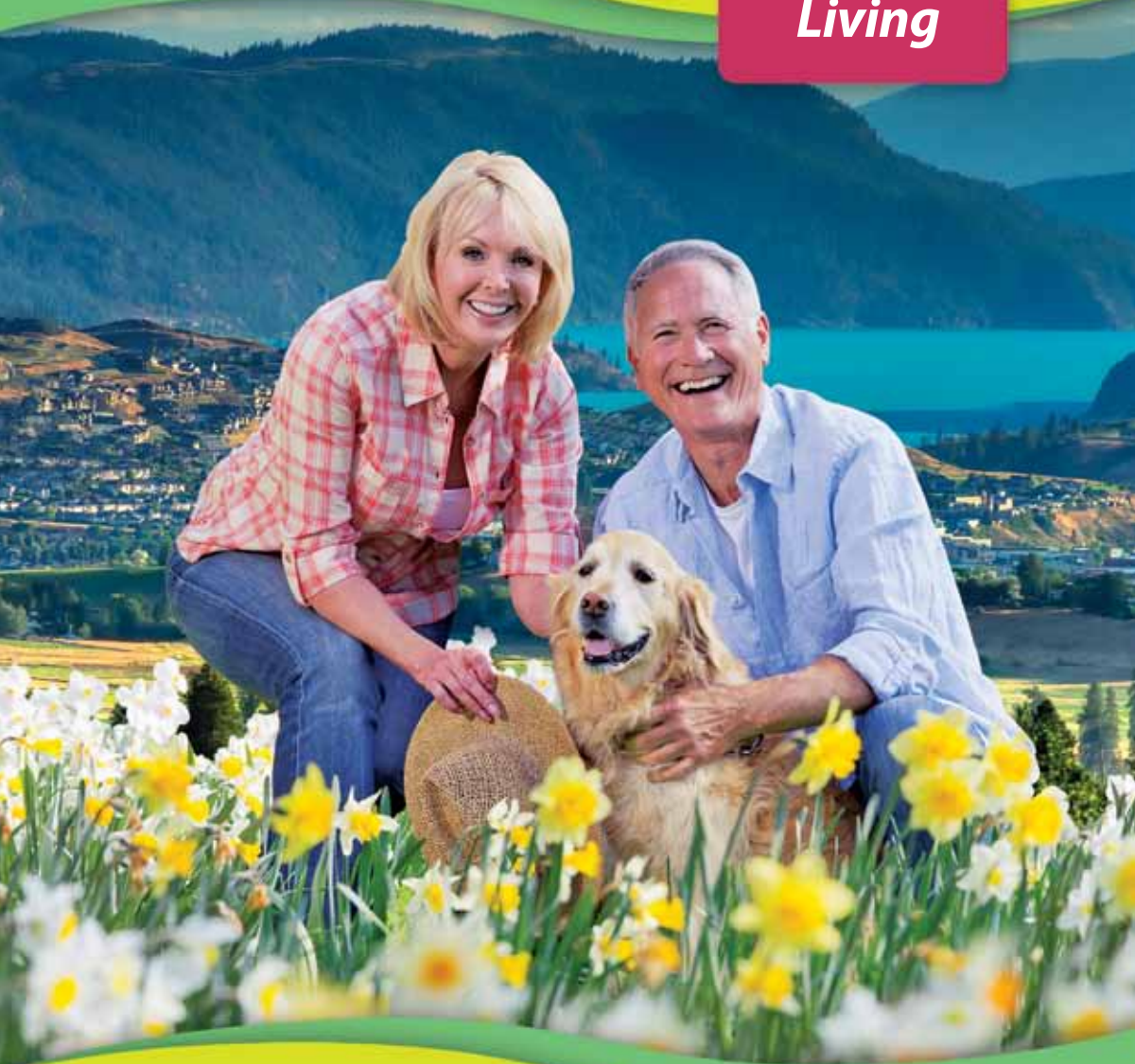


Community Guide
to Better Living

2017

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- Todd Dew



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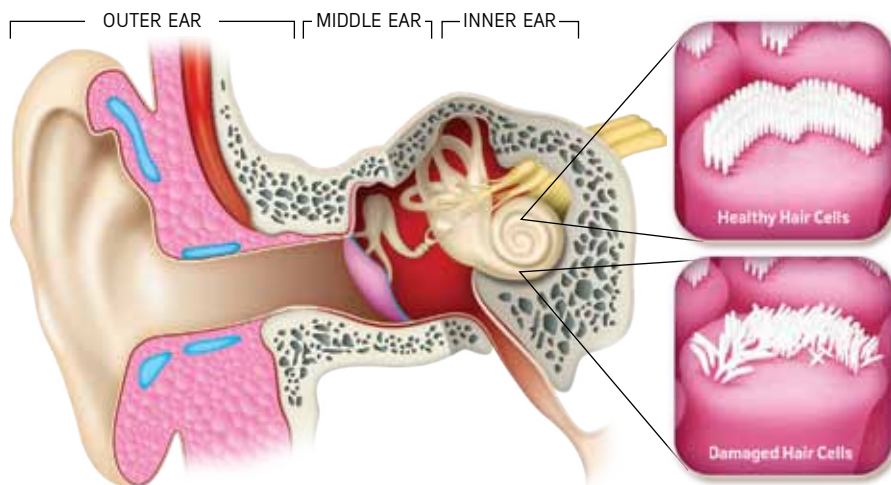
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Vernon

3100 35th Street

1-888-698-0274

Greetings from the Mayor of Vernon...



We welcome you to enjoy all that Vernon offers -- from champagne powder snow to dazzling lakes and people so friendly you feel like you never want to leave.

Vernon is known for its climate, spectacular vistas and relaxed lifestyle. Our small city is an active community that offers abundant recreational and cultural amenities.

The City has developed an

international reputation as one of the most desirable areas to live and do business in Canada.

We are surrounded by beautiful lakes and provincial parks, and offer visitors everything from a world-class Nordic Centre and mountain resorts, beautiful and challenging golf courses and a world-class spa resort – all just minutes from our historic downtown. Cultural events, festivals and celebrations add even more charm to our community. In the warmer months, there is live music, outdoor theatre, sports tournaments, biking, hiking and wine festivals. Cooler weather allows you to enjoy our famous Vernon Winter Carnival, hot air balloons and snow sculptures.

Our area is rich in history starting with the Interior Salish who made their home here until the early 1800's. Much of our history is painted on the 27 murals that grace our downtown buildings.

The North Okanagan is well known for many things, but did you know that there's hidden treasure? Many people have travelled from as far away as Europe, Israel and the USA just to spend a day digging through the dirt and rock to find glimmering gemstones from Canada's first, and only, commercial opal deposit.

Vernon is easily accessible by air, rail and road networks.

The Kelowna International Airport is located a very convenient 25-minute drive from downtown Vernon, offering domestic and international connections for goods and services as well as passenger travel.

We are proud of our City and there is much to see and do whether you live here or are just visiting. Make sure to check out Experience 50+ Living website and their print publication for a multitude of valuable information.

Warm regards,


MAYOR MUND



Experience[®]

North Okanagan Shuswap

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Experience 50+ Living, Community
Guide to Better Living, is produced
by RRH & Associates and is
distributed to more than 275
locations throughout the North
Okanagan Shuswap

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If, however, an error comes to
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sincere apologies and notify us.

Thank you!

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Lawn & Garden Care Tips

from the RDNO

When landscaping, make environmentally friendly choices that help reduce water bills and make for an easier yard to maintain.

Plan – Avoid hills as the lawn can dry out quickly and sprinkled water runs away from the roots. Think about terracing. Dealing with a high traffic spot where grass just won't grow? Try stepping stones surrounded by a low-maintenance groundcover like Wooley Thyme. Plant in the fall or spring to avoid the summer sun and give new plants/seeds a better start.

Minimize Lawn – Think about how much lawn you actually use. Other groundcovers like Creeping Jenny or low maintenance shrubs may be a better choice. Making room for shade trees will keep temperatures lower and reduce evaporation. Shrubs provide visual interest and need little maintenance compared to weekly grass mowing.

Group Like with Like - Plants with similar water needs should be planted together. Higher water need plants like hanging baskets should be closer to the home so they are easier to hand water frequently while more drought tolerant plants can be irrigated separately.

Plants – Pick low water demand plants suited to your climate to avoid maintenance headaches. Happy plants make for happy gardeners! Visit www.makewaterwork.ca for waterwise plant ideas.

Compost and Mulch - Mulching can cut evaporation by half. Use mulch like bark




chips, hay, grass clippings, or leaves to avoid heat gain associated with rock mulch. Compost will promote water penetration and retention. Lawns can be top dressed with compost in the fall (sprinkle ½ inch and rake over grass) to improve the soil over time.

Don't Over-mow - Set your lawn mower one notch higher to make your lawn more drought-tolerant.

Water Wisely - Water at night or in the early morning, when wind is low. Irrigate lawns to provide a good soaking (about 1 inch of water per a week). Place a shallow pie plate under your sprinkler and time to fill, then it is time to turn off the sprinkler or move it. Avoid run-off - if there are puddles, water for a shorter period then take a break and water again later that day (e.g. 15 min. in morning and 15 min. in evening).

Experience Helps - Irrigation professionals understand the latest technologies and local conditions. Look for Irrigation Industry Association of B.C. Certified Irrigation Technicians.

Leaks - Check your water meter when no water is being used. If the meter numbers change, or you see the red leak dial/triangle move, you probably have a leak. Check your irrigation system for pooling and clogged, misaligned, or missing sprinklers monthly. 

Jennifer Miles

Water Sustainability Coordinator – Greater Vernon Water Regional District of North Okanagan
250-550-3684 • www.rdno.ca/waterwise

MakeWaterWork *in your yard!*

Spring or Fall is a great time to re-seed or re-plant your lawn with drought tolerant turf - it's more successful when planted in cooler months! Or makeover your yard with WaterWise plants that are easy to care for and look great year round
Get plant ideas at www.makewaterwork.ca



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Legacy Giving

We are told there are three certainties in life: birth, taxes, and death.

When discussing the first two with our children, there are some difficult questions that arise, and they usually start

with “Where...or why...?” We delve into the conversation and hope we can explain things like “Where do babies come from?” and “Why is my first paycheck so much less?” We are on an endless journey teaching our children how to accept certainties and to approach life in the best way we know how.

The third certainty, death, is almost a taboo subject with most folks. But in talking to our children about death, our wishes, and how we would like to be remembered, comes another lesson; how to be selfless. All that truly lasts is how we affect the lives we touched while we were living.

With Shuswap Community Foundation you can set up a Legacy for you and your family with an endowment fund. An endowment fund is a forever legacy and a generous commitment to giving back to your community. You and your family can build this fund, receiving charitable tax receipts which can be applied to reduce your income tax.

A bequest from your estate will continue to grow the fund, and your children and your children's children can stay involved in the endowment for many years to come.

Each legacy gift tells the story of a special person and that person's hope for future generations. These meaningful gifts of all sizes have an enormous impact on the Shuswap communities. So the discussion of death can really be about teaching selflessness.

Involving your children and grandchildren in philanthropy is an excellent way to share your beliefs and your values. A family endowment fund established with a community foundation is a great place to start. Shuswap Community Foundation has begun a Matching Funds Program. This program helps establish a discretionary fund where your donation will be matched dollar for dollar by us to build your legacy.

A Board Director or a staff member at Shuswap Community Foundation would be pleased to discuss the various types of funds, such as discretionary or donor directed, with you. **E**

The foundation of my community starts with you – and me.

A donation to the Shuswap Community Foundation will provide sustainable funding for the community and the cause you love today, tomorrow... forever

Contact us to start planning your legacy today!

www.shuswapfoundation.ca
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The Community Foundation of the North Okanagan - Helping Donors Make a Difference Forever

The Community Foundation of the North Okanagan is community inspired. We listen to donors, and help them meet their charitable goals by finding ways to help them give. We support charities by funding projects that create meaningful and lasting impacts through grants.

Our structure is unique. We work with individuals, corporations and charitable agencies to create permanent endowment funds, then invest this money and use the income to support thousands of charities. And because the original capital is endowed, the funds generate income in perpetuity. **E**

We started an endowment fund with the Community Foundation as a way to ensure the charities we support now will continue to receive our support long after we are gone. It is rewarding to know that we have started a legacy that will support the community we call home forever.

- Gary & Sandi Huston

The Community Foundation of the North Okanagan connecting people who care with causes that matter since 1975.

Leanne Hammond, Leanne@cfno.org
250-542-8655, Cell 250.300.6061 www.cfno.org



The Community Foundation of the North Okanagan, providing sustainable funding for the community and the causes you love today, tomorrow... forever.

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Contact us to start planning your legacy today!
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Seniors built the beautiful province we thrive in.

You've raised families, created jobs, contributed to our local economy, given us your wisdom and shared your experience.

Now it is our turn to support you. As the MLAs for Shuswap and Vernon Monashee, we're proud to support seniors and this directory. In it is listed numerous ways for you to enjoy the bountiful area we live in, from recreational activities to volunteer opportunities to health and housing information. This guide provides valuable information to help you live your life to the fullest and take advantage of everything our region has to offer.

As your MLAs, we are proud to be at your service when you need it. Don't hesitate to call, email or visit our offices anytime!

Sincerely,



Greg Kylo, MLA
Shuswap



Eric Foster, MLA
Vernon-Monashee

(250) 833-7414
www.GregKylloMLA.ca

(250) 503-3600
www.EricFosterMLA.bc.ca

Greater Vernon Museum & Archives A Fascinating Glimpse into North Okanagan History

Anyone who tells you that one museum is pretty much like another, probably hasn't been to many museums. In fact, every museum has its own flavour, based upon the unique history of the community it represents and the events and tragedies that formed it. The Greater Vernon Museum & Archives is a fascinating glimpse of the history of the North Okanagan. The history begins with the plants and animals native to the area and includes significant natural history exhibits. Human occupation in the valley began with the Okanagan Native people, who came here thousands of years ago. Their unique culture is unveiled through the artifacts that they made and demonstrates their closeness to the land. In more recent times, the fur traders arrived on the scene, followed by the miners searching for gold in the creeks of the Okanagan. After them came the cattlemen who saw the rich bunch grass ranges and decided to stay and make their homes in the valley. For a time, cattle was king but, with the completion of the Canadian Pacific Railway in 1885, settlers began to pour into the region

and the little town of Vernon came into being. Orchards began to replace the ranch lands and soon Vernon was the largest city in the Okanagan. The museum tells the story of its growth in a series of exhibits, including an entire re-created street. Since Vernon became the home of a military camp prior to World War I, which became a major training camp during both wars, the museum has extensive exhibits of military memorabilia. And, in keeping with its commitment to depict the culture of the area, the Allan Brooks Gallery has a wonderful collection of watercolours, paintings, pottery, and one of the best collections of carved argillite in the province. There's a surprise around every corner in the Vernon Museum. **E**

Ken Mather – Greater Vernon Museum & Archives
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www.vernonmuseum.ca
Facebook.com/vernonmuseum



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Tel: 250.493.6245

Helping Newcomers to Vernon

Photo Credit: Cierra Carlyle

Vernon Immigrant Services

helps Newcomers who are in the settlement process by mitigating the challenges of adapting to a new country forging a pathway to attain settlement goals.

A Not-for-Profit, one-stop-shop, 27 years offering the full range of settlement services including needs assessments, information, orientation, workshops, formal language training (LINC Classes), Citizenship Classes, (CLB) Assessments, volunteer



mentoring, training, childminding, translation & interpretation, employment-related services, preparing job seekers for Canadian

employment; includes job search, career planning, accreditation assistance, and job development.

Vernon is a community with strong settlement services providing an important resource to enable Newcomers to make Vernon their permanent home. **E**

- Settlement and Integration Program
- Language Instruction for Newcomers to Canada
- Community Connections Tutoring Program
- Interpretation and Translation Services
- Employment & Career Services; Credentialing
- Childminding Services

Vernon & District Immigrant & Community Services Society has been assisting all ages of individuals and their families in the 7 surrounding communities for nearly 3 decades with Settlement Integration, Employment Services, English as a Second Language Classes offered year round. These services are free for Permanent Residents, Refugees, Visible Minorities, naturalized Canadian Citizens, and TFWs; (check for eligibility). Services on-site available in English, French, Spanish, Russian and German. VDISS hosts the Community Language Bank; other languages are available through this Bank.



Vernon & District Immigrant & Community Services Society

100 -3003 30th Street,
Vernon
250-542-4177
VDISS@shaw.ca
www.vdiss.com

Loosen *the* Nails



On a cool spring morning in 1929, a small crew from Okanagan Falls set off to a deserted mining camp some 16 miles away from home. Their mission: to dismantle an old wooden church and bring it back to Okanagan Falls. The plan called for a controlled blast of four dynamite sticks inside the church in order to “loosen the nails”. Odd as it may seem, the explosion spared the wood from damage during dismantling. Save for losing the steeple, the plan succeeded. Now, the 120+ year old wooden church stands proudly in its second home of Okanagan Falls and operates as a United Church with Sunday

service every week. They proudly display a sign in their front yard proclaiming themselves to be the “blasted church”.

Blasted Church Vineyards celebrate the ingenuity of this initiative, and honour these pioneers for their vision, steadfastness and craftsmanship.

Blasted Church Vineyards, located in Okanagan Falls, is renown for its irreverently-named products and quirky wine labels. It's tasting room is open 7 days per week between May 1 and October 31. www.blastedchurch.com 

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BC “CHAMP” Benefits from Key Tag Service Now in its 70TH Year

With **The War Amps 2016 Key Tags** now being mailed across the country, the service marks 70 years of returning lost keys to their owners. Donations to the Key Tag Service fund our many programs for amputees, including war amputees, adults and children. Thirteen year-old Owen Greaves, of Richmond, is one of these.

Owen, born a left hand amputee, is a member of The War Amps Child Amputee (CHAMP) Program, and has received financial assistance for the cost of artificial limbs and recreational devices. Growing up, he has also attended regional CHAMP seminars where Champs and parents learn about the latest in artificial limbs, dealing with teasing and bullying and parenting an amputee child.

“The seminars have been a great way for Owen to meet kids just like him and know he is not alone. The financial support for recreational devices has also been very important for Owen to stay active,” says mom, Nina.

Owen enjoys all types of outdoor activities, including riding his bike. He received a custom made adaptation that allows him to safely hold onto the handlebar. “It gives me more control when steering and allows me to concentrate on pedalling rather than turning,” says Owen.

The War Amps Key Tag Service was launched in 1946 so that returning war amputees could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association’s programs. The Key Tag Service continues to employ amputees and people with disabilities.



Owen using his bike device thanks to public support of the Key Tag Service.

Each key tag has a confidentially coded number. Should the keys be lost, the finder can call the toll-free number on the back of the tag, or deposit them in any mailbox, and the keys will be returned to the owner by bonded courier.

“Thanks to the public’s support of the Key Tag Service, young amputees like Owen are able to live full and active lives,” says Danita Chisholm, Executive Director of the CHAMP Program.

You can also continue the legacy of “amputees helping amputees” with a charitable bequest or gift in your will. With your help, The War Amps will continue to meet its commitments to children – and all amputees – long into the future. **E**



Key Tags at Work for
— 70 Years —




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 Salmon Arm and Vernon meeting information, see the Stroke Recovery listing on page 89. 



Audrey



The War Amps **Leave a Lasting Gift**

You can continue the legacy of “amputees helping amputees” with a charitable bequest or gift in your will. With your help, The War Amps will continue to meet its commitments to children like Audrey – and all amputees – long into the future.

For information about leaving a gift in your will, please contact us.

The War Amps
1 800 363-4067
plannedgiving@waramps.ca
waramps.ca

The War Amps does not receive government grants.
Charitable Registration No.: 13196 9628 RR0001

Stay socially connected online!



It's rare these days to come across people who don't use some form of social media to stay connected to friends and family, to do research online, read reviews, or simply follow the exploits of their neighbour's cat.

By far the most popular network is Facebook – also the one that causes the most fear that someone out there will have access to your personal info. Follow some best practices to keep your experience positive. Only “friend” people you know, don't share personal info such as passwords or birthdates, and remember to check your privacy settings on a regular basis to make sure nothing has changed.

Password tip: if you post about your cat Fluffy a lot, makes sure “Fluffy” is not also your

password. That's the first thing a spammer will try to use to break into your account.

What about Twitter? With only 140 characters for each “tweet” that's not a lot of space. Think of it as the headline of social media. Short updates that include a link or photo with more information about the news or an event are best. And don't forget hashtags. This clickable terms are simply words or phrases with the pound (#) sign in front of them. Favourites from us at ORL: #orlreads and #librariesmatter.

Once you get used to hashtags, and if you love photos, it's time to explore Instagram. This visual network is meant to show the world, in photos, what you are doing “this instant”. Unless you post a #latergram!

Connect with the Okanagan Regional Library on all three networks. We have lots of news on our Facebook page (www.facebook.com/OKRegLib/), where you can also subscribe to ORL events and get an alert when we post a new event.

On Twitter and Instagram the ORL username is @orlreads. Feel free to tweet us questions and comments, and tag us in your photos - we'd love to see you online! 

Allison Markin

Social Media and Digital Public Relations
Okanagan Regional Library • www.orl.bc.ca

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Connecting Curious Minds



A Day in Downtown Vernon

Start your day off by grabbing a coffee at the many cafes in Vernon's downtown core, as you're sipping on your latte and enjoying a light breakfast you can start to plan how you'll be spending your day downtown.



Civic Plaza comes alive as over a thousand people gather to enjoy live music for the Civic Sounds concerts. Bring your lawn chair and enjoy an evening of entertainment with your family and friends.

If you're lucky you might be in town on one of the Saturday Shop Local Days, Shop Local Days are customer appreciation days for the shoppers in downtown Vernon. Businesses will be offering amazing deals and promotions. Downtown Vernon offers a little bit of everything from clothing to homeware so you are sure to find something you like.

Keep your eyes peeled while reading the paper so you are sure not to miss any of the other events the Downtown Vernon Association puts on every year. The third Saturday in June, all of 30th avenue is shut down for the annual Sunshine Festival. With over 150+ vendors, 2 stages with live music and many different activities, from climbing walls to adult obstacle courses and dunk tanks.

On Wednesday's in July and August make sure you wander down to Justice Park at noon and sit back and enjoy the live music that happens every week for the Jammin' in Justice Concert series. Your afternoon can be spent shopping at the many boutiques downtown.

On Thursday's in July and August at 7pm,

As it starts to get darker there is a chance of running into a Friday Curbside Night Market throughout the summer. You'll be able to explore all the different vendors, eat some delicious food and enjoy the bands that are performing. The evening also invites you to enjoy the many restaurants downtown Vernon has to offer.

Fall in downtown Vernon offers you to chance to participate in the Fall Fare, as many of the downtown restaurants will be providing a fixed price menu to choose from. Ranging from \$15-\$45.

All throughout the year we make sure there is always something going on for the community to enjoy. From summer mural tours, to markets, family events and of course the Christmas Light Up.

A day downtown is always memorable when you are exploring the beautiful Downtown Vernon. **E**

Contributed by: **Downtown Vernon Association**

For more information on what's happening in Downtown Vernon visit: www.downtownvernon.com or contact us at 250.542.5851 info@downtownvernon.com



1



Safety Programs & Crime Prevention



The Community Safety Unit reminds everyone of their free services and educational programs: Information on Personal Safety, Frauds, Cons & Scams, Identity Theft, Internet Safety, Scooter Safety, Citizens Patrol, and Block Watch. Awareness is the key for family, friends and relatives.

For more information, contact or visit the Community Policing Office

2900 32 Avenue, Vernon • **250.550.7840**

Visit our website: www.vernon.ca/homes-building/community-safety/community-safety-office

2



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Schubert Centre Society of Vernon *by Cam Luckock*



The Schubert Centre mission is to help seniors maintain a variety of social and recreational programs and services which are based on the abilities and interests of the membership. The Schubert Centre was established in 1981 based on a need and a vision in our community and with coordinated effort moved to its current Vernon location in 1983. It was planned, designed and built by the Knights of Columbus and turned over to the Schubert Centre Society of Vernon on January 1, 1991.

The naming of the Schubert Centre honours the pioneer, Catherine Schubert. In 1858, miners discovered gold in the Cariboo, British Columbia. A pack of gold seeking men were bent on following the "overland" route to the West. Augustus Schubert decided to join them. His wife Catherine refused to be left behind and she walked across Canada with her husband and three children, all the time pregnant. She became the first European woman to enter B.C. over land and her newly born daughter, Rose, was the first European child born in B.C. In 1881, Augustus gave up the quest of gold. Instead, the family bought a farm in their newly found homeland and prospered there. Augustus died in 1908 and Catherine moved to Armstrong, B.C. where she was an important part of the community there until her death in 1918. Catherine Schubert had accomplished something great and it was her determination, endurance, and the ultimate love for her family that is etched in time and now featured at the Schubert Centre in Vernon.

There is a constant renewal and growth of membership from many parts of Canada with connections to various parts of the world often to lend an ear or share a story of life experience. Members and guests are welcomed as new friends and neighbours and enjoy programs and activities to suit all tastes including: dancing, tai chi, art classes, crafters, quilters and a variety of card and table games that run six days a week. The Coffee Shop serves up hot lunches and hours are 8am to 4pm Monday to Saturday and provides Happy Hour every Friday. The Centre also includes a "Thrift Store" with women's and men's clothing, household items and more. Do a little shopping and stop in for a coffee. Monthly features include a Pancake Breakfast with pancakes, bacon, syrup and all the trimmings. The monthly Birthday Lunch provides great food, entertainment, welcoming friendship, wonderful service and prize draws. You can bring your friends and have a party. Meals on Wheels are also available for people of all ages who are infirm or convalescing.

The Schubert Centre runs with the contributions of approximately 150 volunteers supporting the many various programs and activities and much more. The volunteer opportunities provides not only self-fulfillment but also contributes significant service to the many that pass through the doors of the Schubert Centre. The Centre is available to host meetings and events of various sizes including: wedding, banquets, Celebrations of Life, school reunions, you name it. **E**



Catering and Hall Rentals

- Weddings, Celebrations and Banquets
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50+ Hot Spot Since 1984

We are dedicated to Social, Educational and Recreational activities for those 50+ in and around the Vernon Area. Schubert Centre offers a wide range of daily, weekly and monthly activities and services for those 50+, their friends and family, and continued involvement in the community they love. Come visit our coffee shop and find out about exciting events and programs.

Building a better community by supporting independence and quality of life through the promotion of health and well being



Meals On Wheels

Meals on Wheels

- Provided by Schubert Centre Catering
- Affordable, hot, nutritious & delicious meals @ noon
- Delivery in Vernon, Coldstream & areas
- Delivered Monday, Wednesday, Friday by volunteers
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**To volunteer, call Deanna at 250-542-9229
or email to schubertcentre@shaw.ca**



For inquiries call Jack Gareb: **250-549-4201**

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T: 250-549-4201 F: 250-549-2249
www.schubertcentre.ca

Music and Memory



A new program at Pleasant Valley Manor in Armstrong has hit all the right notes with staff, residents and their families.

With financial support from donors to Vernon Jubilee Hospital Foundation, including Armstrong Legion, the Armstrong Age-Friendly Society and private donations, the program was launched in the fall of 2015, becoming one of two Interior Health residences to be certified as a Music and Memory facility and the tenth residential care home to be certified in British Columbia.

Therapeutic recreation specialists Candace Hitch and Jennifer Hagen implemented the US-based program, which helps enhance communication and cognitive functions through personalized music playlists.

Based on neuroscience research on the brain's response to music, the program was established in 2006 to help individuals with Alzheimer's, dementia and cognitive impairments improve communication, social skills and emotional well-being.

"It's more than a program, it's part of the care plan that we deliver to our residents," explains Hitch.

"With some residents it's about bringing joy to their lives, relieving boredom and easing anxiety. For others with dementia, the effects can be profound."

During "sundowning" time, which occurs in the late afternoon, many dementia patients can experience distress, anxiety and confusion. Using personalized music with headphones on a resident in the early afternoon before the sundowning period takes effect, helps decrease agitation and aggression.

Debra Colter and her mother Frances take part in the Music and Memory program

"It's not a substitution for medication, but it has shown to reduce the need for additional medications," says Hitch.

"One of the first things we noticed was a resident who would frequently call out for attention, would instead be smiling, tapping her feet and enthusiastically singing. When she has her music, her incidents of calling out for attention have been reduced by about 70%," says Hitch. "She has joy in her life and is content with her music."

Families of residents are also excited about the program says Jennifer Hagen. "Sometimes visiting a family member with impaired cognition can be difficult as family members struggle to find things to talk about and ways to connect with their loved ones. With Music and Memory, we provide shared headphones, so families can spend quality time together bonding through music."

Debra Colter's 93-year-old mother Frances was one of the first residents to take part in Music and Memory in Armstrong. "I think it's an awesome program," says Colter. "Since Mom started, her cognition has improved to where I can actually have a conversation with her now. Before it was just jabber; she couldn't get a thought out. I cannot believe she's come this far."

Debra attributes her mother's improved cognitive function to the program. "She is having conversations when she literally couldn't before."

While listening to her music, Frances exclaims, "It makes me want to run and jump and hop."

Choosing the right music for a personalized play list involves an interview process with the resident and family that usually takes up to an hour. Once staff has compiled information on the resident such as where they grew up, music and singers they liked, and what type of lifestyle they had, they work on developing and fine-tuning the list of songs. An average play list is about 25 songs that can be changed after a period of time. The program costs \$100 per resident to purchase the iPod, music and headphones.

Not only are residents feeling the benefits, staff are enjoying the positive results too. "When residents are happy and smiling, the whole atmosphere of our residence helps to increase morale and make easier interactions between caregivers and residents," says Hagen.

In his 13 years as a care aid at the residence, and now Housekeeping Supervisor, Reg Bernard has seen many different programs come and go, but noticed a difference with Music and Memory. "This program is dramatic. I've noticed residents who had experienced irritability become jubilant. Others are singing out loud and completely calm."

Flo, 93, slowly rocks her wheelchair back and forth as she hums along to her favourite tunes such as, 'When Irish Eyes Are Smiling'.

"I love music," she says. "What's better than music? Nothing, except dancing," she smiles. "Sitting here can be boring, but music makes it wonderful." **E**

Eleanor Diekert, Project Officer
Vernon Jubilee Hospital Foundation
250.558.1200 ext. 5733
www.vjhfoundation.org

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Your donation to Vernon Jubilee Hospital Foundation helps fund new equipment, special projects & staff education for the hospital, residential care facilities, and community & mental health programs in the North Okanagan.



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Discover this beautiful park set on 40 acres of pioneer Shuswap farm land. R.J. Haney Heritage Village & Museum is the Shuswap's largest heritage attraction. As you step back in time explore the Village, covering 12 acres of the park you can discover our pioneer history in the 14 original or replica buildings that tell stories of Salmon Arm. Take a walk on our 2.34 km nature walking trails taking you through four climatic zones. Enjoy a guided interpretive tour through 1910 Haney house or explore the Village on your own with our self-guide tour.

Explore the Museum and the stories told in the exhibits. Visit Marjorie's Tea Room, open May – September, Wednesday thru Sunday, from 10:00 am – 4:00 pm and serves tea goodies, beverages, and a homemade daily lunch special featuring recipes from many of our local pioneers.

Always popular, Dinner Theatre is a great pioneer meal and entertaining play full of original musical scores and humorous tales tell the history of the area. Dinner theatre is a highlight of Salmon Arm's summer entertainment and one you won't want to

miss. Shows are Wednesday, Friday and Sunday during July and August. Reservations are a must! Book early and bring your family and friends.

The Village is located just minutes east of Salmon Arm at 751 Highway 97B. Open May 10th – September 23rd, Wednesday through Sunday, 10 a.m. to 5 p.m. - July and August open 7 days a week. Admission is by donation. The Village is a great place to visit with friends and family! With a variety of sights to see and explore, spend the whole day getting to know Salmon Arm's history at the Village.

For more information, hours of operation or events contact us at 250-832-5243, email info@salmonarmmuseum.org or like us at facebook.com/Haneyheritage. See our website at www.salmonarmmuseum.org. 

Susan Mackie, General Manager
Haney Heritage Village, Salmon Arm

R.J. Haney Heritage Village & Museum



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Museum & Archives open all year Tues, Wed & Thurs 10am to 4pm



Visit www.salmonarmmuseum.org for hours and event information.

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NexusBC Making a Difference



Mrs. Miller is happy to have Better At Home volunteer driver Michelle help her with transportation to appointments and for groceries.


As a community with the percentage of seniors higher than the national average, Vernon is very fortunate to have so many services available for our aging population. One community organization making a big difference in the lives of North Okanagan seniors is NexusBC Community Resource Centre, thanks in a large part to the help of many local volunteers.

NexusBC is a non-profit organization serving the North Okanagan. They assist seniors age 60+, their families, caregivers and the community to access services which empower seniors to maintain their independence and improve their quality of life. The range of services includes information on housing, transportation, home support and more. As well, NexusBC's large resource databank can direct seniors to community organizations for help with legal, tenancy and elder abuse issues. Volunteers are available to help with filling out applications for Shelter Aid, Canada Pension Plan, Old Age Security and the Guaranteed Income Supplement. During tax season, volunteers provide free basic tax returns for low-income seniors thereby preserving their benefits and financial entitlements for yet another year.

For seniors living in their own home and needing some assistance, the North Okanagan Better At Home Program is a

highly valued resource. Services through this program include transportation, grocery shopping, minor home repair, yard work, light housekeeping and friendly visits or outings. With funding from the Provincial Government, service fees are assessed on a sliding scale in order to help seniors afford the services.

For those wishing to learn how to use a computer, NexusBC offers a series of 2 hour workshops for absolute beginners age 50+. The first workshop starts with powering up a computer, using a mouse and keyboard and becoming familiar with a computer's main features. Subsequent workshops explore how to organize and retrieve your digital files, how to set up an email account to send and receive messages, find information on the Internet and how to access and use Facebook. All workshops are offered in a language that beginners will understand.

In order to offer these services, NexusBC relies on the support of more than 30 volunteers. And more volunteers are always needed. If you enjoy the company of seniors and care about their well-being, there are a variety of ways you can help. Volunteers are needed to drive seniors to appointments and for grocery shopping; to help with light yard work and minor maintenance such as changing a light bulb or fixing a broken step. Friendly visitors are needed to spend time with a senior doing activities you both enjoy. Those that love paper pushing are needed at tax time and those with computer skills are encouraged to help participants when classes are in session. A free criminal record check is conducted on all volunteers. For more information, please visit www.nexusbc.ca or phone NexusBC at 250.545.0585 





nexusBC
Community Resource Centre

*Helping seniors 60+
maintain their
independence and
improve their
quality of life.*



NexusBC **Seniors Services** and the **Better At Home Program** are happy to help seniors with the following:

- ▶ Assistance with CPP, OAS and GIS pension applications
- ▶ Assistance with Shelter Aid for Elderly Renters (SAFER) applications
- ▶ Information on seniors housing
- ▶ Directory of affordable services for seniors including home support and out-of-town rides to medical appointments
- ▶ Free income tax returns during tax season for low income seniors
- ▶ Transportation to appointments and for grocery shopping
- ▶ Light housekeeping
- ▶ Minor home repair and light yard work
- ▶ Friendly visits by volunteers

Located at:

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Phone: **250.545.0585**

Visit us online at

www.nexusbc.ca ▶ seniors

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at Home**

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United Way

The top of the page features a large image of conductor Rosemary Thomson in a blue dress, holding a baton. Overlaid on this image is the Okanagan Symphony Orchestra logo, which consists of the letters 'OSO' in a large, white, sans-serif font. Below 'OSO' are the words 'OKANAGAN SYMPHONY ORCHESTRA' and 'ROSEMARY THOMPSON, MUSIC DIRECTOR' in a smaller, white, sans-serif font.

OSO

OKANAGAN SYMPHONY
ORCHESTRA

ROSEMARY THOMPSON, MUSIC DIRECTOR

Okanagan Symphony Orchestra

See It...Hear It...Love It...


The Okanagan Symphony Orchestra (OSO) is the third largest of its' kind in BC and has entertained residents of the Okanagan and visitors from around the globe with live music and since 1960.

Award winning Music Director Rosemary Thomson, creates a program each year to entertain those aged three to 100 that includes professional orchestral performances, outreach and education, chorus performance, community collaborations to reach new and existing audiences and much more. The OSO is dedicated to bringing the passion of symphonic music to life throughout the Okanagan, while educating, entertaining, and reaching out to all generations.

Our 2016-2017 opens October 21, 2016 in Kelowna with our opening weekend performance in Vernon on Sunday, October 23rd. We invite you to spend a Sunday evening with us and join each month October through May for live music, culture and community as we bring excitement and beauty to our stage at the Vernon Performing Arts Centre.

This season we will perform three fantastic symphonies by Beethoven, Brahms and Mendelssohn as well as Mussorgsky's

towering Pictures at an Exhibition. We also pay tribute to wonderful music from Latin and South America. Our Christmas performance of Messiah will appeal to those who love tradition, and our new collaboration with Ballet Kelowna to celebrate Canada's Sesquicentennial will excite those who love to discover something new. We are excited to share our stage with Canada's pre-eminent soloists, welcoming back audience favourites and introducing new talent to our valley. With a pre-concert chat before each of our Deloitte. Masterworks Series, open dress rehearsals, family matinées, school concerts, preschool activities, library series, the OSO Chorus and the OSYO, there are so many ways to make the OSO part of your life.

Tickets to our Vernon performances can be picked up in person at the Vernon Performing Art Centre, by telephone at 250.549.7469 or online at www.okanagansymphony.com To learn more about the OSO, please visit okanagansymphony.com or by phone 250.763.7544. 

Christina Ferreira

Marketing & Communications
Okanagan Symphony Orchestra

The bottom left section of the page features a photograph of an orchestra performing. Overlaid on the top half of this image is the OSO logo, which includes the letters 'OSO' in a large, white, sans-serif font. Below 'OSO' are the words 'OKANAGAN SYMPHONY ORCHESTRA' and 'ROSEMARY THOMPSON, MUSIC DIRECTOR' in a smaller, white, sans-serif font.

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see it... hear it... love it...

Powers of Attorney - Changes to an Old Favourite

On September 1, 2011, changes to the Power of Attorney law came into effect in British Columbia. However, if your existing document was validly made under the previous provisions it should still be valid, as existing Powers of Attorney were grandfathered under the new provisions.

Even though pre-existing Powers of Attorney may still be valid, when your appointed Attorney acts as your Attorney they will be governed by the new provisions and will have different powers and limitations. If you do not want those particular changes then you may have to revoke your existing Power of Attorney and make a new one on different terms.

Some of the most important changes include a restriction on how your Attorney can invest your property unless the Power of Attorney specifically provides otherwise. In addition, your Attorney will not be able to be paid for their duties as attorney, unless your Power of Attorney specifies a rate or amount of compensation. If there is no mention of such compensation, your Attorney cannot be paid even if they are spending significant time year after year looking after your affairs.

If you want your Attorney to have the ability to delegate certain of their powers (for example, preparing your income tax returns) under the new provisions you must specifically state that your Attorney has to ability to delegate.

Finally, under the new provisions your Attorney may make gifts, loans and charitable donations that you would have made, but only

up to a maximum of \$5,000 and only if you will have sufficient property left over to meet your needs (and anyone you are supporting).

As a result, if you want your Attorney to be able to make more generous gifts (including to immediate family members and certain charities) then you will have to specify that in a new Power of Attorney.

Since there were many changes to the Power of Attorney law, it is a good idea to have a lawyer review your existing Power(s) of Attorney to confirm that they are still valid and reflect your current instructions. You should also be aware that if you decide to change the people that

you have appointed as your Attorney the new provisions require you to give written notice to each Attorney of the cancellation of the existing Power of Attorney.

But your Attorney cannot make medical or health care decisions for you. For these decisions, you will need to consider preparing a Representation Agreement. The Representation Agreement Act allows you to appoint someone as your legal representative to handle your personal care, medical and health care decisions if you are unable to make them on your own. **E**

NIXON WENGER LLP

Chris Alveberg, Partner

Nixon Wenger LLP

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De-Cluttering

- Make it an Enjoyable Process



How do you feel when you hear the word “downsize”? Does it make you cringe? Or do you get excited to organize and simplify your life?

Unfortunately, for some, downsizing and de-cluttering is a dreaded task. It requires preparation, organization and emotional and mental strength. Letting go of items

that we’ve lived with for years is a big adjustment and can be incredibly draining.

The good news is this process does not have to be this way. In fact, it can become enjoyable if approached with a positive attitude and a plan. Whether you are considering a move or just organizing your current home, de-cluttering is a skill we all

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need to learn. Here are some tips and strategies that may help you along the way:

De-clutter every week

Spend 30 minutes each week going through your clutter. Start with a room that is not used often and pick out at least one thing every week to give away, sell or discard.

Make a resource list

Write down the names of friends and family who may want some of your belongings. Then add local charities, consignment shops, or other stores that purchase goods or accept donations. This will be a valuable list to have close to moving day.

Ask for help

Sometimes it's hard to have perspective on our possessions. Ask someone you trust to support and encourage you in this process. Get them to hold you

accountable, and plan dates to go through your stuff together.

Take a walk down memory lane

Part of going through your stuff is re-living the memories that are associated with various objects. Take time to remember and even share these stories. If you start to feel emotional or overwhelmed, take a break and come back to it later. Keep in mind that you don't have to let go of everything that has sentimental value; prioritize, and keep the possessions that matter most to you.

Trade the old for new

Try this: every time you buy something new, get rid of something old. This isn't to say that you should replace all your older things with new things! But, as a general principle this can help prevent clutter. **E**

Kate Dusik, Marketing Manager –
Okanagan Baptist Housing Kelowna
Baptisthousing.org

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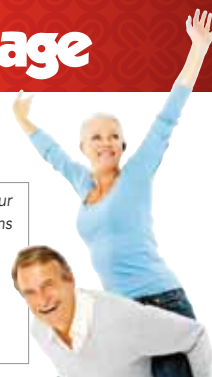
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of the Okanagan



Introducing our New Welcome Wagon Program!


We are so pleased to introduce a new Welcome Wagon program that could greatly enhance our existing Community Welcome Program!

Welcome Wagon is now greeting families through the mail with an attractive custom-designed envelope and coupons from the local business community. This delivery method is not our traditional basket, but our mission remains the same.

Our Mailer Program will allow us to reach those individuals who are too busy to receive a home visit or ones that we have been unable to connect with. As a business owner, if this is of interest to you, we would like to make an appointment to meet at your convenience –and answer any and all questions you may have. With the exception of Professionals and Restaurants, there is only one sponsor per business category which can be held for consideration for seven days.

Welcome Wagon Canada has carried on this spirit of hospitality and welcome, when families move, since 1930. Representatives knowledgeable about their own community have touched the lives of millions of families. However things have changed: there are now many two-income families with little time to accept visits. In some areas, especially in major centres, our door-to-door neighbourly visits are becoming less than in the past.

We connect families who have moved with the local business community.

For more information, or if you are a newcomer and haven't received our mailer or phone call, please give us a call at 1-844-299-2466. 

OJ Taylor
Welcome Wagon Canada
Area Manager 125
Interior BC
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Welcome Wagon offers part time career opportunities in your community



Welcome Wagon is a Canadian-owned, FREE greeting service for families experiencing a lifestyle change. We greet people who are undergoing lifestyle changes with a friendly visit.

FW2097 04-16

Vernon One to One Program is celebrating 20 years!

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The One to One Children's

Literacy Program is looking for volunteers to read with children at Vernon area elementary schools. If you like to read and enjoy children, this program may be for you. Each year, thousands of volunteer hours help hundreds of children learn to love reading. This small investment of time can have huge returns for these children who may otherwise not meet with the same success. Books and training are provided. Volunteers commit to about 1.5 hours per week over one or two 12 week terms from October to January & February to May. If you are interested in helping us to provide this valuable service to young students in our community, please call Bonnie at 250-549-2216 or visit our website at www.junctionliteracycentre.ca 





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Offering seniors companionship, security
and independence

www.abbeyfield.ca

3725 Wood Avenue

250.546.0223

Comforts of Home

Supportive living

2200 Fletcher Avenue

250.546.3426

Green Valley Estates

Independent living, Baptist Housing

www.baptisthousing.org

105-2805 Smith Drive

250.833.9158

See our ad on page 39

Heather Heights

2315 Heather Street

www.armstronglegion35.ca

Low cost housing - veterans, seniors
Spallumcheen Housing Society, contact
Legion Office, Marilyn Wittner

250.546.8455 8am-2pm except holidays

Heaton Place

Independent living suites for rent or
purchase

www.heatonplace.com

3093 Wright Street

250.546.3353

1.877.546.3353

Pioneer Square

Assisted living in a country setting

www.kaigo.ca

2865 Willowdale Drive

250.549.9550

See our ad on page 45

Pleasant Valley Manor

Complex Care facility

3800 Patten Drive

250.546.4752 Interior Health

Three Links Lodge

Sunset Housing Society

Independent, low cost seniors' 55+ self-
care. Assistance from outside sources
available. Doctor's certificate is required

21-3700 Highland Park Road

250.546.0257 Doreen

Enderby

Enderby Memorial Terrace

Rental apartments for disabled and low
income seniors 55+. Expansion for 2017

708 Granville Avenue

Enderby Seniors Housing Society

250.838.6794 Office

Parkview Place

Complex residential care facility

707 3 Avenue, Enderby

250.838.2470

Pioneer Place Society

55+ garden-style apartment buildings

250.838.9736 Donna

Willowcourt

Adult strata apartment complex
www.willowcourt.ca
402 Howard Avenue, Enderby
250.938.5789 Strata Council

Kamloops**Residence at Orchards Walk, The**

A mature lifestyles community.
 Presentation Centre now open
www.theresidencekamloops.com
3201 Valleyview Drive, Kamloops
236.425.3473
See our ad on page 43

Lake Country**Blue Heron Villa**

Lake Country Seniors Housing Society
 Assisted living suites
www.blueheronvilla.ca
9509 Main Street
250.766.1660

Cedar Court

55+ seniors townhouses
www.societyofhope.org
10230 Bottom Wood Lake Road
778.478.7977 Kelowna office

Homestead Place

Private assisted living home with variable levels of care. Respite room
www.homesteadplace.ca
11773 Middleton Road
778.480.4008

Lake Country Lodge & Manor

Supportive Living, Complex & Respite Care
www.balticproperties.ca
10163 Konschuh Road
250.766.3007

Pinewood Villas

55+ seniors townhouses
www.societyofhope.org
10274 Bottom Wood Lake Road
778.478.7977 Kelowna office



Welcome Home!

WELCOME TO GREEN VALLEY ESTATES –

a supportive community of seniors close to picturesque downtown Armstrong. Walk to shopping and amenities. Location and conveniences like covered parking make this a desirable residence for the independent senior!

Our residents are active and living well, and you're invited to make Green Valley Estates your home at 2805 Smith Drive.

Call today for your personal tour.

250.833.9158

www.baptisthousing.org



Baptist Housing | Enhanced Seniors Living | Since 1964

Woodsdale Place

55+ townhouses

www.societyofhope.org**11505 Bottom Wood Lake Road****778.478.7977** Kelowna office**Lumby****Countryview Home**

Assisted living

2545 Highway 6**250.547.9429****Monashee Mews**

Complex Care Community

www.insiteseniorcare.com**2165 Norris Avenue****778.473.0100****Monashee Place - Lumby & District**

Senior Citizens Housing Society

Affordable apartments for independent

seniors and those with disabilities

saddlemountainplace.ca/monasheepace**1748 Glencaird Street****250.547.2060****Saddle Mountain Place**

Lumby & District Senior Citizens Housing

Society. Independent living, low income,

level entry seniors housing

www.saddlemountainplace.ca**1751 Glencaird Street, Lumby****250.547.2060****North Okanagan****NexusBC Community Resource Centre**

Seniors Housing Guide

www.northokanaganseniors.ca**102-3201 30 Street, Vernon****250.545.0585****Salmon Arm / Chase
Sicamous****Ackerview Guesthouse**Family care home, available for respite
and permanent staywww.ackerviewguesthouse.com**1531 60 Street SE, Salmon Arm****250.833.0445****Andover Terrace Retirement Resort**

Independent and assisted living

www.andoverterrace.ca**2110 Lakeshore Road NE, Salmon Arm****1.844.263.0002****Arbor Lodge Retirement Living**Affordable Independent Group Home for
Active Seniors and Singles 60+www.arborlodge.ca**331 8 Street SE, Salmon Arm****250.833.3583***See our ad on this page***Bastion Place**Palliative & Convalescent Care, Booked
Respite, and Short-Stay**700 11 Street NE, Salmon Arm****250.832.6643** Interior Health**ARBOR LODGE**
RETIREMENT LIVING**AFFORDABLE Independent Group**
Home for Active Seniors & Singles 60+

- Studio Suites with Ensuite Bathroom
- Quiet Residential Neighbourhood
- Garden Walks, Shuttle Car
- Comfortable-Clean-Community
- Home-Cooked Meals, Housekeeping, Cable and Internet
- Around the Clock Security

*Simplify Your Life**Our Staff are Here to
Support You in a Safe &
Caring Environment***331 8 Street SE,
Salmon Arm
250-833-3583
www.arborlodge.ca**

SEE HOW **BEAUTIFUL CHANGE** CAN BE.



We understand that the idea of change can sometimes be overwhelming. But the right kind of change can revitalize, reinvigorate and renew. If you have considered retirement living but are uncertain about making the change, pay us a visit to learn about the carefree lifestyle that awaits at Orchard Valley.

**VISIT US TODAY FOR A
COMPLIMENTARY LUNCH AND TOUR.**

THIS IS RETIREMENT LIVING AS IT SHOULD BE.



YOU DO THE **LIVING WE DO THE REST™**



A BAYBRIDGE SENIOR LIVING COMMUNITY

2829-34th Street
Vernon, BC V1T 9G4
250.545.0455

www.OrchardValleyRetirement.ca

Eagle Valley Senior Citizens Housing

Affordable housing for seniors and/or those with disabilities

www.sicamoussejuniorshousing.com

**1095 Shuswap Avenue, Sicamous
250.836.2310**

- The Lodge: Supportive living
315 Gordon Mackie Ln., Sicamous
- The Haven: Independent housing
1095 Shuswap Avenue, Sicamous
- The Manor: Assisted living
319 Gordon Mackie Lane, Sicamous

Heron Residence

Independent/supportive living home

www.heronresidence.com

**80-8 Street NE, Salmon Arm
250.804.0126**

Hillside Village

The Good Samaritan Society

2891 15 Avenue NE, Salmon Arm

www.gss.org

Complex Care suites, Dementia Care cottages; For more info, or how to qualify for admission, contact Shuswap Community Care Health Services
250.832.6643

Lakeside Manor Retirement Residence

Retirement living for active independent seniors, Phase Two open Oct. 1, 2016

www.insiteseniorcare.com

**681 Harbourfront Dr. NE, Salmon Arm
250.832.0653
1.888.460.5253**

Landers' Lodge Retirement Living

Assisted living

www.facebook.com/landerslodge/info

**14-481 1st Street SE, Salmon Arm
250.832.2211**

McGuire Lake Congregate Living

Affordable living arrangements for adults requiring support

www.mcguirelake.ca

**551 Trans-Canada Hwy. NE, Salmon Arm
250.832.4002**

Mount Ida Mews

Complex care community

www.insiteseniorcare.com

**100 5 Avenue SE
250.833.9623**

Parkside Community

Independent and Assisted living for seniors. Pet Friendly. Eden Alternative Registry Member.

www.edenalt.org

743 Okanagan Avenue, Chase

www.parksidecommunity.ca

250.679.4477 1.866.930.3572
See our ad on Inside Front Cover

Piccadilly Terrace Retirement Residence

Ideal for active, independent seniors

www.piccadillyterrace.com

**810 10 Street SW, Salmon Arm
250.803.0060 1.855.803.0060**
See our ad on this page

Piccadilly Terrace

INDEPENDENCE...SECURITY...ENJOYMENT...

Salmon Arm's Premiere Retirement Residence

Variety of Layouts Catering to Budget & Size • Chef Prepared Meals
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\$1,000 Move-in Bonus

Receive \$1,000 off your first month's membership fee. Opening November 2016.
Limited time offer, reserve your suite today!

The Residence is a mature-lifestyles community located in Kamloops' newest premier address at Orchards Walk. Your residency membership includes a condominium style suite and access to in house services including an all day restaurant, a beautiful wine bar, concierge service, workshop, and top floor view lounge. Live life on your own terms, *only* at The Residence.

MODERN LIVING. PREMIUM AMENITIES. VIBRANT COMMUNITY.



— THE —
RESIDENCE
AT ORCHARDS WALK

Visit our Presentation Centre: Friday through Sunday 11am - 5pm at 3201 Valleyview Drive.

236.425.3473 | living@theresidencekamloops.com | www.theresidencekamloops.com



Piccadilly Care Centre

Residential Complex Care

www.parkplaceseniorsliving.com/piccadilly**821 10 Avenue SW, Salmon Arm****250.804.1676****Pioneer Lodge**www.gss.org**1051 6 Avenue NE, Salmon Arm**

Assisted living for low income seniors and persons with disabilities. Application

for admission - Community Access Coordinator, Interior Health

250.832.6643**Shuswap Independent Living Association**

Housing for physically, mentally, socially disadvantaged or disabled persons. Owns, maintains and manages low rental housing

680 Shuswap Street SE, Salmon Arm**250.832.9726 1.800.257.7756****Shuswap Lodge Retirement Residence**

Assisted Living

www.shuswaplodge.com**200 Tran-Canada Highway SW****Salmon Arm****250.832.7081****Sun Ridge Estates**

Independent living, two bedroom apartments

www.baptisthousing.org**108-3201 6 Avenue NE****Salmon Arm****250.832.5351****Vernon / Coldstream****Abbeyfield Houses of Vernon Society**

Residents have opportunity to socialize & live in a supportive, family atmosphere

www.abbeyfieldvernon.ca**3511 27 Avenue****250.542.3711****Alexis Park Manor**

Adult oriented apartments

www.callahanpg.ca/apartment-rentals**4100 Alexis Park Drive****250.549.2770 Betty****Arlington Apartments**

Seniors oriented, no smoking, no pets

landmark-properties.ca/properties/arlington/**3605 30 Avenue****250.275.8066 Larry, Trish****Belmonte Apartments**

Clean, quiet, adult-oriented building

3802 27 Avenue**250.549.5254 Glen****Brentwood Apartments**

Suites in quiet senior-oriented building, close to Schubert Centre. No pets

www.jabs.ca/residential/vernon/**3700 30 Avenue****250.545.0962 Dawn****Canterbury Court**

Premier assisted and independent living residence, Fitness, activity and entertainment programs

www.canterburycourt.ca**3011 Gateby Place****250.503.2054****Catherine Gardens at Schubert Centre**

A smarter lifestyle for mature, active, independent adults 55+

www.catherinegardens.ca**3505 30 Avenue****250.306.0741****Century Manor Apartments**

Close to Schubert Centre, bus stop, no smoking, no pets, under cover parking

landmark-properties.ca/properties/century/**3614 30 Avenue****250.275.8066****Chartwell Carrington Place Retirement Residence**

Independent, modern living with assisted living options

www.chartwell.com**4651 23 Street, Vernon 1.866.237.1512****Coldstream Meadows**

Independent & Supportive Living

www.coldstreammeadows.com**9104 Mackie Drive, Coldstream****250.542.5661**

Columbia Apartments

Close to downtown, no smoking
www.jabs.ca/residential/vernon/
3005 37 Street
250.545.1519 Charlie

Columbus Court

Seniors 55+ with low to moderate incomes
 Close to Schubert Centre, all amenities
3003 Gateby Place
250.545.5388

Creekside Landing

Assisted Living, Independent Living,
 Complex Care
www.kaigo.ca
6190 Okanagan Landing Road
250.549.9550
See our ad on this page

Creekside Village

Low cost housing for 55+ or disabled
www.bchousing.org
3502 27 Avenue **250.545.6475** Jewlie

DJ's Place

Private care home, six bedrooms
3408 35 Street
250.545.1258

Desert Cove Estates

Deluxe adult community next to
 Spallumcheen Golf Course
www.desertcove.ca
250.542.5774 **1.866.542.5774**

Embers Apartments

Close to Schubert, bus stop, shopping, no
 smoking, no pets, 55+
landmark-properties.ca/properties/embers/
3618 30 Avenue
250.275.8066 Larry, Trish

Hamlets at Vernon, The

Assisted living, complex care. Opening
 scheduled for Autumn 2017
www.thehamletsatvernon.com
3050 29 Avenue
250.938.2464 Inquiries



**For more information
 or a tour of our Independent
 Living Community,
 call Dorothy Miller,
 250-306-4831**



KAIGO
SENIOR LIVING GROUP

*Proud members of the Kaigo
 Senior Living Group*

www.kaigo.ca

Creekside Landing
Community of Care: Independent
 & Assisted Living, Complex Care
6190 Okanagan Landing Rd.
Vernon BC
250.549.9550

Heritage Square
Community of Care:
 Assisted Living, Complex Care
3904 – 27 St.
Vernon, BC
250.545.2060

Pioneer Square
 Assisted Living
2865 Willowdale Dr.
Armstrong, BC
250.549.9550

Valleyhaven
 Complex Care
45450 Menholm Rd.
Chilliwack, BC
604.792.0037
Fraserview
 Complex Care
9580 Williams
Road, Richmond, BC
604.274.3510

Housing, Hospitality and Care Options include Private Pay Independent Living Suites, Government-Subsidized Assisted Living and Complex Care.

"Partners in Caring"

Heritage Square

Complex care, assisted living options
www.kaigo.ca
3904 27 Street
250.545.2060
See our ad on page 45

Hearthstone Manor

Residential Care home
www.hearthstonevernon.com
2800 40 Street
250.545.6636

Heron Grove

Good Samaritan Society
 Assisted living suites, dementia care
 cottages, independent living apartments
www.gss.org
4900 20 Street, Vernon
250.542.6101

Hillside Terrace Apartments

Adult oriented. Close to Rec Centre,
 secured parking, no pets, no smoking
landmark-properties.ca/properties/hillside-terrace
3405 39 Avenue
250.545.5773 Chris, Denise

McCulloch Court

Vernon Pensioners. 55+ low income,
 independent living high rise
3400 Coldstream Avenue, Vernon
250.542.1154 Leslie

Morris Manor

Across from Schubert Centre, scooter
 parking, small dogs permitted
www.callahanpg.ca/apartment-rentals
3502 30 Avenue, Vernon
250.542.8989 Andrew

Nora's Care Home

Assisted Living
1511 Pottery Road
250.545.1779 or **250.938.0978**

Northland Apartments

Secure adult building, fee for parking
4203 32 Street
250.260.1162 Debbie

Orchard Valley Retirement Residence

Independent living
www.OrchardValleyRetirement.ca
2829 34 Street
250.545.0455
See our ad on page 41

Parkwood Retirement Resort

Independent Living. Opening Fall 2017
www.regencyresorts.ca
1800 58 Avenue
250.861.7714

Rickford Manor

Close to downtown, bus stop. no dogs,
 no smoking. Parking. Adult oriented
3800 27 Avenue
250.549.5254 Glen

Rochester Apartments

Low cost secure building, adults only
3900 24 Avenue
250.558.0073

Royal Anne Apartments

55+, no smoking, small pets negotiable
3600 30 Avenue **250.550.4677**

Sharon's Place

Assisted Living
6125 Silver Star Road
250.545.3367 or **250.550.4597**

Silver Springs Retirement Residence

Independent and supportive living
www.silverspringsvernon.ca
3309 39 Avenue
250.545.3351
See our ad on page 47

Sunnyvale Restholm

Self-contained apartments close to
 shopping for independent seniors
4304 25 Street
250.542.0619 or **250.542.5344**

The Village Senior's Housing

Affordable 55+, capable of self-care
1507 35 Avenue
250.558.9656 Cheryl

Vernon Native Housing Society

Different housing types to suit needs of low-income families/individuals

www.vernonnativehousing.ca

4305 19 Avenue

250.542.2834

Vernon Restholm

Affordable independent, supportive living

www.vernonrestholm.com

2808 35 Street

250.542.7636

Victorian Retirement Residence

Congregate Living, East Hill area

www.victorianvernon.com

3306 22 Street

250.545.0470

Windsor Manor Apartments

Near Schubert Centre, small pets

www.callahanpg.ca/apartment-rentals

3510 30 Avenue

250.542.8989 Andrew

Housing Related / Home Services**BC Housing - Interior Region**

Development, management and administration of subsidized housing

www.bchousing.org

290 Nanaimo Avenue West, Penticton

250.493.0301

1.800.834.7149

1.800.257.7756 Programs & Info Line

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

1.888.402.2722

See our ad on page 49

Affordable Living for Seniors

- Caring staff 24/7
- Social Activities Daily
- 3 Chef-Prepared Meals Daily
- Located Near Downtown
- Weekly Housekeeping
- Private Studio/1-Bedroom Suites



Silver Springs
RETIREMENT RESIDENCE



**Vernon's Best Value For
Seniors Living!**

3309 39th Avenue, Vernon 250-545-3351

www.silverspringsvernon.ca

Canada Mortgage and Housing Corp.

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

2000-1111 W. Georgia St., Vancouver

1.800.639.3938

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

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

Habitat for Humanity

Working for a world where everyone has a safe and decent place to live – by mobilizing volunteers and community partners to build affordable family housing and promoting homeownership
www.habitat.ca

www.vernonhabitat.com

250.558.0072 Vernon Chapter

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

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

See our article on page 50

Homeowner Protection Office

Consumer protection information on Home & Repair Warranty Insurance & Claims, Maintenance, Dispute Resolution. Branch of BC Housing

www.hpo.bc.ca/homeowners

1.800.407.7757 8:30am-4:30pm 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

Kindale Development Association

Affordable, sustainable housing in the North Okanagan. Call for details
www.kindale.net

2725A Patterson Avenue, Armstrong
250.546.3005

- Thrift Store Armstrong
2725 Patterson Avenue
250.546.3005 ext. 5007 9:30am-4:30pm
 Monday to Saturday
- Thrift Store Salmon Arm
885 Lakeshore Drive
250.832.1308 9:30am-4:30pm Mon-Sat
- Thrift Store Vernon
3322 31 Avenue
250.309.9097 9:30am-4:30pm Mon-Sat

LiveSmart BC Partner Incentives

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

www.bchydro.com/powersmart.html

Residential Tenancy Branch

Provides landlords and tenants with information regarding their rights and responsibilities. Dispute resolution services. Answers to questions
www.rto.gov.bc.ca

1.800.665.8779 9am-4pm Mon-Fri

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 options
- 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.

BCSLA launched the **Seal of Approval Program** in February 2010 and continues anniversary assessments on many of the 94 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:

Lake Country

Blue Heron Villa

Salmon Arm

Andover Terrace Retirement Resort
Lakeside Manor Retirement Residence
Shuswap Lodge Retirement Residence

Vernon / Coldstream

Chartwell Carrington Place
Coldstream Meadows
Orchard Valley Retirement Residence
Silver Springs Retirement Residence



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

Helping BC seniors and people with disabilities live in the comfort of their homes



Have you been affected by changes in your mobility? Are everyday tasks that once seemed effortless more challenging?

People's physical needs change over time – sometimes, a small improvement to a home can make the difference between being able to live independently or not.

The B.C. government's Home Adaptations for Independence (HAFI) program helps low-income seniors and people with disabilities make home modifications that will allow them to continue living at home.

Through HAFI, homeowners and landlords with eligible tenants can apply for financial assistance of up to \$20,000 for improvements that make their home more accessible and safe.

The goal of the program is to enable people who have physical limitations to live at home longer.

Types of eligible projects include:

- Handrails in hallways or stairways,
- Ramps for ease of access,
- Easy-to-reach work or storage areas in the kitchen,
- Lever handles on doors,
- Walk-in showers with grab bars, and
- Bathtub grab-bars and seats.



The Home Adaptations for Independence (HAFI) program helps low-income seniors and people with disabilities make home modifications for safe, accessible and independent living.

The projects must be permanent and fixed to the home, although exceptions can be made for equipment that gives access to an existing part of the home (e.g. a bath lift).

HAFI is funded by the Government of Canada and the B.C. government through the Canada-B.C. Affordable Housing Initiative.

To qualify for assistance from HAFI, recipients must be a low-income senior or person with a disability, a Canadian citizen or landed immigrant, and a B.C. resident. Someone in the household must have a permanent disability or loss of ability that makes it difficult to perform day-to-day activities. As well, the total household income and assets must be below a certain limit. BC Housing can tell you the income and house value limits for your area when you apply.

The program is open to both homeowners and those living in market rental accommodation where rents are at the low end of market levels; landlords must apply for improvements on behalf of eligible tenants.

Eligibility requirements, an application guide and application forms are available at www.bchousing.org/HAFI or by calling BC Housing at 604-433-2218. **E**

Seniors Housing Programs

BC Housing, includes Home Adaptations for Independence (HAFI), Supportive Housing, Rental housing and assistance, Subsidized housing. See web for details www.bchousing.org/Find/Senior
BC Housing Interior Region Office
290 Nanaimo Ave. West, Penticton
250.493.0301 1.800.834.7149

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/Options/Rental_market/SAFER **1.800.257.7756**

Tenant Resource & Advisory Centre

TRAC - Promotes the legal protection of residential tenants by providing information, education, support, and research on tenancy matters

www.tenants.bc.ca

1.800.665.1185 InfoLine 9-5 Mon-Fri

The Ultimate Retirement Tour Checklist

Your Guide to Retirement & Care. Free downloadable eBooks: Sign up for e-newsletter for tips and advice
www.comfortlife.ca/ebooks/

Welcome Wagon

Canada's largest and most respected greeting service. Your Welcome Wagon representative will bring gifts, greetings and helpful community information
www.welcomewagon.ca
1.844.299.2466
See our ad and article on page 36

Experience 50+ Living

Visit our web site to view Housing options in our **Central Okanagan, South Okanagan Similkameen, and Thompson Nicola** editions
www.experiencegroup.ca

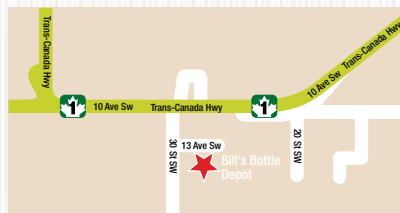
Bill's Bottle Depot



Full cash refund for all beverage containers

We are also accepting

- Small Appliances (Microwave, Toaster, Bread Maker, and more)
- Electronics (Stereo, Computer, TV, VCR, Cables and more)
- Car Batteries
- Household Paints
- Small Power Tools



2840 13th Avenue SW, Salmon Arm

Phone: 250-832-6630

Hours: Mon-Sat 8:30am-5:00pm

www.jmktltd.com

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.seniorsbc.ca/legal/healthdecisions

ALS Society of British Columbia

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

Alcohol & Drug Information & Referral Service

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

- Mental Health & Substance Use
 - **250.549.5737** Vernon M-F 8-4:30
 - **250.833.4103** Sal. Arm M-F 8-4:30

Allergy/Asthma Information Association

Improve quality of life for those affected by allergy, asthma and anaphylaxis
www.aaia.ca
4730 Redridge Road, Kelowna
250.764.7507
1.877.500.2242

Alzheimer Society of BC

Exists to alleviate the personal and social consequences of Alzheimer's disease and related dementias
www.alzheimer.ca/bc
Alzheimer Resource Centre -
Serving Armstrong, Enderby, Lake Country, Lumby, Oyama, Salmon Arm, Sicamous, Sorrento, Vernon
250.860.0305 By Appointment Only
1.800.634.3399 Mon-Thur 9am-4pm
1.800.936.6033 Dementia Helpline

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 9-5 M-F
• **260-1855 Kirschner Road, Kelowna**
250.868.8643 Interior Regional Office

BC Brain Injury Association

Provide a voice to promote a better quality of life for those with acquired brain injury: educate, prevent, support
www.brainstreams.ca
604.984.1212 North Vancouver

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/

- **102-300 Columbia Street, Kamloops**
250.828.4916
- **108-3330 Richter Street, Kelowna**
250.861.7560
- **250.549.5451** Vernon Jubilee Hospital
- 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 in British Columbia
Providing support, education,
information for those with epilepsy
www.esbec.ca
112-32868 Ventura Ave., Abbotsford
1.888.9.SEIZUR

BC Lung Association

Provides comprehensive information on lung diseases. Better Breathers' Club meets every 1st Mon. of the month, except July & Aug., at The People Place, 1-3 pm
3402 27 Avenue, Vernon
<https://bc.lung.ca>

1.800.665.5864 for more information

BC Lupus Society

Provides education, support to people affected by lupus; create awareness, support advances: treatment & research
www.bclupus.org

1.866.585.8787 for more information

- **250.869.1335** Kelowna Support Group

BC Senior's Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Sections on benefits, health, housing, transportation, finances, safety & security. You can download/

continued...



"I was an elite level pole vaulter, with hopes of making the 2016 Olympic games. In 2012, Crohn's disease changed my life. I tried every pharmaceutical.

Nothing worked; the side effects were horrendous.

Surgery allowed me to merely survive with Crohn's, Cannabis products from THHC allows me to THRIVE with it."

— Lane, Saskatoon, SK / Fitness instructor



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CULTIVATING WELLNESS

46-100 Kal Lake Rd (Alpine Centre) Vernon, BC V1T 9G1 778.475.3398 info@thhc.ca www.thhc.ca

print, read it online, or order a hard copy. To order a free copy, contact the Seniors Health Care Support Line, Monday to Friday, 8:30 am to 4:30 pm
2016 English edition now available
www.gov.bc.ca/seniorsguide
1.877.952.3181

CNIB

Seeing beyond vision loss since 1918
Practical support for everyday life...safe travel, learning & leisure, how-to videos, Braille, independence living skills
www.cnib.ca

1.800.563.2642 Helpline

- **101-1456 St. Paul Street, Kelowna**
250.763.1191
- **190-546 St. Paul Street, Kamloops**
250.374.8080

Canadian Cancer Society

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

- **4-111 Lakeshore Dr. NE, Salmon Arm**
250.833.4334
- **104-3402 27 Avenue, Vernon**
250.542.0770
- **Interior Regional Office, Kelowna**
1.800.403.8222
1.888.939.3333 Information Services

Canadian Cancer Society Southern Interior Rotary Lodge

2251 Abbott Street, Kelowna

A home away from home facility for cancer patients while accessing treatment at the

Kelowna Cancer Centre. **Freemason Volunteer Drivers** provide transportation from Kelowna airport or bus depot Mon-Fri. 24 hour notice required. Pick ups in Enderby, Armstrong, Vernon, Lake Country
www.freemasonry.bc.ca/textfiles/cancer.html

Freemason Volunteer Driver Program

1.800.299.0188 Call for details

Canadian Diabetes Association

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

www.diabetes.ca

1589 Sutherland Avenue, Kelowna

250.762.9447

1.888.628.9494

1.800.226.8464 Information Line

See our Webinar information on pg. 29

Canadian Institute for Health Information (CIHI)

Better Data. Better Decisions. Healthier Canadians. Monthly e-newsletter

www.cihi.ca

www.cihi.ca/en/land

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

We believe in the idea that people can recover from mental illness when they play

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.

**North
Okanagan**

250-558-1334/1-800-994-8414

www.lifeline.ca



Interior Health
For your whole life

an active and empowered role

www.cmha.bc.ca

1.800.555.8222 BC Division

310.6789 Crisis Line 24/7

• **433 Hudson Avenue, Salmon Arm**

www.shuswap-revelstoke.cmha.bc.ca

250.832.8477

• **3100 28 Avenue, Vernon**

www.vernon.cmha.bc.ca

250.542.3114

Cardiac Health Foundation of Canada

Supports cardiac rehabilitation,
advocacy of prevention and education

www.cardiachealth.ca

416.730.8299 Toronto

Cerebral Palsy Association of BC

Mission is to create a *Life Without Limits*
for people with disabilities

www.bccerebralpalsy.com

1.800.663.0004 Vancouver 9-5 M-F

Community Dental Access Centre

Full service dental clinic for low income
North Okanagan residents. Clinic days
vary, call ahead. 9am-1pm, 2-5pm

<http://communitydentalaccess.ca/home>

3107C 31 Avenue, Vernon

778.475.7779

Crohn's & Colitis Canada

Committed to curing Crohn's disease &
ulcerative colitis, improving the lives of
those affected by these chronic diseases

www.crohnsandcolitis.ca

1.800.513.8202 Vancouver

Denturist Association of BC

Everything you want to know about
dentures, where to find a local denturist

www.denturist.bc.ca

604.886.1705

Dietitian Services

Specializes in nutrition information,

continued...

Need help at home? Or take time out with our...

- Guardian services
- Home support
- Companionship
- Personal care
- Organizing
- Meal preparation
- Escort/transport
- Custom services

A non-profit society supporting caregivers in the Vernon area.



ADULT DAY PROGRAM

- Exercises
- Discussion
- Outings
- Brain stimulation activities
- Arts & crafts
- Snacks & more



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Sign up as a team or an individual.

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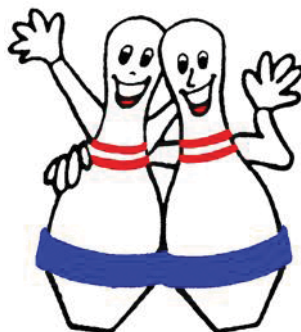
To register or for more information call:

Lincoln Lanes

3510 25 Avenue, Vernon

250-542-9837

www.LincolnLanes.ca



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

Dial 7-1-1 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 Mon-Fri 9am-5pm. Pharmacist available 5pm-9am every day of the year. Translation services available in more than 130 languages www.healthlinkbc.ca

Dial 8-1-1

Dial 7-1-1 TTY

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 www.seniorsbc.ca/healthyeating

Dial 8-1-1

Dial 7-1-1 TTY

Heart & Stroke Foundation BC/Yukon

Promotes health through research, education, services and advocacy www.heartandstroke.bc.ca

• **729 Victoria Street, Kamloops**
250.372.3938

• **4-1551 Sutherland Avenue, Kelowna**
778.313.8090 1.866.432.7833

See our FAST program ad on page 91

HealthyFamiliesBC

Health promotion plan to encourage healthier choices. Online blog www.HealthyFamiliesBC.ca

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/south-okanagan-chapter

• **Kidney Community Kitchen**
Information and tools to help you manage your renal diet
www.kidneycommunitykitchen.ca

Lake Country Health Planning Society

Provides health and wellness services for seniors, children, youth, families, adults Monday to Thursday 10 am to 2 pm www.lakecountryhealth.ca

10080 Main Street near Post Office, RCMP
778.215.5247 or 778.214.9343

Medic Alert Foundation

Emergency medical information 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 8 am-4:30 pm Mon-Fri

Multiple Sclerosis Society

Information, support counseling, referral and advocacy services to persons with MS and their families. See Support/Self Help section (page 89) for Vernon & Salmon Arm Society information

1.800.268.7582 BC Division Office
www.mssociety.ca

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

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

Beautiful Boobs

by Karen Stranaghan



They arrived in the hours before daylight; bundled, breasts concealed, heads bowed and hearts heavy.

Every year the Cancer de Mama Clinic (www.cancerdemamaclinic.com) coordinates donations and raising of funds for new or gently used prosthetics, prosthetic bras and regular bras for Mexican women. They are all breast cancer survivors. The over 600 women come to La Peñita from as far away as Guadalajara, Tepic and Puerto Vallarta to be transformed over three days.

Unfortunately, In Mexico, it is not uncommon for breast cancer survivors to be made to feel dirty; the men in their lives shun them, their families shun them and sometimes even their whole village shuns them. Times are changing, however, there is no support group, there is no

Cancer Society, and in many cases, there is no information and precious few resources to deal with the physical and emotional damage of breast cancer.

But these women have hope, and as the days progress, the rewards of our efforts shine through. As each woman is fitted with her prosthetic bra, she emerges from the fitting room, coat over her arm, like a butterfly from a cocoon. Her hands fly to her face as she views herself in the mirror. A wide grin splits her face as she realizes how beautiful she still is, then the tears overflow. The air is filled with "Gracias, gracias". "Bonita Chi Chi's" the volunteers call out; "beautiful boobs!"



There is also much heartache, and none of us remains untouched.

Yet even in all this tragedy, there is cause for celebration. A young woman hugs a volunteer she recognizes from last year and shares that she is now cancer free. The clinic erupts with cheers and tears as the news is shared. She has given the best gift of all, to all of us; the gift of hope for tomorrows to come.

Ongoing donations of new or gently used bras, prosthetic bras, prosthetics and lymphedema sleeves can be brought to your Nightingale Medical Supplies store www.nightingalemedical.ca for the Cancer de Mama Clinic to arrange for pick-up and transportation to La Peñita. The Cancer de Mama Clinic is scheduled for February 3-5, 2017 in La Peñita, Mexico. **E**

	NIGHTINGALE MEDICAL SUPPLIES LTD	Book an appointment or visit our Certified Mastectomy and Certified Compression Fitters. www.nightingalemedical.ca info@nightingalemedical.ca
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<p>SERVICES</p> <p>FREE ET Nurse Consults FREE Ostomy Product Shipping Nurse Continence Consults Certified Mastectomy & Compression Fitters</p>	<p>MEDICAL SUPPLIES</p> <p>Ostomy, Ostomy Hernia Belts Continence, Wound & Skin Care Scar Therapy</p>	<p>COMPRESSION GARMENTS</p> <p>Compression Stockings CEP Running Products, Post-Surgical Garments Nighttime Compression Garments</p>
<p>MASTECTOMY</p> <p>Bras, Forms, Swimsuits, Active Wear</p>	<p>LYMPHEDEMA</p> <p>Sleeves, Gloves, Gauntlets</p>	<p>BRACING</p> <p>Soft Goods & Air Casts</p>
<p>KAMLOOPS 630 Victoria St Ph: 250.377.8844 1.877.377.8845 F: 250.377.8889 VERNON 111 - 3400 Coldstream Ave Ph: 250.545.7033 1.800.545.8977 F: 250.558.0034</p>		

help find seniors' programs and services
www.seniorsadvocatebc.ca/reports/
1.877.952.3181 M-F 8:30am-4:30pm

Osteoporosis Canada

Works to educate, empower, support individuals & communities in the prevention & treatment of osteoporosis
www.osteoporosis.ca
 For support group near you, or to create a group in your community, contact
 • **250.861.6880** Trish, Kelowna Chapter

Pacific Blue Cross

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

PharmaCare

Provides financial assistance to BC residents for eligible prescription drugs and designated medical supplies
www2.gov.bc.ca > click on 'Health'
1.800.663.7100 M-F 8-8, Sat 8am-4pm

Prostate Cancer Canada Network

Help individuals, their families understand, cope with prostate cancer, provide up to date medical info. and individual support. Check web site for Kamloops, Kelowna & Vernon Support Groups. See Prostate Cancer listing on page 89
www.prostatecancer.ca
1.855.722.4636 Information Service

The Society for the Arts in Dementia Care

Provides art activities. Healthy older adults & people living with early dementia Includes Caregivers, family & friends. Schubert Centre. Mondays 10am-1pm
www.cecd-society.org
250.503.0117 \$5 per session

Spinal Cord Injury BC

We help people with spinal cord injuries adjust, adapt, and thrive
www.sci-bc.ca
604.324.3611 Vancouver
1.800.689.2477 BC InfoLine 9-5 Mon-Fri
250.308.1997 Scott - Okan. Peer Coord.

Dental Services

Denturists Doug Braun, Erika Braun

Complete dentures, partials, dentures over implants, repairs, relines
114-3400 Coldstream Ave., Vernon
250.549.4745
510 George Street, Enderby
250.838.7547
See our ad on page 23

Vernon Denture Clinic

Bringing unique smiles to life
www.vernondentureclinic.com
2910 31 Avenue, Vernon
250.542.9117 **1.877.539.1972**
See our ad on page 23

Hearing Clinics

Canadian Hearing Care

Live Life Completely
www.canadianhearingcare.com
 • **301-251 Trans-Canada Highway NW**
Salmon Arm
1.888.344.9062
 • **7-1257 Trans-Canada Hwy., Sorrento**
1.888.696.5003
 • **4-3100 35 Street, Vernon**
1.888.698.0274
See our ad on page 5

Rockwell Audiology

Get to know your Audiologist
www.rockwellaudiology.ca
204-3334 30 Avenue, Vernon
250.545.2226
See our ad and article on page 59

Home Care / Services

Home to the End Society

Home care services in Vernon area
 Adult Day Program
www.hometotheend.com
778.212.4046
See our ad on page 55

Watch your Step! Falls Increase with Hearing Loss

Falls are a leading cause of injury in older adults. For this reason, falls are a huge health problem that results in millions of health care dollars spent per year. Falling is linked to many other negative health consequences such as head trauma and chronic pain from poorly healed fractures. Falls are even linked to an increased risk of death long after the fall.

So what does this have to with hearing?

Research conducted by Frank Lin MD, PhD of Johns Hopkins University and Luigi Ferrucci MD PhD, of the National Institute on Aging at Johns Hopkins University School of Medicine found that people with just a 25-decibel hearing loss (mild) were nearly three times more likely to have a history of falling. It was also found that for every additional 10-decibel loss of hearing, the likelihood of falling increased 1.4 fold.

People who cannot hear well may not hear their surroundings, startle easier, and consequently may trip or fall. Hearing helps us maintain our balance. A hearing loss can contribute to balance problems and impair localization ability. Muscle weakness, foot problems, slower reflexes, can all cause balance problems. Cognitive overload can also occur. The brain can become overwhelmed trying so hard to keep aware of surroundings when sensory functions are impaired - vision loss, hearing loss, balance problems, etc.

Know your hearing. Wear your hearing aids (if you have them). If you have not had a comprehensive hearing assessment, schedule a test today. Falls are preventable - take action! **E**

Tosha R. Hodgson, BA, MCISc, Aud(C), RAUD, RHIP
Registered Audiologist & Hearing Instrument Practitioner



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Hearing loss could choose you as the 1-in-5



... but you can choose to overcome it today.

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Reg. Audiologist and H.I.P. • Sole Owner and Director

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- 18+ years fitting hearing aids.
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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 area Help Centres in Enderby, Lake Country, Salmon Arm, Vernon
www.redcross.ca/help

Okanagan Service Area Office
124 Adams Road, Kelowna V1X 7R2
1.800.661.3308

Medical Supplies

Southward Medical Supplies

Ostomy & full service medical supplies
www.southwardmedicalsupplies.ca
8-2601 Highway 6, Vernon
250.542.3334

See our ad on page 61

Nightingale Medical Supplies

Medical Supplies & Services Delivered with Compassion & Expertise
www.nightingalemedical.ca

• **630 Victoria Street, Kamloops**
250.377.8844 1.877.377.8845

• **111-3400 Coldstream Avenue, Vernon**
250.545.7033 1.800.545.8977

See our ad and article on page 57

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. Service area: Armstrong, Cherryville, Enderby, Falkland, Winfield, Lumby, Sicamous, Sorrento, Salmon Arm, Vernon
www.lifeline.ca

4000 25 Avenue, Vernon
250.558.1334 1.800.994.8414

See our ad on page 54

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250-832-2223 440- 10th Street SW, Salmon Arm, BC
 (Box 388, V1E 4N5, Fax 250-832-7188)

www.bowersfuneralservice.com

Brandon/Bowers Funeral Home, Revelstoke, BC 250-837-2029
 Hindman/Bowers Funeral Home, Golden, BC 250-344-2958

Pharmacies

Askew's Pharmacy & Wellness Centre

www.askewfoods.com

2701 11 Avenue NE, Salmon Arm

250.832.7655 Uptown Pharmacy

250.832.7622 ext **316** Wellness Centre

See our ad on page 11

Hogarth's Clinic Pharmacy

Still The Biggest Little Drug Store in Town

www.hogarths.ca

3310 32 Avenue, Vernon

250.545.3660

See our ad on page 3

Pharmasave

Your health is our priority!

www.pharmasave.com

• **270 Hudson Ave. NE, Salmon Arm**

250.832.2111

• **307 W. Victoria Road, Revelstoke**

250.837.2028

continued...

• **3101 30 Avenue, Vernon**

250.542.4181

• **Pharmasave Vernon Jubilee Hospital**

2101 32 Street

778.475.4929

See our ad on page 7

Shoppers Drug Mart

Seniors Day - last Thursday of the month
plus bonus days

www1.shoppersdrugmart.ca

• **9950 Main Street, Lake Country**

250.766.2345

• **Piccadilly Mall, Salmon Arm**

250.832.2181

• **4376 27 Street, Vernon**

250.549.3326

• **3417 31 Avenue, Vernon**

250.542.3371

• **2306 Highway 6, Vernon**

250.260.8576

See our ad on the Inside Back Cover



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- Ostomy Supplies
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Interior Health Authority

www.interiorhealth.ca

Patient Care Quality Office

Interior Health Authority

220-1815 Kirschner Road, Kelowna

patient.concerns@interiorhealth.ca

1.877.442.2001

Pleasant Valley Health Centre

3800 Patten Drive, Armstrong

250.546.4700

250.546.4727 Health Unit

250.546.4752 Community Care Services

Enderby Community Health Centre

707 3 Avenue, Enderby 250.838.2450

Lumby Health Unit

2135 Norris Avenue, Lumby

250.547.9741

250.547.2164 Public Health Nurse

Community Care Services

• **2-2770 10 Avenue NE, Salmon Arm**

250.832.6643

Shuswap Home Support Services

250.832.6643 General Inquiries

250.803.4525 Harmony Haven Adult Day Program, respite for CareGivers

• **4505 25 Street, Vernon 250.541.2200**

Vernon Health Unit

1440 14 Avenue 250.549.5700

250.549.5737 Mental Health/Addictions

250.549.5721 Public Health Nursing

Hospitals

• Shuswap Lake General Hospital

601 10 Street NE, Salmon Arm

250.833.3600

250.803.4546 Foundation Office

• Vernon Jubilee Hospital

2101 32 Street, Vernon

250.545.2211

250.558.1362 Foundation Office

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. For more information and to obtain your free handbook...

Dial 8-1-1

Dial 7-1-1 TTY

www.healthlinkbc.ca/servicesresources/bchealthguidehandbook/

BC HealthGuide Handbook

No longer available in English. In the meantime, you are encouraged to search the Healthlink web site for medically-approved 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

Dial 8-1-1

Dial 7-1-1 TTY

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Email: valleymonuments@shaw.ca



Walk In Clinics

For wait time and information for clinics on the Medimap system, go to www.medimap.ca

Enderby

- **Enderby Medical Clinic**
Monday to Friday 9 am to 4 pm
1-802 George Street 250.838.9494

Lake Country

- **Lake Country Family Practice**
Mon-Fri 9am-5pm, Sat 10am-noon
Closed Sundays, Holidays
9966 Pollard Road 250.766.3938

Salmon Arm

- **Mount Ida Medical Centre**
Mon-Thur 9am-7pm, Friday 9am-5pm
Closed weekends, holidays
200 TC Highway SW 250.833.1990
- **Providence Medical Clinic (Walmart)**
Mon-Fri 9am-5pm, Saturday 11am-3pm
2991 10 Ave. SW 250.832.3377

- **Salmon Arm Medical Clinic**
Mon-Fri 9am-4pm, 5-8pm, Sat 9am-2pm
Closed Sundays, holidays
581 Hudson Avenue NE 250.832.6094

Vernon

- **Gartree Medical Clinic**
Mon-Sat & Holidays (except Christmas, New Years) 8am-1pm
510-4400 32 Street Vernon Square Mall 250.545.9112
- **North Okanagan Medical Clinic**
Monday-Sunday 9am-9pm (every day)
5001 Anderson Way Superstore 2 Flr. 250.545.8338
- **Sterling Centre Clinic**
Monday to Friday 1pm-8pm
Saturday & Sunday 9am-1pm
<http://sterlingclinic.ca>
101-3210 25 Avenue 778.475.8311





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Professional

Consumer

Better Business Bureau

Promotes marketplace fairness, honesty

www.bbb.org/mbc/get-consumer-help/

1.888.803.1222

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 Report a fraud

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, and click on 'Scams and Fraud' (Quick Links)

www.rcmp-grc.gc.ca

Financial

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...

www.investright.org

www.befraudaware.ca

1.800.373.6393 Mon-Fri 8:30am-4pm

Credit Counselling Society

Free credit counselling, solve debt problems, manage money better, use credit responsibly

www.nomoredebts.org

230-1855 Kirschner Road, Kelowna

250.860.3000

1.888.527.8999

MSP Premium Assistance

In January 2017, MSP premium rates and regular premium assistance program are changing. Assistance will be available to those whose adjusted net income is up to \$42,000 (up from \$30,000). Use the premium assistance online calculator to determine your eligibility. *continued...*

For complete details, go to...
www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp
1.800.663.7100

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. Visit an AutoPlan broker for details
www.icbc.com/autoplan/costs/pages/discounts-and-savings.aspx

Johnston Meier Insurance Agencies

Customer Service, First & Foremost
www.jmins.com

250.838.7333 Enderby

250.832.8103 Salmon Arm

250.545.5311 Vernon

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 bono legal services to people and non-profit organizations of limited means

www.accessprobono.ca **1.877.762.6664**

BC Centre for Elder Advocacy and Support (BC CEAS)

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 and emotional abuse. Advocate for legal and social justice for those 55+. SAIL is a safe place for older adults, those who care about them
www.bcceas.ca

1.866.437.1940 (SAIL) Seniors Abuse & Information Line Mon to Sun 8am-8pm

1.855.306.1443 TTY

We choose to make a difference.

We are a law firm with a passionate commitment to community. That's not just some empty marketing slogan, we continually prove it by putting our boots on the ground. Whether it's our two and half decades of personal sacrifice and contributions as an unpaid Search and Rescue volunteer, helping establish the North Okanagan Restorative Justice Program, guiding the local Boy and Girls Club, or simply by moderating the local All-candidates Election Forums, Blakely & Company continues to make these and other significant contributions to our Community.

Seniors - Real Estate - Families - Companies
 Farms - Wills and Probate - Power of Attorney
 Business - Representation Agreements - Estate Planning

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 Armstrong, B.C. V0E 1B0

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blakely@junction.net

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 Rescue

Canadian Bar Association, The

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profession, discrimination elimination
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1.800.663.1919 Referral Service
1.800.565.5297 Dial-a-Law Scripts

Clicklaw

Provides legal 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 other-
wise disadvantaged, or whose human
rights need protection www.clasbc.net
1.888.685.6222 Vancouver

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Okanagan & Shuswap areas since 1995
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Armstrong**

250.546.3188 1.888.838.9982

See our ad on page 65

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.
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 Recorded Information

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-4:30pm

Legal Services Society

If you have a legal problem and can't
afford a lawyer, we can help
www.legalaid.bc.ca

- Salmon Arm Provincial Court
550 2nd Avenue NE, Salmon Arm
250.545.3666 Tuesday 8:30-11:30 am
Enderby Aboriginal Services - call for
outreach hours
- **Suite E, 3105 31 Avenue, Vernon**
3001 27 Street (Vernon Courthouse)
250.545.3666 see web site for hours

• **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

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www.letourneanotary.com

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Salmon Arm

250.832.9319

See our ad on page 67



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*Wills & Estates Family Law
Probate General Practice
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Norb Poschwatta

Lawyer & Notary Public
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250.542.5353 1.800.243.5353

See our ad on Outside Back Cover

See our article on page 33

People's Law School

Provides public legal education & info

www.publiclegaled.bc.ca

604.331.5400 Vancouver

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

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Wills, Estates, Probate, Family Law,
 Real Estate, General Practice

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250.838.0726

See our ad on page 66

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www.trustee.bc.ca

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1.800.663.7867

Locksmiths**Vernon Lock & Safe**

Bonded, licensed professional locksmiths

www.vernonlock.ca

3101 31 Avenue, Vernon

250.545.0139

See our ad, and our article on ignition or lock problems on your vehicle on pg. 69

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Email: office@letourneanotary.com www.letourneanotary.com



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Policing

City of Vernon Community Policing

Call or visit the Vernon Community Policing office to get advice on Crime prevention awareness & community issues; learn about volunteering for the Community Policing office, Citizens Patrol and Speed Watch programs. See web site for programs and services www.vernon.ca/homes-building/community-safety/community-safety-office
2900 32 Avenue, Vernon 250.550.7840
See our ad on page 23

Community Crime Prevention Guide

This guide provides info on how to develop and implement an action plan, develop a community strategy, plus valuable sources of support.

www.2.gov.bc.ca/gov/assets/gov/public-safety-and-emergency-services/crime-prevention/community-crime-prevention/publications/crime-prevention.pdf

Crime Stoppers

North Okanagan/Shuswap

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
1.800.222.8477

Royal Canadian Mounted Police

www.rcmp-grc.gc.ca

Emergency only: dial 9-1-1

RCMP Detachments:

- **3710 Pleasant Valley, Armstrong**
250.546.3028
- **602 Granville Street, Enderby**
250.838.6818
- **5678 Connaught Road, Falkland**
250.379.2311
- **2208 Shuswap Avenue, Lumby**
250.547.2151
- **1980 11 Avenue NE, Salmon Arm**
250.832.6044
- **1125 Paradise Avenue, Sicamous**
250.836.2878
- **3402 30 Street, Vernon 250.545.7171**

RCMP Victim Assistance Program

Offering emotional & practical support to help victims, their families & witnesses deal with the impact of crime or trauma

- **Vernon, Armstrong, Enderby, Lumby, Falkland 8:30-4:30 Monday to Friday**
250.260.7171
- **Salmon Arm, Sorrento, Sicamous**
250.832.4453 operates 24/7

Salmon Arm Citizens Patrol

Daylight and evening city-wide vehicle, foot & bike patrols; radar-based Speed Watch; Lock Out Auto Crime activities in mall areas. New members welcome
<http://members.shaw.ca/sacp>
 c/o RCMP Detachment

1980 11 Street NE, Salmon Arm
250.833.1820 Sue Kershaw, President

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'

Victim Assistance

• Specialized Victim Assistance Program

For Women, Children and Men
 Vernon Courthouse, 3rd Level
210-3001 27 Street, Vernon
250.542.3322

• Community-Based Victim Assistance

Shuswap Area Family Emergency (SAFE) Society
www.safesociety.ca
250.832.0005 Salmon Arm
 • **Salmon Arm Women's Shelter**
250.832.9616 24/7

VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See web site for details of services offered

www.victimlinkbc.ca

1.800.563.0808
604.875.0885 TTY
604.836.6381 Text

Are You Having Ignition or Lock Problems on Your Vehicle?

Something you may not know (and sometimes even your mechanic is unaware) is that often when someone is having issues with their ignition, or vehicle door locks, it is usually a KEY issue and not the lock or ignition!

Sometimes this can show up as having to find the “sweet spot” to turn the key, or turning the key and nothing happens.

The easiest, and the least expensive, place to start in diagnosing your problem is to go to a reputable locksmith and have a “code cut” key made. This takes the key back to factory specifications, and is completely different than just copying it. (A copy of a worn key is still a worn key.) Often this will solve your problem, but if it doesn't and the lock or ignition needs to be replaced, a locksmith can rekey the new part to fit your original key (eliminating the



need to carry an additional key), even if it is a “chipped” key. Usually a locksmith can tell just by looking at your key whether or not the key should be replaced.

Replacing parts can be very expensive and sometimes unnecessary. With any vehicle lock or key issue a professional locksmith should be your first stop. Unlike a mechanic, a locksmith specializes in lock issues, they deal with them every day. **E**

Pat Cochrane, Vernon Lock & Safe Ltd.
www.vernonlock.ca



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 Salmon Arm 250-832-8103 Toll Free 1-888-288-2141
 Enderby 250-838-7333 Toll Free 1-888-838-7302
 Visit our website for locations throughout the Okanagan
www.jmins.com



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www.vernonmuseum.ca

3009 32 Avenue Vernon 250.542.3142
See our ad and article on page 14

Heritage Murals of Downtown Vernon

One of Canada's largest collections of outdoor public art, free tours Jul. & Aug

www.downtownvernon.com

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250.542.5851

See Downtown Vernon article on pg. 21

Historic O'Keefe Ranch

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9380 Highway 97 North, Vernon
250.542.7868

250.542.2178 Cattlemen's Club Restaurant

Lake Country Museum and Archives

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www.lakecountrymuseum.com

11255 Okanagan Centre Road West
Lake Country
250.766.0111

Mackie Lake House Foundation

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www.mackiehouse.ca

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Okanagan Symphony Orchestra

Concert events in Vernon, Kelowna, Penticton. See website for 2016-17 performances, locations, dates

<http://okanagansymphony.com>

250.763.7544 Mon-Fri 10am-3pm

250.549.7469 Vernon Ticket Seller
See our ad and article on page 32

Powerhouse Theatre

Fall, Winter and Spring productions on web site. Schubert Connection Matinee

<http://powerhousetheatre.net>

2901 35 Avenue, Vernon
250.542.6194

R.J. Haney Heritage Village & Museum

Where people, young & old, can see, touch, feel & smell Salmon Arm history

www.salmonarmmuseum.org

751 Highway 97B NE, Salmon Arm
250.832.5243

See our ad and article on page 28

Salmon Arm Arts Centre

A place to enjoy, experience, exhibit the arts, a record of our shared experience
www.sagapublicartgallery.ca
70 Hudson Avenue NE, Salmon Arm
250.832.1170

Shuswap Theatre

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 Seniors Theatre-best 2 hours of your week
www.shuswaptheatre.com
41 Hudson Avenue NW, Salmon Arm
250.832.9283

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www.vdpac.ca [Facebook.com/vdpac](https://www.facebook.com/vdpac)
3800 33 Street, Vernon 250.542.9355
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and drop-ins www.vernonarts.ca

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250.542.6243

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250 Allan Brooks Way, Vernon
250.260.4227



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www.env.gov.bc.ca/fw/fish/licences/
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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.bcparks.ca **1.800.689.9025**

• 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 & 8 contacts
www.55plusbcgames.org
778.426.2940

Davison Orchards Country Village

www.davisonorchards.ca
3111 Davison Road, Vernon
250.549.3266

Farmers' Markets (BC Association of)

www.bcfarmersmarket.org

• All Organic Farmers' Market

Wednesday 3-5 pm May to October Check web site for Winter Market dates from November to April
 Uptown Askew's, Salmon Arm
www.wildflightfarm.ca
250.838.7447 Wild Flight Farm

• Armstrong Farmers' Market

Fresh local produce, local meats, cheeses, honey, preserves, handcrafts, baked goods, bedding plants, organics, Saturday 8am-noon, April-November
 IPE Grounds, 3371 Pleasant Valley Rd.
250.307.8336 Arnold

• Celista Hall Farmers' Market

Wednesdays 9am-1pm, July & August
 North Shuswap Community Hall, Celista.
 Produce, crafts, baking, wine tasting, live band, kids activities
250.955.2978 Patsy

• Chase Farm & Craft Market

Fridays 10 am-2 pm, May to September
 Curling Rink parking lot
250.679.2166 Connie

• Cherryville Farmers' Market

Saturdays: May to October 9am-1pm
 1187 Highway 6 (behind Frank's store)
 Nov to Apr. 10am-1pm Community Hall
[Facebook.com/Cherryville-Farmers-Market](https://www.facebook.com/Cherryville-Farmers-Market)
250.547.6056 Heather

• Enderby Open Air Farmers Market

Fridays - 8:30 am-12:30 pm, late April to mid-Oct. Parking lot behind City Hall
250.517.8786 Tom
Winter Market - Fridays 11am-1pm
 Oct - Feb. Enderby Seniors Centre
250.306.6582 Gabriele

• Lake Country Farmers' Market

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

• Lumby Public Market

May to mid-October, Saturday 9am-1pm
 Community Park Oval on Glencaird St.
www.LumbyMarket.com
778.473.0013

• Shuswap Farm & Craft Market

Fresh produce, local crafts. April to mid-October, Tues. & Friday, 8 am-12:30 pm
 Rainbow Glass parking lot
www.shuswapfarmersmarket.com
250.804.3387 Gene, Salmon Arm

• Sorrento Village Farmers' Market

Mothers Day to Thanksgiving weekends.
 Sat. 8am-noon. Sorrento Shoppers Plaza
www.sorrentofarmersmarket.ca
250.515.1265 Vicki

• Vernon Farmers' Market

April thru Oct., Mon & Thur 8am-1pm Kal Tire Place parking lot
Vernon Indoor Farmers' Market - on select

Fridays - Nov-Mar. Noon-4pm Kal Tire Place
www.vernonfarmersmarket.ca
250.351.5188 Ingrid

Kal Tire Place, Vernon

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250.832.4044

• **Shaw Centre**

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250.542.6713

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ylw.kelowna.ca/mobile

email: airport@kelowna.ca

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250.765.5612 Airport Parking Booth

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250.863.3714 Wheelchair Assistance

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 See our ad on page 73

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Visitor Centres

- **101-20 Hudson Ave. NE, Salmon Arm**
www.sachamber.bc.ca/visitors.php
250.832.2230 **1.877.725.6667**
- **3004 39 Avenue, Vernon**
www.tourismvernon.com
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Activity Centres

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2520 Patterson Street
Armstrong
250.546.8158 Nancy

Canoe Senior Citizens Association

9 am coffee Mon & Fri, Mon bingo 12:45 Fri
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250.832.8215



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250.679.8522

Enderby & District Senior Citizens

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1101 George Street, Enderby
250.838.7541 Seniors Centre
250.838.6398 or **250.838.6679** Mel

Falkland Seniors Branch 95

Activities include billiards, darts, card games. Potluck lunch last Mon. Annual garage sale. Hall rental with kitchen \$30

5706 Highway 97, Falkland
778.474.0018 Dave

Halina Seniors Centre

Bingo, Canasta, Bridge, carpet bowling, dancing, crafts, pancake breakfasts, darts, billiards and shuffleboard, floor curling, bus tours, Tuesday hot lunch. Hall rental

www.facebook.com/HalinaSeniorsCentre
3310 37 Avenue, Vernon 250.542.2877

Senior Drop-In Centre (Lumby)

Saddle Mountain Place Mon-Wed-Fri 9am-1:30pm, hot, nutritious noon meal \$6. Bingo, wellness program, field trips, crib, darts, trivia, Yoga for You

www.whitevalley.ca
1751 Glencaird, Lumby 250.547.8821

Lakeview Community Centre

Carpet bowling, wood carving, arts & crafts, line dancing, shuffleboard, pool, bridge and cribbage, library and puzzles, table tennis, music/drama group. Monthly pancake breakfast & dinner/social, Monday movie night.

continued...

Emergency Preparedness Centre

www.lakeviewcommunitycentresociety.com
7703 Squilax-Anglemont Road
Anglemont
250.955.2218

Schubert Centre

Vernon's Hot Spot Community Centre
Scrabble, whist, crib, bridge, canasta, 500, floor curling, wellness clinic, line & square dancing, crafts, OAPO, woodcarving, Tai Chi. Hall rental, Catering, Coffee Shop, Bargain Basement. Meals on Wheels

www.schubertcentre.ca
3505-30 Avenue, Vernon
250.549.4201

See our ad & article on pages 24, 25

Seniors Fifth Avenue Activity Centre

Cards, billiards, keep-fit, chess, table tennis, darts, music, dancing. Full course nutritious noon meals weekdays Sept to June. Monday to Friday 9 am-4 pm

www.5thaveseniors.org
170 5 Avenue SE, Salmon Arm
250.832.1065

Shuswap Lake Senior Citizens Society

aka Seniors Drop In Centre
Sat. evening bingo, billiards, beginners to experienced painters clubs, computer lessons, Spiritual Church Tue & Sun

31 Hudson Avenue NE, Salmon Arm
250.832.3015

Sicamous Seniors Centre Society

Carpet bowling, Wii, bridge, pool, darts, shuffle board, free computer training, ping pong. Wednesday lunch - by donation. Friday lunch \$5

www.sicamouseniors.ca
1091 Shuswap Avenue, Sicamous
250.836.2446

Sorrento Drop In Society

Quilting, cribbage, Wheels to Meals, snooker, Scottish Country dancers, wood carvers, card games

1148 Passchendaele Drive, Sorrento
250.675.5358



SLOTS • BINGO • DINING

SALMON ARM

Trans-Canada Highway • Salmon Arm • 250-832-4441

Open Seven Days a Week



Salmon Arm's Place To Be!

22,000 square foot facility features...

- 99 slot machines
- Electronic Blackjack Machine
- Electronic & Paper Bingo
- Racebook
- Banquet & Conference space
- Licensed Lounge
- Outdoor Patio

**The FUN never stops at
Chances Salmon Arm!**



Resources

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 www.cra-arc.gc.ca/donors
1.800.267.2384 Mon-Fri 9am-6pm
1.800.665.0354 TTY

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
250.712.3921 1.866.230.9988

BC SPCA

Non-profit organization dedicated to protecting and enhancing the quality of life for domestic, farm & wild animals
www.sPCA.bc.ca

1.855.622.7722 Animal Cruelty Hotline

- Vernon & District Branch
4800 Haney Road, Vernon V1H 1P6
250.549.7297
- Shuswap Branch
5850 Auto Road SE, Sal. Arm V1E 2X2
250.832.7376

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 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

Community Foundation of the North Okanagan

Dedicated to improving quality of life in the region by distributing earnings
www.cfno.org
304-3402 27 Avenue, Vernon V1T 1S1
250.542.8655
See our ad and article on page 12

Heart & Stroke Foundation BC/Yukon

In Memoriam, In Honour, general donations
www.heartandstroke.bc.ca
4-1551 Sutherland Avenue
Kelowna V1Y 9M9
778.313.8090 1.866.432.7833
See our ad on page 91

North Okanagan Hospice Society

Respect, comfort, compassion
www.nohs.ca
3506 27 Avenue, Vernon V1T 1S4
250.503.1800

Shuswap Community Foundation

Uniting Those Who Care with the Needs of our Community
www.shuswapfoundation.ca
450 Lakeshore Dr. NE, Salmon Arm
Box 624, V1E 4N7 250.832.5428
See our ad and article on page 10

Shuswap Hospice Society

Celebrating the Circle of Life and Death

www.shuswaphospice.ca

4-781 Marine Park Drive

Salmon Arm V1E 2W7

250.832.7099 Mon-Fri 9am-4pm

Shuswap Hospital Foundation

Accept, manage, disburse funds for the

benefit of Shuswap Health Services

www.shuswaphospitalfoundation.org

Main Hospital Entrance

601 10 Street NE, PO Box 265

Salmon Arm V1E 4N3

250.803.4546

United Way North Okanagan Columbia Shuswap

Moving people from poverty to possibility

www.unitedwaynocs.com

3304 30 Avenue, Vernon V1T 2C8

250.549.1346

1.866.448.3489

Variety-The Children's Charity of BC

Leave a Legacy in your Will to Variety & BC children who have special needs

www.variety.bc.ca

4300 Still Creek Dr., Burnaby V5C 6C6

Toll Free: 310.KIDS (5437)

See our ad on this page

Vernon Jubilee Hospital Foundation

Support North Okanagan health care needs with your tax deductible donation

www.vjhfoundation.org

2101 32 Street, Vernon V1T 9N7

250.558.1362

See our article on pg. 26, ad on pg. 27,

The War Amps

Committed to Improving the Quality of Life for Canadian Amputees, including children via the Child Amputee (CHAMP) program

www.waramps.ca

2827 Riverside Drive

Ottawa, ON K1V 0C4 1.800.363.4067

See our article on pg. 18, ad on pg. 19

**LEAVE A LEGACY IN YOUR WILL**

By remembering Variety - The Children's Charity in your will, you can help children who have special needs in the province. Your generosity will provide hope, enrich lives, and build a better future for children like Xander.

FOR MORE INFORMATION ON HOW TO LEAVE A LEGACY:

Call (604) 320-0505 or Toll-free 310-KIDS (5437)

or visit our website at www.variety.bc.ca



Education

BCAA Road Safety Program

• **Older Drivers:** Information about staying safe on the road, staying mobile, and planning to stop driving. Learn more about effects of aging on driving
www.bcaa.com/road-safety

• **Seniors Driving:** Assess, maintain your driving skills, Adjusting driving habits, medications and driving
www.seniorsdriving.caa.ca

Junction Literacy Centre

Volunteers welcomed for our One-to-One Children's Reading program. See our web site for more opportunities and services
www.junctionliteracy.ca

3104 37 Avenue, Vernon
250.549.2216

See our article on page 37

Justice Institute of BC (JIBC)

Educating and training those who make communities safer; world leader in justice and public safety education
www.jibc.ca

825 Walrod Street, Kelowna
250.469.6020 1.888.865.7764

Kelowna & District Safety Council

Offers various programs for mature drivers including **55 Alive** (\$35), Seniors Winter Driving, Seniors Assessment & Refresher, ICBC Retest Preparation; Motorcycle Training, Driver Licensing. Okanagan's foremost safety training facility. See web site for details.

www.kdsc.bc.ca

395 Hartman Road, Kelowna
250.765.3163

1.888.580.7233 Register, class info
See our ad on page 90

Literacy Alliance of the Shuswap Society

Focus on literacy awareness, education
www.shuswapliteracy.ca

358 Alexander Street NE, Salmon Arm
250.463.4555

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

St. John Ambulance

First aid training, volunteer community services. Course descriptions on web site
www.sja.ca/bc

Vernon/North Okanagan Shuswap branch
1905 47 Avenue, Vernon
250.545.4200

The Society for the Arts in Dementia Care

Organizes educational events, advises on creative expressions programs for healthy older adults and people living with dementia

www.cecd-society.org

Dalia Gottlieb-Tanaka, PhD, Chair

250.503.0117 dr.daliagt@gmail.com

Thompson Rivers University

Education via online Open Learning. Improve your cognition and revitalize your memory
www.truopen.ca

1.877.663.4089 ext. 6839

See our ad on page 81

Vernon & District Immigrant Services

Three different levels and schedules of English classes free to permanent residents and naturalized Canadians
www.vdiss.com

100-3003 30 Street
250.542.4177

See our ad and article on page 16

Library Services

Okanagan Regional Library

www.ork.bc.ca

Branches...

• **10-3305 Smith Drive, Armstrong**
250.546.8311

continued...

- **1-2425 Golf Course Dr., Blind Bay**
250.675.4818 South Shuswap branch
- **1114 Highway 6, Cherryville**
250.547.9776
- **514 Cliff Avenue, Enderby**
250.838.6488
- **5771 Highway 97, Falkland**
250.379.2705
- **10150 Bottom Wood Lake Road**
Lake Country
250.766.3141
- **2250 Shields Avenue, Lumby**
250.547.9528
- **15718 Oyama Road, Oyama**
250.548.3377
- **The Mall at Piccadilly, Salmon Arm**
250.832.6161
- **921 Salmon River Rd., Salmon Arm**
250.832.4719 Silver Creek branch
- **2-446 Main Street, Sicamous**
250.836.4845
- **3867 Squilax Anglemont Road**
Scotch Creek North Shuswap branch

250.955.8198

- **2803 30 Avenue, Vernon**
250.542.7610

See our ad and article on page 20

Thompson-Nicola Regional District Library System

www.tnrplib.ca

Chase Branch

614 Shuswap Avenue, Chase
250.679.3331

Meal & Food Programs

Community Garden Network

Greater Vernon model is a partnership between Regional District, Food Action Society, volunteer garden committees
www.vernon.ca/parks-recreation/programs-schedules/community-garden
<http://foodaction.ca/about/community-gardens>

Activate Your Mind

Taking a course, of any subject, can improve your cognition and revitalize your memory.

Reap the health benefits of lifelong learning today by enrolling in distance courses with Thompson Rivers University, Open Learning.

With distance education you can:

Complete courses at any time and any place.

Access over 500 courses and pick a subject that interests you.

1.877.663.4089 ext. 6839 (toll-free) | truopen.ca



**THOMPSON
RIVERS
UNIVERSITY**
Open Learning

Community Gardens (Lake Country)

Activity for persons of all ages & abilities
www.okanaganway.ca/municipal/parks-recreation-culture/community-gardens/

- Oyama Community Garden
15710 Oyama Road
250.548.3857 Marj, Coordinator
- Winfield Community Garden
11187 Bottom Wood Lake Road
250.863.1147 Kate
250.862.8825 Becky

Community Kitchen for Seniors

Once a month at Salvation Army Church
3303 32 Avenue Vernon
250.545.7617 Diane

Community Kitchens

Learn how to cook healthy, affordable meals. Groups in Armstrong, Cherryville, Enderby, Falkland, Lumby, Salmon Arm, Vernon. See web site for details
<http://communitykitchens.webs.com>

Food Action Society of North Okanagan

Non-profit charitable organization, mission to improve food security by cultivating a healthy, sustainable, regional food system through education and community action
www.foodaction.ca

c/o Social Planning Council

3105 33 Street, Vernon 250.275.8814

- **Good Food Box North Okanagan**

Assists hundreds of individuals & families access affordable locally-sourced fresh fruits & vegetables for only \$16/month.

See web site for details, volunteering info
www.goodfoodbox.net

250.275.8814

Good Food Box Shuswap

Food buying cooperative for those finding it difficult to stretch their food dollars

- Shuswap Family Resource and Referral Centre. See web site for details
www.familyresource.bc.ca/services/good-food-box/

181 Trans-Can. Hwy NE, Salmon Arm
250.832.2170 Mon-Thur 9am-5pm

- Seniors' Resource Centre

www.seniorsresourcecentre.org

320A 2nd Avenue NE, Salmon Arm
250.832.7000 Mon-Fri 9am-3pm

Kalamalka Demonstration Garden & Patchwork Community Farm

Two acre demonstration garden exhibiting sustainable gardening practices. Offers skill-building, inclusive recreational opportunities for people of all abilities. Check Facebook page for hours, events
www.okanagan.bc.ca/page32034.aspx

Lake Country Seniors Buffet

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

Meals on Wheels

- **Vernon:** Pleasing variety of safe, flavourful, nutritious meals by Schubert Centre. Available to anyone who has difficulty purchasing and/or preparing meals. Delivery in Vernon area at noon Mon., Wed., Fri. DVA meals available To subscribe or volunteer, call **250.549.4201** Schubert Centre
 See our ad on page 25

Salvation Army Food Bank

www.salvationarmy.ca

1-441 3 Street SW, Salmon Arm
250.832.9194

Salvation Army Food Bank

Only authorized Food Bank in Vernon
www.vernonhouseofhope.com

3303 32 Avenue, Vernon

250.549.4111 call for appointment

Shuswap Second Harvest (Food Bank)

Wed 4:30 - 6 pm, Friday noon - 2 pm

Volunteer information - see web site

www.shuswapsecondharvest.ca

360 Alexander Street NE (rear)

Salmon Arm 250.833.4011 Diana

Send donations to:

Box 1062, Salmon Arm, BC V1E 4P2

Wheels to Meals

- **Armstrong:** Wed. noon full course meal at the Legion, \$8, pre-registration **250.546.8455** Legion
- **Enderby:** Wed noon-Sept-June, full course meal at Senior Citizens Hall, \$8 **250.838.6439** Melody
- **Lumby:** Thursdays 11 am to 2:30 pm Sept-June full course meal at OAP Hall, \$7, take-outs by 11:30 am, rides available **250.547.6417**
- **Sicamous:** Tue & Thur noon, full course meal at Eagle Valley Haven, \$7 **250.836.2437** If large group, call ahead
- **Sorrento:** 2nd & 4th Tues. late Sept. to mid-June. Sorrento Drop-In Centre. Home cooked noon meal - \$8 by reservation **250.675.4871** Luise

Programs & Groups

Advocacy Access Program

Disability Alliance BC

Place of support, information and

advocacy for people with all disabilities
www.disabilityalliancebc.org/programs/advocacy.htm

1.800.663.1278 Mon-Fri 8:30am-4:30pm

Better At Home

United Way managed program helping seniors remain independent in their homes, connected to their communities
www.betterathome.ca

- **Lake Country Health Planning Society**
www.lakecountryhealth.ca
778.215.5247

- **Eagle Valley Community Support Society**
 Serving the Shuswap, Enderby, Falkland
www.shuswapbetterathome.ca
1214 Shuswap Avenue, Sicamous
250.253.2749 Wysteria
See our ad on this page

- **NexusBC Community Resource Centre**
 Vernon, Armstrong, Lumby, Cherryville
www.nexusbc.ca
102-3201 30 Street, Vernon
250.545.0585 *See our article on pg. 30*

Better at Home

United Way helping seniors
remain independent.

The Better at Home Program helps seniors with simple non-medical, day-to-day tasks so that they can continue to live independently in their own homes, and remain connected to their communities

Services include:

- Friendly Visiting
- Transportation
- Light Housekeeping
- Grocery Shopping
- Minor Home Repairs
- Light Yard Work

Better At Home is funded by the Government of British Columbia

Volunteers
Welcomed!



United Way

For Salmon Arm, Sicamous, Enderby, Falkland, the North and South Shuswap, and their surrounding communities and rural areas:

Eagle Valley Community Support Society

Box 777, 1214 Shuswap Avenue, Sicamous, BC V0E 2V0

Tel: 250.253.2749 • Email: sbahintake@outlook.com

www.shuswapbetterathome.ca

Churches of Salmon Arm Thrift Shop
 Monday 11am-5pm, Tuesday to Friday
 10am-5pm; Saturdays 10-4:30
www.Facebook.com/Churches.Thrift
461 Beatty Ave. NW, Salmon Arm
250.832.8234

**Crisis Intervention & Suicide
 Prevention Centre of BC**

Non-profit, volunteer organization
 committed to helping people help
 themselves and others deal with crisis
www.crisiscentre.bc.ca
1.800.SUICIDE (784.2433)
604.872.1234 Seniors Distress 24/7

Day Break Adult Day Centre

Socializing and Care-Giver respite.
 Community Care nurse referral needed
3000 Gateby Place (The Gateby, Vernon)
250.545.4456 ext. 35259

**Elderly Assessment & Short Term
 Treatment (EAST) Program**

Fall prevention education, exercise, by
 referral from a Health Care professional
3000 Gateby Place, Vernon
250.545.4456 ext. 35262

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-response-recovery

1.800.663.3456 [report disaster/emergency](#)

First Nations Friendship Centre

Mental Health & Addiction Program
 designed to provide outpatient drug,
 alcohol, mental health and family
 counselling, workshops, support groups
www.vernonfirstnationsfriendshipcentre.com
2904 29 Avenue, Vernon **250.542.5311**

Harmony Haven Adult Day Program

Community Care Health Services
2-2770 10 Avenue NE, Salmon Arm
250.803.4525 Cy Odell

Junction Literacy Centre

Volunteers welcomed for our One-to-One
 Children's Reading program. See our web
 site for more opportunities and services
www.junctionliteracy.ca
3104 37 Avenue, Vernon
250.549.2216

See our article on page 37

People In Need Crisis Line

Free 24/7 phone support and referral
 service. Commitment is to provide
 confidential and non-judgemental emotional
 support for those in need
1.888.353.CARE

www.peopleinneed.ca

103-3402 27 Avenue, Vernon

250.545.8074 Program office

310.6789 Mental Health Support

**North Okanagan-Shuswap Brain Injury
 Society**

Comprehensive range of services to
 survivors of an Acquired Brain Injury, their
 families and caregivers
www.nosbis.ca

364B Ross Street NE, Salmon Arm
250.833.1140

Neighbourlink Shuswap

Serving and valuing people in an
 unconditional, non-judgemental way - by
 giving a single focus to connecting for
 assistance when going through hardship.
 Mon-Wed-Fri 11:30am to 3pm
250.832.3272 Salmon Arm

Probus Clubs

Purpose of a Probus (Professional
 Business) is to bring together retired, semi-
 retired persons who have backgrounds of
 responsibility and to foster fellowship. See
 web site for contact info for Salmon Arm,
 Shuswap and Vernon clubs
www.probus.org/canada.htm

Vernon & District Immigrant Services

Settlement issues, employment services,
 English language (ESL)

classes for immigrants and newcomers
www.vdiss.com

100-3003 30 Street
250.542.4177

See our ad and article on page 16

Resource Centres

Copper Island Seniors Resource Centre

Providing info, coordination of services for seniors of South Shuswap. Grocery shopping, Computer & iPad Tutoring, Transportation, Frozen meals, Foot Care, Luncheons, Support Groups, Hearing screening. Info on programs available through IHA and volunteer groups, assistance with forms/applications including income tax

http://sshss.ca/home/cisrc_home-htm/

2405B Centennial Drive, Blind Bay
250.515.6047

Eagle Valley Community Support Society (Sicamous & Malakwa)

Variety of programs & services - food bank, resource library, various Senior's Support programs, Information/referrals
www.shuswapbetterathome.ca

1214 Shuswap Avenue

Sicamous

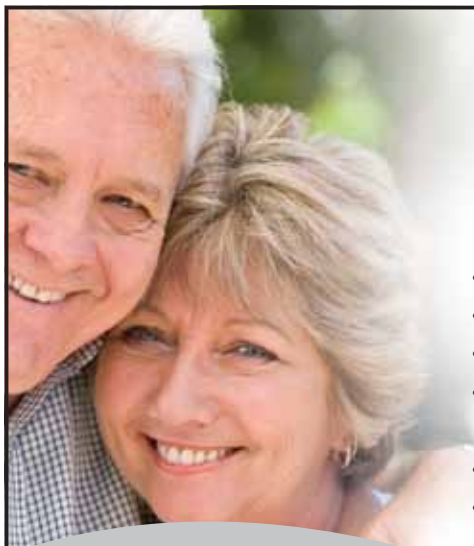
250.836.3440

Family Resource Centre Society for the North Okanagan

Senior Support Volunteer Program - trained volunteers provide support for senior clients experiencing various age-related issues - social isolation, depression, dementia. Clients must be referred through IHA Seniors Mental Health team - call **250.549.5737**. New volunteers welcomed.

www.vernonfrc.ca

201-3402 27 Avenue, Vernon
250.545.3390



SENIORS' RESOURCE CENTRE

- Blue Bottle Program
- Caregivers Support Group
- Foot Care Clinics
- Friendly Phone Calls to Lonely & Shut-ins
- Housing Info
- Tax Preparation
- Meal Programs
- Rides to Medical Appointments
- Shopping Programs
- Social Lunches
- Senior Advisors - (help with government forms, etc.)

320A 2nd Avenue NE
 Salmon Arm
 V1E 1H1

250.832.7000
www.seniorsresourcecentre.org

Monday to Friday
 9 am to 3 pm

NexusBC Community Resource Centre

Providing services for job-seekers, employers, volunteers and seniors

- **Volunteer Services:** Recruitment & placement of individuals who wish to volunteer in the community
www.volunteervernon.ca
- **Seniors Services:** Assistance with government applications, Housing Guide, Better at Home program - see listing on page 83. Community Services Directory, referrals to agencies for senior abuse and/or legal issues, Income tax program
www.nexusbc.ca
102-3201 30 Street, Vernon
250.545.0585 Mon-Thur 9am-4pm
See our article on pg. 30, ad on pg. 31

Seniors' Resource Centre

Meal services: Better Meals, grocery shopping. Programs: Caregiver Support Group, Day Away, Foot Care, Income Tax, Friendly Check-In, Senior Advisor, Lunch with Friends, Good Food Box
www.seniorsresourcecentre.org
320A 2 Avenue NE, Salmon Arm
250.832.7000
See our ad on page 85

The Shuswap Family Resource & Referral Centre

Lending Library, Good Food Box, Sustainable Food program, Grandparents Raising Grandchildren, Community Resource information. See web site for information on all Programs/Services
www.familyresource.bc.ca
181 Trans Canada Highway NE
250.832.2170 Salmon Arm

Whitevalley Community Resource Centre

Family services, Community Garden, Senior Drop-In at Saddle Mountain Place Mon-Wed-Fri. Seniors Connect program. Nordic Walking. Consider donating your time and talent as a volunteer
www.whitevalley.ca
2114 Shuswap Avenue, Lumby
250.547.8866

Service Organizations

Army, Navy and Air Force Veterans

Non-members welcome!
www.anavets.ca
2500 46 Avenue, Vernon
250.542.3277

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: Vivian Davis
250.547.9311
- Lake Country 55+, Winfield
250.766.5437 Anne Robinson
- Monashee 50+ Club, Lumby OAPO 117
778.473.0011 Vincent Mickey
- Vernon Seniors OAPO #6
Meets 3rd Tuesday (except July and August) at Schubert Centre 1:30 pm
250.545.0075 Edgar Wolf

• Vernon OAPO Orange Bottle Program

To help Health Care Professionals and Paramedics assess your condition when called to your residence. To register, contact Edgar Wolf
250.545.0075

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 Information and Distress Line Network - Free & available 24/7. Call for information or if you just need someone to talk to
www.heretohelp.bc.ca/connect/community-resources
1.800.661.2121 - order publications

Big Brothers Big Sisters of the Okanagan

Mission to support & enhance the well-being of young people through positive mentoring relationships. See web site for what and how to donate. Donate clothing,

and household items at **Value Village**
www.bigs.bc.ca
1.800.404.4483

CARP

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

• **Okanagan Chapter**
carpokanagan@hotmail.com
250.870.2632

Canadian Blood Services

Recruits blood donors, organizes and operates blood donor clinics to provide blood for hospitals in Canada. Use 'clinics' locator on web site www.blood.ca
1.888.236.6283

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
604.916.5151 President Lorraine Logan

604.576.9734 Secretary Ernie Bayer
ecbayer@gmail.com

Independent Living Vernon

Works for societal change, remove barriers so that people with disabilities have the opportunity to realize their full potential; Parking Placards program entitling people with mobility disabilities to utilize accessible parking spaces
www.ilvernon.ca

107-3402 27 Avenue, Vernon
250.545.9292 **1.877.288.1088**
250.542.2193 TTY

Kindale Developmental Association

Non-profit society providing wide range of services to people with diverse abilities in the North Okanagan Shuswap
www.kindale.net

2725A Patterson Avenue, Armstrong
250.546.3005
250.540.7400 Crisis Support Services
 9 am to 10 pm, 7 days per week



CHECK OUT OUR STORES IN VERNON:

Downtown Vernon - 2706 30th Avenue
North Vernon - 5100 Anderson Way
 Visit our locations in Kamloops & Kelowna

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

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

Royal Canadian Legion

Legion's 1600 branches provide support to seniors & veterans including low-cost housing, health care and home support.

To find a branch, go to...

www.legionbcyukon.ca/branch-locator

1.888.261.2211 BC/Yukon Command

Salvation Army House of Hope / Community Church

Worship services Sundays 10:30 am

www.vernonhouseofhope.com

3303 32 Avenue, Vernon

250.549.4111

• Thrift Stores

- **3109 29 Avenue** **250.549.4515**
- **5400 24 Street** **250.549.4451**

Support Groups / Self Help

Alcoholics Anonymous

Assistance, information and fellowship for those with alcohol related problems.

Check web site for local meeting info

www.bcyukonaa.org

- **250.545.4933** Vernon, Armstrong, Cherryville, Lumby
- **1.866.531.7045** Enderby, Shuswap, Sicamous, Skwax, Sorrento

AI-Anon Family Groups

A fellowship for people whose lives have been affected by someone else's drinking.

See web site for area meetings

www.bcyukon-ai-anon.org

250.763.5555 Kelowna Info Service

www.afghelp.org

BC Responsible & Problem Gambling

Program: Free information, resources to support informed choices, healthy behaviours with respect to gambling participation. Free treatment & support available for anyone struggling with their own or a loved one's gambling

1.888.795.6111 24 hour Help Line

www.bcreponsiblegambling.ca

BrainTrust Canada

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

www.braintrustcanada.com

102-3301 24 Avenue, Vernon

250.542.3555 ext. 207

Compassionate Friends of Canada

Support group for families who have experienced the death of a child, any age, any cause. For meeting info call

250.675.3793 Salmon Arm

250.558.5026 Vernon

www.tcfcanada.net

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, chapter contacts - including Vernon, Salmon Arm

www.kelownaceliac.org

250.763.7159 Marie Ablett

Learning Disability Association of BC

Here to advance education, social development, employment, legal rights, general well-being of people with learning disabilities. Vernon chapter. Office hours Tuesdays 12:30-2:30pm at People Place

www.ldabc.ca

102-3402 27 Avenue, Vernon

250.542.5033 Nadiene

Lupus Society

Provide education, support to people affected by lupus; create awareness;

support advances: treatment & research
www.bclupus.org
1.866.585.8787
 • Kelowna Support Group
250.869.1335 Debra

Mental Illness Family Support Centre
 Support, education, advocacy to families with mental illness and/or addiction or substance misuse issue.
www.mifsc.ca
300-3402 27 Avenue, Vernon
250.260.3233

Mood Disorders Association of BC
 Treatment, support, education, and hope of recovery for people living with a mood disorder. Peer Support Groups
250.832.3733 Salmon Arm
250.558.6900 Vernon
www.mdabc.net

Multiple Sclerosis Society
 • Vernon MS Society
 See web site for support meeting info
www.vernonms.ca
105-3402 27 Avenue
250.542.2441
 • Reaching Out Multiple Sclerosis Society
 See web site for support group info
www.intheshuswap.ca/romss
250 Alexander Street NE, Salmon Arm
250.803.0109 **1.888.803.0109**

Narcotics Anonymous
 Self-help, support, information for those recovering from a drug problem. See web site for Enderby, Lake Country, Salmon Arm and Vernon meeting information
www.bcna.ca
1.866.778.4772 24 hour Help Line

New Hope
 Encouraging and helping those who have lost a spouse to death. Drop-in coffee time Thursdays 9:30-11:30 am Room 003, People Place
www.newhope-grief.org
004-3402 27 Avenue, Vernon
250.545.6004

Parkinson Society British Columbia
 See web site for support group information in the Thompson Okanagan
www.parkinson.bc.ca
1.800.668.3330 Provincial Office

People in Pain Network
 Vernon Pain Self-Management Group- Meetings held at Schubert Centre
 4th Thursday of the month 2:30-4:30 pm
www.pipain.com/vernon.html
1.844.747.7246

Prostate Cancer Canada Network
www.prostatecancer.ca
 Kamloops Support Group
250.376.4011 Larry Reynolds
 Kelowna Support Group
250.712.2002 Bren Witt
 Vernon Support Group
250.549.2362 Lloyd Mitchell

Quit Now
 BC Lung Association program designed to help you quit smoking, stay smoke free. If you are ready to quit, we are here to help
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
 Info and programs for stroke survivors
<http://strokecoverybc.ca>
 • Vernon branch meets at the Eagles Hall, Thursdays 9:30 am-12:30 pm
5101 25 Avenue, Vernon
250.864.2515 Chantelle
 • Salmon Arm branch meets at St. Joseph's Church, 2nd, 3rd, 4th Fridays 10:30 am to 1:30 pm
90-1st Street SE, Salmon Arm
250.832.6213 Ruth
 See our article on page 19

Transportation

Bus Pass Program

Ministry of Social Development

Affordable transportation on all BC transit systems for low-income senior citizens and persons who are disabled. See web site for eligibility, cost, and phone options
www.sd.gov.bc.ca/programs/bus-pass.html

Disability Parking Permits

• SPARC BC

Parking permits for individuals and organizations available online
www.sparc.bc.ca

1.888.718.7794 Mon-Fri 9am-4:30pm

Greyhound Canada

Senior discount for 62 and over; check 'Senior Discounts' & 'Deals & Discounts' on web site for other cost saving options
www.greyhound.ca

250.545.0527 Vernon

250.832.3131 Salmon Arm

1.800.661.8747 Fares and Schedules

1.800.397.7870 TTY 24/7

HandyDART

www.busonline.ca

250.832.0191 Shuswap Region Transit

250.549.1366 Vernon Regional Transit

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](#) Click on TAP BC

1.800.661.2668 Automated service

Volunteer Drivers

• Armstrong Volunteer Driver Program

Serving citizens of Armstrong & Spallumcheen only. Transportation for medical & dental appointments in Armstrong, Enderby, Kamloops, Kelowna, Lumby, Salmon Arm, Vernon. Sponsored by the Armstrong Seniors Activity Centre. Leave message: voice mail will be checked

250.546.0999 10am-Noon Mon-Friday

• Kelowna Cancer Clinic-Freemasons

Transportation from Kelowna airport or bus depot, pick ups in Enderby, Vernon, Armstrong, Lake Country. Monday to Friday 24 hour notice required

<http://freemasonry.bcy.ca/textfiles/cancer.html>

1.800.299.0188 Freemasons

• Shriners Care For Kids

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

1.800.661.KIDS



MOTORCYCLE & DRIVER TRAINING

Call **250-765-3163**

Toll Free **1-888-580-7233**

www.kdsc.bc.ca

Working together to build a safer community.

We are a non-profit organization



**Kelowna & District
Safety Council**

Web Resources

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. Stay 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. Healthy Aging, Financial & Legal Matters, Elder Abuse Prevention, Fall Prevention, Health & Safety, Housing, Seniors' Guide, Transportation, Advance Care Planning, Home & Community Care www.seniorsbc.ca

Seniors Canada

Stay Active, Engaged, Informed. Find information for seniors, their families, their caregivers and supporting service organizations on federal, provincial, and some municipal government benefits and services www.seniors.gc.ca

SIGNS OF STROKE

FACE Is it drooping?
ARM S Can you lift them?
SPEECH Is it slurred or jumbled?
TIME To call 9-1-1 right away.

**DON'T IGNORE THE SIGNS.
 CALL 9-1-1 IMMEDIATELY.**

**When treated in the first four and a half hours,
 the effects of stroke can be limited.**

Please put an end to STROKE! Donate at
heartandstroke.ca



HEART &
 STROKE
 FOUNDATION

Government

Municipal, Regional, First Nations

Armstrong, City of

www.cityofarmstrong.bc.ca

- **City Hall, 3570 Bridge Street**
250.546.3023 Mon-Fri 8:30am-5pm
- **Armstrong Spallumcheen Museum & Art Gallery**
<http://ArmstrongSpallMuseumArt.com>
3415 Pleasant Valley Road
250.546.8318
- **Armstrong Spallumcheen Chamber of Commerce** www.aschamber.com
3550 Bridge Street 250.546.8155
- **Armstrong-Spallumcheen Parks & Rec**
www.icesports.com/armstrong/
3351 Park Drive 250.546.9456
- **Armstrong Spallumcheen Fire Dept.**
www.asfd.ca 250.546.6708

Chase, Village of

A Shuswap Experience

<http://chasebc.ca>

- **Village Office, 826 Okanagan Avenue**
250.679.3238 Mon-Fri 9am-4pm
- **Chase & District Chamber of Commerce and Visitor Information Centre**
www.chasechamber.com
400 Shuswap Avenue
250.679.8432

Cherryville (unincorporated)

In the foothills of the Monashee Mountains
For attractions, community services,
business directory and more, go to...
www.cherryville.net

Enderby, City of

Where the Shuswap meets the Okanagan
www.cityofenderby.com

- **City Hall, 619 Cliff Avenue**
250.838.7230
- **Enderby & District Chamber of Commerce**
www.enderbychamber.com
702 Railway Street
250.838.6727 1.877.213.6509
- **Enderby & District Fire Department**
www.enderby.com/fire.html
407 George Street 250.838.6950
- **Enderby & District Museum & Archives**
www.enderbymuseum.ca
901 George Street
250.838.7170 Tue-Sat 10am-4pm

Falkland, Town of

Home to one of Canada's largest flags
(Gyp Mountain) and one of the oldest
rodeos in Canada

<http://hp.bccna.bc.ca/Community/Falkland/>

- **Heritage Park Museum**
Open daily mid-June to mid-September
<http://falklandmuseum.webs.com>
5657 Highway 97 250.379.2535

Lumby, Village of

www.lumby.ca

- **1775 Glencaird Street**
250.547.2171 Mon-Fri 8m-4:30pm
- **Lumby & District Chamber of Commerce**
www.monasheetourism.com
1882 Vernon Street
250.547.2300
- **Lumby & District Volunteer Fire Dept.**
www.lumbyfire.ca

- 1769 Shuswap Avenue 250.547.9516**
 • **White Valley Parks, Recreation, Culture**
 Program Guide available online: lumby.ca
250.547.6404
 • **White Valley Community Centre**
2250 Shields Avenue 250.547.6404

Salmon Arm, City of

www.salmonarm.ca

- 250.833.0377** Information Line
 • **City Hall, 500 2nd Avenue NE**
250.803.4000 Mon-Fri 8:30am-4pm
 • **Fire Department Administration**
141 Ross Street NE 250.803.4060
 • **SASCU Recreation Centre**
www.salmonarmrecreation.ca
2550 10 Avenue NE 250.832.4044
 • **Shaw Centre**
 2 NHL ice surfaces, elevated walkway,
 meeting rooms, restaurant, exhibition space
2600 10 Avenue NE 250.832.4044
 • **Salmon Arm Chamber of Commerce**
www.sachamber.bc.ca
101-20 Hudson Avenue NE
250.832.6247
250.832.2230 Visitor Centre
www.sachamber.bc.ca/visitors.php

Sorrento (unincorporated)

The Heart of the Shuswap. See web site
 for attractions, tours, events, activities
www.sorrento-shuswap.ca

Vernon, City of

www.vernon.ca

- **City Hall, 3400 30 Street**
250.545.1361 Mon-Fri 8:30am-4:30pm
 • **Visitor Centre, 3004 39 Avenue**
www.tourismvernon.com
250.542.1415
 • **Downtown Vernon Association**
www.downtownvernon.com
101-3334 30 Avenue (Sun Valley Mall)
250.542.5851 Mon-Fri 8:30am-4:30 pm
 • **Vernon Fire Rescue Services**
3401 30 Street
250.550.3569 Mon-Fri 8am-5pm
 • **Greater Vernon Chamber of Commerce**
www.vernonchamber.ca
102-2901 32 Street
250.545.0771

- **Greater Vernon Recreation Services**
250.550.3700
www.vernon.ca/parks-recreation
3310 37 Avenue, Vernon
250.545.6035
250.550.7665 24 hour schedule line

Coldstream, District of

www.coldstream.ca

- **Municipal Hall**
9901 Kalamalka Road, Coldstream
250.545.5304 Mon-Fri 8am-4:30pm
 • **Coldstream Fire Hall**
8008 Aberdeen Road 250.545.2096
 • **Lavington Fire Hall**
9739 School Road 250.542.6878

Columbia Shuswap Regional District

Building inspection, Bylaw Enforcement,
 Agricultural Land Reserve, Zoning & Land
 Use Bylaws, Environmental Services,
 Solid Waste & Recycling, Parks &
 Recreation, Emergency Management,
 Dog Control, Utilities - see web site for all
 services and details
www.csrld.bc.ca

555 Harbourfront Dr. NE, Salmon Arm
250.832.8194 Mon-Fri 9am-4pm
1.888.248.2773

Lake Country, District of

Oyama, Winfield, Carr's Landing,
 Okanagan Centre
www.okanaganway.ca

- 10150 Bottom Wood Lake Road**
250.766.5650
250.766.5650 Recreation, Arts & Culture
 • **Winfield Memorial Hall**
www.winfieldmemorialhall.com
250.766.4131
 • **Winfield Recreation Centre**
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
250.766.5669
250.766.9309 reservations

North Okanagan, Regional District of

Building, fire inspection services, regional parks, ambulance service-jaws of life, animal control, transit services, fire protection, invasive plants/pest control, solid waste disposal/recycling, water supply, land use planning, more..

www.rdno.ca visit web site for full details

9848 Aberdeen Road

Coldstream

250.550.3700

- See pages 8, 9 for RDNO Lawn & Garden Care Tips, Waterwise Info.

Sicamous, District of

Houseboat Capital of Canada

www.sicamous.ca

446 Main Street, Sicamous

250.836.2477

- Chamber of Commerce
www.sicamouschamber.bc.ca

3-446 Main Street

250.836.0002

- Sicamous Fire Hall
701 Whitehead Street
250.836.2271

Spallumcheen, Township of

Recreation, Recycling & Garbage Collection, Building Inspection, Public Works - see web for all services, details
www.spallumcheentwp.bc.ca

4144 Spallumcheen Way

250.546.3013 Mon-Fri 8:30am-4:30pm

1.866.546.3013

First Nations**Little Shuswap Lake Indian Band**

Known as Skwlawx to the Little Shuswap
www.lslib.com

1886 Little Shuswap Lake Road West Chase, BC

250.679.3203

Neskonlith Indian Band

Member of the Secwepemc Nation

[Facebook.com/NeskonlithIndianBand](https://www.facebook.com/NeskonlithIndianBand)

743 Chief Neskonlith Drive, Chase

250.679.3295

Okanagan Indian Band

Remembering our Past,

Envisioning our Future

www.okib.ca

12420 Westside Road, Vernon

250.542.4328

1.866.542.4328

Splatsin Indian Band

Southernmost tribe of the Shuswap Nation

www.splatsin.ca

5775 Old Vernon Road, Enderby

250.838.6496

1.877.838.6497

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

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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 & local government organizations
<https://www.addresschange.gov.bc.ca>
1.866.775.0011 Help line M-F 8am-5pm

BC Air Quality

Air quality 101, Air Quality Health Index, Air Quality and your health, other topics
 Air quality advisories
www.bcairquality.ca

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

LiveSmart BC

Helps make **green choices** that save money at home, at work, on the road
www.livesmartbc.ca

Ombudsperson, The Office of the

BC's Independent Voice of Fairness
 Receives enquiries & complaints about the practices & services of public agencies within its jurisdiction
www.bcombudsperson.ca
1.800.567.3247 Mon-Fri 8:30am-4:30pm

Members of Legislative Assembly

- **Greg Kylo**
MLA Shuswap
greg.kyllo.mla@leg.bc.ca
www.gregkyllomla.ca
202A-371 Alexander Street NE
Salmon Arm
250.833.7414 **1.877.771.7557**
- **Eric Foster**
MLA Vernon-Monashee
eric.foster.mla@leg.bc.ca
www.ericfostermmla.bc.ca
3209 31 Avenue, Vernon
250.503.3600
 See our ad on page 13

Service BC

Basic information on government programs
 toll free transfers to provincial offices
www.servicebc.gov.bc.ca
1.800.663.7867 Mon-Fri 7:30am-5pm
 • **850A 16 Street NE, Salmon Arm**
250.832.1611
 • **3201 30 Street, Vernon**
250.549.5511
 • **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
1.888.876.1633 Order, pay by credit card

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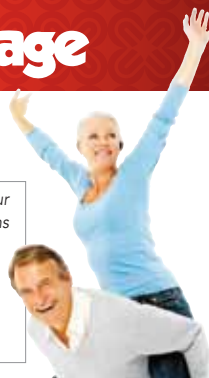
ValueVillage

Good deeds. Great deals.
www.valuevillage.com

Relocating? Remember to donate your reusable clothing and household items at Value Village and help support



Big Brothers Big Sisters
 of the Okanagan



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_pgrms/bc-eng.html

1.800.959.1953 English

1.800.959.1954 French

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

1.800.461.9999 English/French

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 8:30am-5 pm ET

www.pch.gc.ca

1.866.811.0055

1.888.997.3123 TTY

Health Canada

Responsible for helping Canadians maintain/improve health while respecting individual choices, circumstances

www.hc-sc.gc.ca

1.866.225.0709

1.800.465.7735 TTY

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 M-F

8am-4pm Automated service 24/7

1.888.576.8502 TTY M-F 8am-4pm

Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement

www.canada.ca/en/services/benefits/index.html

1.800.277.9914

1.800.255.4786 TTY

Indigenous & Northern Affairs Canada

Arts, culture, heritage. Acts, Agreements, Treaties/Land Claims, Benefits & Rights, Education, Employment, Social programs, Infrastructure and Housing, more...

www.aadnc-aandc.gc.ca

600-1138 Melville Street, Vancouver

1.800.567.9604

1.866.553.0554 TTY

2016-17

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- | | | |
|-----------------|-----------------|-----------------|
| ■ Oct. 27, 2016 | ■ Nov. 28, 2016 | ■ Dec. 21, 2016 |
| ■ Jan. 27, 2017 | ■ Feb. 24, 2017 | ■ Mar. 29, 2017 |
| ■ Apr. 26, 2017 | ■ May 29, 2017 | ■ Jun. 28, 2017 |
| ■ Jul. 27, 2017 | ■ Aug. 29, 2017 | ■ Sep. 27, 2017 |

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.

Member of Parliament**• Mel Arnold, MP****North Okanagan-Shuswap***Mel.Arnold.C1@parl.gc.ca**www.melarnold.ca***1-3105 29 Street, Vernon V1T 5A8****250.260.5020****1.800.665.5040***See our ad on this page***Parks Canada**

Natural 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***Passport Canada****110-1835 Gordon Dr. M-F 8am-5pm**

Capri Centre Mall, Kelowna

*www.cic.gc.ca/english/passport/***1.800.567.6868** 7:30am-8pm ET M-F**1.866.255.7655 TTY****Service Canada**

Full service centres offering a mix of information and transactional services

• 191 Shuswap St. NW, Salmon Arm**• 3202 31 Street, Vernon**

Information on gov't services, programs

*www.servicecanada.gc.ca***1.800.622.6232****1.800.926.9105 TTY****Travel & Tourism**

Web site evolving to offer an ever growing wealth of information on destinations, travel advice and advisories, travel documents, travel health, returning to Canada, much more. See web for links to 12 government departments, questions and feedback
https://travel.gc.ca

Veterans' Affairs Canada

Dedicated to promoting the health and well-being of Canadian veterans and providing programs, services for them.

*www.veterans.gc.ca***60 Nanaimo Avenue West, Penticton****1.866.522.2122** English 8:30-4:30 M-F**1.866.522.2022** French

• **1.800.268.7708** - reach a mental health professional at any time (24 hours a day)

Weather Information*http://weather.gc.ca*

Recorded information...

250.374.3661 Kamloops**250.837.4164** Revelstoke**250.542.8000** North Okanagan**Weather Information****Weather One-on-One:** Telephone

consultation service with a meteorologist

5 am-9 pm weekdays, 6 am-6 pm

weekends and holidays

Fee: \$2.99 per minute**1.900.565.5555**

Service by Credit Card:

1.888.292.2222 from cell or pay phone**Mel Arnold,**

Member of Parliament, North Okanagan Shuswap

We can help with CPP, OAS, GIS concerns.

Tel: (250) 260-5020

Fax: (250) 260-5025

Toll Free: 1-800-665-5040

**www.melarnold.ca**

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