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North Shore Seniors' Health Expo

FRIDAY, JUNE 19 | 9 A.M. – 3:30 P.M.

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

Event Schedule 9 A.M. – 3:30 P.M.

Exhibitors - West Vancouver Community Centre Gymnasium and 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 A and B, WVCC
Lunch 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 Power of Laughter for a Healthier, Happier Life | Judy Croon, Canada's Keynote Humourist | Activity Room, Seniors' Activity Centre

ACTIVITY ROOM
Seniors' Activity Centre

AUDIO VISUAL ROOM
Seniors' Activity Centre

LILY LEE SPIRIT ROOM
WVCC Main Floor

OCEAN ROOM
WVCC 2nd Floor

GARDEN ROOM
WVCC 1st Floor

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

Arthritis and Exercise: Staying Active with Sore Joints
Louise Lydon and Anna Spillane, Occupational Therapy Educators
Vancouver Coastal Health OASIS Program

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

Aging in Place: Planning Ahead to Stay at Home Longer
Praveena Dutt, Regional Director, LPN
Hero Home Care

From Confusion to Clarity: A Practical Guide to Estate Planning
Mike Beishuizen, Lawyer
Westcoast Wills & Estates

Introducing the Bjorn Moller Research Repository
Dr. Lynn Beattie, Board Member, Pacific Parkinson's Research Institute (PPRI)
Dr. Samantha Schaffner, Research Associate, Pacific Parkinson's Research Centre (PPRC); Manager, The Bjorn Moller Research Repository

LUNCH BREAK
12 - 1 P.M.

Lunch served all day at the Seniors' Activity Centre's Garden Side Café (9:30 a.m. - 3:30 p.m.) | Fireside Coffee Bar and 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 | Visit SACS on 21st Gift Shop
Visit exhibitors in the West Vancouver Community Centre Gymnasium

1 - 1:45 P.M.

Medical Assistance in Dying: The Facts vs Fiction
Alex Muir, Chair, Metro Vancouver Chapter, Dying With Dignity Canada
Kim Carlson, RN and Palliative Expert
Paul Magennis, RN and MAiD Educator

How Does Early Intervention of Hearing Loss Contribute to Brain Health?
Mandy Fisch, MSc. RAUD, RHIP, Owner Operator
Victoria Erickson, MSc., RAUD, RHIP
HearingLife formerly NexGen Hearing

Tech Made Friendly: Exploring AI Together
Kevin Winslow, Founder
My Tech Concierge

Incontinence and Pelvic Floor Health
Farah Manoocheri, Registered Physiotherapist, Aquatic Centre
Physiotherapy Lifemark

Workshop: Stroll Into Summer - Davies Mobility Garage
Paul Sangha, Assistant Manager
Davies Home Healthcare

BREAK
1:45 - 2:15 P.M.

Check out the exhibitors in the West Vancouver Community Centre Gymnasium

2:15 - 3 P.M.

BC Brain Wellness - Lifestyle-Based Intervention Program
Alisa Hashimoto, Program Manager
BC Brain Wellness Program, Djavad Mowafaghian Centre for Brain Health, UBC

Eat Well - Live Longer: Eat Better With the Budget You Have
Anna Slivinski, Registered Dietitian
VCH Community Care
UBC Clinical Instructor

Ready for Summer: Heat, Wildfire, and Evacuation Preparedness
Lisa Dalla Vecchia, Communications and Public Education Specialist
North Shore Emergency Management
Jeremy Calder, Assistant Chief, Fire Prevention and FireSmart Coordinator
West Vancouver Fire and Rescue

Partnering with Family Councils: A Proven Path to Better Outcomes in Long-Term Care Homes
Lisa Dawson, President
Independent Long-Term Care Councils Association of BC (ILTCCABC)
Barb Kirby, Advisor to VCAFC and Later Lifestyle Planner, Seniors Navigator

How Your Sense of Smell Can Improve Brain and Memory Health
Jonathan Askholm, Co-Founder
Memorease

3 - 3:30 P.M.

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

2 3:15 - 4:45 P.M.

FILM SCREENING: Capturing Spirit Unforgettable - When Music, Friendship and Courage is the only Medicine Left | Audio Visual Room

Exhibitor Map



Speakers

Keynote Presentation



Judy Croon
Canada's Keynote Humourist

The Power of Laughter for a Healthier, Happier Life

Stress is something we all experience—but laughter is one of the simplest and most powerful ways to feel better. In this uplifting and entertaining session, Judy Croon shares how humour can reduce stress, boost well-being, and bring more joy into everyday life. After all, when we laugh, we relax—and when we relax, we learn and even live longer. Through relatable stories and plenty of laughs, you'll leave feeling lighter, more energized, and equipped with simple ways to enjoy a healthier, happier outlook.

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



Praveena Dutt
Regional Director, LPN, Hero Home Care

Aging in Place: Planning Ahead to Stay at Home Longer

Staying at home as you age is possible, but it takes planning, the right support, and understanding how your needs will change over time. This session will guide you through the aging journey and how to prepare for each stage with confidence. Learn practical tips to make your home safer, explore care options, and know when to bring in extra support. If your goal is to remain at home longer, this session will help you build a clear, realistic plan that supports your independence.

Location: Lily Lee Spirit Room, West Vancouver Community Centre
Time: 11:15 a.m. - 12 p.m.



Jonathan Askholm
Co-Founder, Memorease

How Your Sense of Smell Can Improve Brain and Memory Health

Scientists are saying that your sense of smell provides a 'direct superhighway' to the brain's memory and emotional centres. Did you know that by training your sense of smell, you can improve verbal and semantic recall, cognitive health and clarity, mood, and the flavour of food? It will literally grow your brain! Learn about the incredible potential you have to take brain and memory health into your own hands!

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



Dr. Lynn Beattie
Pacific Parkinson's Research Institute (PPRI) Board Member

Dr. Samantha Schaffner
Research Associate, Pacific Parkinson's Research Centre (PPRC)
Manager, The Bjorn Moller Research Repository



Introducing the Bjorn Moller Research Repository

Parkinson's Disease (PD), a debilitating, progressive neurodegenerative disease, is the fastest-growing neurological disease in our country. More than 100,000 Canadians live with PD, including about 17,500 of whom are in British Columbia. Thirty more people are diagnosed every day. Dopamine normally controls our daily movement. When cells that produce dopamine die, the symptoms of PD appear.

As a member of both PPRI's board of directors and the scientific research committee, Dr. Lynn Beattie will share her insight into the world-renowned PD research being performed within UBC's PPRC, introduce the Bjorn Moller Research Repository (BMRR) project, and welcome the BMRR program manager, Samantha Schaffner. The BMRR stores biological samples and clinical data critically needed for each PD research project. Everyone living with PD, as well as all healthy adults, is invited and encouraged to volunteer in the BMRR to help populate this important research repository

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



COMMUNITY PARTNER

Mike Beishuizen
Lawyer, Westcoast Wills & Estates

From Confusion to Clarity: A Practical Guide to Estate Planning

In this presentation, Mike Beishuizen—an estate lawyer at Westcoast Wills & Estates—underscores the critical need for proper estate planning before it’s too late. Gain a clear understanding of why a well-crafted estate plan—including wills and trusts—is essential to protecting your family, assets, and long-term intentions. Learn how to ensure your wishes are carried out, avoid unnecessary legal complications, and create real peace of mind for the people who matter most. Through practical guidance and relatable real-world examples, this presentation equips you to make confident, informed decisions about your legacy. Whether you’re creating your first plan or updating an existing one, you’ll walk away with valuable insights to help secure your future.

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



Lisa Dalla Vecchia
Communications and Public Education Specialist,
North Shore Emergency Management



Jeremy Calder
Assistant Chief, Fire Prevention and FireSmart Coordinator,
West Vancouver Fire and Rescue

Ready for Summer: Heat, Wildfire, and Evacuation Preparedness

Join North Shore Emergency Management and West Vancouver Fire and Rescue to learn how to prepare for the upcoming summer season. This session will cover how to get ready for extreme heat and wildfire risk, apply FireSmart principles around your home, and what goes into an evacuation on the North Shore, so you know what to expect and how to prepare.

Location: Lily Lee Spirit Room, West Vancouver Community Centre
Time: 2:15 - 3 p.m.



Lisa Dawson
President of the Independent Long-Term Care Councils Association
of BC (ILTCCABC)



Barb Kirby
Advisor to VCAFC and Later Lifestyle Planner and Seniors Navigator
(SeniorsAdvocate.ca)

Partnering with Family Councils: A Proven Path to Better Outcomes in Long-Term Care Homes

This presentation demonstrates how meaningful engagement with residents and families—through active Family Councils—directly benefits long-term care homes. Drawing on the experience of the Vancouver Coastal Association of Family Councils and the provincial leadership of Independent Long-Term Care Councils Association of BC, it shows how collaboration strengthens relationships, improves communication, supports problem-solving, and advances quality of life for residents. Attendees will hear practical examples of how councils reduce conflict, build trust, and create shared solutions—transforming families from visitors into valued partners in care who contribute to a healthier long-term care community.

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

9 A.M. - 3:30 P.M. Check out the exhibitors in the West Vancouver Community Centre Gymnasium ALL DAY.





Mandy Fisch
MSc., RAUD, RHIP, Owner Operator



Victoria Erickson
MSc., RAUD, RHIP

Registered Audiologists, Registered Hearing Instrument Practitioners,
HearingLife formerly NexGen Hearing, West Vancouver

How Does Early Intervention of Hearing Loss Contribute to Brain Health?

Join Mandy and Tori as they discuss how early intervention of hearing loss plays a critical role in preserving brain health, maintaining quality of life, and supporting healthy aging. Untreated hearing loss increases cognitive load, accelerating brain atrophy, and raising risk of cognitive decline. Timely use of hearing aids improves auditory input, reduces listening effort, and helps maintain neural pathways in our auditory systems. Social engagement also improves, lowering risks of isolation and depression, which are directly linked to dementia. Individuals experience better communication, independence, and overall well-being. Early detection and management protect cognitive function and promote longer, healthier, more active lives.

Location: Audio Visual Room, Seniors' Activity Centre

Time: 1 - 1:45 p.m.



Alisa Hashimoto

Program Manager, BC Brain Wellness Program, Djavad Mowafaghian
Centre for Brain Health, The University of British Columbia

BC Brain Wellness - Lifestyle-Based Intervention Program

Lifestyle-based habits, such as regular exercise and healthy eating are critical to brain health and healthy aging. The BC Brain Wellness Program is an ongoing non-condition-specific lifestyle-based intervention program available to individuals with chronic brain conditions, their care partners, and healthy agers across BC. The presentation will provide an overview of the BC Brain Wellness Program's offerings, expected benefits, and information on joining the program.

Location: Activity Room, Seniors' Activity Centre

Time: 2:15 - 3 p.m.



Anna Slivinski

Registered Dietitian, VCH Community Care, UBC Clinical Instructor

Eat Well - Live Longer: Eat Better with the Budget You Have

Eating well is important at any age, especially as we grow older, helping maintain independence, energy, and a healthy body and mind. In this session, you'll learn which foods best support long-term health and longevity, how to make healthy choices on a budget, and which grocery items to prioritize. Discover practical, creative meal ideas that stretch your dollars without sacrificing nutrition or flavor. You'll also learn how to enjoy the foods you love while building realistic, balanced eating habits and setting healthy, achievable goals for everyday living. You CAN have your cake and eat it too!

Location: Audio Visual Room, Seniors' Activity Centre

Time: 2:15 - 3 p.m.



Louise Lydon and Anna Spillane

Occupational Therapy Educators, VCH OASIS Program

Arthritis and Exercise: Staying Active with Sore Joints

Do you have joint pain? Sore hips, knees, or shoulders? Did you know that up to four million Canadians are living with osteoarthritis? This condition can limit your activity, life enjoyment, and make daily activities difficult to do. However, there are many things you can do to reduce stress on sore joints and stay active and independent. Join us for this practical discussion on how strategic exercises and joint protection strategies can improve daily function and reduce pain. While there is no simple cure for osteoarthritis, there are many steps people can take to improve their joint health and daily function.

Location: Activity Room, Seniors' Activity Centre

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





Farah Manoocheri

Registered Physiotherapist, Aquatic Centre Physiotherapy Lifemark

Incontinence and Pelvic Floor Health

What is incontinence, and what are the different types? What are the reasons and causes behind each type, and what options are available for managing and treating them? We will explore the role of the pelvic floor muscles, including how to strengthen and maintain them to effectively manage pelvic floor-related conditions. In addition, we will discuss the role of physiotherapy in managing incontinence, and in strengthening your core and pelvic floor muscles to help reduce symptoms. Finally, we will cover practical tips and key takeaways to help you maintain a strong and healthy core.

Location: Ocean Room, West Vancouver Community Centre

Time: 1 - 1:45 p.m.



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 and Mark McKenzie of McKenzie Funeral Services 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. George and Mark's goal is to educate families on their choices and to better 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, Seniors' Activity Centre

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



Alex Muir (Moderator)

Chair, Metro Vancouver Chapter, Dying With Dignity Canada



Kim Carlson (Panelist)

Registered Nurse with Palliative and MAiD expertise; Co-author of *MAiDinCanada2016.ca*



Paul Magennis (Panelist)

Registered Nurse and MAiD Educator; Co-author of *MAiDinCanada2016.ca*

Medical Assistance in Dying: The Facts vs Fiction

Medical Assistance in Dying (MAiD) was legalized in Canada in June 2016 with subsequent changes enacted in 2021. Over the past ten years, several concerns surrounding MAiD have emerged, often leading to misinformation in the media. In this session, two MAiD educators with nursing experience in palliative care and MAiD will begin by explaining the fundamentals of the MAiD process in BC. The conversation will then explore complex issues, including MAiD for mental illness, Track 2 concerns, advance requests, and religious barriers to MAiD access.

Location: Activity Room, Seniors' Activity Centre

Time: 1 - 1:45 p.m.



Kevin Winslow

Founder, My Tech Concierge

Tech Made Friendly: Exploring AI Together

Discover how Artificial Intelligence (AI) can make everyday life easier and more enjoyable. This friendly, easy-to-follow session explains what AI is, showcases common tools like voice assistants and chatbots, and demonstrates practical uses such as answering questions, organizing tasks, enhancing photos, and planning travel. Learn how AI can support safety, independence, and connection, while gaining helpful tips on privacy and avoiding scams. This session includes live demonstrations and time for questions.

Location: Lily Lee Spirit Room, West Vancouver Community Centre

Time: 1 - 1:45 p.m.



Paul Sangha
Assistant Manager, Davies Home Healthcare

Workshop: Stroll Into Summer – Davies Mobility Garage

This interactive workshop is designed to help you move into the season with confidence and ease. Explore a range of mobility aids, from walkers to scooters, and learn how the right equipment can support your independence and lifestyle. Onsite Mobility Equipment Specialists will be available to provide personalized guidance and assess whether your current mobility setup is ergonomically suited to your needs. This hands-on session offers practical tips, expert advice, and the opportunity to find solutions that keep you safe, comfortable, and active all summer long.

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



Film Screening:
Spirit Unforgettable

When music, friendship, and courage is the only medicine left. With the early onset of Alzheimer’s at 52, John Mann, frontman for Canadian Celtic rock band Spirit of the West, confronts the reality that he’s losing grasp of the poetic and political lyrics he shared with millions.

Directed by Pete McCormack.

Location: Audio Visual Room, Seniors’ Activity Centre
Time: 3:15 – 4:45 p.m.



KEYNOTE SPONSOR
Lily Lee



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.

Exhibitors

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

Adaptive Comfort Clothing
Advanced Medical Healthcare
Equipment
Amica
Amir Social Connection and Healthy
Aging Society
Aquatic Centre Physiotherapy
Avenue Cannabis
BC Brain Wellness Program
Canadian Investment Regulatory
Organization (CIRO)
Comfort Keepers
Cycling Without Age
Davies Home Healthcare
Dying With Dignity Canada
Family Services of the North Shore
Fernandes Wealth Management
Group
Five Star Bath Solutions of
Vancouver Ltd
HearingLife
Heart and Home
Heart to Home Meals Vancouver
Hero Home Care
Hollyburn Funeral Home
Living Well Home Care Services
McKenzie Funeral Services
Medical Arts Health Research Group
MS Hope
My Home Rehab
My Tech Concierge

North and West Vancouver
ElderDog Pawd
North Shore Community Resources
North Shore Emergency Management
North Shore Neighbourhood House
North Shore Stroke Recovery Centre
Optomeyes
Össur Motion Lab
Pacific Parkinson's Research
Centre, UBC
PARC Retirement Living |
Westerleigh PARC
Quant Care Inc.
Revive Medical
Shylo Home Healthcare
Silver Harbour Seniors' Activity
Centre
Simon Fraser University's
Gerontology Department – Lifelong
Health and Wellbeing Lab
Surefit Denture Clinic
UROSPOT
Vancouver Coastal Association of
Family Councils
Vancouver Coastal Health -
OASIS Program
VCH - Older Adult Mental Health
Program
Watson Goepel
Wave 98.3
West Vancouver Memorial Library
Westcoast Wills & Estates



COMMUNITY PARTNERS

AQUATIC CENTRE
PHYSIOTHERAPY



Fernandes Wealth Management Group



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

Please see Event Schedule on pages 2 and 3.