more

Speaker presentations are located in the Seniors' Activity Centre  
and West Vancouver Community Centre.

Please see Speakers Schedule on pages 2 and 3.



## COMMUNITY PARTNERS

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Neptune  
TERMINALS

OPTOMEYES  
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