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Sincerely,



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# Greetings from the MLA's of Greater Kelowna



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**Ben Stewart** 250-768-8426

Greetings from Lake Country, Kelowna, Mission, and West Kelowna. We are pleased to be included in the 2019 edition of Experience 50+ Living magazine.

As MLAs, we are so lucky to represent the Greater Kelowna area, and more importantly call this beautiful region home. The Central Okanagan is the perfect combination of urban and rural – from our lively downtown core to our rich agricultural lands and everything in-between.

Our Valley is the perfect place to relax and play, from our award-winning wineries, world-class recreation facilities, and the vast shores of the pristine Okanagan Lake – we live in paradise.

Our communities have diverse and ever changing economies, which include tech, hospitality, agriculture, retail, recreation, construction, tourism, and wineries. We take pride in advocating for and helping to grow our local economy from the Provincial level.

As MLAs, we are always proud of how active and engaged our senior population is within their respective communities. So many of you generously give your time to non-profits, special events, and many other worthwhile causes.

Whether you are a long time Central Okanagan resident or have moved here to enjoy your retirement –the Okanagan is better off because of you being here.

We want to wish Experience 50+ Living magazine a happy ten-year anniversary. Your annual publication serves our region with many much-needed resources and information on a wide range of topics - and most importantly gives our seniors and those 50+ a valuable means to stay connected with their community.

We are so proud to serve this region at the provincial level and will continue to advocate for and represent you in the Legislature in Victoria. Please feel free to contact our offices for information or assistance at any time.

# Anniversary

Central Okanagan

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Every effort is made to avoid errors, misspellings and omissions. If however, an error comes to your attention, please accept our sincere apologies and notify us. Thank you.

Front Page background photo from Knox Mountain courtesy of Edwin Christopher

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# Are you Wish Cycling?

Is it possible you or someone in your family is **Wish Cycling**? You're about to toss something into your recycling cart, not entirely sure if it belongs, and in it goes. The assumption? Surely it will all work itself out, someone somewhere along the recycling sort line will take care of it the right way.

That behavior is commonly known in the waste industry as "Wish Cycling"the practice of tossing questionable household items into the recycling cart, hoping they can somehow be recycled.

If you recognize you have, on occasion, done some Wish Cycling, you're not alone. It's a common and troublesome occurrence for a slew of reasons, not just here at depots and in curbside carts in the Central Okanagan, but right across the country. The types of items that cause the problems vary slightly from region to region, but there are rafts of them that frequently show up at recycling processing facilities. Plastic bags and wrap cause equipment malfunctions and sometimes full on plant shutdowns. Glass, sharps, and hazardous wastes cause worker injuries, and contamination of the end product. Garbage and other nonrecyclable plastics can be difficult to spot or sort and end up contaminating other 'clean' recyclables. We've been hearing a lot about that lately as global markets have tightened up and many overseas countries are simply refusing contaminated commodities that used to be accepted. So, the household recycling you have so diligently sorted at home, with all good intention is, oftentimes hard if not impossible to market or recycle if it has items that don't belong.

How to combat Wish Cycling? Get familiar with the guidelines of your local recycling program so that your good intentions stay that way. Visit regional district.com/recycle

to view current recycle menus. Download a handy guide to post on your fridge or recycle cart or somewhere prominent in your home for the whole family to see. And while you're at it, download the FREE easy to use my-waste app, all the info you need at the touch of a fingertip. And, anytime, call the Regional Waste Reduction Office at 250.469.6250. We're here to help!

## Here's a list — Items that should stay out of your recycling cart, ALWAYS:

- Durable plastic products plastic toys, hangers, 'tupperware' type containers, laundry baskets, straws, plastic cutlery, plastic dishes
- Hard and soft cover books text books and novels
- Textiles clothes, pillows, sheets, rags, shoes
- Scrap Metal pots and pans, auto parts, chains, bike parts
- Plastic Bags (take these to a depot)
- Glass jars (take these to a depot)
- Styrofoam (take this to a depot)
- Electronics (take these to a depot)
- Soft plastics cling wrap, stand up pouches, cereal bags, chip bags, candy wrappers, etc.
- Hazardous Wastes chemical containers, propane tanks, sharps (take these to a depot)



# What to Recycle

Items marked with an X should be placed in the garbage.

### Download your own my-waste app

#### Paper Cups & Lids

✓All disposable paper based cups & lids



#### DO NOT INCLUDE

X Straws



- ✓ Rinsed milk/milk alternative cartons
- ✓ Rinsed soup 'tetra-pak' containers



- X Straws
- Stand-up drink pouches



- √Foil & food containers
- √Empty & rinse
- √Labels are ok

#### DO NOT INCLUDE

- Chip or foil bags
- X Foil wrap from butter or cigarettes

#### **Frozen Food Packaging**

Aerosol Cans & Caps

based aerosols

DO NOT INCLUDE

✓ Rinsed, plastic coated boxes such as ice cream cartons

✓ Hairspray, deodorant, shaving cream, air freshener, food

✓ Cans must be completely empty

Spray paint cans (please take

to hazardous waste depot)

Propane cylinders (please

call for recycling options)



#### Plastic Containers & Lids

✓ All empty & rinsed household plastic containers

#### DO NOT INCLUDE

- X Lawn edging, tarps, plastic furniture or toys or garden hoses
- Motor oil or chemical containers (visit www.usedoilrecycling.com for drop off locations)

**PLASTIC BAGS & STYROFOAM** must be taken to DEPOT ONLY

#### Spiral Wound Paper Cans & Lids

- ✓ Frozen juice, coffee cans, nuts, chips, baby formula cans
- ✓Put lids in cart loose



- ✓All tin cans, keep lids attached
- ✓ Empty & rinse

Tin Cans & Lids

√Labels are ok

#### DO NOT INCLUDE

 Coat hangers, pots, pans or baking trays (please donate or take to metal recycler)



#### Microwaveable **Paper Containers**

✓ Single serve soups & other paper bowls



X Bowls with metal rims



#### Paper, Newspaper, Magazines

- ✓ Newspapers, flyers & inserts
- ✓Shredded paper accepted inside CLEAR plastic bag
- ✓White & coloured paper & magazines, catalogues, phone books

#### DO NOT INCLUDE

- X NEW Paper bags with a plastic layer, e.g. pet food bags, tortilla chip bags
- X Carbon paper, used tissue or paper towels, foil gift wrap, ribbons.
- bows, padded envelopes
- Books (please donate)

#### Cardboard & Boxboard

Clean cardboard boxes. pizza boxes etc.

√Cereal box-type cardboard



Waxed produce boxes

Items marked with an X should be placed in the garbage. Styrofoam, Depot Only Items: plastic bags and glass are not acceptable in curbside recycling carts.

#### Glass

✓Clear or coloured glass jars

#### DO NOT INCLUDE

- X Glasses, dishes, cookware, window glass or mirrors
- X Ceramics
- Take beverage glass back to depot for deposit refund

#### Styrofoam™

- ✓Clean meat trays, foam egg cartons, take out containers, cups & bowls
- ✓ Cushion packaging used to protect electronics
- ✓Separate white from coloured

#### DO NOT INCLUDE

- X Foam peanuts, packing chips or noodles
- X Blue or pink foam board insulation
- X Shrink wrap for meats

#### Plastic Bags & Overwrap

✓ Bags for groceries, dry cleaning, bread, salad, frozen vegetable bags, outer bags for diaper, soft drinks, overwrap on mattresses, furniture & electronics

#### DO NOT INCLUDE

- X Biodegradable or compostable plastic bags
- X Plastic shipping envelopes

# Other Flexible Packaging at Depots

Currently accepted at: Planet Earth Recycling, Columbia Bottle Depots, Boucherie Bottle depot

- ✓ Chip bags and snack wrappers
- ✓Zipper bags and pouches
- Mesh bags and more.

(As of January 1, 2019, these items will be ACCEPTED AT ALL DEPOTS)

For a full list visit RecycleBC.ca/FlexiblePackaging

For more information visit regional district.com/recycle or contact the Regional Waste Reduction Office at 250-469-6250.



✓ Cellophane





#### **KGH** Foundation

#### Your Hospital. Your Community. Your Legacy

We often forget the impact health care has on our lives unless we are in the centre of a crisis. Injuries and sickness are a fact of life.

Since 1908, Kelowna General Hospital has been providing safe and accessible health care to the residents of the Central Okanagan Valley.

From its humble beginnings as a two-storey facility with 19 beds, two bathrooms and one operating room (said to be one of the best equipped in the province) it was and continues to be a source of great pride and accomplishment for Kelowna residents. The \$10,000 price tag to build, furnish and equip the original hospital was funded entirely through donations from the community.

Today, KGH is the third busiest hospital in the province. With a growing number of specialized services like the Neonatal Intensive Care Unit, Adolescent Psychiatric Unit, and Interior Health's Cardiac Science Program, patients are no longer required to travel to larger centres. In fact, KGH is now the leading referral hospital for over 750,000 residents in BC's interior.

Legacy donors share a common passion of wanting to make a difference in providing a lasting gift of care by supporting the hospital. By creating a gift today for the future of our hospital, you are impacting generations to come. Please consider the KGH Foundation in your will. For more information, please contact Sasha.



Throughout its 110 year history, KGH has stood upon a strong foundation of philanthropy. In 1908, the original building was established, thanks to donations from the community. Today, KGH is the third busiest hospital in BC, serving as the leading referral centre for 750,000 residents in the southern interior.

#### Contact Sasha Carter, Director of Legacy Giving

to learn more about creating lasting impact on the future of care at KGH. Sasha can be reached at 250.862.4300 ext. 7011 or sasha.carter@interiorhealth.ca



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KGHFOUNDATION

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# Laser Therapy for Chronic Pain

Laser Therapy

stimulates your

injured tissues

naturally...

Are you in constant daily pain and it seems you've tried every lotion, potion, and therapy without success? Have you ever been told "you just have to live with it?" If so, perhaps Laser Therapy can "shed some light" on a possible solution.

Injured tissue often gets "stuck" in chronic inflammation and doesn't move on to the repair phase of healing. Think of it like a record with a scratch. The body is in an endless loop of pain, telling you that "something is wrong". Medications may mask the pain, or reduce the inflammation, but they don't really heal the underlying condition.

Laser Therapy stimulates your injured tissues naturally, thereby reducing inflammation, eliminating pain and promoting true healing. We know that plants absorb sunlight and use that energy to grow. Scientific researchers have found that human cells can also absorb light and use that energy to heal. LILT is a well-documented, clinically-researched treatment option that uses concentrated and amplified light to stimulate and accelerate

healing. It is non-invasive,
painless to apply, and has
little to no known adverse
side effects. It is also
covered by most major
medical insurance plans!

Sound too good to be true? Some conditions which have been successfully treated are:

- Arthritis
- Low back pain with or without sciatica
- Rotator cuff injuries
- Plantar fasciitis
- Carpal tunnel syndrome
- Tennis elbow

If you are suffering from chronic pain, laser therapy may offer you the "light at the end of the tunnel" that you have been looking for!

**Dr. Wayne Terai** has over **24 years of experience** successfully treating musculoskeletal conditions and operates the largest Bio-Flex Low Intensity Laser Therapy Clinic in the Interior of BC.

Kelowna Laser Therapy Clinic

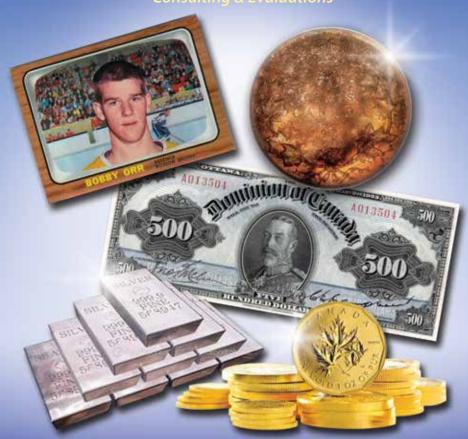
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Fixed income investor-whether it's through guaranteed investment certificates (GICs) or other fixed income investments such as bonds-your strategy could be derailed by making the wrong interest rate assumptions.

Fortunately, there's a way to reduce interest-rate guesswork. By using a strategy known as "laddering," you can put together a fixed-income strategy that takes the guesswork out of the direction of interest rates. That means protection for your portfolio, regardless of whether rates rise or fall.

A fixed income ladder consists of a series of investments, each maturing at a different time. These individual investments are the rungs on the fixed income ladder. After your ladder is set up, as the investments mature, use the proceeds to take advantage of longer-term rates, which are typically higher than short term rates.



For example, let's say you have \$50,000 you want to invest in GICs. You would initially put \$10,000 each in one, two, three, four and five-year GICs. When the first GIC matures in a year, you reinvest the money in a five-year certificate, which should provide the highest available rate at that time. When the second GIC matures in two years, invest in another five-year GIC.

You can do something similar with bond investments. You could invest \$10,000 each in bonds with maturities of 10, 15, 20, 25 and 30 years. When each \$10,000 bond matures, reinvest in a new bond that continues to fill your ladder.

Why ladder? Because of the protection it offers. When rates move upward, you'll have a portion of your fixed income portfolio available for investing at higher rates. If rates move down, you're protected because part of your portfolio is invested at yesterday's higher rates. Either way, the ladder provides a more consistent income stream while taking the guesswork out of interest rates.

When you ladder, be sure to regularly monitor your investments and consistently reinvest the proceeds from maturing securities. If you don't, your strategy won't work. To keep laddering simple and reduce the workload, start with five separate investments. Any fixed-income investor can benefit from a laddering strategy.

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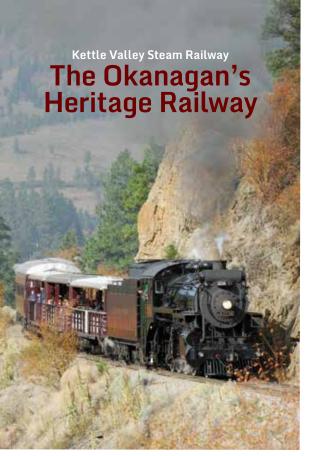
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Edward Jones received the highest score in the J.D. Power 2013-2018 Canadian Full-Service Investor Satisfaction Studies of customers' satisfaction with their full-service investment firm. Visit jdpower.com/awards



The Kettle Valley Steam Railway is one of the south Okanagan's premier attractions, hosting visitors from all over the world and showcasing a fascinating part of BC's history in the operation of one of the few remaining steam railways in Canada.

The original Kettle Valley Railway, 325 miles long and described as one of the most difficult railway lines ever built, spanned three

mountain ranges and connected Midway in the Kootenays to Hope in the Fraser Canyon. Construction began in 1910, the first passenger train arrived in Summerland in May of 1915. It operated for close to 75 years but over time experienced the challenges most railways faced from more and better roads and more easily accessible air travel. The last passenger service ran in 1964 and 1989 saw the last freight train on the original line. As the old "KV" closed down the Kettle Valley Steam Railway started running on a section of the original track commencing in 1995. In 2003, the Kettle Valley Railway Society was fortunate enough to acquire Steam Engine "3716" which has operated since 2005 on a section of the original Kettle Valley Railway.

Riders enjoy a 90-minute round trip journey along six miles (10 km.) of track along the scenic Prairie Valley, through West Summerland and onto the Trout Creek Trestle Bridge -- offering breathtaking views of the Canyon below and Okanagan Lake in the distance. Onboard entertainment including a historical commentary ensures a memorable experience for all ages.

Special Event Trains such as our Great Train Robbery and BBQ, Christmas, Easter and Mother's Day offer great variety in your riding experience. We recommend booking well in advance to avoid disappointment. For information on our schedule and rates go to kettlevalleyrail.org or call toll-free 877-494-8424.

**Tasandra Crozier,** Station Manager Kettle Valley Steam Railway, Summerland, BC



### **HOUSE RICH - CASH POOR?**

A scenario I observe all too often and a situation that many of us will find ourselves in. We are living in homes purchased years ago for a fraction of today's market value. Wouldn't it make sense to tap into some of that equity for any number of reasons? A kitchen or other home renovation, helping our children with their own goal of home ownership, taking the vacation of a lifetime, purchasing that little piece of lakeside heaven or maybe just increasing the quality of everyday life. There are other more practical reasons such as debt consolidation or being able to afford home care instead of moving to a retirement home. All are equally eligible uses of a reverse mortgage, after all it's your money!

Monthly income may have dropped upon reaching retirement age which makes qualifying for a conventional mortgage under the new rules out of the question. Alternative solutions can be limited at this stage. Private mortgages are available and can charge rates of interest between 8% and 12% depending on the area and type of property.

Lines of credit may already be in place at less expensive rates, but balances could

be nearing their limits.

Increasing these limits may not be an option if the income is not there to qualify. Monthly payments are required with both these options but not necessary with a reverse mortgage, it's your money!

Thank goodness for the current state of British Columbia's real estate market. We are fortunate to be living

in a province that has experienced a substantial increase in property values over the last ten years. Why not utilize a portion of that equity to improve your life? We want to stay in the homes and neighborhoods we are comfortable in. For me it is having my pets, my garden and room for my children when they visit.

A reverse mortgage allows you to draw cash from the equity you have built up over the years. You can receive a lump sum, a monthly/ quarterly payment or combination of the two. A reverse mortgage just may be something to consider.

#### By Nicolle Dupont

250.644.4002 • www.reversemortgagesinbc.com



nicolle@fitrightmortgage.com

**Nicolle Dupont** 

# **OA Knee Bracing**

Osteoarthritis (OA) commonly affects the knee joint. Factors increasing the risk of OA are general wear and tear over the years or prior ligament or meniscal injury. In knees, OA often affects one side of your knee joint more than the other. These regions are the medial or lateral (inside or outside) aspects of your knee. An uneven wear pattern in these regions can cause mal-alignment, which can then appear as bowlegged or knock-kneed deformities. Medial (inside) OA is most common. With localized one-sided OA, a knee brace may help reduce or eliminate the pain in your knee by relieving the pressure off the damaged joint surface and adding overall joint stability.



OA knee braces come in a variety of designs, styles and materials. Some designs have a rigid frame and an adjustable hinge to change the applied "push" pressure to offload the affected joint space. This more rigid brace style may be better for people who take part in multiple activities and who need different levels of support throughout their lifestyle. If you have any current or previous ligament instability, a rigid frame OA brace may be the better choice for you. Other brace designs offer a strap system to "pull" the weight off your effected joint space. These braces can come in a sleeve version or a flexible frame style and are often a single hinge design and are lighter and less bulky.

#### Factors effecting brace choice are:

- Activity level
- Leg shape
- Weiaht
- Severity of OA

To ensure a brace is appropriate the following is commonly reviewed and discussed prior to a brace selection.

- Referral or other reports such as a radiology report (standing X-ray report). This helps the clinician direct the choice of the appropriate brace more effectively.
- An exam of your knee alignment, range of motion and basic leg strength.
  - History, symptoms, and activity level discussion.
  - Observe you walk to see how your knee moves.
  - Measurements or digital imaging to determine size.
     More specific measurements if a custom brace is chosen.
  - Trialing of braces to determine what fits and functions best for you.

If you fit an "off the shelf" brace comfortably, and it provides you the ideal relief you can go home with that brace that day.

If you have a unique leg angle or shape, then a custom brace will be suggested, measured and made to your leg. Custom braces usually take between 7-10 days to fabricate. After you take any brace home, whether it be custom or off the shelf, there is always a chance an adjustment will be required. They are usually done "inhouse" while you wait. Most custom braces also offer a lifetime warranty on the rigid frame parts.

OA knee pain is affecting more individuals in Canada and worldwide. Bracing is one conservative option that can help reduce or eliminate pain while helping to increase activity levels and improve overall quality of life.

Submitted by: Okaped Inc. • www.okaped.com



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### How OKAPED can help you

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Okaped.com highlights our Services, Products, Locations & More

Our two Kelowna locations are located on Ambrosi Rd and on Pandosy St.

We help people in West Kelowna on Westlake Rd.

# Finding the Right Match: UBC Okanagan Gift and Estate Planner Barbara Eyles works with donors to ensure their legacy gifts have impact

If I make a gift in my will, can I specify how the dollars are used in the future?

Yes, of course. You can direct an estate gift to the Okanagan or the Vancouver campus of UBC, or both, and even to a specific area on campus. I'd be happy to have that

discussion with you. One can never know what a campus' specific needs will be years in the future, but there are common needs across time, like student support, or enhanced facilities and new equipment.

#### What do you mean by student support?

This is a key area because it impacts our students directly. Usually it takes the form of funding for student awards: scholarships for academic or athletic achievement, or bursaries based on financial need. You can even choose what faculty you want to support.



At UBC, you can create an award endowment – where the capital remains intact and the interest is paid out as the student award. Continuing in perpetuity, endowed awards have the potential to have the most dramatic and longest-lasting impact on the lives of many students.

#### What about facilities and equipment?

In the Okanagan, as a young, growing campus, our infrastructure needs are continually evolving. But there will always be a new building project on the horizon or the need for the latest equipment or instruments for our labs and classrooms.

Through a conversation while you are updating your estate plan, we can design a legacy gift that is meaningful to you and provides unique impact to UBC and our students.

#### Barbara J. Eyles

Gift & Estate Planning - UBC's Okanagan Campus Tel 250.807-8532 | barbara.eyles@ubc.ca



### Stay social. Meet new people. Sing for fun. **Enhance your wellness!**

As we age, there is a risk of becoming 'socially isolated'. We may feel timid about trying something unfamiliar or meeting new people. Or, we may worry about our safety or the acceptance of our abilities both physically and emotionally in unknown situations.

Taking that first step to explore something new can be daunting if you are unpartnered, recently lost your partner or have

relocated—even if within your home town. Various personal circumstances can combine to make us lose confidence and draw back.

Yet, when we go out, spend time with others and take part in activities – the rewards are numerous. We may learn a new skill, have fun, make friends and enhance our mind, body and spirit!

If you are already active in your community and with friends, you know the benefits! Perhaps

"Taking part in Silver Song Group makes me feel happy and alive. We all enjoy the music, singing along together, socializing and laughing. It's the highlight of my week!"

> Jean, Silver Song Group participant

vou can 'reach out' to someone who is isolated in your community and bring them along to an activity you enjoy.

Avoid social isolation by taking part in a Silver Song Group near you!

Many community groups, charities and service providers are active across Canada with programming to help seniors stay engaged with others. The

Sing For Your Life Foundation was established in Canada in 2008 as one of the first international chapters of the UK originating charity that began in 2005. Led by a Board of Directors in Kelowna, the charity facilitates free community-based participatory-singing and musical activities for seniors. With the program's proven wellness benefits, participants enjoy music, singing and reminiscing as they meet new friends.

www.sfvlc.ora



## Sing for your li*f*e

Our **Silver Song Groups** are held regularly within the community to bring participatory singing and music-making to individuals aged 65+.

- Improved overall rating of physical health
- Sessions are fun, engaging & FREE!
- Family, friends, & caregivers welcome too!

Professionally delivered by trained facilitators.

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www.stridephysio.ca

We focus on helping seniors

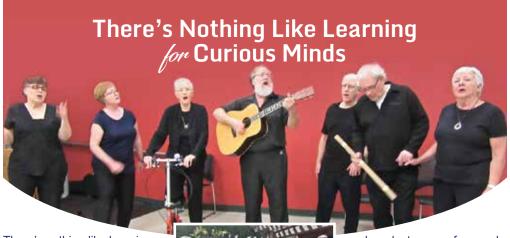
stride

View the **Silver Song Groups** schedule on our website at:

sfylc.org/events/

For more details please visit our website at:

sfylc.org



There's nothing like learning for curious minds. The Society for Learning in Retirement (SLR) has been satisfying that curiosity for 23 years, offering more than 150 peer-learning classes each year to over 600 retired and near-retired members.

The Society is the preeminent source of lifelong learning in the Okanagan Valley.

Whether exploring the world of ancient Vikings, discovering your inner Picasso in an art class, or lighting the fires of Argentine tango there's almost bound to be a class to suit your needs. Daytime classes are offered in three semesters: fall, winter and spring. All are delivered by members who share their knowledge and interests in an atmosphere of friendship, fun and support.

SLR classes are open to all. No prerequisites, no homework, no exams. Just a warm, welcoming atmosphere to meet new friends and share interests that keep the brain cells buzzing. Low annual membership

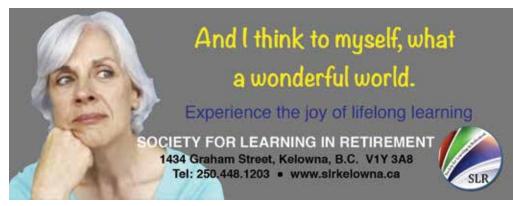
and modest course fees make SLR programs affordable, while state-of-the-art audiovisual systems and hearing assistance enhance the learning experience.

Keeping the brain active and maintaining strong social relationships are vital ingredients in the happy lives of the after-50s. Walt Disney once said, "When you're curious you find all sorts of things to do." SLR members are committed to that idea, satisfying a hunger for knowledge that keeps us young and helps us adapt to an ever changing world.

Visit the SLR Web site for more information on programs that will excite your curiosity. For details on how you can enjoy your first SLR course, contact:

#### SOCIETY FOR LEARNING IN RETIREMENT

Martin Avenue Community Centre 1434 Graham Street, Kelowna, B.C. V1Y 3A8 Tel: 250.448.1203 • www.slrkelowna.ca E-mail: registrar@slrkelowna.ca



### One Hundred Years and Still Much to Do The War Amps Celebrates a Century of Service



A hundred years ago, amputee veterans returning from the First World War started The War Amps to share concerns and assist each other in adapting to their new reality as amputees. They never dreamed that this unique Association would become a household name to Canadians and that it would still be profoundly changing the lives of amputees, like Rob Larman, a century later.

Larman lost his right leg at the age of 14 after friends dared him to jump onto a moving train. Enrolled in The War Amps Child Amputee (CHAMP) Program and later working at the Association's Key Tag Service, he was taken under the wing of war amputee veterans who shared their lifetime of experience with amputation. "It moves me greatly to think of how these remarkable First and Second World War 'amps' enabled me to overcome my amputation, and I have been proud to, in turn, help the younger amputees who have come after me," said Larman, now Director of The War Amps PLAYSAFE/DRIVESAFE Program.

Although the Association has developed many innovative and unique programs over the past 100 years, there is still much to do to ensure amputees



Left: Larman and a member of The War Amps Child Amputee (CHAMP) Program lay a rose at the grave of Curley Christian, the only quadruple amputee to survive the First World War.

have the artificial limbs and devices they need to lead independent and active lives. "With the public's support of the Key Tag and Address Label Service, our commitment remains to improve the lives of amputees long into the future," said Larman.

For more information, or to order key tags, call toll-free 1 800 250-3030 or visit waramps.ca.



The War Amps Leave a Lasting Gift

"Barbara knew the many ways that The War Amps helps child and adult amputees. She felt strongly that her gift would make a positive difference in their lives." — Family friend

You can honour the legacy of war amputees and ensure their work carries on long into the future with a charitable estate donation in your will.

#### Please contact us for more information.

1800465-2677 • estatedonation@waramps.ca • waramps.ca Charitable Registration No.: 13196 9628 RR0001

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# Come sing with us at the Kelowna Community Chorus!

We welcome all singers, experienced or novice. This unauditionned choir began 24 years ago, through Okanagan College under Leroy Wiens before becoming a non-profit organization on its own some years later. We now have an enthusiastic membership of over 70 under the direction of the exuberant Susan Skinner and the experienced accompaniment of Ursula Pidgeon.

We have a fall and a winter session, presenting well-received concerts in which we present a wide variety of music – seasonal at Christmas, and varied in the Spring.

We have members of all ages and levels of

singing experience. We learn a lot and enjoy working together in a fun-filled environment for 2 hours each week when we can focus on the music and put aside the usual concerns of the day. It is well known that singing in a group is therapeutic in many ways and for many of us it is the best evening of the week.

Our concerts always include another performer or group who add to the pleasure of our presentations.

We welcome new members in September and again in January. Our contact information is on the website for the Kelowna Community Chorus.

www.kelownacommunitychorus.com



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CARING for someone is very meaningful and yet stressful at the same time. Caregivers wear many hats and each day is different.

CARING for one who faces serious illness or end-of-life is not something easily done and finding time to care for one's own self is often ignored.

Please consider these helpful and practical tips to help ease the caregiving journey.

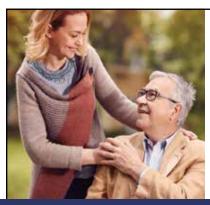
- Have a good understanding of what the person you are caring for needs, your next step is to understand how to get what they and you need.
- Don't be afraid to ask questions. The more information you have the greater support you will be. There is no wrong question.
- · Be mindful and responsive to your feelings. There are many feelings you will experience, and this is normal.

- Connect with your community don't isolate yourself. Find out what resources are available to you. You are not alone and connection with others can be very helpful.
- Self-care Take time each day to engage in something that brings you joy, laughter and restoration. Take time for yourself without feeling guilty. Caregivers are important too.

#### **Programs & Services include:**

- Community Visiting Program
- Vigil Service
- Wellness Program
- · Bereavement Program
- · Volunteer Program





Everyone's journey is unique and COHA is here every step of the way. All of our programs & services are offered at no cost and anyone can make a referral – we can help.

Visit www.hospicecoha.org to learn more.

## Stroke Recovery Association of BC

Stroke Recovery Association of BC assists stroke survivors and their caregivers throughout British Columbia to improve their independence and their overall quality of life.

Our focus is to provide community based, grassroots stroke recovery programs, after the individual is discharged from the hospital or the clinic and returns to his or her home. The purposes of the Association are:

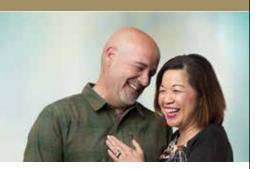
- To increase awareness within the community of the impact of stroke
- To raise awareness of the services offered in BC to stroke survivors and their caregivers
- To deliver programs of education and of assistance to stroke survivors in British Columbia
- To disseminate information on stroke prevention.

For more information, visit www.strokerecoverybc.ca or call Toll Free 1-888-313-3377

For Kelowna meeting information, see the Stroke Recovery Association listing on page 90



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### Kelowna Hostesses

#### **Kelowna Hostesses**

has been around for 38 years. It came into being in 1981 after the BC Summer Games. At that time, a group of women felt that Kelowna needed a presence of volunteers to help out in the community and the Kelowna Hostesses was born.

We are a group of 40 ladies dedicated to being "goodwill ambassadors" through our volunteer hours.

In representing the cities of Kelowna & West Kelowna, we are a non-profit group and help out at over 60 different events each year.

Some of the events we are asked to assist with are: the Annual United Way Drive-Thru; Terry Fox Run; Festivals Kelowna events; CIBC Run for the Cure; Cottonwoods Care Centre Bingo; cooking and serving meals at Freedom's Door; Fun-In-The-Sun Care Homes' Barbeque; a number of Salvation Army events such as the Tiny Tim Breakfast at Christmas; and many more, too numerous to list.



We do welcome anv ladies who are interested. We have monthly meetings at commencing at 6:45 p.m. SHARP on the first Monday of each month (or the second Monday if a statutory holiday). The meetings are held in the main floor meeting room at the Kelowna Library on Ellis Street. Our requirement for groups wanting our service is early notification. We expect our Hostesses to help out with at least 12 events per year.

We are those extra pair of hands for any group who need our help at their upcoming event. Kelowna Hostesses are only a phone call, or email away.

For more information, please contact: Brenda Scruton, *President* Kelowna Hostesses Email: davebren@telus.net

Phone: (250) 452-6719

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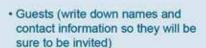
At some point you may have had to make funeral arrangements, possibly for your parents or a close family member. It's a lot to take on during an emotionally difficult time. Wouldn't it have been easier if everything had already been planned out for you?

Advanced funeral planning can be a real gift to your loved ones. It reduces the stress of making crucial decisions and also ensures this major event goes according to your wishes. Removing all those complicated details from your family will be a final parting gift they will truly and deeply appreciate.

Pre-planning can also remove other difficulties for them such as the possible financial burden of paying for the funeral as well as the complexities of dealing with legal issues. While just about everyone agrees this approach makes a lot of sense, few actually do it. Which one will you be?

#### What should you be considering?

- Gather important documents including life insurance and pension statements in one secure place.
- Burial or cremation, casket or um selection.
- Final resting place (cemetery, ash scattering, other)
- Theme or focus (religious, Celebration of Life)
- Location (church, funeral home, golf course)
- Speakers and messages (minister, celebrant, eulogy, tributes)



 Additional touches (favourite music, poems, flowers, pictures, videos)

#### 2 Next steps

Choose a funeral home and let them help you with the arrangements with an option to make changes later. Take care of payment (installment plans are often available). By planning and purchasing at today's prices, you can avoid future inflation. Make sure you have copies of your arrangements and wishes written down on paper for your executor and children.

#### Starting the conversation

It's always hard to begin serious things but this doesn't have to be a heavy occasion. Face to face is always best but not always possible, so over the phone or facetiming is okay. You can choose to fully disclose everything or just inform everyone that all plans are taken care of and where the instructions are located.

#### What it all means

A stress-free memorial service gives everyone healthy closure without disagreements or second-guessing your wishes. Your friends and family can gather together for mutual comfort and appreciate a well-planned ceremony.

### Army, Navy and Air Force Veterans in Canada

The Army, Navy, and Air Force Veterans Club is Canada's oldest veteran's association. The Kelowna Club reserved its charter in 1973 with the Ladies Auxiliary being recognized a year later.

Our club members work hard to promote causes throughout the community. We donate funds to support Charities such as the Salvation Army, The Gospel

Mission, JoeAnna's House and many others. We are a non-profit organization.

Ongoing activities include dances, Karaoke, pool, crib, darts and many others. We have a full kitchen with weekly specials.



We are a private club however you do not have to be a member to participate in the club functions. Guests are welcome and may be encouraged to join. No military background is required.

For information about the club, stop in at 270 Dougall Road N. Rutland, or call 250-765-1810.



#### **MEALS ON WHEELS & DINNERS @ HOME**

"Get Healthy, Stay Healthy" "Fighting Malnutrition One Meal at a Time"

Meals on Wheels celebrates 50 Years of Service February 7, 2019.

During this time, we will have delivered over 500,000 meals to Seniors and shut-ins from Peachland in the South to Holiday Park in North Kelowna. We estimate that our Volunteers will have driven over 1.000.000 kilometres and contributed over 250,000 hours!

Yes, malnutrition can be cured! A study by then NOHR found that up to 59% of Seniors (70 plus) hospital admissions were undernourished. Mrs. M is 94 living by herself in her own home. She was subsisting on a commercial beverage meal replacement when her family registered her in our nutritious program. Initially not interested, she was fearful, almost paranoiac and hesitated to let the Volunteers in to deliver her meals. As she started eating the meals she became cheerful, alert. energetic and chatty with Volunteers. She has a new lease on life.

Our meal delivery program offers a service that enhances quality and longevity of life for shut ins allowing them independence in their homes. It promotes physical health through healthy balanced meals and mental and emotional health through social contact with cheerful, patient and



MLA Norm Letnick, President Helen Katnich, Manager Marion Bremner, MLA Steve Thomson

compassionate volunteers and staff. The need for Health Care Facilities can be deferred.

Mrs. F registered at age 72 and received our meals in her own home until her passing at age 93.

Our program is affordable because of our partnership with Beet'N Boo's Bistro & Catering, our Volunteers, financial assistance of the Province of BC, Corporations such as Telus, Organizations like Westside Elks #592, Royal Canadian Legion, Rotary Club of Kelowna Sunrise, and individuals. Other partnerships include Be a Santa to a Senior with Home Instead Senior Care and holiday treats and favors from the Canadian Federation of University Women and Girl Guides.

Our Volunteers fulfil their commitment regardless of inclement weather or personal challenges, giving of their time and often their own resources willingly and cheerfully.

Marion Bremner, Manager, Meals on Wheels 2009A Enterprise Way, Kelowna, BC V1Y 8G6 250-763-2424 \* www.mow-online.com Registered Charity # 88361 3119 RR0001





Right now, five million Canadians are living with diabetes and six million more are at risk of developing it soon.

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### Discover Holiday Park RV & Condo Resort Community



In the heart of Okanagan Valley, just north of Kelowna, vou'll find Holiday Park RV & Condo Resort nestled on the shore of Ellison (Duck) Lake. Surrounded by golf courses, wineries, lakes and ski hills, this year-round community offers an ideal seniors lifestyle!

Founded in 1983 by Saul Sigal and Jody LaFontaine, Holiday Park has evolved from an empty field to a four season destination for vacationers, summer home to snowbirds and year-round home to full time residents. With 117 condos and 570 RV sites and units, the resort remains family owned and operated by Dan Sigal, Saul's youngest son, with a team of 60 full and part-time employees. And we just celebrated the resort's 35th anniversary!

Our central location, next to Winfield in Lake Country, ensures easy access to shopping, businesses, medical, senior centers, churches, entertainment and more, all nearby.

The resort features an array of amenities and facilities including 24/7 security, 3 rec centers, 4 pools, 3 hot tubs, sauna, 2 on-site restaurants. convenience store, adult facilities, children's playground, laundry facilities, fully equipped woodworking shop and gym, hobby, craft and sewing rooms, and more. And we're pet friendly, with a fenced off-leash dog park and doggie treats when you and your pooch visit the front office!

Our full-time Recreation Coordinator organizes a variety of activities and events for all ages. Dinners, dances, social events, concerts, children's activities, card clubs, bingo, exercise classes, shuffleboard, pickle ball... the list is endless!

Although not a seniors' facility, we offer the perfect environment for seniors and retirees, with a large number as full time residents and valued volunteers in several areas. As a 19+ community, children are welcome visitors in summer and holidays, plenty of time to spend with grandparents.

You'll commonly see residents on golf carts, bicycles or on foot! With walking trails throughout the resort, we are situated alongside the Okanagan Rail Trail, a newly developed walking/biking/ hiking trail running from Kelowna to Vernon.

Visitors are welcome to drop in, drive through and see what we offer. Turn off Highway 97 at the landmark sail boat, come in and discover the 'sweetlife' in Holiday Park Resort Community!

Browse www.sweetlife.com, phone: 250-766-4255, email: info@sweetlife.com for further details.



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# Ignite Your Senses - Connect With People - Be Empowered by the Music-Arts Experience

The power of music has the capacity to connect the mind, body and soul. It enhances mood, promotes relaxation, reduces anxiety and produces a calming effect.

Nestled in Smith Creek, West Kelowna is a unique place, Ad Lib Art Gallery, where creativity, music appreciation and artistic expression connect. A 'one of a kind' arts setting, with a panoramic mountain/lake view and

a Communities in Bloom awards winning garden, is a haven for nature, beauty, tranquility and the curated music-arts "A Touch of Austria" Experience.

Music excellence is brought to YOU from around the world on Sunday afternoons @ 2:00-4:30p.m. Creative program designer Claudia Kargl, with a wealth of knowledge, professional teaching experience and multiple music-arts

awards recognition, along with her husband Jim Gray co-ordinate and produce entertaining music educational programs ranging from traditional classics, musicals, impressionism, contemporary/modern,



country/ballades to pop classics. Outstanding concerts, stage productions, brilliant artist performers and amazing true stories "wow' guests. Additional historical documentation and interesting program information add extra flair and enrichment to each session.

Warm Austrian hospitality and fine décor with ornate table settings create an elegant ambiance. At

"social" intermission time, a deluxe culinary delight awaits guests to savour exquisite organic homemade Viennese pastries from traditional family recipes handed down from generations along with a special blend of Viennese coffee and delicious add-on goodies of Viennese coffee tradition. To ensure a top quality event, seating is limited and in advance reservation is required.

"A Touch of Austria" is an all-round 5 stars

music-arts-culture-culinary experience with a proven track record of many rave reviews. Escape, ignite your senses, socialize, experience happy and fulfilling times and enjoy being part of a fun "friends of music" group.





# AD LIB Art Gallery "A TOUCH OF AUSTRIA"

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## Staying Active is the True Medicine | Contributed by the YMCA of Okanagan

Staying active is one of the best things you can do to combat the effects of aging. While aging is inevitable, its impacts can be alleviated with a healthy diet, active lifestyle and opportunities for social interaction.

Adopting healthy habits can help reduce pain from arthritis, improve mood and energy levels, as well as prevent and manage chronic diseases like high blood pressure and diabetes. Following are just a few of the many benefits of an active. healthy lifestyle for seniors:

#### Physical benefits

The most obvious physical benefits include weight management, reduced pain and improvement to one's immune system, sleep quality and vitality. Most importantly, regular exercise is proven to prevent chronic disease such as cancer, heart disease and much more.

#### Mental benefits

Physical activity is also proven to fight depression. stress and anxiety. It also fights cognitive decay which can delay dementia and memory loss. Increases in mood, motivation and alertness are additional positive side effects of exercise.

#### Social benefits

Many seniors find friends and a sense of community through activity groups and recreation centres. As emotional health and self-esteem improves, so does social relations. Physically active seniors are more confident to reach out and take the first step toward establishing new friendships and developing a support network.

In order to remain healthy in all ways emotionally, mentally and physically - the YMCA of Okanagan recommends that people seek out programs and activities which encourage them to get out of the house regularly.

As a charity devoted to the health and wellbeing of all ages, the Y offers a supportive, caring community with programs for older adults who are looking to get into healthier routines, including Healthy Hearts, Healthy Hips and Knees, Breathe Well, (for COPD), Agua Fitness, and free Mingle Monday gettogethers. The Y also offers free seniors health assessments a few times throughout the year. Learn more at ymcaokanagan.ca.



## **Embracing Aging**



According to Vincent Giampapa, MD "At a time when men and women increasingly live into their 80s and 90s. the art of aging requires work, thought, planning and, yes, spontaneity. Learning this art is crucial." "I don't think we give enough respect to what it takes to age well — until it happens to you," says Anne Newman, professor at University of Pittsburgh. "It's a balance between fighting it and accepting it that requires a great deal of grace and courage. And humor. Perhaps, humor most of all."



**Jan Heppner**Retired Community Care Pastor



2091 Springfield Road, Kelowna www.mcachurch.ca

As we take a practical look at how we CAN embrace aging positively, we discover that we can actually flourish throughout this challenging continuum of life....you know people who do. Maybe you are one of them!

## Let's face it! Aging brings its challenges! Anticipate the changes that are inevitable.

No one suddenly becomes old, it is a process. Aging abounds with decisions regarding downsizing, relocating, health issues and family concerns. We often

say final goodbyes to those dearest to us. Although these are part of the tough reality

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of aging, how we choose to accept and live out each day will make an enormous difference in our overall health and wellbeina.

#### Let's enjoy it! Aging can be pleasurable and fulfilling!

Now we have freedom! We are free to choose, to come & go, to travel and to be adventurous with few constraints. We have time! We can take the time to enjoy family and friends in ways only open to the imagination. We can invite others into our circle. We can mentor. Let's savor the benefits of aging.

#### Let's embrace it!

Stay active. Be grateful and thankful. Be willing to change. Enjoy today. Have fun. Learn new things. Be positive. Don't sweat the small stuff. Stay young at heart. Get help if needed.

#### **Embrace the Ageless One!**

The reality is, we live in 2 realms – the physical and the spiritual. The eternal God,

the Creator and Sustainer of all things is not just a Force in our world. He is our Maker and planned our existence for this life and the next .... yet He is intimately involved in every aspect of our lives. Our life is lived in His presence and His desire is for us to flourish, regardless of age.

#### The Psalmist stated:

My health may fail, and my spirit may grow weak,

but God remains the strength of my heart; He is mine forever.

Jesus welcomed us to Himself when He invited us to "Come to Me....and I will give you rest". "Never will I leave you, never will I forsake you".

So, where do we see ourselves on this aging continuum? How can we choose to embrace our own aging wisely and gracefully? It is my hope that as we age we will not only flourish, but we will be a positive example and influence to both those around us and the generation following.





# Housing

#### Kelowna

#### **Abbeyfield Orchard City Society**

Provides full room and board for seniors who no longer want to live alone but do want to remain independent as possible www.abbevfield.ca

1531 Bernard Avenue 250.763.5254

#### **Ashton Manor**

Apartment rental www.callahanpg.ca

540 Buckland Avenue 250.868.9382

## Baptist Housing Enhanced Living Communities

Full range retirement housing, support services for seniors and their families www.baptisthousing.org

250.215.1500

See our ad on page 41

#### **Borden Manor**

Supportive living www.bordenmanor.com

1035 Borden Avenue

250.763.9750

#### **Brandt's Creek Mews**

IHA residential (complex) care. Contact Home & Community Care office https://vantageliving.ca

2081 Cross Road

778.478.8800

#### **Brockton Manor**

Independent Living

www.argusproperties.ca/residential

1831 Pandosy Street 250.860.4836

#### **Brookside Residence**

Low cost rental apartments for 55+ 1212 Mountainview Street 250.763.5707

#### **Buckland Manor**

Bachelor, 1 & 2 bedroom apartments www.kelsongroup.com 445 Buckland Avenue

#### **Burtches**, The

250.862.8850

Orchard Valley Senior Housing Society Independent living for persons with a disability or 55+ www.seniorsoutreach.ca/the-burtches

110-1620 Burtch Road

250.861.5221

#### **Carmel Housing Society**

50+ seniors housing 115-1450 Bertram Street 250.860.7481

## **Chartwell Chatsworth Retirement Residence**

Independent, supportive, assisted living www.chartwell.com

1831 Parkview Crescent at Leckie 778.738.0623

#### **Columbian Centennial Housing Society**

Subsidized high quality, low income rental housing for individuals and families www.cchs-housing.ca

002-1920 Richter Street 250.862.3206



## You Will Love It Here!

Providing Independent Living, Assisted Living and Residential Care:

**Village at Mill Creek** 1450 Sutherland Ave.

**Sun Pointe Village** 700 Rutland Rd.

**Village at Smith Creek** 2425 Orlin Rd. (Westside)



CALL FOR A TOUR

250.215.1500

www.baptisthousing.org



#### Dorchester, The

Independent living www.reveraliving.com 863 Leon Avenue 250.860.0725

#### **Elder Care Seniors Residence**

Supportive living, Residential care, focus on dementia and cognitive challenges 3431 Scott Road 250,763,2188

#### **Evangel Housing Societies**

Operates 3 not-for-profit housing societies www.evhousing.ca

100-969 Harvey Avenue 250.762.6225

- Evangel Family Manor
   Affordable housing for family & seniors
   969 Harvey Avenue
- Evangel Senior Apartments
   Affordable one-bedroom apts. for 55+
   1439 Bertram Street
- Park Housing (Gordon Park Village)
   Affordable 55+ (rent and life lease)
   1319 KLO Road

#### **Fairlane Court**

Independent living

www.argusproperties.ca/residential

1228 Lawrence Avenue 250.860.4836

#### **Father Delestre Housing Society**

Subsidized housing for low-income families, seniors and persons with disabilities

123-799 Houghton Road 250.860.1128

#### Fernbrae Manor

Independent lifestyle for seniors, assisted living services available https://fernbraemanor.unicarehomes.com

250.979.0600 See our ad on page 46

#### Fraser Manor

1 and 2 bedroom apartments www.kelsongroup.com 1922 Pandosy Street 2

250.862.8850

#### **Glenmore Lodge Community Care**

Long-Term and Residential care

www.siennaliving.ca

325 Drysdale Boulevard 236.420.1717

#### Glenwood Homes

Long term supportive, short term respite care www.glenwoodseniorshome.ca 760-766 Glenwood Ave. 250.762.0028

#### **Harmony Living for Seniors**

Supportive and assisted living www.harmonylivingforseniors.ca

962 Laurier Avenue 250.861.3991

## Hawthorn Park Retirement Community

Independent & assisted living, 24 hour complex care centre www.verveseniorliving.com/hawthorn-park 867 K.L.O. Road 250.861.6636 See our ad on pages 44, 45

#### Highlands Retirement Residence, The

Independent living, supportive services www.highlandsretirement.com

400 Snowsell Street N. 250.763.7265

#### **Hinode Home**

Subsidized housing, operated by Kelowna Japanese Canadian Community Senior Citizen Society

1920 Burtch Road 250.862.7049

#### Ki-Low-Na Friendship Society

i spa-us ki-low-na Heart of Kelowna www.facebook.com/i.spa.us.ki.low.na/ Affordable rental housing project in the Central Green neighbourhood

1745 Chapman Place 236.420.2992

#### Lakeshore Place

Elegant and carefree retirement living www.lakeshore-place.com

3200 Lakeshore Road 250.860.3223

#### Mill Creek Estates

Independent living
<a href="https://www.argusproperties.ca/residential">www.argusproperties.ca/residential</a>
1590 Spall Road
250.860.4836

#### Misson Creek Landing

Complex Care www.kaigo.ca

3081 Hall Road 250.860.2330

#### Mission Villas Pasadena Estates

Rent or Own. Supportive Living http://missionvillas.ca

4433 Gordon Drive

778.484.5322

1.888.764.4431

#### **Mountainview Village**

The Good Samaritan Society Independent and assisted living, complex and dementia care independentliving.gss.org/community/ mountainview-village/

1540 KLO Road

250.469.6935

See our ad on page 47

#### Okanagan Chateau Retirement Residence

Gracious Retirement Living www.siennaliving.ca

2100 Benvoulin Court 250.862.9088

#### **Pandosy Square Apartments**

Bachelor, 1 & 2 bedroom units www.kelsongroup.com **1855 Pandosy Street** 250.862.8850

#### **Regency Retirement Resorts**

Beautiful living environments with extensive lifestyle amenities www.regencvresorts.ca

- Missionwood Retirement Resort 1075 Barnes Avenue & Gordon Drive 250.860.9308
- Northwood Retirement Resort 1277 Gordon Drive 250.860.1122
- Sandalwood Retirement Resort 580 Yates Road 250.717.1884 See also Westwood listing in West Kelowna

#### **Rose Cottage**

Supportive living seniors home www.rose-cottage-supportive-living.com 453 Morrison Avenue 250.861.1000





# We keep the **Young** and **Fun** in retirement!

### LIVE WITH PURPOSE

At Verve, we want you to live life your way and enjoy the positive energy in our dynamic community. Share experiences, interests and talents through unexpected and inclusive activities and learn new things about yourself and the people around you.



Be as busy as you would like to be, make new friends & live a rich quality of life with purpose!

To learn more about the Verve difference and find a residence near you, visit

verveseniorliving.com





3235 Skaha Lake Road, Penticton 250 490-8800



867 K.L.O. Road, Kelowna 250-861-6636



3630 Brown Road, West Kelowna 250-768-9926

#### Society of Hope

Rental homes in Kelowna, Lake Country, Peachland, and West Kelowna with a variety of subsidies designed to keep rents at an affordable rate for qualified tenants www.societvofhope.org

101-2055 Benvoulin Court 778.478.7977 Mon-Fri 9 am-1 pm

#### Sun Pointe Village

Independent and assisted living, complex and long term care www.baptisthousing.org 700 Rutland Road N.

See our ad on page 41

250.215.1500

**Sutton Place** Apartment rental 432 Sutton Crescent

250.860.4907

Twin Maples Seniors' Home Independent living

919 Guisachan Road 250.763.1940

#### Village at Mill Creek

Independent and assisted living, complex and long term care www.baptisthousing.org 1450 Sutherland Avenue

250.215.1500

See our ad on page 41

#### Willow Park Manor

Independent Living www.argusproperties.ca/residential 270 Aurora Crescent 239 Hollywood Road 250.860.4836

#### **Lake Country**

Lake Country Senior Housing Society Blue Heron Villa Assisted Living

www.blueheronvilla.ca 100-9509 Main Street 250.766.1660

## INDEPENDENT AND ASSISTED LIVING SERVICES FOR SENIORS People Love it Here ... and We Love the







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#### Lake Country Lodge Retirement and **Care Community**

Independent & Supportive Living, Long-Term & Residential Care www.siennaliving.ca 10163 Konschuh Road 250.766.3007

#### Society of Hope

Rental homes in Lake Country with a variety of subsidies designed to keep rents at an affordable rate for qualified tenants. www.societyofhope.org

101-2055 Benvoulin Court, Kelowna 778.478.7977 Mon-Fri 9am-1pm

#### **Peachland**

**Peachland Senior Citizens' Housing** Independent living for 55+ www.peachlandseniorhousing.com 4441 5 Street 250.767.0183

#### **Penticton**

Concorde Retirement Community, The Independent to Assisted Living www.verveseniorliving.com/the-concorde 3235 Shaha Lake Road Penticton 250.490.8800 See our ad on pages 44, 45

#### West Kelowna / Westbank

#### **Central Okanagan Cooperative Housing** Association

Non-profit, co-operative housing, quality housing for those age 55 or better centralokanagancooperativehousing.org 13-2421 Last Road

West Kelowna 250.768.3060



### Enjoy the benefits of Life Lease, Call today!

### **Mountainview Village**

1540 KLO Road Kelowna, BC V1W 3P6 250.469.6935



independentliving.gss.org

Heritage Retirement Residence, The Independent and Assisted Living www.verveseniorliving.com/the-heritage 3630 Brown Road, West Kelowna 250.768.9926 See our ad on pages 44, 45

Lakeview Lodge

Residential complex & respite care www.siennaliving.ca

2337 Butt Road

250.768.3802

#### **Pine Acres Home**

Residential care facility, owned and operated by Westbank First Nation www.wfn.ca/salmon/pineacreshome.htm 1902 Pheasant Lane, Westbank 250.768.7676

#### Village at Smith Creek

Independent and assisted living, complex and long term care www.baptisthousing.org
2425 Orlin Road
250.215.1500
See our ad on page 41

## Westbank Lions Seniors Housing Society

Independent living for 55+ 209-3715 Gellatly Road 250.768.9590 ext 104 John

#### **Westwood Retirement Resort**

Enjoy luxury cruise ship living every day www.regencyresorts.ca 2505 Ingram Road, West Kelowna 250.768.2934

#### **Housing Related**

#### **BC Housing - Interior Region**

Development, management and administration of subsidized housing www.bchousing.org

451 Winnipeg Street, Penticton 250.493.0301 1.800.834.7149 1.800.257.7756 Programs & Info Line  Home Adaptations for Independence (HAFI) program provides financial assistance for low-income seniors and people with disabilities make modifications for accessible, safe & independent living. Eligibility requirements and applications available online at... www.bchousing.org/HAFI
 1.800.257,7756

Licensing & Consumer Services

Home Owner Protection Act, Public Registry of Licensed Builders, New Home and Education Registry www.bchousing.org/licensing-consumerservices

1.800.407.7757 Mon-Fri 8:30am-4:30pm

 SAFER Shelter Aid For Elderly Renters Program provides cash assistance to BC residents age 60 and over who pay rent for their homes. Call for a SAFER brochure or application form. Application form available online www.bchousing.org/housing-assistance 1.800.257.7756

#### Seniors Housing Programs

Offered by BC Housing and include Home Adaptations for Independence (HAFI), Supportive Housing, Rental housing and assistance, Subsidized Housing www.bchousing.org/housing-assistance

#### **BC Seniors Living Association**

A progressive group of industry professionals dedicated to providing seniors with choices and services that allow for more independence and assistance with daily living. BCSLA offers a better way of living, and a benchmark in senior living in retirement and assisted living residences in BC

www.bcsla.ca 604.689.5949 1.888.402.2722

See our ad on page 64

#### Canada Mortgage & Housing Corp.

Canada's national housing agency providing mortgage loan insurance, mortgage-backed securities, housing policy & programs, housing research. First Nations programs & assistance www.cmhc-schl.gc.ca

2000-1111 W. Georgia Street Vancouver

**1.800.639.3938** Mon-Fri 8:30-4:30 1.800.309.3388 TTY

#### Condominium Home Owners Association of BC, The

Promotes understanding of strata living and interests of strata property owners www.choa.bc.ca

26-1873 Spall Road, Kelowna 250.868.1195

1.877.353.2462 ext. 4

 Living in and operating a strata www2.gov.bc.ca/gov/content/housingtenancy/strata-housing

#### **Habitat for Humanity Okanagan**

Working for a world where everyone has a safe and decent place to live by mobilizing volunteers & community partners to build affordable family housing and promoting homeownership 1793 Ross Road, West Kelowna

778,755,4346 www.hfhokanagan.ca

- ReStore: Home decor & building supply store - new & gently used items
- 1793 Ross Road, West Kelowna
- 800-2092 Enterprise Way, Kelowna 778.755.4346 Mon-Sat 9am-5pm

See our ad and article on page 50

#### **Home Owner Grant**

Reduces the amount of property tax you pay for your principal residence: Under 65, Senior, Veteran, Disabled, etc. See web site for details

www.gov.bc.ca/homeownergrant **1.800.663.7867** 7:30am-5pm Mon-Fri

#### Houzz

The new way to design your home. Decorating and remodeling ideas and inspiration, Kitchen, bathroom, bedroom, outdoor design. Find local pros. www.houzz.com

#### Independent Living BC

Affordable assisted living apartments for seniors and people with disabilities via the Independent Living BC program www.bchousing.org/Initiatives/Creating/ILBC 1.800.257.7756

#### LiveSmart BC Partner Incentives

Check web site for current rebates/offers www.fortisbc.com/offers www.bchydro.com/powersmart.html

#### **Residential Tenancy Office**

Provides landlords and tenants with information regarding their rights and responsibilities. Aid in resolving disputes related to tenancy www.rto.gov.bc.ca **1.800.665.8779** Mon-Fri 9 am-4 pm

#### **Tenant Resource & Advisory Centre**

TRAC - Promotes the legal protection of residential tenants by providing information, education, support, and research on tenancy matters-including dispute resolution. Offers webinars and in-person workshops to tenants and advocates across BC

www.tenants.bc.ca

**604.255.3099** ext. **225** request workshop 1.800.665.1185 Infol ine Mon-Tue-Thur-Fri 1pm-5pm. Wed 5:30pm-8:30pm

#### **Retirement Living Guide**

Free downloadable eBooks. Sign up for e-newsletter for tips and advice. Discover what life in a retirement community is really like, types of communities available, downsizing tips, financial advice and more. www.comfortlife.ca/ebooks/

## Habitat for Humanity Okanagan

While Habitat for Humanity is well known globally as a leader and one of the first organizations on the ground in times of need after catastrophic disasters, many are unaware of the incredible impact this International Non-Profit Organization has locally, regionally and nationally. Habitat for Humanity promotes a vision of safe, decent, affordable housing right here in the Okanagan.

HFH Okanagan has been building all through the valley over the past 27 years, steadily establishing itself within the community. With a view to the future, this organization is set to make its mark for years to come and take claim as one of the larger home developers in the Okanagan. Having recently completed six homes in Peachland, and three in Vernon.

they are now ready for their biggest challenge to date, a twelve home build in Lake Country.

"We rely on our volunteers and corporate partners to bring life to our vision." Said HFHO's co-CEO Neil Smith. "Affordable living in the Okanagan seems so far out of reach for many hardworking families and that is where Habitat really makes difference."

HFH Okanagan raises build funds through ReStore, corporate and private giving and many other venues. It makes everything affordable through an amazing volunteer base that can offer varied tasks and can fit just about every lifestyle.

To learn more about Habitat for Humanity Okanagan and how you can help, visit hfhokanagan.ca



#### **Home Improvements**

#### **Habitat for Humanity Okanagan**

www.hfhokanagan.ca

- ReStore: Home decor & building supply store - new & gently used items
  - 1793 Ross Road West Kelowna
  - 800-2092 Enterprise Way Kelowna

778.755.4346 Mon-Sat 9am-5pm See our ad and article on page 50

#### Rona Home & Garden

15% off 1st Tuesday of the month for customers 50+, check web site for weekly promotions www.rona.ca

1711 Springfield Road, Kelowna 250.762.7389

See our ad on this page

#### Somers Screen Solutions

Complete your home with Phantom retractable screens www.okanaganscreensolutions.com 137-1889 Springfield Road Kelowna 250.762.7592

See our ad on Inside Back Cover

#### Experience 50+ Living

Visit our web site to view housing options and retirement homes in our other three Thompson Okanagan editions

- North Okanagan Shuswap
- South Okanagan Similkameen
- Thompson Nicola

www.experiencegroup.ca





KELOWNA

1711 Springfield Road, 250-762-7389







\*Get a 10% discount offer: Offer is valid on the first Tuesday of each month for customers 50 years or older. A proof of age must be presented at time of purchase. Certain conditions apply. Details in store.



#### **Medical Organizations & Services**

Advance Care Planning: My Voice
Expressing your wishes and instructions
for future health care treatment. By
planning ahead, you will have a voice
in your future decisions. Every capable
adult should make an advance care plan.
Download the provincial Advance Care
Planning Guide in English, Punjabi or
Simplified Chinese. Watch video.
www.gov.bc.ca/advancecare

## Alcohol & Drug Information & Referral Service

Certified information and referral specialists respond to enquiries on all aspects of alcohol & drug use and misuse 1.800.663.1441 24/7 Multilingual service

Allergy/Asthma Information Association Improve quality of life for those affected by allery, asthma and anaphylaxis www.aaia.ca

4730 Redridge Road, Kelowna 250.764.7507 1.877.500.2242

#### **ALS Society of British Columbia**

Amyotrophic Lateral Sclerosis
To meet physical & emotional needs of
ALS patients and their caregivers
www.alsbc.ca Donate online
1.800.708.3228 Richmond

#### **Alzheimer Society of BC**

Provides information, support, education for caregivers, people living with dementia

www.alzheimerbc.org
Alzheimer Resource Centre
307-1664 Richter Street, Kelowna
250.860.0305, 1.800.634.3399 - for
support, information, make an appointment
Drop-In hours: Wednesdays 3pm-5pm
1.800.936.6033 Dementia Helpline Monday to Friday 10am-4pm

#### Arthritis Society, The

Committed to excellence and leadership in research, care, education and advocacy for persons with arthritis www.arthritis.ca

**1.800.321.1433** Info/Donate M-F 9-5

260A-1855 Kirschner Road
 250.868.8643 Interior Regional Office

#### **BC Brain Injury Association**

Providing leadership for developing, driving, implementing a provincial strategy to improve the lives of people who live with acquired brain injury www.brainstreams.ca

#### BC Cancer Agency Sindi Ahluwalia Hawkins Centre for Southern Interior

Centre of cancer research, education, prevention, diagnosis and treatment 399 Royal Avenue, Kelowna V1Y 5L3

www.bccancer.bc.ca

250.712.3900

1.888.563.7773

Screening Mammography Program
 About 1 in 9 women will develop breast cancer. Mammograms can find breast cancer early-usually before it has spread Check web site for Clinic Locator

www.bccancer.bc.ca/screening/breast/ 108-3330 Richter Street, Kelowna 250.861.7560

1.800.663.9203 Book your screening

#### **BC Epilepsy Society**

Provides information and referral, support services to people with epilepsy www.bcepilepsy.com

#### 604.875.6704 Vancouver

 Center for Epilepsy & Seizure Education Providing support, education, information for those with epilepsy www.esebc.ca

112-32868 Ventura Avenue, Abbotsford **1.866.374.5377** Mon-Fri 10am-4pm

#### BC Lung Association

Provides comprehensive info on lung diseases. Better Breathers' Club meets 2nd Tuesday of the month, 7:30 pm at The Dorchester, 863 Leon Avenue. Questions about your breathing? Call for advice 1.800.665.5864 https://bc.lung.ca

#### **BC Lupus Society**

Dedicated to conquering one of the most unpredictable, devastating diseases; giving caring support to those who suffer from its brutal impact. Anyone can get lupus and there is no cure www.bclupus.org

**1.866.585.8787** for more information 250.869.1335 Kelowna Support Group

#### BC Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Info on federal & provincial programs with sections on benefits, health, housing, transportation, finances, safety & security. You can download/print, read it online, or order a hard copy. To order a free copy, contact the Office of the Seniors Advocate. Available in Chinese, English, French and Punjabi

www.gov.bc.ca/seniorsguide **1.877.952.3181** M-F 8:30am-4:30pm



## **Recognizing Caregiver Stress**



As the number of Canadian seniors continues to swell, unpaid caregiving has become more widespread than ever before. Over 4.5 million Canadians play a role in caring for an elderly family member or someone with long-term health problems. Family caregivers have become important members of the patient recovery and care team, but with very limited resources and financial support. As a result, caregiver stress and burnout has become a significant issue.

So what can be done to help? Caregivers and their loved ones should be on the lookout for the major signs of caregiver stress:

- No longer participating in activities once enjoyed.
- · Withdrawing from friends/family.
- Denial about the severity and outcome of the family member's disability/disease.
- · Increased anxiety.
- Changes in appetite, weight.
- Changes in sleeping patterns.

- · Getting upset more quickly than normal.
- Feeling down, irritable, hopeless and helpless.
- · Getting sick more often.
- · Lack of concentration.

As the aging of our population accelerates and healthcare policy increases its focus on transferring care to the home front, caregiver stress will be an even greater challenge in the years ahead. We need to help caregivers to prioritize self-care and, when possible, help one another.

#### **Practical Advice to Prevent Caregiver Burnout:**

- Look after #1: Take care of your own health by exercising and eating well, and recognize the danger signs your mind and body send out to you.
- Set Boundaries: Be honest about how much care you can realistically provide.
- Find Balance: Set aside time for yourself amongst your work, family and caregiving responsibilities.
- Pay for Aid: Take advantage of products and services that can relieve the pressure you're under.
- Take a Break: "Respite care" can provide temporary caregiving for your loved one while you enjoy a much-needed break.
- Ask for Help: Talk to a professional who is trained in caregiver counselling, join a support group, check out options available through your employee assistance program or government/ community programs.

One thing is certain...Today's family caregivers deserve our utmost respect and gratitude. Whether motivated by love, duty or simply a selfless desire to help others, they play an invaluable role in the care of our senior population.

Jane McPherson, Philips Lifeline

## **Interior Health Lifeline Program**

A not-for-profit, hospital based, community supported program, providing home emergency response monitoring services to seniors, the medically at risk, and physically challenged individuals.

Lifeline - a caring connection which promotes safety and independence.

Marla Turner, Lifeline Coordinator (Interim)

Central Okanagan 250-762-0200



#### BrainTrust Canada

Community rehabilitation and support for persons with brain injury, as well as a strong focus on education & prevention www.braintrustcanada.com

11-368 Industrial Avenue, Kelowna 250.762.3233 1.800.762.3233

#### **Canadian National Institute for the** Blind (CNIB)

Vision Loss Rehabilitation British Columbia To change what it is to be blind through innovative programs and powerful advocacy that enable Canadians impacted by blindness to live the lives they choose. www.cnib.ca

101-1456 St. Paul Street 250.763.1191 1.800.563.2642 Helpline

#### **Canadian Cancer Society**

Information, resources, support for cancer patients and their families www.cancer.ca

**1.888.939.3333** Information Services **1.866.786.3934** TTY Mon-Fri

 Interior Regional Office 102-1433 St. Paul Street, Kelowna 1.800.403.8222 250.762.6381

#### **Canadian Cancer Society** Southern Interior Rotary Lodge

A home away from home facility for cancer patients while accessing treatment at Kelowna Cancer Centre

2251 Abbott Street, Kelowna 1.866.786.3934 TTY 250.712.2203

#### **Canadian Institute for Health** Information (CIHI)

Better Data, Better Decisions, Healthier Canadians. Monthly newsletter www.cihi.ca

250.220.4100 Victoria office

#### **Canadian Liver Foundation**

Dedicated to liver health and eliminating the over 100 forms of liver disease www.liver.ca

1.800.856.7266 Vancouver **1.800.563.5483** Here to Help

#### Canadian Mental Health Association

Facilitates access to resources people required to maintain and improve mental health and community integration, build resilience, and support recovery http://cmhakelowna.com

504 Sutherland Avenue 250.861.3644 www.cmha.bc.ca

1.800.555.8222 BC Division 1.888.353.2273 Local Crisis Line 24/7

#### Canadian Tai Chi Academy

Tai Chi can help you improve your health with gentle stretching, turning, balancing and relaxation. It is a complete whole body exercise that can be practiced by anyone with no special equipment

- Kelowna: Check web site for beginner and ongoing classes... www.canadiantaichiacademy.org For more information, call 250.763.7639 or 250.765.4668
- West Kelowna see Wine Country Tai Chi Society listing on page 86

#### Cardiac Health Foundation of Canada www.cardiachealth.ca

 Central Okanagan Association for Cardiac Health (COACH)

Patient education, counselling and monitored exercise to encourage long lasting lifestyle changes to promote heart health after a cardiac event www.coachkelowna.com

204-2622 Pandosy Street 250.763.3433

#### Cerebral Palsy Association of BC

Mission is to create a Life Without Limits for people with CP, other disabilities www.bccerebralpalsy.com

1.800.663.0004 Vancouver M-F 9-5

#### Crohn's & Colitis Canada

Committed to curing Crohn's disease & ulcerative colitis, improving the lives of those affected by these chronic diseases. See listing in Support Groups/Self Help www.crohnsandcolitis.ca

1.800.513.8202

#### **Denturist Association of BC**

Everything you want to know about dentures, where to find a local denturist www.denturist.bc.ca

604.886.1705

#### **Diabetes Canada**

Promotes the health of Canadians thru research, education, services, advocacy www.diabetes.ca

360-1385 West 8 Avenue, Vancouver 1.800.665.6526

**1.800.226.8464** Information Line See *our ad on page 34* 

#### **Dietitian Services**

Specializes in nutrition information, counselling and advice based on most current scientific sources by registered dietitians, 9 am-5 pm Mon-Fri. - leave message after hours. Translation services www.healthlinkbc.ca/healthyeating

Dial 8-1-1 TTY

#### HealthLink BC

See web site for medically-approved info on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. Call to speak to a nurse 24/7. Speak to a dietitian about nutrition, healthy eating and/or a qualified exercise professional Mon-Fri 9am-5pm. Pharmacist available 5pm-9am every night of the year. Translation services in more than 130 languages www.healthlinkbc.ca

Dial 8-1-1

Dial 7-1-1 TTY

#### **HealthyFamiliesBC**

Health promotion plan to encourage healthier choices. Food & Nutrition, Activity & Lifestyle, Aging Well. Online blog www.HealthyFamiliesBC.ca

**Healthy Eating for Seniors Handbook** 

Includes recipes, menu plans, info on good nutrition. Find online or order a free copy by calling HealthLink BC.
English, French, Chinese, Punjabi www2.gov.bc.ca - search for above title

**Dial 8-1-1 Dial 7-1-1** TTY

#### **Heart & Stroke Foundation**

Promotes the health of Canadians through research, education, services and advocacy

www.heartandstroke.ca

4-1551 Sutherland Avenue, Kelowna 778.313.8090

1.866.432.7833

See our ad on page 95

Kelowna Mental Health & Substance Use 505 Doyle Avenue

250.469.7070 x13554 M-F 8am-4:30pm

#### **Kidney Foundation of Canada**

Volunteer organization committed to reducing the burden of kidney disease www.kidney.ca/bc

- **1.800.567.8112** Burnaby
- South Okanagan/Interior Chapter www.kidney.ca/britishcolumbia/southokanagan-chapter
- Kidney Community Kitchen continued...

## ROSE VALLEY Remedy's Rx. The Local Drug Store

#### **Pharmacy Services**

- Free Prescription Delivery
- Pharmacist consults and medication reviews
- Compliance packaging
- Injection services
- Specialty custom compounding

#### Ostomy products and care

- Home health care products
- Certified footcare specialist
- Certified compression stocking fitter
- Breast pump rentals and supplies

#### **Rose Valley Pharmacy**

102-1135 Stevens Road, West Kelowna 778.755.6715

OPEN Mon-Thurs 9:00am-5:30pm; Fri 9:00am-5:00pm

Sat 10:00am-2:00pm

#### www.rosevalleypharmacy.com

Manage your renal diet - info, cookbook (meal plans, recipes, FAQs) www.kidneycommunitykitchen.ca

Lake Country Health Planning Society

Provides health and wellness services for seniors, children, youth, families, adults Monday to Thursday 9 am to 3 pm www.lakecountryhealth.ca 10080 Main Street near Post Office, RCMP 778.215.5247 or 778.214.9343

#### **Medic Alert Foundation**

Emergency medical info services. One of three Canadians have a condition paramedics need to know about www.medicalert.ca 1.800.668.1507

#### Medical Services Plan of BC

Together with PharmaCare, provides medical & drug coverage to all eligible British Columbians: online services... www2.gov.bc.ca > click on 'Health' **1.800.663.7100** Mon-Fri 8am-4:30pm Automated service available 24/7 www.gov.bc.ca/RSBC > billing and payment services

#### MS Society of Canada

Not-for-profit charity dedicated to funding research, government advocacy, financial support and services that empower those affected by multiple sclerosis. See listing in Support Groups/Self Help on page 89 https://mssociety.ca Interior West Region Office 375-1855 Kirschner Road 250.762.5850 1.800.268.7582 ext. 7299

#### **Muscular Dystrophy Canada**

Mission to enhance the lives of those affected with neuromuscular disorders by providing ongoing support and resources while relentlessly searching for a cure through well-funded research www.muscle.ca 1.800.366.8166 Vancouver



#### **Okanagan Mental Health Services**

Community focused services to those diagnosed with persistent mental illness www.okanaganmentalhealth.com

- Assisted Living Program 250.717.3368 Jennifer
- Therapeutic Work Program
   112-2303 Leckie Road
   250.717.3007 ext 206 Larry

#### Osteoporosis Canada

At least 1 in 3 woman and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime. Disease is often undiagnosed. Support group meetings www.osteoporosis.ca

Kelowna Chapter250.861.6880 Trish Gunning

#### **Pacific Blue Cross**

Health, dental, disability, travel insurance www.pac.bluecross.ca
1.800.873.2583

#### Parkinson Society British Columbia

Address the personal and social consequences of Parkinson's Disease. Kelowna Support Groups monthly meetings - see web site for details www.parkinson.bc.ca 1.800.668.3330

#### **Prostate Cancer Canada Network**

Help individuals, their families understand, cope with prostate cancer, provide up to date medical information and individual support; see page 88, Resource section, for Kelowna support group information www.prostatecancer.ca

1.855.722.4636 Information Service

#### **Spinal Cord Injury BC**

We help people with spinal cord injuries adjust, adapt, and thrive.

**1.800.689.2477** BC InfoLine M-F 9-5 **250.308.1997** Scott - Okanagan region Peer Program Coordinator

## SUN 🏶 CITY

PHYSIOTHERAPY

# Dizziness & Vertigo We treat that.

- Physiotherapy
- Massage Therapy
- Neurologic Conditions
- Women's Health

#### Downtown Kelowna

1468 St. Paul St. • **250-861-8056** 

#### **Glenmore**

103-437 Glenmore Rd. • 250-762-6313

- TMJ and Orofacial Pain
- Shockwave
- IMS & Acupuncture
- Manual & Sports Therapy

#### Lake Country

40-9522 Main St. • 250-766-2544

#### **Lower Mission**

3970 Lakeshore Rd. • 778-699-2006

www.suncityphysiotherapy.com

#### Westside Health Network Society

Seniors Information & Referral Service Enhance senior's wellness - volunteerism. education, referral and social programs, West Kelowna & Peachland areas. See website for a complete list of programs including transportation, Better at Home www.westsidehealthnetwork.org 160-2300 Carrington Road, West Kelowna 250.768.3305 Mon-Fri 8am-2pm

#### Dental Services

#### **Cabo Dental**

Canadian operated dental office in Cabo San Lucas. Mexico www.cabodental.mx 250,300,0064 See our ad on page 61

#### **Kelowna Denture Clinic**

Bringing unique smiles to life www.kelownadentureclinic.com

102-1824 Gordon Drive 236.420.2581 See our ad on page 57

1.844.874.2848

Life Changing Dentistry www.kelownaprosthodontics.ca 201-550 West Avenue 1.855.862.2483

250.862.2483 See our ad on page 53

**Kelowna Prosthodontics** 

#### **Fitness**

#### YMCA of Okanagan

Take the best years of your life and make them even better. Healthy aging means finding activities you enjoy. Stay active, make friends and have fun with Y classes, Mingle Mondays and specialty health programs.

www.ymcaokanagan.ca 250.491.9622

- Kelowna Family YMCA 375 Hartman Road
- H2O Adventure + Fitness Centre 4075 Gordon Drive
- Kelowna Downtown YMCA 1011-505 Doyle Avenue See our ad and article on page 37



### **Mobility and Home Accessibility**









- Wheelchairs
- Ramps





- Raised toilet seats - Grab bars

- Bath benches - Hand held shower heads

Call us today for a free in-home consultation. Mention this ad in-store to receive 10% off all bath safety products.

#### Kelowna

#200 -1546 Harvey 1-866-942-7288

Vernon 4206 25 Ave 1-866-942-7288 Prince George 1749 Lyon St 1-800-663-2963

Kamloops Unit 9-111 Oriole Rd 1-844-259-8576

www.pgsurgmed.com

#### **Hearing Clinics**

Ossicle Hearing & Tinnitus Treatment Centre. Experience the Difference www.ossiclehearing.com 115-1856 Ambrosi Road, Kelowna 236.420.4327

See our ad and article on page 65

#### **Laser Therapy Clinics**

#### **Kelowna Laser Therapy**

Largest Bio-Flex non-surgical laser therapy clinic in the Interior of BC www.LaserKelowna.com

204-1824 Gordon Drive 250.860.4518

See our ad on Outside Back Cover

See our article on page 12

#### **Medical & Mobility Equipment**

#### Canadian Red Cross

Health Equipment Loan Program: short term mobility equipment & bath aids to assist at-home recovery from surgery, illness & injury. By donation. Health care professional referral required. Check web site for Help Centres in Kelowna, Lake Country, West Kelowna www.redcross.ca/help
Okanagan Service Area Office
124 Adams Road, Kelowna V1X 7R2
250.765.3465 Mon-Fri 9am-1pm

#### Surg-Med Ltd.

Leader in Health Care Products. Mobility and Home Accessibility www.pgsurgmed.com
200-1546 Harvey Avenue, Kelowna
1.866.942.7288
See our ad on page 59

#### **Medical Alarm Systems**

#### **Interior Health Lifeline Program**

Personal emergency response system, links elderly or medically at risk to 24 hour emergency help at the touch of a button. Solutions for aging in place www.lifeline.ca 250.762.0200 See our article and ad on page 54

## Orthotics, Bracing, Footwear Modification

#### Okaped Inc.

Supporting You. Three locations to serve you in the Central Okanagan www.OKAPED.com
See our article on pg. 18, ad on pg. 19

#### **Pharmacies**

#### The Medicine Shoppe Pharmacy

Your health. Our priority. www.medicineshoppe.ca 102A-1100 Lawrence Avenue, Kelowna 250.763.5312

See our ad on this page



#### **Pharmasave**

Visit any of our Live Well Pharmacists for all your health and wellness needs. Nine Central Okanagan locations to serve you www.pharmasave.com See our ad on page 7

#### Rose Valley Pharmacy Remedy's Rx

Conveniently located behind Fabricland www.rosevalleypharmacy.com 102-1135 Stevens Rd., West Kelowna 778.755.6715

See our ad on page 56

#### **Shoppers Drug Mart**

Earn rewards and save with your PC Optimum card. Eleven Central Okanagan locations to serve you. Seniors' Day Thurs www.shoppersdrugmart.ca See our ad on page 11

#### **Physiotherapy**

#### Sun City Physiotherapy

Dizziness & Vertigo - We Treat That. Four locations to serve you in the Central Okanagan www.suncityphysiotherapy.com See our ad on page 58

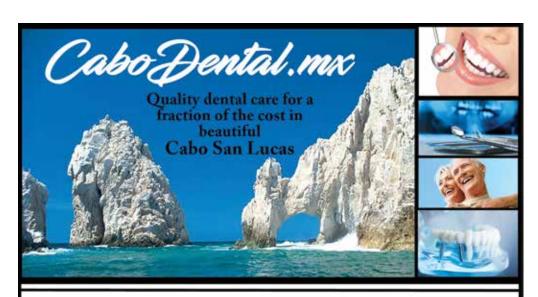
#### **Veterinary Hospitals**

#### Rose Valley Veterinary Hospital

Comprehensive veterinary care for the total well being of your pet www.KelownaVet.ca 112-2476 Westlake Road

West Kelowna 250.769.9109

See our ad on page 63



Canadian operated dental office providing for all your dental needs while you're on vacation in Cabo San Lucas.

Enjoy complimentary airport and dental shuttle, beach gear and iPhone.

Visit us at www.cabodental.mx (250)300-0064

#### **Health Facilities**

## Interior Health Authority www.interiorhealth.ca

- Regional Administration Office 505 Doyle Avenue 250.469.7070
- May Bennett Wellness Centre 135 Davie Road 250.980.1400
- Rutland Health Centre 155 Gray Road 250.980.4825
- West Kelowna Health Centre 160-2300 Carrington Road 250.980.5150
- Kelowna General Hospital
  Visiting hours: unrestricted
  Emergency Hours / Services 24/7
  2268 Pandosy Street 1.888.877.4442
  250.862.4000 Switchboard
  250.862.4300 x7011 KGH Foundation
  250.862.4300 x4099 Patient Room
  Enquiries
  250.862.4300 x4497 Volunteer Services
- Prosthetic & Orthotic Services
   Rehabilitation Centre, KGH
   2268 Pandosy Street
   250.862.4208
- Interior Health Crisis Line 1.888.353.2273 24/7
- Interior Health Vulnerable & Incapable Adults Reporting Line
   Investigates reports of abuse, neglect, and self-neglect of vulnerable adults
   1.844.870.4754 report or call for info.
   Monitored daily from 8am to 4pm
- Patient Care Quality Office

We welcome your comments. If we have not met your expectations, we are committed to working with you to find a reasonable solution. Your feedback is our chance to improve the care or services we provide. 505 Doyle Avenue, Kelowna, 5th Floor patient.concerns@interiorhealth.ca 1.877.442.2001 Mon-Fri 8:30am-4:30pm

#### **Walk In Clinics**

Hours correct as of October 2018. For wait time and information for clinics on the **Medimap** system, go to *www.medimap.ca* 

#### **LAKE COUNTRY**

- Lake Country Family Practice Monday to Friday 9am-4:30pm 9966 Pollard Road 250,766.3938
- Turtle Bay Medical Clinic
   Mon-Fri- 8:30am-4pm, Sat 9am-2pm
   www.facebook.com/turtlebaymedical/

   802-11850 Oceola Rd., Lake Country
   778.480.6890

#### **KELOWNA**

- Hillside Medical Clinic
   Mon-Fri 9am-4pm, Sat-Sun 9am-2pm
   114-1920 Summit Drive
   250.763.6322
- Lakeshore Medical Centre & Walk-In Mon-Fri 9am-5pm. Saturday, Sunday, Holidays 10am-4pm
   3970 Lakeshore Road
   250.764.8878
- Medi-Kel Walk-In Clinic
   Mon-Fri 9am-7pm, Sat 9am-4pm.
   closed 12:30-1pm, open some Sundays
   http://medi-kel.com
   1715 Ellis Street (Inside Pharmasave)

   250.862.4996
- Mission Medical Centre
   Mon-Thur 9am-8pm, Fri-Sat 9am-4pm,
   Sundays & Holidays 10am-2pm
   102-3320 Richter Street
   250.868.8222
- Orchard Medical Centre
   Mon-Thur 8am-3pm, Fri 8am-1pm,
   Saturday 9am-1pm
   104-1990 Cooper Road
   250.861.3235
- Spall Medical Clinic & Walk-In Mon-Fri 8:30am-7pm, Saturdays & Holidays 9am-2pm. May close early due

to patient volumes. Closed Sundays 150-1940 Harvey Avenue 250.860.9909

#### **PEACHLAND**

 Beach Avenue Medical Clinic Urgent Access Clinic: Mon-Fri 3pm-5pm www.beachavenuemedical.com 5848D Beach Avenue 250.767.3432

#### WEST KELOWNA / WESTBANK

- Highroads Medical Clinic Mon-Fri 9am-5pm, Sat - closed 2145 Louie Drive, West Kelowna 250.768.7656
- MD Medical Centre Walk-In Mon-Thur 9am-4pm (closed 12:30-1:15), Friday 9am-1pm **3020 Louie Drive** (inside Superstore) 250.768.9959

- Towne Centre Medical Clinic Mon-Fri 8am-6pm, Sat 9am-2pm 18-2475 Dobbin Road 250.768.8315
- West Kelowna Medical Centre/Walk-In Mon-Fri 9am-7pm, Sat 9am-3pm Sun & Holidays 10am-5pm 105-2231 Louie Drive 250.768.6985
- Westside Medical Associates Mon 10am-4pm, Tue & Thur 9:30am-2:30pm, Wed 11:30am-3:30pm, Fri 9:30am-12:30pm, Sat 10am-1pm 103-1135 Stevens Road 250.768.6920





### A message from BC Seniors Living Association ...



#### Finding the best in seniors living...



# BCSLA SEAL OF APPROVAL PROGRAM CONTINUES TO SET STANDARDS FOR RETIREMENT LIVING

When looking for a retirement community for yourself or your loved ones, look for the BCSLA Seal of Approval

Currently, thousands of Canadian seniors choose to live in independent or supportive communities because they offer another lifestyle option. The attraction to seniors of this type of living includes:

- Comfort, convenience, and flexibility
- Safety and security
- Social, spiritual, and recreational engagement
- Healthier eating with flexible meal plans and self-catering ontions
- Access to care services and assistance with activities of daily living
- Peace of mind for both the senior and their family

The resulting benefits for seniors are that they are able to remain independent, engaged, and vital much longer. Their physical health often remains stronger due to healthier eating and an active lifestyle.

They maintain better cognitive skills through social interaction and mental stimulus, both leading to increased quality and longevity of life.

Program in February 2010 and in 2018 continues to complete first time assessments on new members and ongoing re-assessments on the 110 retirement communities that have been awarded with this designation.

To obtain the BCSLA Seal of Approval, the senior community must complete both an internal self-assessment and an independent external review. Successful communities meet multiple criteria in five areas:

safety measures infection control staff training resident services assisted living supports.

Residents and their families can take comfort in knowing the leadership and commitment of excellence these communities have pledged to follow by being awarded the BCSLA Seal of Approval designation is clearly designed for the safety, security and well being of their residents.

#### Communities with the Seal of Approval in your area:

#### Kelowna

Chartwell Chatsworth
Dorchester Retirement Residence
Fernbrae Manor
Hawthorn Park Retirement Community
Okanagan Chateau Retirement Residence
Sun Pointe Village
Village at Mill Creek

West Kelowna Village at Smith Creek

Lake Country Blue Heron Villa



For more information visit www.bcsla.ca or call 604-689-5949

## **Hearing Health Matters**

Your hearing health is important. Whether it is enjoying your favourite music, having a conversation with friends, having good hearing is essential to leading a fulfilled life. Here's what you need to know about getting best hearing health care.

Traditionally, hearing clinics will provide all basic hearing tests for "free". But hearing clinics are for-profit businesses, and that means if they are not charging you for hearing tests, they are finding other ways to generate profit. Typically, just a fraction of those who have a hearing test will need hearing aids, and those will likely end up overpaying for hearing aids to cover all the loss-leads associated with the patients who received free tests without needing hearing aids. These basic tests generally do not assess the whole auditory system. Comprehensive testing can reveal solutions that the basic hearing test can miss by assessing physiology. peripheral sensitivity, nerve function and central auditory processing. This kind of test can

quantify why some patients are not able to understand speech in crowded rooms. Thanks to unique technology that can be used with or without hearing aids, it is possible to experience clear conversations in noise. If you experience Tinnitus or ringing in the ear that can be present with or without an associated hearing change, hearing aids are usually selected as a solution. This is not adequate and specific treatment for tinnitus and hyperacusis is available.

So here's what you can do. Make sure your provider is certified in providing hearing in noise solutions not just hearing aids, in tinnitus treatment, and provides comprehensive testing. Seek out a second opinion and ask lots of questions.



Markus Hilbert, Doctor of Audiology Ossicle Hearing and Tinnitus Treatment Centre markus@ossiclehearing.com www.ossiclehearing.com



#### Have hearing aids...

but still feel you are missing out on life's important pieces?



#### Ears Ringing?

Tired of being told nothing can be done? WE ARE TOO!



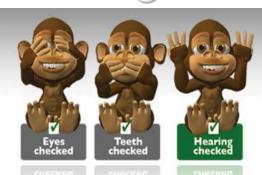
#### Normal hearing...

but struggle in noisy environments like restaurants and meetinas?

#### COME EXPERIENCE THE OSSICLE DIFFERENCE

Schedule your FREE consultation and find the right treatment plan for YOU! Whether you have hearing aids, have great hearing or just aren't sure... We can find the right solution for You!

We LOVE hearing... And you will too!!





#### **GET IN TOUCH!**

Markus Hilbert Doctor of Audiology markus@ossiclehearing.com janelle@ossiclehearing.com

Janelle Balkwill **Clinical Audiologist** 

236-420-HEAR (4327)

Your Bridge to Better Hearing. Celebrate Sound. #115 - 1856 AMBROS| ROAD | KELOWNA BC | V1Y 4R9

The Interior's affordable, accessible and fully equipped comprehensive pediatric and adult ear hearing, tinnitus, balance and central auditory function testing, treatment and technology destination facility located in Kelowna.



#### Consumer

#### **Better Business Bureau**

Promotes marketplace fairness, honesty www.bbb.org

1.888.803.1222 Mon-Thur 9am-3pm

#### **Canadian Anti-Fraud Centre**

Are you a target? Frauds use telephone, mail, internet to reach countless potential victims. See web site for details www.antifraudcentre.ca

**1.888.495.8501** Mon-Fri 6am-1:45pm PT

#### **Consumer Protection Authority**

Promotes a fair marketplace for BC consumers, businesses; investigates complaints, seeks redress for those treated improperly by business www.consumerprotectionbc.ca
1.888.564.9963 Mon-Fri 8:30am-4:30pm

#### **National Do Not Call List**

Gives consumers a choice to reduce the number of telemarketing calls by registering your residential, wireless, fax or VoIP telephone number www.lnnte-dncl.gc.ca

1.866.580.3625

1.888.362.5889 TTY

#### Scams & Fraud

For information on common scams, go to the RCMP web site, click on 'Scams and fraud' (Quick Links)

www.rcmp-grc.gc.ca

#### **Financial**

#### Nicolle Dupont BlueTree Mortgages West

Turn your home's equity into cash. Calculate your freedom www.reversemortgagesinbc.com 250.644.4002

See our ad and article on page 17

#### **BC** Assessment Authority

Produces independent, uniform and efficient property assessments on an annual basis for all BC property owners www.bcassessment.ca

300-1631 Dickson Avenue, Kelowna 1.866.825.8322

## BC Securities Commission Investor Education

Useful information to be an informed investor: know yourself, your advisor, your investment, and the warning signs of investment fraud. Subscription service, seminars, and more. Language support for Mandarin, Cantonese, Punjabi, Hindi www.investright.org

**1.800.373.6393** Mon-Fri 8am-5pm

#### **Canadian Western Bank**

Clients aged 57+ enjoy free banking with Gold Leaf PLUS Package www.cwbank.com

1674 Bertram Street, Kelowna 250.862.8008

See our ad on page 29

#### Credit Counselling Society

Free credit counselling, solve debt problems, manage money better, use credit responsibly www.nomoredebts.org 375-1855 Kirschner Road, Kelowna

## 250.860.3000

1.888.527.8999

#### **Edward Jones**

Make Sense of Investing. Protect your income - Build a ladder. Ten advisors to serve you in the Central Okanagan www.edwardjones.ca See our article on page 14 See our ad on page 15

#### **Insurance**

#### **ICBC Seniors Insurance**

Discount available for ICBC basic insurance for 65+ registered owners and operators, pleasure only. Also Experienced Driver savings, Disability and Antitheft device discounts. New to BC? Your good driving record could pay with savings on Autoplan insurance. See web or visit an AutoPlan broker for details. www.icbc.com/autoplan/costs/pages/ discounts-and-savings.aspx

#### **Johnston Meier Insurance Agencies**

Customer's First, Business, Personal, Auto Insurance. Three Central Okanagan offices to serve you www.jmins.com See our ad on page 69

#### Legal

#### Access Pro Bono Society of BC

To advance access to justice by developing, facilitating opportunities for the effective provision of high-quality pro bono legal services to people and non-profit organizations of limited means www.accessprobono.ca 1.877.762.6664

#### Canadian Bar Association, The

Promotes fair justice systems, effective law reform, equality in the legal profession, discrimination elimination Lawyer Referral Service www.cbabc.org 1.800.663.1919 Referral Service 1.800.565.5297 Dial-a-Law Scripts

#### Clicklaw

Provides legal system information, education and help. Solve problems - understand your rights; common legal questions www.clicklaw.bc.ca

#### Community Legal Assistance Society

For benefit of those who are physically, mentally, socially, economically or otherwise disadvantaged, or whose human rights need protection www.clasbc.net

1.888.685.6222 Vancouver

#### Dial-a-Law

A library of scripts prepared by lawyers. Offers general information on a variety of topics on BC law but not legal advice.

When legal advice is what you need...

## Kimmitt Wrzesniewski

- Wills & Estates
- ICBC & Injury Claims
- Real Estate
- Corporate Law
- Commercial
- Information Technology Law

250-763-6441

202-1433 St. Paul Street Kelowna, BC V1Y 2E4

E-mail: info@kimmitt.ca www.kimmitt.ca



Joanna E. Wrzesniewski, B.Sc., J.D. (RES-NE-SKI)

Sarah A. Bowes, B.A., J.D. Caia A. Forgione, B.A., J.D. Stuart McMillan, B.A., J.D.

#### Legal

continued...

Free service available in English, Chinese and Punjabi via the Internet and by phone www.cbabc.org/For-the-Public/Dial-A-Law 1.800.565.5297 24/7 Recorded Information

#### Kimmitt Wrzesniewski

When legal advice is what you need www.kimmitt.ca 202-1433 St. Paul Street

Kelowna 250.763.6441

See our ad on page 67

#### Lawyer Referral Service

Canadian Bar Association service enables members of the public to consult with a lawyer for up to 30 minutes for a fee of \$25 www.cbabc.org/For-the-Public

1.800.663.1919 Mon-Fri 8:30am-5pm

#### **Legal Services Society**

If you have a legal problem and can't afford a lawyer, we can help. See web site for Kelowna offices and hours www.legalaid.bc.ca

#### Family LawLINE

LawLINE lawyers give brief 'next stop' advice about family law issues such as custody, access, guardianship, child support, spousal support, property division, family agreements, adoption and court procedures. Mon-Tue-Thur-Fri 9 am to 3 pm, Wed 9 am to 2:30 pm www.familylaw.lss.bc.ca

1.866.577.2525

#### People's Law School

Provides public legal education and information. Work out your everyday legal problem on a good number of topics. Q&A on website - Frequently asked questions www.peopleslawschool.ca

#### 604.331.5400 Vancouver

 Wikibooks Law School booklets available: Being an Executor, Writing your Will, Power of Attorney, Driving in BC and others

#### **Public Guardian & Trustee of BC**

Unique statutory role to protect the interests of those who lack legal capacity to protect their own interests. Protect the legal, financial, personal and health care interests of adults who require assistance in decision making. Administer the estates of deceased and missing persons www.trustee.bc.ca

1345 St. Paul Street, Kelowna 250.712.7576 1.800.663.7867

#### **Seniors First BC**

Formerly the BC Centre for Elder & Advocacy Support. Are you dealing with a crisis? Call to talk about an abusive situation you feel is happening. We listen to concerns about financial, legal, physical & emotional abuse. Advocate for legal & social justice for those 55+. SAIL is a safe place for older adults, those who care about them www.seniorsfirstbc.ca

**1.866.437.1940** (SAIL) Seniors Abuse & Information Line Mon to Sun 8am-8pm Language interpretation avail. M-F 9-4 **1.855.306.1443** TTY

#### **Policing**

#### **Central Okanagan Crime Stoppers**

Receives tips from anonymous callers, passes information on to police to help solve cases. Reward of up to \$2,000 based on the extent of information received and the results obtained. Use 'Submit a Tip' link on website or call TIPS www.crimestoppers.net

1.800.222.TIPS (8477) 1190 Richter St. 250.470.6215 Office

#### Kelowna Regional RCMP

The RCMP embraces the principles of Community Policing which acknowledges the unique needs and problems specific to our community. Addressing public safety concerns is truly an interactive process between the police and community. The RCMP's Crime Prevention Unit specializes in working with residents and businesses to address these concerns. Call or visit a

Community Policing office to learn more about your police service, current crime prevention tips, or seek advise on dealing with neighbourhood safety concerns. www.kelowna.ca/police

#### **Kelowna Community Policing Offices**

- 115 McIntosh Road 250.765.6355
- 100-1450 K.L.O. Road 250.470.0600

#### **Community Policing**

Community project of volunteer citizens who patrol and become the extended eyes and ears of the police service

- Lake Country Community Policing Citizens Patrol, Speed Watch, Child I.D., Auto Crime, Volunteers needed www.lakecountrycommunitypolicing.ca 3231 Berry Road (RCMP) M-F 8-4 250.766.5400 Richard Iccp@shaw.ca
- Peachland Community Policing Citizens Patrol, Speed Watch, Seniors Contact, Child ID, Stolen Auto recovery 4440 5 Street www.peachlandcommunitypolicing.ca 250.767.2623 Mon-Fri 1-4pm
- West Kelowna Community Policing Citizens Patrol, Traffic Watch, Child I.D., Seniors' Contact, BCSC Tipsters. Stolen Auto Recovery, Subpoena assist http://westkelownacommunitypolicing.ca 250.707.8022 wkcp@shaw.ca **2390 Dobbin Rd.** (RCMP) M-F 7:30-4:30

#### **RCMP Victim Services**

www.regionaldistrict.com/your-services/ police-services/victim-services.aspx 1190 Richter Street Kelowna **250.470.6242** Mon-Fri 8am-6pm

#### **Royal Canadian Mounted Police** www.rcmp-grc.gc.ca

**Emergency only: dial 9-1-1** 

- Kelowna Regional Detachment. 1190 Richter Street 250.762.3300
- 3231 Berry Road, Lake Country 250.766.2288
- 2390 Dobbin Road, West Kelowna 250.768.2880

#### Senior's Guide to Safety & Security

www.rcmp-grc.gc.ca Click on 'Scams and fraud', then 'Publications' under the Resources heading, then 'Crime Prevention & Safety', Also online information as to what to do if you are a victim, helping a family member

#### **VictimLinkBC**

and more

Confidential multilingual 24 hour telephone service - offers information, referral services to all victims of crime, immediate crisis support to victims of family and sexual violence.

www.victimlinkbc.ca

1.800.563.0808 **604.836.6381** Text

604.875.0885 TTY

## Johnston Meier Insurance Agencies Group



## www.jmins.com Visit our website for a location nearest you

Kelowna 250-762-2132 Toll Free 1-888-762-2132 **Peachland** 250-767-2500 **Toll Free** 1-877-767-2510 West Kelowna 250-768-7618 Toll Free 1-866-768-7618





#### **Arts & Culture**

#### AD LIB Art Gallery

Be empowered by Music-Arts Experience www.claudiakargl.com 3063 Bridlehill Drive, West Kelowna

250.768.1404

See our ad and article on page 36

#### City of Kelowna

Arts, Culture & Heritage. Sign up to receive arts & culture e-updates www.kelowna.ca/culture

#### Friends of Fintry Provincial Park Society

Research, restoration of buildings and grounds, building archives, fund raising. Large campground, boat launch. West side of Lake Okanagan www.fintrv.ca 250.542.4031

#### **Kelowna & District Genealogical Society**

Library of books/newsletters on a wide range of topics from most areas of the world. Meetings at Evangel Church

3261 Gordon Drive

www.kdgs.ca 250.469.8348 Marie

#### Kelowna Art Gallery

Engage, inspire, enrich the greater community through exhibition, collection, interpretation of visual art http://kelownaartgallery.com 1315 Water Street 250.762.2226

#### **Kelowna Community Theatre**

View upcoming Calendar of Events on... https://theatre.kelowna.ca 1375 Water Street 250.469.8944 Mon-Fri 9am-4pm 250.469.8940 Events Line

#### Kelowna Kiwanis Festival

Annual festival provides opportunities for amateur performers to demonstrate their achievements in music, dance, speech www.kelownakiwanisfestival.com 778.581.8899

721 Bernard Avenue

#### **Kettle Valley Steam Railway**

Dedicated to preserving Okanagan and BC Railway Heritage, seniors discount www.kettlevalleyrail.org

18404 Bathville Road, Summerland 250.494.8422 1.877.494.8424

See our ad and article on page 16

### Museums

- Lake Country Museum and Archives Saving Our Past For Our Future https://lakecountrymuseum.com 11255 Okanagan Centre Road West 250.766.0111
- Okanagan Heritage Museum

Wonderful objects and surprising stories that reveal the natural and cultural history of the region. Home of Kelowna Public Archives, Central Okanagan Hall of Fame

470 Queensway Avenue **250.763.2417** Mon-Sat 10am-5pm www.kelownamuseums.ca

 Okanagan Wine & Orchard Museum In the Laurel Packinghouse. Sample the industries that shaped Kelowna, shop for made-in Okanagan gifts 1304 Ellis Street, Kelowna **778.478.0325** Tue-Sat 10am-5pm www.kelownamuseums.ca

 Okanagan Military Museum Discover the role Okanagan men and women played in the world theatre. Packed with fascinating artefacts, one of the best firearms collections in Canada. Tuesday-Saturday 10 am-5 pm 1424 Ellis Street 250,763,9292

#### Peachland Museum

Scale model of Kettle Valley Railway. See web site for Summer & Winter hours www.peachlandhistory.ca 5890 Beach Avenue

250.767.3441

 Sncewips Heritage Museum Holds some of WFN extensive collections including archaeological artifacts, historical & contemporary art www.sncewips.com

1979 Old Okanagan Hwy., Westbank 778.755.2787 Mon-Fri 10am-4pm See our ad on this page

 Westbank Museum & Visitors Centre Working model of Gorman Bros. sawmill www.westbankmuseum.com 2376 Dobbin Road, Westbank 250.768.0110 Check website for hours

#### Okanagan Historical Society

One of the oldest societies in BC dedicated to the preservation of local history. See web site for contact info www.okanaganhistoricalsociety.org

#### Okanagan Symphony Orchestra

Concert events in Vernon, Kelowna, Penticton. See web site for 2018-19 performances, locations, dates https://okanagansymphony.com 865 Bernard Avenue, Kelowna 250.763.7544 Mon-Fri 10am-3pm 250.862.2867 Kelowna Tickets, 100-2600 Enterprise Way

#### **Rotary Centre for the Arts**

Multidisciplinary visual and performing arts centre. Open Mon-Sun 8am-8pm www.rotarycentreforthearts.com 421 Cawston Avenue

250.717.5304

#### Leisure

#### Big White Ski Resort

www.biawhite.com 250.765.3101 250.491.6262 Kelowna Office **1.800.663.2772** Central reservations

#### BC Fishing Licences

Basic annual licence for 65+ \$5.00 Basic annual licence for disabled \$1.00 www.env.gov.bc.ca/fw/fish/licences/ Purchase online www.fishing.gov.bc.ca or at Service BC or licensed vendor



#### BC Old Time Fiddlers' Association

Encouraging & promoting the art of Old Time Fiddlers and Violin playing, See web for details. 13 active branches around BC www.bcfiddlers.com/kelowna

250.717.8432 John

#### **BC Parks**

Individual campsite reservations through Discover Camping Campground Reservation service from April to Sept/ Oct. 50% discount for BC residents 65+ from day after Labour Day to June 14 of following year for frontcountry campsites www.discovercamping.ca www.env.gov.bc.ca/bcparks/

1.800.689.9025 Call Centre

• Campsite Fees for Seniors www.env.gov.bc.ca/bcparks/fees/senior.html

**BC Seniors Games Society** 

55+ BC Games are one way to help those 55+ enrich their lives, get active, keep fit. Although competition is an important aspect, active participation in sport, recreation and culture is the goal. See web site for Zone 5 contacts. 2019 Games in Kelowna September 10-14 www.55plusbcgames.org

778.426.2940

#### Central Okanagan Naturalists' Club

Enjoy the beauty of our area while benefiting from a healthy lifestyle: hiking, birding, botany, fun, socializing, learning Meetings on 2nd Tuesday, 7 pm September to May at Evangel Church 3261 Gordon Drive

www.okanagannature.org

#### City of Kelowna Parks & Recreation

View the seasonal Activity & Program Guide, and the Active Living Guide for Adults 50+ online, or visit their offices <a href="http://kelowna.ca/recreation">http://kelowna.ca/recreation</a>
Parkinson Recreation Fitness & Aquatics Centre

1800 Parkinson Way

250.469.8800

See our ad on page 5

#### <u>Farmers'</u> <u>Markets</u> (BC Association of) www.bcfarmersmarket.org

• Kelowna Farmers' & Crafters' Market BC's largest farmers' market. April-Nov. Dilworth & Springfield, Wed&Sat 8am-1pm. Winter market at Parkinson Rec Centre check web site for schedule kelownafarmersandcraftersmarket.com 250.878.5029

#### Lake Country Farmers Market

Fridays 3-7pm Swalwell Park June-Sept Fresh local produce & foods, handcrafts www.lakecountryfarmersmarket.webs.com 250.826.7100 Shayne

#### Peachland Farmers & Crafters Market

Sundays 10am-2pm, May 26-Sept 29 Heritage Park, Beach Avenue, Downtown www.peachlandfarmersandcraftersmarket.ca 250.317.0407 Linda

#### Westbank Farmers' Market

Saturdays 9am-1pm, June 29 to Sept 14 Westridge Shopping Centre, Main & Elliott www.westbankfarmersmarket.com

#### **Kelowna Community Chorus**

For the Joy of Singing Folks of all ages but mostly 50+ who just love to sing. Check web site for additional information. New members welcome www.kelownacommunitychorus.com See our article on page 26

#### Kelowna Newcomers' Club

Social group for 18+ (resident for less than three years) to make new friends, varied activity groups, opportunity to learn more about Kelowna. See web site for meeting information, activities, events, and more www.kelownanewcomers.ca

#### Kelowna Rockets Hockey Club

60 plus seniors discount www.kelownarockets.com

1223 Water Street

250.762.5050 Prospera Place Box Office

#### Mall Walking

Orchard Park Shopping Centre Open at 7 am daily. Enter via

Administration doors on Springfield www.orchardparkshopping.com 250.869.4604 Guest Services

#### **Okanagan Wine Festivals**

Naturally Fun Festivals for All Seasons! Check web site for programs and events www.thewinefestivals.com

1527 Ellis Street

250.861.6654

#### **Probus Clubs**

The purpose of a Probus (Professional Business) Club is to bring together retired and semi retired persons who have backgrounds of responsibility. See web site for contact information for clubs in Kelowna (men); Kelowna-Ogopogo (combined); Westside (combined) www.probus.org

#### **RV Owners Lifestyle Seminar**

An annual event at Okanagan College Kelowna Campus, 1000 KLO Road Opportunity for new, or seasoned or wannabe RV owners to gain valuable knowledge on RV operations, maintenance and safety. Also travel tips, health on the road, destinations, full-time RV living and much more. 22nd Annual Lifestyle Seminar June 21-24, 2019 www.rvda.bc.ca/rv-owners-lifestyle-seminars 778.490.0013 Joan - RVDA

#### Winfield Horseshoe Club

Tuesday & Thursday afternoon practice sessions May to September 9834 Bottom Wood Lake Road 250,766,2985 Bernie

#### Travel

#### Air Canada

Services for customers with disabilities.
Identify special needs when booking

www.aircanada.ca

1.888.247.2262

#### **BC** Ferries

BC seniors 65+ travel at a 50% discount on most BC Ferries routes Monday to Thursday except holidays. Passenger fares only <a href="https://www.bcferries.com">www.bcferries.com</a>
1.888.223.3779 Reservations
\*223 on Rogers or Telus networks

#### Flight Centre Independent

Personalized Tours, Vacations, Adventures www.flightcentreindependent.ca/GeorgeDuffy 778.383.6369 1.888.543.6450 See our ad and article on page 79

#### **Friendship Force International**

Provides opportunities to explore new countries and cultures through home hospitality, local hosts www.thefriendshipforce.org

#### **Kelowna International Airport (YLW)**

Contact airlines directly for flight reservations and questions. Airport services information is available at ylw.kelowna.ca

**250.807.4300** Airport Administration **250.765.5612** Airport Parking Courtesy Shuttle Services

**778.753.3735** Valet Parking See our ad on pages 24,25



# Rethinking the stereotypes One woman's story of abuse



I don't really fit most people's stereotype of an abused woman.

I'm university educated. A respected professional and busy mom. From the outside looking in, it probably seemed I had it all: A successful husband, a beautiful home, great kids, my own career and interests, and a large network of close friends and family.

But from the inside looking out, my reality was much different.

At 22, just out of university, I married the man I loved. Smart and charming, he had a wry wit, sharp conversational abilities and a boyish, fun-loving nature.

He was also a bully; selfish and narcissistic, emotionally immature, quick to anger, and even quicker to yank his love and support out from under me if I didn't perform exactly as he wanted.

As an over-achiever who still struggles with self-esteem, I felt lucky he had chosen me. I convinced myself when he diminished me, yelled at me and called me unspeakable things, and defined me by my mistakes and many flaws he was trying to help me be a better person. I believed him when he said it was all my fault. That if I would only do or say things differently he wouldn't be forced to act the way he did.

So I tried harder. I read books. I went to counseling. I planned outings and trips, and tried to focus on meeting his needs and being the wife and mother he needed me to be.

"Marriage isn't easy. You have to work at it," I told myself after one more night of crying myself to sleep and wondering how the man who loved me could treat me like so much garbage on the street.

Twenty-one years after I married him, in the midst of yet another of his uncontrolled rages, the word "abuse" popped into my head. It was my proverbial light bulb moment. I began researching emotional and verbal abuse, amazed to find my story recounted in article after article, book after book. I was not alone. I was not crazy. And, I decided, I was not going to take it anymore – not for me and not for my children.

The Kelowna Women's Shelter and its incredible team were my lifesaver. Although I didn't need a place to stay, they provided invaluable advice and a safe place to share my story and fears.

The Shelter's team of dedicated staff and volunteers supported me in making the most difficult and life-changing decision of my life, and I am forever grateful. I am healthier and happier than I have ever been. I sleep nights and no longer walk on eggshells in my home. I am a better mom, a better friend, and a better person. I am living the life I deserve and discovering each day what true love and joy really are.

#### Submitted by a former client

Kelowna Women's Shelter provides emergency and transitional housing, food, clothing, counselling, advocacy, and education to women and their children who have experienced intimate partner violence and abuse. Their services are confidential and free. To learn more, call 250-763-1040 24 hrs/day, or visit www.kelownawomensshelter.ca

#### **National Geographic Expeditions**

World wide travel - with boundless chances to be surrounded by natural wonders and exotic wildlife. Trips that match your interest - whether you are a foodie, hiker, birder or archaeology buff. www.nationalgeographic.com/expeditions 1.888.966.8687

#### **Road Scholar**

Not-for-profit world leader in lifelong learning since 1975. Educational adventures created by Elderhostel www.roadscholar.org

**1.800.454.5768** Mon-Fri 5am-6pm PT

#### Super, Natural British Columbia

Places to go, things to do, trip ideas, transportation and maps, accommodations, travel deals www.hellobc.com

#### **Traveller Information System**

Road and weather conditions, webcams. plan your route, mobile traveller info www.drivebc.ca

1.800.550.4997

#### Westjet Vacations

Plan your vacation experience. Distinctive destinations and deals. Message us on Facebook or Twitter #OwnersCare www.westjetvacations.com **1.877.737.7001** 5am-9pm

#### Worldwide Quest

Experiential travel since 1970 Expert-led small group tours in nature. culture, the arts www.worldwidequest.com **1.800.387.1483** M-F 6am-2:30pm PT

#### **Activity Centres**

#### East Kelowna Community Hall

Weddings, banquets, parties, festivals, arts & craft shows, fitness, sports, more www.eastkelownahall.com 2704 East Kelowna Road 250.860.2746

#### City of Kelowna Activity Centres

A variety of programs and services are available for those 50+ including fitness and sport, crafts and hobbies, music and dance, health and wellness, computers, art, games and general learning. See the Active Living Guide for adults 50+ www.kelowna.ca/parks-recreation/ programs-registration

- Okanagan Mission Activity Centre 250.469.8957 4398 Hobson Road
- Rutland Activity Centre Rutland Senior Society www.rutlandseniors.com

765 Dodd Road

 Parkinson Activity Centre Parkinson Senior Society www.parkinsonseniors.com

1700 Parkinson Way 250.762.4108

### Planned Giving A personal legacy that gives back for years to come



Imagine doing something today that will change people's lives long after you are gone. Something you know will have an impact for generations.

To learn more call 77**8.478.**7774 kelownawomensshelter.ca



250.765.3723

#### **Activity Centres**

continued.

Kelowna Senior Citizens' Society

Club 17. Activities include bingo, bridge, Mahjong, accordion/dance, rug hooking. www.kscsclub17.ca

1353 Richter Street 250.762.5505

**Lakeview Heights Community Hall** 

City of West Kelowna. Recreation programs, meeting/event rental space, full kitchen, adjacent playground, tennis courts, soccer field and sports box - (pickleball and basketball) www.westkelownacity.ca
860 Anders Road

860 Anders Road West Kelowna

778.797.8800 Booking information

Lake Country Seniors' Activity Centre

Activities include wood shop, cribbage, sewing, Tai Chi, line dancing, Young at Heart, Quilting, Songster group, Scrabble Meet, bridge. Prime Time Entertainment Monday 1 pm. Seniors Buffet Tuesdays 9832 Bottom Wood Lake Road 250.766.4220 or 250.766.4568

#### Okanagan Mission Community Hall

Heritage building has been the centre for community events in the Mission area for decades. One of the best equipped rental facilities in Okanagan www.okmissionhall.net
4409 Lakeshore Road
250.764.7477

#### **Peachland 50 Plus Activity Centre**

Peachland & District Retirement Society Carpet bowling, Tai Chi, Chess, Iron & Silk class, Contract Bridge, Needle Art/Quilting, Wood carving, Bingo, Yoga, Ukulele, 50+ Fitness, Cloggers, Mahjong. Variety Singers, Potluck dinners 4th Friday Sept to June

www.peachland50plusactivitycentre.ca 5672 Beach Avenue

250.767.9133

#### **Peachland Wellness Centre**

We link people to services, information, other people. Computer Literacy, Coffee Groups, Sunday breakfast, Sunshine & Intergenerational Singers, Tai Chi, Community Gardens. Better at Home program, Helping Hands, Transportation www.peachlandwellnesscentre.ca 4426 Fifth Street, Peachland 250.767.0141 Mon-Fri 9am-3pm

#### **Rutland Senior Citizens Branch 55**

Variety of activities including Friday community bingo, occasional branch dinner 150D Gray Road, Kelowna

#### **Webber Road Community Centre**

City of West Kelowna in partnership with the Okanagan Boys & Girls Clubs. Family centred programs & services www.boysandgirlsclubs.ca www.westkelownacity.ca 2829 Inverness Road West Kelowna 250.768.3049

#### **Westbank Lions Community Centre**

Perfect facility to host a wedding, meeting or other special event.

www.westkelownacity.ca

2466 Main Street

West Kelowna

778.797.2240

#### Westside Senior Citizens Service Association

Activities include carpet bowling, ceramics, bridge, snooker and 8 Ball, choir, crib, line dancing, bingo, wood carving, floor curling, jammers, cloggers, Keep Fit, quilting www.westkelownacity.ca

3661 Old Okanagan Highway West Kelowna 250.768.4004



### Cheddar **Squeakerz**

"Cheddar Squeakerz", also known as cheddar cheese curds; is what cheddar cheese tastes and looks like on the very day it is made, before the curds have been put into a cheese mould and the remaining whey has been removed.

What distinguishes cheddar cheese and cheese curds is age and the whey. Where cheese is all about aging and maturation time, cheese curds are meant to be enjoyed as fresh as possible, because over time the curds' texture will become denser and more like cheddar cheese. We call it Cheddar Squeakerz because when the curds are fresh they squeak.

Curds are made the exact same way as our high quality cheddar, but without the aging and the compression (meaning the whey is not pressed out of the curd). When our cheese maker adds salt to the curds, it makes them turn into all sorts of different shapes. The salt also works as a preservative; this enables us to sell fresh Cheddar Squeakerz at room temperature for the first 24 hours after it is made. This is when it is best, but even after being refrigerated; it is still great at room temperature, slightly warm or even melted. The only way to have the squeaky noise back after it's been refrigerated is to warm it up. Make sure you do not warm it for too long or you are going to get a puddle of squeak. which is by the way, still very tasty.





We make the fresh curds on Monday and Wednesdays each week! Curds are ready after 3pm, come down and try them out!

The Village Cheese Company - Armstrong, BC 250.546.8651 or 250.309.8476 VillageCheese.com





The O'Keefe Ranch was founded in 1867 and represents the very beginnings of European settlement in the Okanagan Valley. In those days, the Cariboo Gold Rush was at its peak and the miners' demand for food inspired enterprising young men to buy beef cattle far to the south in Oregon and drive them north to the goldfields. During the period 1858 to 1868 over 22,000 head of cattle crossed the border near present-day Osooyos and traveled up the former fur trade Brigade Trail through the Okanagan Valley, past Fort Kamloops and on to the Cariboo. These cattle formed the nucleus of herds that grew to become the British Columbia cattle industry.

By the turn of the century the O'Keefe Ranch had grown to cover over 12,000 acres.

Since much of this land was prime Okanagan bottomland and desirable for the up and coming orchard industry, the pressure was great for O'Keefe to sell. This he did in 1907 but the O'Keefe family stayed on carrying on ranching on a smaller scale and living in the beautiful Victorian house that O'Keefe had built during the ranch's hay-day.

After ten years operating the O'Keefe Ranch as a heritage site and tourist attraction, the O'Keefes sold the buildings, artifacts and land to the Devonian Foundation from Calgary which, in turn, gave the ranch to the City of Vernon. The Ranch is now operated by a non-profit society, the O'Keefe Ranch & Interior Heritage Society and open from Mothers' Day to Thanksgiving every year.



### Today's Travellers: Meeting New Friends and Expanding Horizons

When I started in the travel business, most tours were on big coaches and cruise ships. They offered significant dollar value but, nowadays, many people want smaller groups, more active participation and better options for single travellers.

Today you can travel on group tours with less than 12 people. Explore the tiny back roads and quaint village streets the big coaches can't negotiate. Likewise, small ship cruise tours and river barges navigate beautiful coastlines. rivers, tiny coves and smaller seaside cities, with more time for you on-shore.

These tours are moderately active with walking, cycling and paddling options to help stimulate your appetite for the delicious local meals that await you. Tours can be themed for interests in culture, art, wildlife, food, photography, beer and wine and have activities like cooking classes, tango lessons and even citizen science projects. You can also ditch the despised single supplement if you haven't got a ready travel partner. Some tours even provide a private room at no extra charge.

Even more close up, there are hundreds of fully dedicated walking tours, treks and cycling trips all over Europe and many other countries. Something really exciting is the wide availability of electric assisted bikes. Hills be gone, Umbria here I come.



Colourful Streets of Old Cartagena

Private tours and self guided adventures can be cheaper than group tours, surprisingly. I've designed and taken these myself and they save you a lot of pain and hassle if you want to travel on your own. Like a group tour, everything is planned and prepaid and a local company provides the services. These are worth investigating if you can't find a group tour that fits you.

Regardless of your preferences, group tours, big and small, are a boost to your social life. Travel with like minded folks who then become friends. What could be better?

George Duffy

www.flightcentreindependent.ca/GeorgeDuffy





#### **Charities, Foundations**

#### Before You Give...

Canada Revenue Agency (CRA) web site has a useful resource called 'Giving to Charity: Information for Donors'. Facts about tax savings, donation receipts, charities regulations, and how to be an informed donor. Mon-Fri 9am-6pm www.cra-arc.gc.ca/donors/

1.800.267.2384

1.800.665.0354 TTY

1.866.230.9988

#### **BC Cancer Foundation**

Make a gift in memory to honour the life of a loved one, friend, family member www.bccancerfoundation.com 399 Royal Avenue, Kelowna V1Y 5L3

#### **BC SPCA**

250.712.3921

Non-profit organization dedicated to protecting and enhancing the quality of life for domestic, farm and wild animals

1.855.622.7722 Animal Cruelty Hotline

 Kelowna Branch - Noon-4:30pm daily www.spca.bc.ca/kelowna/ 3785 Casorso Road V1W 4M7 250.861.7722 Closed Stat Holidays

#### **Canadian Cancer Society**

Make a One-time Gift, Monthly Gift, Honour Gift, Memorial Gift www.cancer.ca 102-1433 St. Paul Street Kelowna V1Y 2E4 250.762.6381 1.800.403.8222

#### **Canadian Red Cross**

Donate online, by mail, by phone, monthly giving, gifts of stock, planned giving - legacy, RRSPs www.redcross.ca

124 Adams Road, Kelowna V1X 7R2 250.491.8443 1.800.661.3308

#### **Central Okanagan Foundation**

A trusted place where donors go to give and charities go for support towards valuable endeavours www.CentralOkanaganFoundation.org 306-1726 Dolphin Avenue Kelowna, BC V1Y 9R9 250.861.6160

#### **Heart & Stroke Foundation**

In Memoriam, In Honour, or general donations

www.heartandstroke.ca

4-1551 Sutherland Avenue
Kelowna, BC V1Y 9M9
778.313.8090 1.866.432.7833
See our ad on page 95

#### **KGH Foundation**

A gift in your Will provides a lasting gift of care by supporting the KGH Foundation's mission to enhance the delivery of health care to the patients of Kelowna General Hospital and its associated facilities www.kghfoundation.com

2268 Pandosy Street Kelowna V1Y 1T2 250.862.4300 ext. 7011 See our ad and article on page 10

#### Kelowna Women's Shelter

Planned Giving lets you support the Shelter in the form of a direct beguest, or through a gift to our endowment fund. See website to make an online credit card donation.

PO Box 20193. RPO Towne Centre Kelowna, BC V1Y 9H2 778.478.7774

kelownawomensshelter.ca See our ad on pg. 75, article on pg. 74

#### Central Okanagan Hospice Association

Offering compassionate care, comfort, support and learning to those who are dying or grieving within our community www.hospicecoha.org

200-1890 Cooper Rd., Kelowna V1Y 8B7 250.763.5511 Office

#### COHA Foundation

To generate sustainable funding to solely support the vision and mission of the Central Okanagan Hospice Association www.hospicecoha.org

See our ad and article on page 28

#### Sing for Your Life Foundation

Music for Healthy Aging. Improving the health and wellbeing of older Canadians who live at home or in residential care. through music. Silver Song Groups in Kelowna and West Kelowna www.sfylc.org

See our ad and article on page 21

#### Sunshine Foundation of Canada

Dreams for Kids since 1987 www.sunshine.ca

250.860.5408

100-300 Wellington Street London, ON N6B 2L5 1.800.461.7935

#### Terry Fox Foundation, The

Working together to outrun cancer www.terryfox.org

2669 Shaughnessy Street Port Coquitlam, BC V3C 3G7 1.888.836.9786

#### **UBC** Okanagan

#### **Development and Alumni Engagement**

Create a legacy of learning for students and the community invest.okanagan@ubc.ca

250.807.8565

See our ad and article on page 20

#### **United Way Central and South** Okanagan/Similkameen

Together, we are possibility. www.unitedwaycso.com

202-1456 St. Paul Street Kelowna, BC V1Y 2E6 250.860.2356

1.855.232.1321 Outside Kel., West Kel.

#### Variety-the Children's Charity

Enriching the lives of BC children with special needs and their familes www.variety.bc.ca

4300 Still Creek Drive, Burnaby V5C 6C6 Toll Free: 310.KIDS (5437)

#### The War Amps

Since 1918, has met the needs of war amputees. The Association continues to serve them, and all Canadian amputees, including children through the Child Amputee (CHAMP) program www.waramps.ca

2827 Riverside Drive Ottawa, ON K1V 0C4 1.800.465.2677

See our ad and article on page 23

#### **Education**

#### **BCAA Road Safety Program**

**Seniors Driving**: How aging can affect driving, assess & maintain your driving skills, adjusting driving habits, renewing your driver's license, good vision, driving at night, medications and driving, fitness & driving, signs that driving habits should change - declining skills, alternatives to driving, online videos, tools, and more https://www.caa.ca/seniors/

#### Justice Institute of BC (JIBC)

Educating & training those who make communities safer, Canada's leading public safety educator www.jibc.ca 825 Walrod Street. Kelowna

825 Wairod Street, Kelowna 250.469.6020 1.888.865.7764

#### **Kelowna & District Safety Council**

NEW free driver training for low-income seniors. Call for more information. We offer Seniors' Driving Assessments and Refreshers, Winter Driving and ICBC Retest Preparation. Also offering Motorcycle Training! We are the Okanagan's foremost safety training facility. See our web site for details www.kdsc.bc.ca

**395 Hartman Road 250.765.3163** Register, class info See our ad on this page

#### **Project Literacy Kelowna**

Free tutoring support for adults seeking to improve basic reading, writing, math skills. Senior Digital Literacy & Financial Literacy program See web site to volunteer/donate www.projectliteracykelowna.org

1635 Bertram Street 250.762.2163

#### **Simon Fraser University**

Liberal Arts and 55+ Program
Opportunity to learn for the joy of learning, enhance your creativity, sharpen your critical thinking skills. See web site for programs and details www.sfu.ca/liberal-arts

1.844.782.8877

#### Society for Learning in Retirement

For the Eternally Curious, Curiosity Never Retires!

Continuing education, intellectual stimulation for those in their retirement years. Courses, Study Group info online www.slrkelowna.ca

1434 Graham Street 250.448.1203

See our ad and article on page 22

#### Thompson Rivers University

Open Learning offers distance learning for everyone. You can complete online & distance courses and programs anytime, anywhere to accommodate your active lifestyle and diverse interest.

www.truopen.ca

1.800.663.9711



# MOTORCYCLE & DRIVER TRAINING

Call 250-765-3163



Kelowna & District Safety Council

Working together to build a safer community.

We are a local non-profit organization

#### **Library Services**

#### Okanagan Regional Library

www.orl.bc.ca

1430 KLO Road Administration 250.860.4033

Okanagan Regional Library branches

- 1380 Ellis Street, Kelowna 250.762.2800
- Capital News Centre, Mission 250.764.2254
- · Peachland Village Mall, Peachland 250.767.9111
- · Plaza 33 Mall, Rutland 250.765.8165
- Westridge Mall, West Kelowna 250.768.4369
- 10150 Bottom Wood Lake Road Lake Country 250.766.3141
- 15718 Oyama Road, Oyama 250.548.3377

#### Meal & Food Programs

#### **FOOD BANKS**

#### Central Okanagan Food Bank

Caring For Our Community. See web site for Hamper Distribution days and times www.cofoodbank.com

- Kelowna Branch 2310 Enterprise Way 250.763.7161 Office M-F 8am-4pm
- Westside Branch 2545 Churchill Road, West Kelowna 250.768.1559 Office M-F 9am-4pm

#### Lake Country Food Bank

Food assistance to low income families. Tue-Wed 9am-noon; 1pm-2:30pm -Hampers only. Thur 1pm-2:30pm - new intakes only - call for appointment www.Facebook.com/lakecountryfoodbank/ 9830C Bottom Wood Lake Road 250.766.0125



Peachland Food Bank
 2nd Saturday every month 9:30-11:30 am
 4440 5 Street, Peachland
 250.767.3312 Judy

**Community Gardens** (Central Okanagan) Gardens Grow Healthy Communities www.centralokanagancommunitygardens.com

- Oyama Community Garden
   15710 Oyama Road
   250.862.4622 Mari, Coordinator
- Winfield Community Garden
   11187 Bottom Wood Lake Road
   250.862.8825 Becky

#### **Lake Country Seniors Buffet**

Every Tues. noon, hot meal for seniors at the Seniors Activity Centre, Bottom Woods Lake Road. \$9. Freezer meals available 250.766.4568 Dorothy

#### **May Bennett Meal Program**

Three course hot meal with special diet capabilities. Dinners at Home frozen meals also available. Mon-Fri delivery - see website for Kelowna & West Kelowna delivery and meal info. Pick up available from 11:30 am to noon. Operated by Interior Health Food Services Dept. www.okmeals.info
May Bennett Wellness Centre
135 Davie Road
250.860.3378

Meals On Wheels & Dinners @ Home

"Serving our Community for 50 Years!" Home delivery of affordable, nutritious & delicious hot and/or frozen meals up to 3 times a week in Kelowna, West Kelowna & Peachland. Frozen meals available for pick up at the office. Hot meals provided by our partner **Beet'N Boo's Bistro**. Veteran Affairs assistance may be available. Volunteers welcome. www.mow-online.com

2009A Enterprise Way, Kelowna 250.763.2424

See our ad and article on page 33

#### **Programs & Groups**

Adult Day Program/Volunteer Services
Offers supportive community programs for
those at risk of losing their independence.
Examples (vary by location) include
health monitoring/medication assistance,
personal care i.e. bathing programs,
health education, therapeutic social and
recreations programs such as discussion

and exercise groups. For more info, call

250.980.1400 Interior Health

#### **Advocacy Access Program**

Disability Alliance BC
Place of support, information and
advocacy for people with all disabilities
www.disabilityalliancebc.org/programs
1.800.663.1278 Mon-Fri 8:30am-4:30pm

#### **Better At Home**

Provides non-medical home support to seniors over 65 years old throughout the Central Okanagan

- Seniors Outreach & Resource Centre www.seniorsoutreach.ca
   250.861.6180 Kelowna (Lead Agency)
- Lake Country Health Planning Society www.lakecountryhealth.ca
   778.215.5247 Mon-Thur 9am-3pm
- Peachland Wellness Centre www.peachlandwellnesscentre.org
   250.767.0141
- Westside Health Network Society www.westsidehealthnetwork.org
   250.768.3305 West Kelowna

Canadian Federation of University Women Since 1960, members of CFUW Kelowna have come together for fun, friendship, and action. We are united in our common goal, to support the education and well being of women and girls. See website for event calendar and contact information www.cfuwkelowna.org

#### **Emergency Management BC**

Advisories of active emergencies, disaster readiness and recovery, fire safety and death investigation

www2.gov.bc.ca/gov/content/safety/ emergency-preparedness-responserecovery

1.800.663.3456 report disaster/emergency

#### **Kelowna Hostesses**

Goodwill ambassadors representing the City of Kelowna. Provides volunteers for community activities

250.452.6719 Brenda See our article on page 30

#### Ki-Low-Na Friendship Society

Provide for the mental, emotional, physical and spiritual well-being via communitybased services. See web site for complete list of programs and services. Drop-in 8:30am-4:30pm Mon-Fri. Closed 12-1pm www.kfs.bc.ca

442 Leon Avenue

250.763.4905

#### Myra Canyon Trestle Restoration

Society to preserve, protect, promote heritage, historical and environmental features of Myra Canyon. Upgrade trestles to improve public passage. See web site for trail information, fund raising. membership

www.myra-trestles.com

#### Okanagan Men's Shed Association

Create a casual safe place for men to network with others. Effective in helping men combat isolation, share skills and interests, feel valued. Participation in meaningful community & group projects www.mensshed.ca

250.717.1575 Art

#### United Empire Loyalists

Organization promoting Canadian history. Everyone welcome

https://uelac-thompsonokanagan.com 250.469.8348 call for info - Marie



### Sing for your life

Our **Silver Song Groups** are held regularly within the community to bring participatory singing and music-making to individuals aged 65+.

- Improved overall rating of physical health
- Sessions are fun, engaging & FREE!
- Family, friends, & caregivers welcome too!

Professionally delivered by trained facilitators.

View the **Silver Song Groups** schedule on our website at:

sfylc.org/events/

- We focus on helping seniors
- · We come to your location
- · We help with strength, mobility, balance & injury-rehabilitation

Make an Appointment

778.215.7780 www.stridephysio.ca

For more details please visit our website at:

sfylc.org

#### Wine Country Tai Chi Society

Tai Chi, at your pace, for your ability to improve and maximize your health and vitality. Sitting form for those with mobility limitations. Check web site for beginner and ongoing classes

www.winecountrytaichi.ca

778.755.0987 Yvonne, West Kelowna

#### **Resource Centres**

#### **KCR Community Resources**

Community, Family, Adoption, Immigrant & Employment Services - check web site for details. Volunteer opportunities https://kcr.ca

#### 620 Leon Avenue

250.763.8008 M-F 8:30-noon, 1-4:30pm

#### Crisis Line

Trained volunteers provide support to individuals experiencing emotional or situational distress, relationship issues, and social isolation. For volunteering info, contact Crisis Line Coordinator 250.763.8008 ext 112

If you are in crisis, call 1.888.353.2273

#### **Peachland Wellness Centre**

We link people to services, information, and other people. Bereavement, Wellness Circle, Computer Literacy, Transportation Service, Better at Home, Outreach - see web site for list of Programs & Services. Sunday breakfast 8-11am www.peachlandwellnesscentre.ca 4426 Fifth Street, Peachland 250.767.0141 Mon-Fri 9am-3pm

#### **Seniors Outreach & Resource Centre**

Enhancing the lives of seniors by providing information & referral, various services and volunteer programs. Better at Home. Annual Seniors' Safety Fair in June. See web site for more information www.seniorsoutreach.ca

**115-2065 Benvoulin Court 250.861.6180** Mon-Fri 9am-4pm

#### **Service Organizations**

#### Army, Navy and Air Force Veterans

Veterans service organization

www.kelownaarmynavy.com

270 Dougall Road North, Kelowna
250.765.1810

See our ad and article on page 32

### BC Partners for Mental Health and Addictions Information

Mental health and substance use information you can trust www.heretohelp.bc.ca 310.6789 BC Mental Health Support Line. Free & available 24/7. Call for information or if you just need someone to talk to 1.800.784.2433 Call 24/7 if you are in

distress or worried about someone else www.heretohelp.bc.ca/connect/ community-resources

**1.800.661.2121** - order publications

#### **BC OAPO**

Old Age Pensioner Organization Promotes best interests of elder citizens in all matters pertaining to their welfare www.bcoapo.ca

- North Okanagan Regional Representative: Jennifer Coburn 250.373.0080
- Lake Country 55+, Winfield
   250.766.5437 Anne Robinson

#### **Big Brothers Big Sisters**

Mission to support and enhance the wellbeing of young people through positive mentoring relationships www.bigs.bc.ca

102-151 Commercial Drive, Kelowna 1.800.404.4483

#### CARP

A New Vision of Aging for Canada *www.carp.ca* **1.888.363.2279** 

#### **Canadian Blood Services**

Recruits blood donors, organize and operate blood donor clinics to provide blood for hospitals in Canada. Search website for Kelowna for locations & times www.blood.ca 1.888.236.6283

#### Central Okanagan Elizabeth Fry Society

If you or someone you care about has experienced sexualized violence, abuse in a relationship, harassment, or conflict with the law, you may benefit from the services provided including Specialized Victim Assistance, Crisis Support Information about the legal system, Advocacy and accompaniment to hospital, RCMP, Crown www.empowerific.com and court

649 Leon Avenue, Kelowna 250.763.4613

#### Council of Senior Citizens' Organizations of BC (COSCO)

Purpose is to advance the social and physical welfare of all BC elder citizens www.coscobc.org

604.882.8203 Sec. Annette O'Connor

#### Kelowna Women's Shelter

Provides free, confidential services to women and children impacted by family violence and abuse.

250.763.1040 24 Hour Help Line kelownawomensshelter.ca See our ad on pg. 75, article on pg. 74

 Thrift Store 6-368 Industrial Avenue **250.762.8561** Thrift store proceeds support Shelter services

#### **Mothers Against Drunk Driving**

Mission to stop impaired driving and support victims of this crime www.madd.ca

- Western Region Chapter Services Manager 1.877.676.6233 Tracy Crawford
- MADD Central Okanagan Chapter www.maddchapters.ca/centralokanagan www.facebook.com/maddokanagan 250.317.9877 continued...

- #8294 (#TAXI) On your cell. Any cab. Anywhere. Anytime. Don't Drink & Drive
- Download 'The Ride', #TAXI's new App http://gettherideapp.com

#### People in Motion - The Kelowna & **District Society for**

Develop & enhance the lives & informal supports for people with disAbilities and seniors with special needs. Office hours vary - call for an appointment www.pimbc.ca

23-1720 Ethel Street 250.861.3302

#### Royal Canadian Legion

The Legion's 145 branches in BC/Yukon Command provides various support services to veterans www.legionbcyukon.ca

- 1380 Bertram Street, Kelowna www.kelownalegion.ca 250.762.4117
- 15712 Oyama Road, Oyama 250.548.3521
- 4407 2 Street, Peachland 250.767.9100
- 6-2525 Dobbin Road, Westbank 250.768.4330

#### Salvation Army Central Okanagan

www.kelownasalvationarmy.ca

- Kelowna Community Church Seniors' Drop-In - Wednesdays from 10 am-1 pm Sept-June in church gym 1480 Sutherland Ave. 250.860.2329
- Community Life Centre Assisting those in transition to brighter future 200 Rutland Road South 101-3531 Old Okan Hwy., W.Kelowna 250.765.3450
- Thrift Stores

www.kelownathriftstore.ca

- 200 Rutland Road S. 250.765.3450
- 101-3531 Old Okanagan Highway West Kelowna 250.768.1850
- 103-1511 Sutherland Avenue 778.478.7250 Mon-Sat 10am-5pm
- Donation Drop-off Centre, 2330 Hunter Rd 778.478.7000 Mon-Sat 9am to 5pm

#### St. John Ambulance

First aid training, volunteer community services. Course calendar on web site <a href="https://bc.sjatraining.ca">https://bc.sjatraining.ca</a>

1941 Kent Road

250.762.2840

#### **Support Groups / Self Help**

#### **Al-Anon Family Groups**

A fellowship for people whose lives have been affected by someone else's drinking. See web site for meeting information www.bcyukon-al-anon.org

**604.688.1716** Mon-Fri 10am-3:30pm **250.763.5555** Kelowna area info services www.afghelp.org/find-a-meeting.html

#### **Alcoholics Anonymous**

Support & information for individuals with alcohol related problems. Check web site for meeting info for Kelowna, Peachland, West Kelowna, Lake Country www.bcyukonaa.org

250.763.5555 Kelowna Info. Service

#### Alliance for Equality of Blind Canadians

Dedicated to promoting the increased inclusion of blind, deaf-blind and partially sighted in all aspects of social life www.blindcanadians.ca

1.800.561.4774 Central Okan. Chapter

#### **BC Association of Community Response Networks**

Stopping Adult Abuse & Neglect-Together Kelowna Community Response Network hosted by Seniors Outreach & Resource Centre. See web site for contact info www.bccrns.ca

#### **BC Responsible & Problem Gambling**

When gambling isn't fun anymore, help is available all day, every day. Call the 24 hour Helpline **1.888.795.6111.** See web site for free, confidential, individual, and/or group counselling for problem gamblers, their families.

www.bcresponsiblegambling.ca

#### **Caregiver Support Group**

For people providing support (caring for a loved one at home or in a facility), Interior Health offers a number of Support Programs. Referral to Community Care necessary. Call Central Intake for information on education sessions and other services offered 250.980.1400

#### Compassionate Friends of Canada, The

Support group for parents who have experienced the death of a child, any age, any cause. Call for meeting information <a href="http://tcfcanada.net">http://tcfcanada.net</a>

250.807.2487 Kelowna Chapter

#### Crohn's & Colitis Canada

Monthly Kelowna chapter meetings & info sessions. Check website for details www.crohnsandcolitis.ca/Location/British-Columbia-Yukon/Kelowna 1.800.513.8202

#### Gamblers Anonymous

Meetings every Thursday, 12 step program. 7:00 pm Kalano Club 2108 Vasile Road, Kelowna www.gabc.ca 250.801.9943

#### Kelowna Celiac - CCA

Serving BC Southern Interior. Provides information/support for persons with celiac/gluten intolerance and their families. Sunday Potluck Meetings in Lake Country, bimonthly Wellness Group meetings in Kelowna. See web site for dates and Chapter contacts and more www.kelownaceliac.org

250.469.8348 Marie Ablett

#### Kelowna Prostate Cancer Support Awareness Group

Meets 2nd Saturday of the month at 9 am except July & August The Harvest Room, Trinity Baptist Church **Springfield & Spall** (South entrance) www.kelownaprostate.com **250.762.0607** Bren Witt

#### Kelowna Women's Shelter

Free weekly afternoon and evening support groups for women who have been, or still are, in abusive relationships. Childcare is available. The Shelter also offers psychoeducational counselling for children who have witnessed family violence, conflict and change, and parenting support to their mothers. kelownawomensshelter.ca

250.763.1040

See our ad on pg. 75, article on pg. 74

#### **Lupus Society**

Provide education, support to people affected by lupus; create awareness www.bclupus.org

1.866.585.8787

• 250.869.1335 Debra, Kelowna Support

#### **Mental Illness Family Support Centre** Family support groups, one-to-one

support, lending library, other services www.bcss.org continued... BC Schizophrenia Society

203-347 Leon Avenue

**250.868.3119** M-F 9am-Noon, 1-3pm 250.859.0478 Okanagan Region Educator

#### **Mood Disorders Association of BC**

Self-help support & education for people with depression, bipolar disorder, other mental illness, and their families. Check web site for Interior Support Groups www.mdabc.net

604.873.0103

#### MS Society of Canada

Kelowna Coffee Group meets 2nd & 4th Wednesday each month, 2 pm at Third Space Coffee, 103-1708 Dolphin Avenue. West Kelowna support group meets every other Thursday at Gatekeeper Restaurant, **2569 Dobbin Road.** Call Trish or Jacinthe 250.215.9477 or 250.899.6448

https://mssociety.ca Interior West Region Office 375-1855 Kirschner Road 1.800.268.7582 x7299 250.762.5850

### SENIORS SAVE AT VALUE VILLAGE<sup>®</sup>!

## GET 30% OFF\* **EVERY TUESDAY**

Value Village Kelowna 190 Aurora Crescent (250) 491-1356

Mon. - Fri. 9am - 10pm, Sat. 9am - 9pm, Sun. 10am - 7pm

Value Village Westbank 3021 Louie Dr · (778) 769-0704

Mon. - Sat. 9am - 9pm, Sun. 10am - 6pm

Relocating? Recycle your reusable clothing and household items at our Community Donation Centre!

valuevillage.com

\*Excludes red tag items. 60+ years of age.

#### **Narcotics Anonymous**

Vision that very addict has the chance to experience our message in his/her own language & culture, find the opportunity for a new way of life. See web site for Thompson Okanagan meeting information www.bcrna.ca

1.877.604.7613 Central Okan. Help Line

#### **New Hope**

Various support programs for newly bereaved widows and widowers. Check 'Schedule' on web site for Kelowna support group and other meetings www.newhope-grief.org

250.860.6376 Lorna

#### Parkinson Society British Columbia

See web site for information for Kelowna Support / Caregivers Groups www.parkinson.bc.ca/resources-services/ support-groups 1.800.668.3330

#### **Quit Now**

Free, quit smoking program delivered by the BC Lung Association to help you to quit smoking - your way, in your own time. QuitNow has all the support services you need - from online community to one-on-one counselling, we have you covered. www.quitnow.ca

**1.877.455.2233** Support Centre

#### Self-Management BC

Tasks that an individual must undertake to live well with one or more chronic conditions. See web site for details and upcoming workshops in your region www.selfmanagementbc.ca

**1.866.902.3767** Mon-Fri 9am-5pm

#### Stroke Recovery Association of BC

Support groups provide a friendly social environment where stroke survivors and caregivers can get support/help in coping with life after stroke. Meet every Thurs. 11am-2pm at St. Aidan's Anglican Church

380 Leathead Road

www.strokerecoverybc.ca 250.763.0556 Eva See our article on page 29

Coo car artiolo on page 2

#### **Transportation**

#### **Accessible Parking Permits Program**

Application (and information) available on web site-complete and return to City Hall, Revenue Branch. \$20 Fee www.kelowna.ca Click on 'Roads & Transportion', then 'Parking' 1435 Water Street, Kelowna 250,469,8757

#### **BC Bus Pass Program**

Affordable transportation on all BC transit systems (except HandyDART) for low-income seniors and persons with disabilities. See web site for eligibility, cost, and contact options www.sd.gov.bc.ca/programs/bus-pass.html 1.866.866.0800 Mon-Fri 9am-4pm

### **Disability Parking Permits** SPARC BC Parking permits for those with disabilities

Apply/renew online www.sparc.bc.ca

**1.888.718.7794** Mon-Fri 9am-4:30pm

#### **Greyhound Canada**

Western Canadian operations cancelled effective October 31, 2018

#### Kelowna Regional Transit System

https://bctransit.com/kelowna

- 250.860.8121 Transit Service Info
- **250.762.3278** handyDART Monday-Friday 8am to 4:30pm

#### **Travel Assistance Program**

Assists with travel costs when medical care is not available locally. TAP forms are only available from your family physician at the time the referral is made. See web site for eligibility

www2.gov.bc.ca/gov/content/health/ accessing-health-care/tap.bc

1.800.661.2668 Automated service

#### VIA Rail

60+ discount - Economy Plus fare www.viarail.ca

1.888.842.7245 1.800.268.9503 TTY

#### Volunteer Drivers

 Freemason Volunteer Drivers provide transportation to Cancer Centre from Kelowna airport Mon-Fri. Pick-ups from home: Kelowna, Lake Country, Peachland. 24 hour notice required freemasonry.bcy.ca/textfiles/cancer.html **Freemason Volunteer Driver Program** 250.712.1101 1.800.299.0188

#### Shriners Care For Kids

For BC children requiring specialized procedures, accommodation, transportation, associated medical treatment. See web site for details www.bcshriners.com

604.291.7707 ext 122 Transport Services **1.800.661.KIDS** Mon-Fri 9:30am-2pm

#### Web Resources

#### bc211

Specializes in providing information and referral regarding community, gov't. & social services in BC. Online chat -8am-11pm. Mon-Sun. Info on addiction services, problem gambling, VictimLink BC, Emergency & Crisis, Counselling, Health Care, Mental Health, more... www.bc211.ca

#### **BC Transplant**

We will save lives and offer hope through organ donation. Online registration. Kidney & Liver programs. Register your decision one organ donor can save up to eight lives www.transplant.bc.ca

**1.800.663.6189** for more information

#### **Graceful Aging**

Leading video network for boomers and older adults. Discover great ways to a vibrant senior life and gain important caregiver advice on elder care. Stav informed on assisted living. Videos on Senior Home, Driving & Personal Safety www.gracefulaging.com

#### Older Drivers in Canada

Safe driving strategies, community mobility

and more to enhance the capacity of older adults to maintain their fitness to drive. and ability to drive safely for as long as possible. Warning signs of unsafe driving; transition of an older driver to driving retirement www.olderdriversafety.ca

#### Seniors BC

A web site for all older adults in the province to find resources for planning and living a healthy and active life as they age. Senior's families and caregivers will find great information here also. www.seniorsbc.ca

#### Seniors Canada

Stay Active, Engaged, Informed. Find info for seniors, their families, their caregivers and supporting service organizations on federal, provincial, and some municipal government benefits and services www.seniors.gc.ca

#### **Health Guides**

#### **BC First Nations Health Handbook**

An online companion document to the BC Health Guide, provides information on unique health services available to First Nations and how to access. See web site, scroll down right side of page

Dial 8-1-1

Dial 7-1-1 TTY

www.healthlinkbc.ca/services-andresources/bc-healthguide-handbook/

#### **BC HealthGuide Handbook**

No longer available in English. In the meantime, you are encouraged to search the Healthlink web site for medicallyapproved information on more than 5,000 health topics. You can also speak to a health services navigator who can connect you with a registered nurse, registered dietitian or pharmacist, or help you find a health resource in your community www.healthlinkbc.ca/services-andresources/bc-healthquide-handbook/

Dial 8-1-1 Dial 7-1-1 TTY



### Municipal, Regional, First Nations

#### City of Kelowna

www.kelowna.ca

- City Hall: 1435 Water Street
   250.469.8500 Mon-Fri 8am-4pm
  - Services & Requests www.kelowna.ca/city-hall/contact-us
- Civic Operation Action Line 250.469.8600
   Graffiti Hotline 250.469.8600 Option 6
- Fire Department 2255 Enterprise Way 250.469.8801

#### **Emergency Calls Only 9-1-1**

- Arts, Culture & Heritage www.kelowna.ca/our-community/artsculture-heritage
- Kelowna International Airport YLW
   Call individual airlines for reservations
   Airport Services info is available at...
   ylw.kelowna.ca
   250.765.5125 Administration
   See our ad on pages 24,25
- Kelowna Parks & Recreation www.kelowna.ca/parks-recreation 250.717.2757 Information Line
- Kelowna Regional Transit System www.bctransit.com/kelowna
   250.860.8121 handyDART Information
   250.762.3278
- Active Living & Culture 250.469.8800

#### Major sport and recreation facilities:

- Capital News Centre www.capitalnewscentre.com 4105 Gordon Drive 250.764.6288
- YMCA of Okanagan www.ymcaokanagan.ca
  - 375 Hartman Road 250.491.9622
  - 1011-505 Doyle Avenue 250.491.9622
  - H2O Adventure + Fitness Centre
     4075 Gordon Drive 250.491.9622
     See our ad and article on page 37
- Memorial Arena
   1424 Ellis Street 250.46

250.469.8504

- Parkinson Recreation Fitness &
   Aquatics Centre
   1800 Parkinson Way
   250.469.8800
   Active Living Guide for Adults 50+
   250.470.0683 Jenny
   See our ad on page 5
- Prospera Place www.prosperaplace.com

1223 Water Street 250.979.0888

Rutland Twin Arena

645 Dodd Avenue 250.469.8857

#### Activity Centres:

- Okanagan Mission Activity Centre
   4398 Hobson Road
   250,469,8957
- Rutland Activity Centre www.rutlandseniors.com

765 Dodd Road 250.765.3723

 Parkinson Activity Centre www.parkinsonseniors.com 1700 Parkinson Way 250.762.4108

#### West Kelowna, City of

www.westkelownacity.ca 2760 Cameron Road

778.797.1000 Mon-Fri 8:30am-4:30pm

• Parks, Recreation Cultural 778.797.8800

#### Mt. Boucherie Community Complex

- Royal LePage Place & Jim Lind Arena 778.797.2265 2760 Cameron Road
- Johnson Bentley Memorial Aquatic Centre - Check web site for Quick Links to Pool Schedule and Programs 3737 Old Okanagan Highway 778,797,7665
- Parks and Trails Manages more than 125 parks and trails 778.797.8849
- Westside Senior Citizens' Service Association Activity Centre 3661 Old Okanagan Highway 250.768.4004

#### Okanagan Indian Band

Ensuring the future through cultural, social and economic development https://okib.ca

12420 Westside Road, Vernon 250.542.4328 1.866.542.4328

#### Okanagan Nation Alliance

Alliance of eight Okanagan bands Grand Chief Stewart Phillip www.syilx.org 101-3535 Old Okanagan Highway Westbank 250.707.0095 1.866.662.9609

#### Westbank First Nation

The syilx people are a division of the Interior Salish, speak the nsyilxcen language, and have inhabited the valley for thousands of years www.wfn.ca

201-515 Highway 97 South

250.769.4999 Mon-Fri 8:30am-4:30pm

 Health & Wellness departments 1900 Quail Lane 250.768.0227

 Elders Hall 3255D Shannon Lake Road 250.768.0292

#### Central Okanagan, Regional District of

www.regionaldistrict.com

1450 KLO Road, Kelowna

250.763.4918 Mon-Fri 8am-4pm 31 Regional Parks from Lake Country to

Peachland

**Regional Waste Reduction Office** See 'Wish Cycling' article on page 8, and What to Recycle on page 9 www.regionaldistrict.com/recyclemore

250.469.6250 Mon-Fri 8am-4pm

#### Lake Country, District of

Oyama, Winfield, Carr's Landing, Okanagan Centre www.lakecountrv.bc.ca 10150 Bottom Wood Lake Road

250.766.5650 Mon-Fri 8:30am-4:30pm 250.766.5650 Parks & Facilities Services

- Winfield Memorial Hall www.winfieldmemorialhall.com 10130 Bottom Wood Lake Road 250.766.4131
- Winfield Arena 9830 Bottom Wood Lake Road 250.766.3030
- Lake Country Seniors' Activity Centre 9832 Bottom Wood Lake Road 250.766.4220
- Creekside Theatre www.creeksidetheatre.com 10241 Bottom Wood Lake Road 250.766.9309 reservations

#### Peachland, District of

www.peachland.ca

- 5806 Beach Avenue 250.767.2647 Mon-Fri 8 am-4 pm
- Peachland Community Centre 4450 6 Street 250.767.2133
- Fire and Rescue 250.767.2841 www.peachland.ca/fire-department
- Peachland Museum & Historical Society www.peachlandhistory.ca

5890 Beach Avenue 250.767.3441

 50 Plus Activity Centre www.peachland.ca/50-activity-center 5672 Beach Avenue 250.767.9133

#### **Provincial**

#### **Address Change**

If you are moving within BC, you can use this electronic service to update your personal and/or business records with provincial and local government organizations

https://www.addresschange.gov.bc.ca 1.866.775.0011 Help line M-F 8am-5pm

#### **BC Air Quality**

Air quality advisories & current data, Air Quality Health & Ventilation Indexes, more www2.gov.bc.ca/gov/content/environment/air-land-water/air

**1.887.952.7277** RAPP Line - report polluters and poachers. 24/7 Hotline

#### **Climate Change**

Together we can continue making steady progress to a low-carbon future that protects our ecosystems & quality of life. See BC's Climate Leadership Plan www2.gov.bc.ca/gov/content/environment/climate-change

1.800.663.7867

1.800.661.8773 TTY

#### **Forest Fire Reporting**

Nearly one-third of all BC wildfires are reported by the public resulting in immeasurable savings: property, forests http://bcwildfire.ca/prevention/reporting.htm

**1.800.663.5555** Report a wildfire \*5555 Toll Free on most cell networks

#### MSP Premium Reduction/Elimination

Effective January 2018, MSP premiums were reduced by 50% and will be eliminated January 1, 2019
1.800.663.7100

#### Office of the Seniors Advocate

Has scope to examine & advocate for seniors on issues related to health care, personal care, transportation, housing, income supports, and make recommendations. Latest reports on web. Information/referral specialists available to help find seniors' programs and services.

Sign up for newsletter www.seniorsadvocatebc.ca/reports/ 1.877.952.3181 M-F 8:30am-4:30pm

### Members of Legislative Assembly www.leg.bc.ca

- Kelowna-Mission
   Steve Thomson, MLA
   Steve.Thomson.mla@leg.bc.ca
   101-2121 Ethel Street, Kelowna
   250.712.3620
- Kelowna-Lake Country
   Norm Letnick, MLA
   Norm.Letnick.mla@leg.bc.ca
   101-330 Highway 33 West, Kelowna
   250.765.8516
   1.866.765.8516
- Kelowna West
  Ben Stewart, MLA
  Ben.Stewart.mla@leg.bc.ca
  3-2429 Dobbin Road, West Kelowna
  250.768.8426
  See our ad on page 3
- Penticton
   Dan Ashton, MLA
   dan.ashton.mla@leg.bc.ca
   210-300 Riverside Drive, Penticton
   250.487.4400
   1.866.487.4402

#### Ombudsperson, The Office of

BC's Independent Voice for Fairness Receives enquiries and complaints about practice and services of public agencies within its jurisdiction <a href="https://bcombudsperson.ca">https://bcombudsperson.ca</a>
1.800.567.3247 Mon-Fri 8:30am-4:30pm

#### Service BC

Your source for frontline government services and information. Check web for available services at each location www.servicebc.gov.bc.ca

**1.800.663.7867** Mon-Fri 7:30am-5pm

#### Vital Statistics Agency

Birth Registration/Certificate, Adoption, Death, Marriage license, Legal changes of Name, wills, registry information. Monday to Friday 8:30am-4:30pm www2.gov.bc.ca/gov/content/life-events 305-478 Bernard Avenue, Kelowna **250.861.7500** Mon-Fri 8:30am-4:30pm **1.888.876.1633** Order, pay by credit card

#### **Federal**

#### **BC Climate Action Tax Credit**

Tax-free quarterly payment that helps low income individuals and families with the carbon taxes they pay www.cra-arc.gc.ca/bnfts/rltd\_prgrms/bceng.html

#### Canada Border Services Agency

General border services information; for in-depth information, speak to an officer 8 am to 4 pm Monday to Friday www.cbsa.gc.ca check current wait times 1.800.461.9999

1.866.335.3237 TTY

#### Canadian Heritage

We work with national cultural institutions to promote culture, the arts, heritage, official languages, citizenship & participation, as well as Aboriginal, youth and sport initiatives. Agents available to answer questions M-F 5:30am-2pm PT www.pch.gc.ca

1.866.811.0055 1.888.997.3123 TTY

#### **Health Canada**

Responsible for helping Canadians maintain and improve their health while respecting individual choices, circumstances. It ensures that high-quality health services are accessible, and works to reduce health risks.

www.hc-sc.gc.ca

1.866.225.0709

1.800.465.7735 TTY Service Canada



## Learn the signs of stroke



rms can you raise both?

peech is it slurred or jumbled?

ime to call 9-1-1 right away.

Act FAST because the quicker you act, the more of the person you save. by another icon or words in English are trademarks of the Heart and Stroke Foundation of Canada

#### **Immigration & Citizenship**

Apply to visit, study, work or immigrate to Canada, apply for citizenship, a permanent resident card or refugee protection, check application status www.cic.gc.ca

**1.888.242.2100** Call Centre Agents Mon-Fri 8am-4pm **1.888.576.8502** TTY Mon-Fri 8am-4pm

#### **Income Security Programs**

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement www2.gov.bc.ca > Click on 'Family & Social Supports', then 'Seniors', then 'Financial & Legal Matters', then select 'Income & Securities Programs'

**1.800.277.9914 1.800.255.4786** TTY

#### Indigenous Services Canada Crown-Indigenous Relations & Northern Affairs Canada

Arts, Culture, Heritage. Acts, Agreements, Treaties/Land Claims, Benefits & Rights, Education, Employment, Social programs, Infrastructure and Housing, and more... www.aadnc-aandc.gc.ca

**1.800.567.9604 1.866.553.0554** TTY

#### Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation and enjoyment

www.pc.gc.ca

1.888.773.8888

1.866.787.6221 TTY

**1.877.737.3783** Reservation service https://reservation.pc.gc.ca/ParksCanada

#### **Members of Parliament**

- Stephen Fuhr, MP
   Kelowna-Lake Country
   https://sfuhr.liberal.ca
   102-1420 St. Paul Street, Kelowna
   250.470.5075
   See my ad on page 43
- Dan Albas MP, Central Okanagan-Similkameen-Nicola www.danalbas.com
   2562B Main Street, West Kelowna 1.800.665.8711 See my ad on page 97

# 2018/19

## OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

Dec. 20. 2018 Jan 29, 2019 Feb 26, 2019 Mar. 27, 2019

Apr. 26, 2019 May 29, 2019 Jun. 26, 2019 Jul. 29, 2019

Aug. 28, 2019 Sep. 26, 2019 Oct. 29, 2019 Nov. 27, 2019

#### INFORMATION ON PAYMENTS

Old Age Security & Canada Pension Plan payments are automatically deposited in Canada on the above dates.

If you have not requested payment by automatic deposit, your payment will arrive at your home address by mail during the last three business days of each month.

#### **Passport Canada**

Capri Centre Mall, Kelowna **110-1835 Gordon Drive** M-F 8am-5pm www.cic.gc.ca/english/passport/ **1.800.567.6868** M-F 7:30am-8pm ET 1.866.255.7655 TTY

#### Service Canada

Full service centres offering a mix of information and transactional services

#### 471 Queensway Avenue

Information on gov't. services, programs www.servicecanada.gc.ca

1.800.622.6232 1.800.926.9105 TTY

#### Travel & Tourism

Information on how to have a safe and enjoyable journey whether you are travelling in Canada or abroad. Web site evolving to offer an ever growing wealth of information on destinations, travel documents, travel health, returning to Canada, much more. See web for links to a wide range of travel topics www.travel.qc.ca

#### Veterans' Affairs Canada

Dedicated to promoting the health and well-being of Canadian veterans and providing programs and services for them www.veterans.gc.ca

#### 313-471 Queensway Avenue, Kelowna **1.866.522.2122** Mon-Fri 8:30am-4:30pm

- VAC Assistance Line: Reach a mental health professional 24/7
  - 1.800.268.7708
- Bureau of Pensions Advocate free

legal aid help for people who are not satisfied with decision for their claims for disability benefits 1.877.228.2250

#### Weather Information

**Environment Canada Weather Service** Weather, Alerts, Marine, Air Quality, Analyses and Modelling, Past Weather www.weather.ac.ca

#### Weather Information Weather One-on-One:

Telephone consultation service with an Environment Canada professional 5 am to 9 pm weekdays, 6 am to 6 pm weekends and holidays www.ec.gc.ca Search for Weather Oneon-One

Fee: \$2.99 per minute 1.900.565.5555 Service by Credit Card:

- 1.888.292.2222 by cell, use credit card
- Consultations services also available **1.900.565.6565** for Marine Weather 1.900.565.1111 for Climate Weather

#### Weather Information

Includes air quality information and high elevation travellers forecast. Seven day forecast for the Central Okanagan www.weather.gc.ca

**250.470.5155** Recorded message





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Heart & Stroke Foundation
Kelowna Women's Shelter
Sing for Your Life Foundation
UBC Okanagan
War Amps, The
CHEESE FACTORIES
The Village Cheese Company
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