

Community Guide
to Better Living

2019

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Greetings from the Members of Parliament



The South Okanagan and West Kootenay is indeed a special place for me and my family. I grew up here. My love of nature was developed here. My respect for our First Nations communities grew out of my understanding of their traditions and their history. The riding is rich with art and culture, and our cities, towns and villages display their work with pride.

The riding is home to many entrepreneurs who have chosen to put their skills and talents to work for the benefit of many of our communities. Entrepreneurs and small businesses create local jobs, which keep people employed and our communities vital and prosperous.

The riding is also home to thousands of volunteers. These are the people who work hard to keep our festivals, events, museums, galleries, associations, societies, charities and so much more open and available to the general public. I thank them for their work and their commitment.

I encourage all *Experience 50+Living* readers and their families to come and enjoy our magnificent bounty.

Richard Cannings, MP
South Okanagan –
West Kootenay



After working, saving, and budgeting for decades, the 50+ years is the time for you to live well and live happily! I wish to extend my sincerest appreciation and gratitude for all that you have done to help build our community, and our country, into what it is today. And because of those efforts, there is a wealth of opportunities for you to explore in this next phase of your life – and this guide will help you discover where life can take you now!

Of course, should you need help navigating any of the government programs that are now, or soon to be, available for you, I am always here to help. If you have questions about your Canada Pension, or your Old Age Security and Guaranteed Income Supplement, I can offer answers. Do not hesitate to reach out: 1-800-665-8711 or Dan.Albas@parl.gc.ca.

Wishing you all the best as you *Experience 50+ Living*.

Dan Albas, MP
Central Okanagan –
Similkameen – Nicola



South Okanagan Similkameen

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Every effort is made to avoid errors, misspellings and omissions.

If however an error comes to your attention, please accept our sincere apologies and notify us.

Thank you.

Front Page background photo of Osoyoos courtesy of LuciaB

WE ARE GREEN

Experience 50+ Living is printed on recycled paper with vegetable based inks.





Habitat for Humanity Okanagan

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

HFH Okanagan has been building all through the valley over the past 25 years, steadily establishing itself within the community. With a view to 2018, this organization is set to make its mark for years to come and take claim as one of the larger home developers in the Okanagan. Having recently completed six homes in Peachland, and three in Vernon,

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

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

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

For more information visit
www.hfhokanagan.ca

**every
one**
deserves a safe place
to call home

To learn more, visit us online at
www.hfhokanagan.ca

Connect with us

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

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

Taking that first step to explore something new can be daunting if you are unpartnered, recently lost your partner or have relocated—even if within your home town.

Various personal circumstances can combine to make us lose confidence and draw back.

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

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

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

Jean, Silver Song Group participant

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

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

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

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

www.sfylc.org



Sing for your life

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

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

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

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

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

Yes, of course. You can direct an estate gift to the Okanagan or the Vancouver campus of UBC, or both, and even to a specific area on campus. I'd be happy to have that discussion with you. One can never know what a campus' specific needs will be years in the future, but there are common needs across time, like student support, or enhanced facilities and new equipment.

What do you mean by student support?

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



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

What about facilities and equipment?

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

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

Barbara J. Eyles

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

Your vision, their future

When you support UBC Okanagan with a gift in your will, you create a legacy of learning for students and the community. Make a difference for generations to come.

For information on how to plan your gift:
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THE UNIVERSITY OF BRITISH COLUMBIA

A Life Worth Remembering

When one lives to be 105, it's definitely a life worth remembering.

So says the family of **Marjorie Miller**, who passed away in Penticton on August 11, 2016 – just eight days after her 105th birthday. Now her children have donated \$50,000 to help provide medical equipment for the Penticton Regional Hospital expansion.

Family was a key part of Marjorie's life almost right from the beginning. The eldest of four children, she was born in Saint John, NB on August 3, 1911 to parents Harry and Nina Warwick.

One of her childhood memories was going after school each day to her father's fine china shop. She'd walk around the shop and admire the intricate patterns of the china in their display cases while waiting for her Dad to finish his work day.

"They would then walk home together – a little girl, hand-in-hand with her Dad, happily chattering all the way," Marjorie's daughter Bonnie Bodtker recalled.

Her father died of pneumonia when Marjorie was 15. She was devastated by the loss.

Marjorie had never talked much about her father until just a few years before she passed away.



"For us, to hear this story when she was 90 years old and had never told us any of these things before, was incredible," Bonnie said. "I cried."

Marjorie, a registered nurse, in 1939 married Jack Miller who worked as an electrical engineer with the CNR. They had three children – Marilyn, Bonnie and Jim.

Although Marjorie ended her nursing career once she got married, she always described herself as a nurse. "She was very, very proud of the fact she was a nurse, but she never worked as an RN after 1939," Bonnie said.

Jack retired in 1976 when he was diagnosed with cancer. He passed away two years later at age 70.

Marjorie moved to Penticton in 1989 and bought a lakefront home at the Red Wing Resorts development. She stayed in that house until just six weeks before her death. Her children all live in BC.

The family members note the \$50,000 donation to the South Okanagan Similkameen Medical Foundation to acquire medical equipment for the new PRH tower reflects Marjorie's genuine desire to help.

For information on estate giving, contact the SOS Medical Foundation office at 250-492-9027 or email sosmedicalfoundation@interiorhealth.ca.

John Moorhouse, SOS Medical Foundation

South Okanagan Similkameen Medical Foundation

Building a new hospital tower takes teamwork.

Help provide medical equipment for Penticton Regional Hospital's expansion. The new PRH tower will open on April 29, 2019

Please donate

250-492-9027/1-866-771-0994
www.sosmedicalfoundation.com

One Hundred Years and Still Much to Do

The War Amps Celebrates a Century of Service



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

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

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



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

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

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



The War Amps

Leave a Lasting Gift

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

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

Please contact us for more information.

1 800 465-2677 • estatedonation@waramps.ca • waramps.ca
Charitable Registration No.: 13196 9628 RR0001

Map Out Your Retirement Goals

A map can be invaluable when you're preparing for a journey, especially one you've never taken before. It can help you avoid wrong turns that can cost precious time and cause needless headaches.

This common-sense approach to travel also applies to planning your retirement – which itself is quite the journey. Although the word “retirement” may mean something different to everyone, the better the road map, or strategy, the more likely you can live the retirement lifestyle you've dreamed of.

As a starting point, you might want to write down answers to two basic questions that will underpin your strategy: What do I want in retirement? And how will I pay for it?

In answering the first question, you need to take a careful look at not just the day-to-day expenses you expect to incur, but other retirement goals you may have, such as funding your grandchildren's education, helping support other family members or paying for a long vacation or a second home.

Then you need to see if your finances will get you where you want to go. It helps to detail all your sources of income, including government retirement benefits, pensions and annuities. You also need to consider whatever part-time employment income you may expect to earn. And of course, you'll have to tally up your assets. This encompasses all of your savings and investments, including stocks, bonds, mutual funds and GICs, within both your registered and non-registered accounts.

Then you need to itemize your retirement expenses. These can be broken down into two categories: necessities and discretionary expenses. Necessities include your mortgage, utilities, groceries and taxes, while travel and entertainment are considered discretionary.

This analysis can help determine if your sources of income can cover your retirement needs or whether there are shortfalls that must be addressed. For example, you may determine that you can pay for your necessities with outside sources of income, such as pensions, which might give you more flexibility with discretionary items. On the other hand, you might determine that working part time or delaying retirement is needed to boost your income so you can pay for those discretionary expenses while in retirement.

Remember, if you don't know where you're going, you could end up going nowhere or, even worse, heading in the wrong direction. A written strategy can start your retirement on the right path and help keep you there.

Speak with your financial advisor for help in crafting your retirement strategy and to see if everything is on track, or whether you should consider taking some actions now before it's too late.



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Osoyoos, BC V0H 1V2

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Fresh Produce Strategy IT'S ALL ABOUT FRESH



We all know by now that **FRESH IS BEST** and that many chronic illnesses are fueled by high sodium, high sugar diets. Our way of reacting to a diagnosis of personal health problems is to immediately 'clean up our diet', 'increase the amount of raw foods in our diet' and 'decrease our sugar and salt intake'.

But what about those who have trouble making ends meet, those who live pay cheque to pay cheque, those who are working 3 part time jobs and still are unable, after the rent and utilities are paid, to afford food for the last half of the month. Now just imagine being in this situation and you become ill. Suddenly you need to drop work in order to go to doctor's appointments, specialists, tests. Very quickly, the only option is for you to go to the local food bank. You reluctantly drag yourself through that door and register as a food bank client. You leave the food bank with your head hung low, avoiding eye contact as you carry out your food hamper. Now, imagine the disappointment that you feel when you arrive home only to find that the food hamper is half full of things that you have just been medically advised not to eat.

FRESH IS BEST and that doesn't mean just for the well to do people in our communities, that means everyone... especially those who are ill...and so The Salvation Army Penticton Community Food Bank has been working on a Fresh Produce Strategy.

But the work of changing a community mindset which has always been to reach for a can or box of non-perishable food when donating to a food bank is really just beginning. And the work of developing the infrastructure necessary to receive, store and re-distribute perishable foods is a costly endeavor.



Food Banks across Canada are responding to the reality that those who need to access a food bank require the most nutritious food possible because they are living with disabilities, mental and physical health problems, stressful lives, recent injury, or sick children. Food Banks Canada which represents the food banking network across our country has been engaging funding partners to address this need. Partners large and small have been very supportive, one of the largest being the Walmart Foundation who recently created a Capacity Boost Fund. This fund supports food bank organizations in implementing the infrastructure needed to improve their organizational capacity with the ultimate goal of increasing the amount of perishable foods they are able to accept and distribute to those in need.

The Salvation Army BC Division enacted their Fresh Produce Strategy in 2015. It put forth a set of steps to guide food bank managers to begin procuring, safely storing and re-distributing fresh produce.

At the Salvation Army Penticton Community Food Bank we have been focusing on this work since 2012 and have developed these important programs and collaborations.

1 A Community Garden that grows for the food bank. Medical Arts Health Research gifts the Salvation Army the land and water to grow healthy food for the food bank and local volunteers work together to plant, weed, water and harvest the produce.

- 2 A Community Kitchen where food bank clients have the opportunity to learn new recipes and methods of cooking in order to nourish themselves well on a limited income.
- 3 The Fresh from the Farm Program. A summer long youth program for 10 to 16 year olds. Youth are taken to local farms and orchards to glean produce for the food bank. A share of the produce is taken to the community kitchen where youth have the opportunity to learn how to dehydrate, can, juice and create simple meals from fresh local produce.
- 4 The BC Farmer's Market Nutrition Coupon program. Where food bank clients who are engaged in food literacy programs through the Salvation Army can receive coupons to shop at the Penticton Farmer's Market.
- 5 A balcony/container box growing program, sponsored by Vancouver Foundation
- that gave container boxes and gardening mentorship to food bank clients.
- 6 A collaboration with Arterra Wines Canada who grow for the food bank on the perimeter of their vineyard near Oliver.
7. Updating our infrastructure in order to store and distribute perishable foods, including purchasing a reefer truck, additional cold storage space and making an agreement with BC Tree Fruits for use of cold storage.
- 8 We hired a Canada Summer Jobs student to work on implementing the Fresh Produce Strategy, it's programs and outreach



Planting the seeds for a healthier offering for those in our community who need to access a food bank

Fresh is Best...and that means for everyone. Please Give Hope Today. Donate Fresh Vegetables and Fruits to your local Salvation Army Penticton Community Food Bank. Cawston-Keremeos Food Bank also now in operation.

Call us at 250-492-4788.

Please be aware that B.C. farmers can now get a tax credit for their donations of produce to a food bank.

Shop Donate Volunteer

The Salvation Army
Penticton Thrift Stores
2399 South Main Street 250-492-4788
318 Ellis Street 250-492-3946
9:30am – 5:30pm Mon-Sat

The Legacy of Reg Atkinson



Reg Atkinson and part of his extensive collection.

The Atkinson name is connected with the Penticton Museum for one very good reason; it grew out of the vision of one man, Reg Atkinson. A dream inspired by a boyhood collection and a young man's vision, which grew into the amazing collection which exists today.

In 1910, Reg's family moved from Vancouver to Penticton. Reg and his brothers spent their days roaming the countryside. He took an interest in the history of the area, collecting fossils, coloured stones and aboriginal arrowheads and tools. Reg's friends were the children of settlers and local First Peoples families.

In 1914, the First World War began and Reg joined the military, serving with the Rocky Mountain Rangers. He was seriously wounded at Vimy Ridge and while in hospital, added to

his collection of military articles by bartering for cap badges, shoulder flashes and items. After the war, he added his collection of militaria to the growing trove of local history housed in his home, much to the chagrin of his wife, Catherine Daisy Gillam.

In 1954, the City of Penticton gave Reg permission to display his collection in the SS Sicamous, the fabled paddle wheeler that was purchased by the city in 1951. The Penticton Museum was born. Reg was very proud and Daisy was thrilled. Visitors flooded in and donations from the community swelled the collection.

In 1965, the City opened the current museum and library building on 785 Main Street, with Reg as curator. Eventually, failing health compelled him to step aside, but he stayed busy writing historical articles. He contributed to the Okanagan Historical Society's Yearly Reports and many other publications. Penticton Pioneers in Story and Picture, published in 1967, was his best-known work.

A devoted family man, his fascinated grandchildren recall him simultaneously writing two documents for articles donated or loaned to the museum. Reg was completely ambidextrous and his technique was great for "saving time".

Reg Atkinson put a significant part of his life's work into posterity. He built a future for the community by collecting and preserving the tangible artifacts of its past, the better to face the future. Reginald Noel Atkinson died on November 10th, 1973, but his collection still delights and informs thousands every year.

Dennis Oomen

Manager/Curator, Penticton Museum & Archives.



Got time on your hands?

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& archives

- Explore our unique exhibits & programs
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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 South Okanagan meeting information, see listing on page 81



Learn the signs of stroke

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

Act **FAST** because the quicker you act, the more of the person you save.

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Have You Experienced a Stroke?



More young adults in their 30s and 40s are being hospitalized for stroke. It has become one of the leading causes of serious long term disability.

A stroke is a brain injury and is caused by, either, an interruption of blood flow to the brain due a blockage or a rupture of blood vessels in the brain. The effects of a stroke vary depending upon what area of the brain was damaged and how much damage there was. It can include limitations of physical movements, a loss of speech, problems with memory, changes in behavior and personality or a loss of vision.

Our health care system has become much better at dealing with the medical fallout when a stroke happens. But then what? How do you carry on having a good life?

No matter the age of the person, stroke is a shock to the whole family. Often the person the family members knew has changed in so many different ways. Lifelong partners can become estranged with little understanding about what to do about it. Entire families can be affected by the dramatic effects of a stroke on their loved one. Now what do you do?

Stroke survivors and their caregivers in the South Okanagan Similkameen region can access services at the Brain Injury Society located in Penticton. The Society is focused on helping the brain injury survivors, the families, and caregivers develop a better quality of life for 27 years. The Society will be offering an enhanced program this year. Services will include Case management to navigate the health care system, peer and caregiver support, education and life management. In particular, the education based group programs will be available to stroke survivors and caregivers in communities throughout the South Okanagan and Similkameen valleys. Information is provided about how to cope with the effects of their stroke and prevent the next stroke.

If you, or a loved one has survived a stroke, call The Brain Injury Society at 250-490-0613 to find out about the Stroke Navigator program.

June is Brain Injury Awareness month. Learning more your brain and brain injury is an excellent way to move towards a better quality of life.



Linda Sankey, Executive Director
Brain Injury Society
www.sosbis.com

Had a Stroke? Need Support? Contact Us!

We provide:

- support ■ education
- recreation ■ social opportunities



Brain Injury Society

Education • Support • Housing

#2-996 Main Street, Penticton

250-490-0613

www.sosbis.com

Libraries Build Communities



Libraries are for everyone, and the Penticton Public Library is no exception.

Residents of all ages will find great programs and services at the “PPL”, and a variety of ways to enhance their lives through discovery. If you live outside Penticton, your home library card gives you access with the BC OneCard program. Even if you do not have a card, you are always welcome to join us for programs, or use any of our resources in the library.

Your library offers many free digital resources including downloadable books, audiobooks, magazines, videos and more, plus we have computers for public use and free Wi-Fi. We also have what you would expect at a library: books, magazines, and DVDs.

What's here for you?

- Learning at Lunch sessions (there's always something new to learn)
- Three different Book Clubs (two afternoon, and one evening)
- Tuesday Night Movies (from classic films to modern cinema)
- Special Events (including: summer film festival, author talks, special interest topics, etc)

What's happening for kids?

- Preschool song and story programs (pre-walkers to age 5)
- Afterschool programs and Summer Reading Club (ages 5-12)
- Family-friendly movie matinees (fun for everyone)



What's up for tweens and teens?

- STEAM programs, Lego Club, and Coding Club (ages 8-12)
- Youth Advisory Committee (help plan teen events, ages 13-18)
- Fun monthly Teen events (ages 13-18)

Want more?

- If you, or someone you know, has mobility issues and can't make it in to the library, ask us about our Homebound service where we come to you!
- If you, or someone you know, struggles with technology, contact us to set up a one hour session with one of our knowledgeable staff members. The program is called 'Borrow-a-Librarian' (space is limited).

There's so much to see and do at the Penticton Public Library! Pick up our newsletter, *Discover*, to find out what's happening or download it from our website (pentictonlibrary.ca). You can also like us on Facebook or follow us on Twitter (@PentictonLib) for more information.

Stephanie James, Adult Services Librarian
Penticton Public Library



PENTICTON
PUBLIC LIBRARY

OPEN

Mon., Wed., Fri., Sat.: 9:30am - 5:30pm
Tues., Thurs.: 9:30am - 9:00pm
Sunday (October–April only): 1:00pm - 5:00pm

CONTACT

Main Line (250) 770-7781
Info Desk (250) 770-7782
Children's Library (250) 770-7783
www.pentictonlibrary.ca.
library@summer.com

785 Main Street Penticton B.C. V2A 5E3

Better at Home



How does the **Better at Home** program impact the lives of seniors? Just ask the people who use it. Some examples of feedback are: "Your services have made such a difference and allowed me to remain living in the home I love." Or the daughter who shared: "Rides to appointments are not just about the transportation. They provide mom with social stimulation as well. She really looks forward to it." Caregivers also find value in the services we provide, "Your program is a lifesaver for my sanity."

Better at Home helps seniors with simple day-to-day tasks such as transportation to appointments or activities, grocery shopping, friendly visiting, light housekeeping, simple home repairs, basic yard work and snow shoveling. Fees for services are determined on a sliding scale based on annual household income.

Some services may be provided free of charge. Registration to the program is required.

How this program differs from other service options for seniors is community impact. Volunteer hours, donations and collected fees (based on annual income) means the program can meet the needs of community beyond the capacity of basic funding.

The program has been operating in the South Okanagan since 2013 and covers Summerland to Osoyoos. Thanks to the caring community members who offer their time, there is continual growth. The greatest gift a community can provide to its' older members is the gift of time and respect.

The Government of British Columbia provides funding, United Way of the Lower Mainland manages it and local non-profit agencies provide the services with a combination of volunteers and some paid staff or contractors.

OneSky Community Resources in partnership with South Okanagan Seniors Wellness Society provides services in Penticton, Summerland and Okanagan Falls. For information call 250-487-3376 or 250-487-7455 or visit the website: www.betterathomepenticton.com

South Okanagan Integrated Community Services Society provides services in Oliver and Osoyoos. For information call 250-495-6925 or visit the website: <http://desertsuncounselling.ca/>

For other areas of the province call United Way of the Lower Mainland 604-268-1312 or visit the website: www.betterathome.ca

Better at Home Program

"Helping seniors remain independent"



- Friendly Visiting
- Transportation to appointments
- Light yard work
- Minor home repairs
- Light housekeeping
- Grocery shopping

250-487-3376

www.betterathomepenticton.com



United Way helping seniors remain independent

Better at Home is funded by the Government of BC and managed by the United Way

Seniors Wellness Society Programs



Helen was new to the community and spent most of her time alone in her apartment. She really wanted to venture out, see the community and socialize with others but was not comfortable going places on her own. A neighbor of Helen's passed on our calendar of events/activities. She decided to call us and register for our picnic tour to the Ornamental Gardens in Summerland.

It's been over a year now and Helen is an active participant in our Social Wellness Programs. She has shared with us that if it wasn't for these programs she would have never met her wonderful friend Barb. Helen and Barb are not only participants with us but also venture out and enjoy socializing in other activities together.

Statistics shows if a senior's social network can be positively influenced, good health behaviors will follow. Furthermore, there is a substantial amount of evidence that describes the relationship between health and social isolation. If a senior has a healthy social network, it influences good physical health such as remaining active.

That's where the Seniors Wellness Programs fit in. Our programs connect seniors with similar interests, expand social networks, and help

improve the physical and emotional wellbeing of seniors as well as building new friendships.

Activities organized by the Seniors Wellness Society connect seniors by enabling them to actively engage with others in the community through numerous activities and group programs. A calendar is created monthly and sent to all registered participants. Participants can connect back to the Seniors Wellness Society and sign up for the activities that appeal to them. Low cost transportation is also available. Activities as simple as luncheons at local eateries or more detailed outings such as picnics to out of town gardens or wineries are offered. Seniors also enjoy participating in our Cooking up Connections sessions. A wide variety of tours as well as walking groups and seasonal gardening is offered.

The programs we provide are free or low cost making them affordable for all. Positive feedback is frequently expressed by the participants, friendships are constantly being forged and the smiles and memories continue long afterwards any activity. New participants are always welcome and the coordinators are happy to answer any questions. Call 250-487-7455.

Seniors Wellness Team

Services for Seniors

A partnership between OneSky Community Resources and the South Okanagan Seniors Wellness Society



250-487-7455

SeniorsWellnessSociety.com

Information and Referral Services

Better at Home Program

Group Social Programs

Volunteer Opportunities



OneSky
Community Resources

250-492-5814

OneSkyCommunity.com

330 Ellis Street, Penticton



Team Volunteering shows health benefits while adding to the bigger picture

Volunteering not only helps others and builds community, volunteering also contributes to the healthy lifestyle of a volunteer. Health benefits for volunteers include longer lives, increased physical and cognitive functioning, reduced depression and isolation along with enhanced self-esteem.

Research shows that these healthy benefits of volunteering are more likely when you:

- Volunteer for the right reasons: to help others
- Volunteer consistently throughout your life
- Volunteer to meet the threshold of 2 hours each week

Volunteering offers even more benefits when you volunteer with a group. You'll have a great sense of achievement working together to reach a goal. The type of bonding that occurs in volunteering as a team helps you grow on a personal level, gaining self-esteem and self-worth. This helps overcome challenges a team or individual team member may face.

In addition, volunteering as a team promotes creativity and encourages a learning environment. Combining unique perspectives and collaborating on an initiative leads to more holistic outcomes. Team members share and build on each other's talents forming a stronger approach.

Team volunteering also increases a volunteer's sense of contribution to their community. Helping a community service provider achieve their goals builds greater volunteer satisfaction. Teamwork allows volunteers to connect with the service provider and add to the bigger picture of a better life for all community members.

Furthermore, volunteering as a team:

- Promotes cooperation for both children and adults
- Encourages socialization, as volunteers become part of a group that bonds.
- Builds trust and confidence as team members share success.
- Helps us be more accountable to each other, the team, and the organization and people we help

Examples of volunteer teams are family members, a group of friends or employees.

Be a part of something bigger. Join the Team Volunteer Project

Join the South Okanagan Similkameen Volunteer Centre's "Team Volunteer" project where volunteers meet first and get to know one another before embarking on volunteer work of their choice. Volunteers meet the last Wednesday of each month from 11:30 am to 1 pm. Ideas and volunteer experiences are shared and new volunteer opportunities are discussed. Light lunch and refreshments provided. RSVP to info@volunteercentre.info or call 1-888-576-5661.

The **South Okanagan Similkameen Volunteer Centre** connects residents with meaningful volunteer work. Browse Opportunities and register as a volunteer to receive updates at www.volunteercentre.info. For more information or to meet with a staff member e-mail info@volunteercentre.info or call 1-888-576-5661.



The South Okanagan Similkameen Volunteer Centre

The South Okanagan Similkameen Volunteer Centre plays an important role in developing the quality of volunteering, not just in providing volunteers. We:

- promote and advocate for volunteerism in the region
- are a source of research based information on volunteering
- manage local databases including;
 - registered volunteers
 - organizations that need volunteers
 - searchable volunteer opportunities
- inform volunteers on their rights and responsibilities
- offer personal consults with volunteers of all ages and stages of life on applying their skills and interests
- provide tools, resources, and consultation to organizations who need volunteers



Join in at one of our Volunteer Team Gatherings once a month where team members:

- Meet others in the community who are wanting to help out
- Learn where volunteers are needed
- Benefit from available training
- Volunteer as part of a group in the community
- Share information and volunteer stories at gatherings

The SOSVC connects residents with meaningful volunteer work. Browse Opportunities and register as a volunteer to receive updates at www.volunteercentre.info. For more information or to meet with a staff member e-mail info@volunteercentre.info or call **1-888-576-5661**.

Vision: A Community that provides the ultimate volunteer experience.

Mission: The South Okanagan Similkameen Volunteer Centre is committed to building a vibrant community by connecting people through meaningful involvement.



For the Love of Animals



Top: Marlene doing dishes

Bottom: Duane at reception

Right: Doug helping with recycling

Do you love animals? Do you want to do more for the animals in our community? At the BC SPCA South Okanagan-Similkameen Branch, we help approximately 1,300 animals each year. We couldn't do that without our dedicated team of staff and volunteers. Volunteers help with dog walking, cat wellness, small animal care, fostering, reception, fundraising, building maintenance and gardening, as well as countless other tasks!

We are in need of passionate individuals who are excited to learn about our organization to become an Outreach Ambassador for the BC SPCA in our community. If you are interested in learning about the history of the BC SPCA, services we offer in the South Okanagan, and advocating for positive change in the community, please consider this position! As a Volunteer Outreach Ambassador, you would be attending events as a representative of



the BC SPCA, assisting with fundraisers, communicating with the public and spreading awareness about what we do.

In addition to Outreach, we are searching for volunteers willing to welcome animals in need into their homes to prepare them for adoption. Newborn kittens and puppies, animals awaiting surgery and other special cases are typical candidates for our foster care program. Foster homes are vital for the socialization and development of many animals that come into our care. We provide foster families with any of the supplies, training and information necessary for success.

1. If volunteering with the BC SPCA South Okanagan-Similkameen Branch sounds like something you would like to do, follow these steps: Register online at spca.bc.ca/volunteer
2. Attend an orientation and information session
3. Join our incredible team of animal lovers!

To learn more about our work, contact the South Okanagan-Similkameen Branch: 2200 Dartmouth Drive, Penticton, BC V2A 4C2, open daily noon-5:00 pm. 250-493-0136 penticton@spca.bc.ca



The BC SPCA's mission is to protect and enhance the quality of life for domestic, farm and wild animals in British Columbia.

Finding Your Fit with Recreation Penticton

Whether you are a newbie to active living and are looking for somewhere to start, or you're a seasoned pro around physical activities, finding a fitness routine that fits your lifestyle and goals will help keep you on track.

Recreation Penticton offers an incredible variety of exercise programs, classes, and activity options to suit individual needs.

Experience a new level of camaraderie in one of our many group fitness classes. Crank up the energy with a Zumba Gold class, or slow things down with Chair Yoga or Tai Chi. We also offer group programs like Fit Start, Choose to Move and ActivAge, which are all designed to support the 50+ population in their first few steps to getting more physically active. If teamwork and sport are your go-to, you'll find a wide selection of drop in sports available in our full size gymnasium.

If independent exercise is more your thing, our fitness room has a wide variety of cardio, strength training, and stretching equipment with much of it designed specifically for, or adaptable to, the 50+ population.

We understand being a first timer in the fitness room can be intimidating, so we offer a formal Fitness Room Orientation to ease the nerves, and get you comfortable to safely and effectively use all the machines and



equipment. Personal Training is available to help keep your workouts fresh and new, as well.

Prefer the water? Our aquatic centre features three pools with zero-entry ramps for easy access. Swimming lanes are always available, and water walking is a wonderful low impact option to add to your fitness routine. While in the pool, consider trying one of our aquafit classes. We have a variety of options available tailored for various different fitness levels. For those with mobility, post injury or surgical rehabilitation challenges, we recommend our medically supervised REACT program, which includes 30 minutes of guided group exercise and 30 minutes of independent prescribed movement. No matter what you choose, you can finish your day with a soak in the hot tub, or wind down in the steam room or sauna.

Recreation Penticton is here to help you try something new and find your fit. Give us a call today!

Kelsey Johnson, Recreation Business Supervisor



Energize for less with
our senior discounts

250.490.2426

www.penticton.ca/recreation

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**Rejuvenation
through
Recreation**



So Country Internet Radio



Penticton's "Man of the Year" from 2003 is settling into his 4th decade behind the microphone, Dennis Walker ventures onto the internet to talk to a loyal audience he has always called his country music family.

His personal family roots are from the heart of the Kootenay's in Creston, where his broadcasting career started when he was 14 calling KIJHL hockey games, and high school basketball for community TV. A full-time radio gig started not long after high school graduation at the then privately owned CFCK radio, with stops along the way in Osoyoos, Kelowna, Vernon, and Penticton.

He's picked up the Mandolin in recent years and can bang off a few Bluegrass and Celtic tunes. He's made appearances with the Kettle Valley Brakemen and Nikita Afonso. His Fastball pitching career is winding down

with cycling now a hobby and big part of his South Okanagan lifestyle.

When one of the last family owned radio stations in the country was sold in 2012, the close-knit hard-working staff at GIANT FM in Penticton was let go. The programming was changed and the true local flavour was gone. Three weeks later Socountry.ca arrived on the scene.

The station has evolved from broadcasting from Dennis's kitchen to the major move in the Adidas Sportplex, the home of Penticton Pinnacles FC. The unique glass encasement surrounds our station. Thousands of players and fans walk through the Sportsplex every year. Thank you Penticton Soccer Club for the opportunity to be here.

Dennis Walker is the Host / Producer of SO Country Internet Radio
socountry.ca • Studio: 1-778-476-1674

SO COUNTRY INTERNET RADIO WITH DENNIS WALKER



SOCOUNTRY.CA



To listen to So Country on your cellphone, iPad, or any mobile device, download the Tuneln Radio app.

Type 'So Country' into the search window and you're on.
(once you upload the app, it's always there - you don't have to do it over and over)

Studio: 1.778.476.1674

How well do you know the S.S. Sicamous and some of our Okanagan history?

Photo: Aaron Barry Photography



Q: When was the S.S. Sicamous first launched?

A: In 1914 and it was in service for 22 years

Q: Do you know which famous British Royalty was once on the S. S. Sicamous?

A: The Prince of Wales back in 1919, heir to the British Throne visited the Okanagan and traveled on the luxurious ship

Q: What does the S.S. stand for in the S.S. Sicamous?

A: Steam Ship

Q: Why is the ship called the S.S. Sicamous?

A: The CPR liked to name ships after the communities they visited and served, one of them being Sicamous BC

Q: Why did the S.S. Sicamous stop running?

A: Due to the increase and convenience of the KVR railway, trains became a more accessible mode of transportation

Q: What was the importance of the S.S. Naramata?

A: This boat pushed the barges loaded with fruit and produce up and down the Okanagan. This method of transportation helped orchards get their produce to market. It would also break the ice on the lake so the SS Sicamous could get through. The SS Naramata is currently underway to becoming the next S.S. Sicamous Heritage Societies floating museum by 2019/2020

Q: Fun fact about the Tug Boat #6

A: It was the last of these historic boats to run on Okanagan lake and had it's retirement in 1973

Your Support Helps to Keep the S.S. Sicamous Afloat!

S.S. Sicamous Heritage Park

1099 Lakeshore Drive, Penticton • 250-492-0403 • www.sssicamous.ca

The S.S. Sicamous first launched in 1914 and retired in 1936. It was paramount in connecting many of the communities along the shores of Okanagan lake. With dedication and hard work by volunteers, the story and history of the SS Sicamous can now stay afloat. Many volunteer and staff hours are put in to keep the SS Sicamous in historic condition. This summer be sure to come and visit our amazing Museum and Heritage Site!



Housing

Penticton

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250.490.0613

Athens Creek Retirement Lodge

Supportive Living
www.athenscreek.com
170 Warren Avenue West
250.493.3838
See our ad on page 31

Brain Injury Society

Housing for the homeless - affordable housing, temporary income assistance, and more. Five buildings (Penticton, Naramata) offer rent subsidy from BC Housing. See web site for details.
www.sosbis.com

2-996 Main Street, Penticton
250.490.0613

See our ad and article on page 19

Caravilla Estates Mobile Home Park

Office open Tuesday and Wednesday
11am-3 pm. 55+, No pets
333-3105 S. Main Street
250.493.5713

Charles Manor Retirement Residence

Independent Living for Seniors
www.charlesmanor.ca
333 Martin Street
250.492.3600
1.800.665.2221

Cherry Park Retirement Residence

Independent Living, Pet Friendly Community
www.siennaliving.ca
317 Winnipeg Street **250.492.2447**
See our ad on page 33

Chestnut Place

Assisted Living, apply via IHA. Penticton & District Society for Community Living
www.pdscl.org
453 Winnipeg Street **250.490.0200**

Compass Court

Supportive Housing. Apply via BC Housing. Penticton & District Society for Community Living
www.pdscl.org
1706 Main Street **250.490.0200**

Compass House

Emergency shelter provided by Penticton Salvation Army
1706 Main Street **250.490.9521**

Concorde Retirement Community

Independent to Assisted Living
www.verveseniorliving.com
3235 Skaha Lake Road **250.490.8800**
See our ad on page 32

Figueira's Mobile Home Park

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next to Penticton Library**832 Fairview Road****250.490.9878****Penticton Kiwanis Housing Society**Rental housing for 55+ and those with
recognized disability status, call to apply**• 390 Brunswick Street****250.493.8901** Office

• Kiwanis Brunswick Village

360 Brunswick Street

• Kiwanis Court

390 Brunswick Street

• Kiwanis Van Horne

150 Van Horne Street**Penticton Retirement Centre - Tower**Seniors Supportive Living, Apply via BC
Housing. Penticton & District Society for
Community Livingwww.pdscl.org**431 Winnipeg Street****250.490.0200 ext. 221****Pentoka Companion Care**

Assisted living

www.pentokacc.com**168 Kirkpatrick Avenue, Penticton****250.492.2616** - Sandy**Pines Mobile Home Park**

55+ Community

98 Okanagan Ave. East **250.493.0223****Reed's Corner**Affordable apartments for people with
disabilities under age 55. Apply via BC
Housing. Penticton & District Society for
Community Livingwww.pdscl.org**885 Fairview Road****250.490.0200 ext. 221**

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Sun Village Retirement Residence
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www.sunvillagepenticton.com
1147 Main Street
Penticton
250.492.2020
See our ad on this page

Village by the Station
 The Good Samaritan Society
 Offers multiple levels of support
www.gss.org/locations/village-by-the-station
270 Hastings Avenue, Penticton
250.490.4949



Keremeos

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 Lower Similkameen Community Services
<http://ttpwebhost.com/lcss/>
720 3rd Street **250.499.2366**

Mountain View Manor Supportive Housing
 Lower Similkameen Community Services
<http://ttpwebhost.com/lcss/>
412 12 Avenue **250.499.2352**

Orchard Haven Care Facility
 Contact Interior Health. Residential Care,
 Dementia unit
700 3rd Street **250.499.3029**

**Tumbleweed Terrace Seniors Rental
Housing**
 Lower Similkameen Community Services
<http://ttpwebhost.com/lcss/>
320 Veterans Avenue **250.499.2352**

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ssv.info@retirementconcepts.com | 250.404.4400

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250.497.5577

Shuttleworth Place
 Independent living
1133 Birch Street
250.809.9540

Oliver

Heritage House
 Supportive and assisted living
www.benchlife.com
409 Salamander Avenue
250.869.0140

Riverside Place
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www.Riversideplace.ca
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403.463.9524

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6553 Park Drive, Oliver
250.498.5080 Home & Community Care

Osoyoos

Mariposa Gardens
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- Mariposa Manor - Assisted Living
- Mariposa Lodge - Complex care

www.siennaliving.ca
8816 97 Street (Highway 97)
250.495.8124 arrange a tour

Sunshine Ridge Retirement Residence
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www.sunshineridgeosooyoos.ca
9107 Main Street, Osoyoos
250.495.2520

Peachland

Peachland Senior Citizens' Housing Society

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www.peachlandseniorhousing.com
4441 5th Street
250.767.0183

Princeton

Princeton & District Community Services Society

47 Harold Avenue
250.295.6666

- **Princeton Silver Crest Housing**
 Low income housing for 55+ and those with disabilities
- **34 Billiter Avenue**
- **11 Fenchurch Avenue**
- **Vermilion Court** Assisted Living

Summerland

Parkdale Place Housing Society

Independent rental apartments,
 Supportive living housing suites
www.parkdaleplace.ca

100-9302 Angus Street
250.494.1161

Angus Place: **100-9302 Angus Street**
 Parkdale Lodge: **9700 Brown Avenue**
 Parkdale Manor: **11181 Sinclair Road**

Prairie Valley Lodge

Private long term senior care
www.prairievalleylodge.com
10312 Prairie Valley Road, Summerland
250.404.0203

Redwood Residence Seniors Care Home

Assisted Living
<http://redwoodresidences.ca/summerland-residence/>
9719 Brown Street, Summerland
778.516.5577

Summerland Kiwanis Senior Citizens Housing Society

Low income housing for independent seniors and those with mild disabilities
21-10912 Quinpool Road
250.494.0883

Summerland Seniors Village

Independent Living, Assisted Living, Complex Care
www.retirementconcepts.com
12803 Atkinson Road, Summerland
250.404.4400
See our ad on page 35

West Kelowna

Central Okanagan Co-operative Housing Association

Non-profit, co-operative housing, quality housing for age 55 or better
[centralokaganancooperativehousing.org](http://centralokanagancooperativehousing.org)
13-2421 Last Road
250.768.3060

Heritage Retirement Residence, The
 Independent and Assisted Living
www.verveseniorliving.com/the-heritage
3630 Brown Road West
250.768.9926

Lakeview Lodge

Residential complex and respite care
www.siennaliving.ca
2337 Butt Road
250.768.3802

Regency Westwood Retirement Resort

Like living at a fine resort
www.regencyresorts.ca
2505 Ingram Road
250.768.2934

Village at Smith Creek

Independent Living with Support Services, Assisted Living, Residential Care
www.baptistshousing.org
2425 Orlin Road
West Kelowna
250.215.1500

Housing Related

BC Housing, Interior Region Office Development, management and administration of subsidized housing
www.bchousing.org

451 Winnipeg Street, Penticton
250.493.0301 **1.800.834.7149**

1.800.257.7756 Programs & Info Line

- **Home Adaptations for Independence** (HAFI) program provides financial assistance for low-income seniors and people with disabilities to make modifications for accessible, safe & independent living. Online eligibility info and application form
www.bchousing.org/HAFI
1.800.257.7756 Mon-Fri 8:30am-4:30pm

- **Licensing & Consumer Services**

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

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

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

- **Seniors Housing Programs**

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

BC Seniors Living Association

A progressive group of industry professionals dedicated to providing seniors with choices and services that allow for more independence and assistance with daily living. BCSLA offers a better way of living, and a benchmark in senior living in retirement & assisted living residences in BC www.bcsla.ca
1.888.402.2722 See our ad on page 41

Canada Mortgage & Housing Corp.

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

2000-1111 W. Georgia St., Vancouver

1.800.639.3938 Mon-Fri 8:30-4:30

1.800.309.3388 TTY

Condominium Home Owners

Association of BC, The

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

26-1873 Spall Road, Kelowna

250.868.1195

1.877.353.2462 ext. 4

- Living in and operating a strata
www2.gov.bc.ca/gov/content/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 housing and promoting homeownership as a means to breaking the cycle of poverty
www.habitat.ca

• Habitat for Humanity Okanagan

Building Homes. Building Hope.

www.hfhokanagan.ca

778.755.4346

• ReStore: Home decor & building supply stores - new & gently used items

• 1793 Ross Road, West Kelowna

• 800-2092 Enterprise Way, Kelowna

• 2498 Skaha Lake Road, Penticton

778.755.4346 Mon-Sat 9am-5pm

See our ad and article on page 7

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 Mon-Fri 7:30am-5pm

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 & people with disabilities through Independent Living BC program
www.bchousing.org/Initiatives/Creating/ILBC
1.800.257.7756

LiveSmart BC Partner Incentives

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

Residential Tenancy Office

Provides landlords and tenants with information regarding their rights and responsibilities. Aid in resolving disputes related to tenancy

www.rto.gov.bc.ca

1.800.665.8779 Mon-Fri 9am-4pm

SOWINS - South Okanagan Women in Need Society

Safe Home Program: Temporary shelter for women 50+ and children who need to leave an abusive situation

www.sowins.com

102-1027 Westminster Avenue West

250.493.4366 Counselling Office

250.493.7233 Transition House for women and children

1.800.814.2033 Crisis Line 24/7

Tenant Resource & Advisory Centre

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

604.255.3099 ext. 225 request workshop

1.800.665.1185 InfoLine Mon-Tue-Thur-Fri 1pm-5pm, Wed 5:30pm-8:30pm

Housing Facilities

Experience 50+ Living

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- **Central Okanagan**
 - **North Okanagan Shuswap**
 - **Thompson Nicola**
- www.experiencegroup.ca

Real Estate

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250.488.0804

tammy@remax.net

www.TammyAntrobus.com

RE/MAX Orchard Country

13012 Victoria Road N., Summerland

See my ad on page 17

Home Improvements

• ReStore / Habitat for Humanity

Home decor & building supply stores - new & gently used items

www.hfhokanagan.ca

- **1793 Ross Road, West Kelowna**
 - **800-2092 Enterprise Way, Kelowna**
 - **2498 Skaha Lake Road, Penticton**
- 778.755.4346 Mon-Sat 9am-5pm

See our ad and article on page 7

Welcome Services

Welcome Wagon

Canada's largest and most respected greeting service. We greet people who are undergoing lifestyle changes including moving to a new neighbourhood.

www.welcomewagon.ca

1.844.299.2466

See our ad on page 89

DIABETES CANADA

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Diabetes Canada is here to help with free, engaging and educational webinars available from the comfort of your home.

Each webinar session will feature a different topic to help you or your loved ones live well with diabetes, from healthy eating to physical activity to new technology. Led by expert speakers ranging from health-care professionals to people living well with diabetes, these free webinars are great opportunities to get the information you need.

Register today at diabetes.ca/webinars



5 Tips on Reading Nutrition Labels

Label reading is one way to ensure that the food choices we make for ourselves promote our health and wellbeing. There can be a lot of information on a nutrition label and it can feel overwhelming to understand what to look for! Here are some guidelines for interpreting nutrition labels.

1 Notice the Serving Size

Take note of the serving size (the amount for one serving) identified on the nutrition label. Next, compare your portion size (the amount you actually eat) to the serving size listed on the panel. For example, if the serving size is one cup and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

2 Percent Daily Values

The percentage of Daily Value (DV) gives you a quick understanding of the prevalence of a particular nutrient in the food. For example: A Daily Value of 5 percent or less means that the food is “low” in a particular nutrient. Aim for foods that are “low” in total fat, saturated fat, trans fat, cholesterol and sodium.

A Daily Value of 20 percent or more means that the food is “high” in a particular nutrient. Choose foods that are “high” in vitamins, minerals and fiber.

3 Aim to Limit Fat, Cholesterol and Sodium

Eating less fat, cholesterol and sodium may help reduce your risk for heart disease, high blood pressure and cancer. Use the nutrition label to help identify foods high in bad fats, cholesterol and sodium and remember to aim for a low percentage of Daily Value for these nutrients.



4 Seek Out Vitamins, Minerals and Fiber

There are many health benefits to eating foods that are rich in fiber, vitamins and minerals like vitamin A, vitamin C, calcium and iron. These nutrients are also listed on the nutrition label and you want to select a high percentage of Daily Value for these nutrients. Keep in mind though, fruits and vegetables are some of the best sources of these important nutrients and they typically don't have a label!

5 Look Over the Ingredient List

Ingredients are listed in descending order by weight on each nutrition label. That means that ingredients present in the largest amounts are listed first. This information can be helpful if you have food sensitivities or want to limit intake of added sugars, fat or salt. You may find that there are a lot of ingredients listed that you don't recognize and this may sway the food choices you make while shopping. Those few minutes spent reading and understanding a nutrition label does have an impact on your health. Be sure to invest that time on it because you're worth it!

Jessica Stewart RD, BSc.
Baptist Housing Clinical Dietitian

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 in 2018 continues to complete first time assessments on new members and 3rd and 4th Re-assessments on the 102 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**
- Resident services**
- Staff training**
- 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 wellbeing of their residents.

Communities with the Seal of Approval in your area:

Osoyoos

Sunshine Ridge Retirement Residence

Penticton

Charles Manor Retirement Residence
Cherry Park Retirement Residence
The Concorde Assisted Living Residence



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



Health

Medical Organizations & Services

Advance Care Planning: My Voice

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

Alcohol & Drug Information & Referral Service

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

1.800.663.1441

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

ALS Society of British Columbia

Amyotrophic Lateral Sclerosis

To meet physical and emotional needs of ALS patients and their caregivers

www.alsbc.ca Donate online

1.800.708.3228 Richmond

Alzheimer Society of BC

Exists to alleviate the personal and social consequences of Alzheimer's disease and

related dementias www.alzheimerbc.org

South Okanagan & Similkameen

Alzheimer Resource Centre

104-35 Backstreet Blvd., Penticton

250.493.8182 1.888.318.1122

1.800.936.6033 First Link Dementia Helpline

Arthritis Society

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

www.arthritis.ca

1.800.321.1433 Info/Donate M-F 9am-5pm

Penticton Mary Pack Arthritis Program

Free weekly arthritis education classes - call for more information.

Penticton Regional Hospital

550 Carmi Avenue

250.492.4000 ext. 2286 M-F 8am-4pm

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

www.bccancer.bc.ca

250.712.3900 1.888.563.7773

• Screening Mammography

About 1 in 9 women will develop breast cancer. Mammograms can find breast cancer early - usually before it has spread.

Check web for SOS Mobile Clinic locator
www.bccancer.bc.ca/screening/breast/
 Penticton Regional Hospital
250.770.7573 Medical Imaging
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.esebc.ca

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

BC Lung Association

Comprehensive info on lung diseases.
 See web for Kelowna Better Breathers
 Support Group info <https://bc.lung.ca>
 Questions about your breathing? Call

1.866.717.2673

BC Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. Information on federal and provincial programs with sections on benefits, health, housing, transportation, finances, safety & security. You can download/print, read it online, or order a hard copy. To order a free copy, contact the Office of the Seniors Advocate. Available in Chinese, English, French and Punjabi
www.gov.bc.ca/seniorsguide
1.877.952.3181 M-F 8:30am-4:30pm

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www.cnib.ca

101-1456 St. Paul Street

Kelowna

250.763.1191

1.800.563.2642 Helpline

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knightspharmacy.ca

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100-13009 Rosedale Ave.

Summerland

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Guardian



Canadian Cancer Society

Information, resources, support for cancer patients & their families

www.cancer.ca

Interior Regional Office

- **102-1433 St. Paul Street, Kelowna**
- 250.762.6381 1.800.403.8222**
- **1.888.939.3333 Cancer Info Service**
- **1.866.786.3934 TTY Mon-Fri**

Canadian Cancer Society

- **Southern Interior Rotary Lodge**
- 2251 Abbott Street, Kelowna**
- 250.712.2203**

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

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

Better Data. Better Decisions. Healthier Canadians. Subscribe to newsletter

www.cihi.ca

250.220.4100 Victoria office

Canadian Liver Foundation

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

www.liver.ca

1.800.856.7266 Vancouver

1.800.563.5483 Here to Help

Cerebral Palsy Association of BC

Committed to making a *Life Without Limits* for people with disabilities

www.bccerebralpalsy.com

1.800.663.0004 Vancouver M-F 9am-5pm

Chronic Disease**• Integrated Health Programs**

For people with chronic diseases i.e. diabetes, heart and/or kidney disease

Penticton Health Centre, **740 Carmi Ave.**
250.770.3530 1.800.707.8550

• Self-Management BC

Check web site for details and upcoming workshops in your region

www.selfmanagementbc.ca

1.866.902.3767 Mon-Fri 9am-5pm

• South Okanagan Chronic Disease Program

for Oliver and Osoyoos residents living with chronic diseases such as diabetes, heart disease, etc. Osoyoos Health Centre or South Okanagan General Hospital

250.770.3530 1.800.707.8550

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

Help is Available. We are truly here to listen, here to help 24/7. Call number below or your local crisis centre

www.crisiscentre.bc.ca

1.800.SUICIDE (1.800.784.2433)

310.6789 Mental Health Support

Crohn's & Colitis Canada

Committed to curing Crohn's disease & ulcerative colitis, improving the lives of those affected by these chronic diseases. See Kelowna support group info on pg. 79

www.crohnsandcolitis.ca

250.213.7761 Teri-West Reg.Coordinator

1.800.513.8202 BC Office

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250-485-4007

www.oliverpharmacy.com



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9 am - 3 pm Saturday Closed Sunday

Denturist Association of BC

Everything you ever wanted to know about dentures, answers to your questions, where to find a local dentist
www.denturist.bc.ca
604.886.1705

Dietitian Services

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

Dial 8-1-1

Dial 7-1-1 TTY

• Integrated Health Programs

For people with chronic diseases - i.e. diabetes, heart and/or kidney disease
 Penticton Health Centre
740 Carmi Avenue
250.770.3530
1.800.707.8550

• South Okanagan Chronic Disease Program

for Oliver and Osoyoos residents living with chronic diseases such as diabetes, heart disease, etc.
 Osoyoos Health Centre or
 South Okanagan General Hospital
250.770.3530
1.800.707.8550

Diabetes**• Diabetes Canada BC & Yukon**

Research, education, services, advocacy
www.diabetes.ca
360-1385 West 8 Avenue, Vancouver
1.800.665.6526
1.800.226.8464 Information Line
 See our Webinar information on page 39

Healthy Eating for Seniors Handbook

Includes recipes, information on good nutrition menu plans. Find online or order a free copy by calling HealthLink BC. English, French, Chinese, Punjabi
www2.gov.bc.ca - search for above title
Dial 8-1-1
Dial 7-1-1 TTY

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Heart Health**• Cardiac Health Foundation of Canada**

Supports cardiac rehabilitation, advocacy of prevention and education
www.cardiachealth.ca
416.730.8299 Toronto

• Heart & Stroke Foundation

Promotes health through research, education, services and advocacy
www.heartandstroke.ca
4-1551 Sutherland Avenue, Kelowna
778.313.8090 1.866.432.7833

See our 'Signs of Stroke' ad on page 18

• Integrated Health Programs

For people with chronic diseases - i.e. diabetes, heart and/or kidney disease. Most services for heart health require physician referral. Penticton Health Centre, **740 Carmi Avenue**

250.770.3530 1.800.707.8550

• South Okanagan Chronic Disease Program

for Oliver and Osoyoos residents living with chronic diseases such as diabetes, heart disease, etc. Supervised Exercise/Cardiac Rehab requires physician referral.

Osoyoos Health Centre or South Okanagan General Hospital
250.770.3530 1.800.707.8550

HealthLink BC

See web site for medically-approved info on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. Call to speak to a nurse 24/7. Speak to a dietitian about nutrition, healthy eating and/or a

qualified exercise professional Mon-Fri 9am-5pm. Pharmacist available 5pm-9am every night of the year. Translation services in more than 130 languages
www.healthlinkbc.ca

Dial 8-1-1

Dial 7-1-1 TTY

HealthyFamiliesBC

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

Kelowna Prostate Cancer Support & Awareness Group

Help individuals, their families understand, cope with prostate cancer. See Support Groups meeting information on page 80
www.kelownaprostate.com

250.762.0607 Bren Witt

Kidney Foundation of Canada BC

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

1.800.567.8112 Burnaby

- South Okanagan/Interior Chapter
[www.kidney.ca/britishcolumbia/south-okaganan-chapter](http://www.kidney.ca/britishcolumbia/south-okanagan-chapter)

• Kidney Community Kitchen

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

Lupus Society

Dedicated to conquering one of the most unpredictable, devastating diseases; giving caring support to those who suffer



Mike Kidd B.Sc. Pharm. Pharmacist/Owner

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 Saturday 10 am - 2 pm
 Closed Sunday & Holidays

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 Penticton, BC

Orthotic Management of the Diabetic Foot

For patients with diabetes, it is important to take care of your feet: do not walk barefoot (you may not feel if you step on something sharp), do daily inspections looking for signs of cuts or sores, wear seam free breathable socks, and wear appropriate footware with a well-fitting custom made orthotic to protect and offload the feet. Most do not realise 70% of diabetes related amputations could have been prevented.

Orthotic treatment is critical to preventing and treating ulcers and charcot deformities that often lead to amputation. Due to the reduced blood flow to the feet, diabetic individuals are at a higher risk for ulcer-type wounds, lower extremity amputation and foot/ankle deformities that are common due to the neurological and circulatory compromise. Risks for skin breakdown are further increased when deformed weight bearing surfaces sustain increased pressures.

When it comes to orthotic management, there are many biomechanical goals the Certified Orthotist, a specialist in foot/ankle orthotic design and fabrication, must achieve in both prevention



and treatment. Prevention of pressure ulcers is the first line of defence for the diabetic patient, and that begins with the correct fitting of diabetic-specific footwear. Generally, these have a sturdy construction with appropriate depth and width at the toe box. A smooth, seamless interior and soft insole round out the key features.

A custom fabricated, total-contact foot orthosis is a sound approach when combined with such diabetic-specific footwear. It is incumbent upon the Certified Orthotist to perform an in-depth biomechanical assessment, gait analysis, and to pay close attention to the foot/foot orthotic interface to ensure that high pressures are avoided and a more equal pressure distribution is achieved. Softer materials are chosen to assist with shock absorption and further modelling of the anatomical contours. Biomechanical alignment is maintained so that mid-foot joints are not deformed under load, thus minimizing risks of charcot deformities and amputation due to ulceration. Together the foot-orthosis-footwear combination is an excellent preventative protocol for any diabetic individual.

Jacklyn Watkinson-Sullivan, CPO (c)

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- Sports/Knee Bracing
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- Orthopedic Footwear
- Arthritic/Diabetic Bracing
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www.actionorthotics.ca

Recognizing Caregiver Stress



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

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

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

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

As the aging of our population accelerates and healthcare policy increases its focus on transferring care to the home front, caregiver stress will be an even greater challenge in the years ahead.

We need to help caregivers to prioritize self-care and, when possible, help one another.

Practical Advice to Prevent Caregiver Burnout:

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

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

Joyce Ericson, Coordinator, Interior Health Lifeline Program

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.

South Okanagan 250-770-3531/1-866-755-6111

www.lifeline.ca



from its brutal impact. Anyone can get lupus and there is no cure

www.bclupus.org

1.866.585.8787 Vancouver

- Kelowna Support Group

250.869.1335 Debra

Medic Alert Foundation Canada

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

1.800.668.1507

Medical Services Plan of BC

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

MS Society of Canada

www.mssociety.ca

- Interior West Region office

375-1855 Kirschner Road, Kelowna

Information, referral & advocacy support to those with MS and their families See Support Group meeting info on page 80
1.800.268.7582 ext. 7299

Muscular Dystrophy Canada

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

Facebook: Muscular Dystrophy Canada South Okanagan Chapter

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



Canadians providing dental care in beautiful Cabo San Lucas, Mexico.

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www.cabodental.mx

(250)300-0064

help find seniors' programs and services. Sign up for the Seniors Advocate's newsletter
www.seniorsadvocatebc.ca/reports/
1.877.952.3181 M-F 8:30am-4:30pm

Osteoporosis Canada

At least 1 in 3 woman and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime. Disease is often undiagnosed

www.osteoporosis.ca

For support group near you, or to create a group in your community, contact

- Kelowna Chapter
250.861.6880 Trish Gunning

Pacific Blue Cross

Health benefits plans for individuals and families, small/large business, travel plans
www.pac.blucross.ca

1.800.873.2583 Vancouver

Parkinson Society British Columbia

Address the personal and social consequences of Parkinson's Disease
 See Support Group info on page 80
www.parkinson.bc.ca

1.800.668.3330

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

SOS Brain Injury Society

Services for individuals with an acquired brain injury (ABI), including stroke, to maximize quality of life. Education and prevention promotion; helmet awareness
www.sosbis.com

2-996 Main Street, Penticton

250.490.0613

See our ad and article on page 19

South Okanagan Similkameen Mental Wellness Society

Community based association of people who volunteer their time to help improve those with serious mental illness and their families. Support throughout the SOS. See web site for list of Programs & Services
www.mentalwellnesscentresos.com

118-246 Martin Street, Penticton

250.493.7338

Spinal Cord Injury BC

We help people with spinal cord injuries adjust, adapt, and thrive
www.sci-bc.ca
1.800.689.2477 BC InfoLine Mon-Fri
250.308.1997 Scott - Okanagan Peer Program Coordinator

Health Facilities

Interior Health Authority

www.interiorhealth.ca

- **Interior Health Crisis Line**
1.888.353.2273 24/7
- **Interior Health Vulnerable & Incapable Adults Reporting Line**

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www.beltone.ca/okanaganbeltone

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1.844.870.4754 report or call for info

• Patient Care Quality Office

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

Integrated Health Centre

Assist/support selection/planning of appropriate education sessions, help develop education plan for special needs clients, or live in outlying areas
2nd Floor, 740 Carmi Avenue, Penticton
250.770.3505

Public Health Centres

- **700 Third Street, Keremeos**
250.499.3029
- **930 Spillway Road, Oliver**
 South Wing, Oliver General Hospital
250.498.5080
- **4816 89 Street, Osoyoos**
250.495.6433
- **740 Carmi Avenue, Penticton**
250.770.3434

Penticton Regional Hospital

550 Carmi Avenue
 Parking \$1 per hour, \$5 all day
250.492.4000 Switchboard
250.492.9027 Foundation

Princeton General Hospital
98 Ridgewood Drive, Princeton
250.295.3233

South Okanagan General Hospital
 Emergency services 24/7. Visiting hours noon to 8 pm
911 McKinney Road, Oliver
250.498.5000

Summerland Health Centre

Community Health Centre
 Residential Care (Dr. Andrew Pavillion)
12815 Atkinson Road, Summerland
250.404.8000 Mon-Fri 8am-4pm

Dental Services

Cabo Dental

Canadians providing dental care in Cabo San Lucas, Mexico www.cabodental.mx
250.300.0064

See our ad on page 49

Kelowna Prosthodontics

Cosmetic Dentistry, Tooth Replacement, Dental Implants
www.kelownaprosthodontics.ca
220-1516 Fairview Road, Penticton
250.862.2483 **1.855.862.2483**
 See our ad on page 45

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 See our ad on this page



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 Denturist

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CARES Program



CARES - Caring for Adults Requiring Extra Supports is a free program that was initiated by a local public health nurse. Aging parents experiencing health issues found her trying to navigate through the health care system to put supports in place for her father-in-law and her own father at the same time. She found the experience to be very confusing and frustrating and knew that if she was having difficulty, the general public would also be challenged during times like this. She knew there must be a better way. She had previously been involved in delivering BabyTalk sessions for new parents and thought this might be a good model to build on.

Since not all supports are within the health care system, she reached out to involve community resources, which also provides services, (including the Better at Home program)

information and referral. CARES began as a pilot project jointly developed by Interior Health and One Sky Community Resources which created an opportunity to work together and better understand how the support pieces fit together.

The program is designed to give seniors, their family and caregivers help with planning for the future as well as assistance in finding resources available in the community.

There are eight sessions with information on accessing IH Health Care services, Community Supports, Housing Options, IH Home Supports, Mental Health, Power of Attorney/Representation Agreements, Palliative Care, and Caregiver Support. After each session a Registered Nurse is available to answer questions you may have regarding our services. Sessions are held weekly at the Penticton Seniors' Drop In Centre and registration is encouraged by calling 250-493-2111.

We know how challenging it can be to try and find resources when you are already stressed caring for your loved one. Our hope is that by sharing this information that at the time when you need to find resources in the community, you will already have some knowledge about what is available to you and be better prepared.

We sincerely hope to see you at one of our sessions.

Jeannette Gordon RN
Knowledge Coordinator Penticton Home Health



C.A.R.E.S.



Caring for Adults Requiring Extra Support

A FREE weekly session giving information about help available for adults needing support in the South Okanagan

Penticton Seniors Drop In Centre
2965 South Main Street
To register call 250-493-2111

Health & Fitness

Recreation Penticton

Energize for less with seniors discounts
www.penticton.ca/recreation
250.490.2426

See our article and ad on page 27

Hearing Clinics

Beltone Hearing Clinic

Helping the world hear better since 1940
www.beltone.ca/okanaganbeltone
471 Ellis Street, Penticton
250.492.5255 1.800.793.1787
 See our ad on page 50

Medical & Mobility Equipment

Canadian Red Cross

Health Equipment Loan Program: short term mobility equipment & bath aids to assist at home recovery. By donation. Health care professional referral required. Check web site for Help Centres in SOS
www.redcross.ca/help
Okanagan Service Area Office
250.765.3465 Kelowna M-F 9am-1pm

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Full range of medical equipment and supplies. On-site consultations for Foot Care, Ostomy Care, Mastectomy Fittings
www.oliverpharmacy.com
105-291 Fairview Road, Oliver
250.485.4007
 See our ad on page 44

Summerland Guardian Pharmacy

Home Healthcare Specialists. Seniors Day last Thursday of every month
100-13009 Rosedale Avenue
Summerland
250.494.3422
 See our ad on page 43

Medical Alarm Systems

Interior Health Lifeline Program

Home emergency response monitoring services to seniors, medically at risk and physically challenged individuals
www.lifeline.ca

740 Carmi Avenue, Penticton

250.770.3531

1.866.755.6111

See our ad on page 48

See our article on *Recognizing Caregiver Stress* on page 48

Orthotics & Prosthetics

Action Orthotics & Prosthetics

Take Action-Don't let pain ruin your life!
www.actionorthotics.ca

102-197 Warren Avenue E.

Penticton

250.490.3636

See our ad on page 47

See our article on *Orthotic Management of the Diabetic Foot* on page 47

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valuevillage.com

Pharmacies

Knights Pharmacy

www.knightspharmacy.ca
330 Main Street, Penticton
250.492.4024

See our ad on page 43

Medicine Shoppe Pharmacy, The

Your Health. My Priority
www.medicineshoppe.ca
108-2210 Main Street, Penticton
250.276.3876

See our ad on page 46

Oliver Pharmacy Remedy'sRx

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105-291 Fairview Road, Oliver
250.485.4007

See our ad on page 44

Rexall Skaha Pharmacy

Seniors save 20% every Tuesday. Some exclusions apply.
www.rexall.ca
3030 Skaha Lake Road, Penticton
250.493.8155

See our ad on page 55

Shoppers Drug Mart

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www1.shoppersdrugmart.ca
Five participating stores in the South Okanagan Similkameen. For locations,
See our ad on page 3

Summerland Guardian Pharmacy

Feeling Better Starts Here
100-13009 Rosedale Avenue
Summerland
250.494.0531

See our ad on page 43

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See our ad on page 54

Walk In Clinics

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

• **Apple Plaza**

Mon-Fri 9-6; Sat-Sun-Holidays 10-4
 Arrive one hour prior to closing
162-1848 Main Street, Penticton
250.493.5228

• **Peach City Medical/Urgent Care Centre**

Monday-Friday-8am-5:30pm, Saturday &
 Stat holidays-9am-1pm, closed Sundays
 Cherry Lane Shopping Centre
166-2111 Main Street, Penticton
250.276.5050

• **Rosedale Medical Associates**

Mon-Thur 5-7:30 pm, Fri 5-7pm,
 Saturday & Sunday 1-4pm,
 closed Statutory holidays
200-13009 Rosedale Avenue
Summerland
250.404.4242

• **Oliver / Osoyoos**

South Okanagan General Hospital
 Emergency Department 24/7
911 McKinney Road, Oliver
250.498.5000



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

www.antifraudcentre.ca

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

Consumer Protection Authority

Promotes a fair marketplace for BC consumers, businesses; investigates complaints, seeks redress for those treated improperly by business
www.consumerprotectionbc.ca

1.888.564.9963 Mon-Fri 8:30am-4:30pm

National Do Not Call List

Gives consumers a choice to reduce the number of telemarketing calls by registering your residential, wireless, fax or VoIP telephone number

<https://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. Language support for Mandarin, Cantonese, Punjabi, Hindi
www.investright.org

1.800.373.6393 Mon-Fri 8am-5pm

Credit Counselling Society

Free credit counselling, solve debt problems, manage money better, use credit responsibly. Open Mon-Sat
www.nomoredebts.org

375-1855 Kirschner Road, Kelowna

250.860.3000

1.888.527.8999

Edward Jones

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www.edwardjones.com
See our ad on page 13

Legal

Bell, Jacoe & Company Lawyers
www.belljacoec.com
13211 N. Victoria Road, Summerland
250.494.6621 1.800.663.0392
 See our ad on this page

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

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

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

Community Legal Assistance Society
 For benefit of those who are physically, mentally, socially, economically or otherwise disadvantaged, or whose human rights need protection
www.clasbc.net
1.888.685.6222 Vancouver

Dial-a-Law

A library of scripts prepared by lawyers. It offers general information on a variety of topics on law in BC, but not legal advice. Free service available in English, Chinese & Punjabi via the Internet and by phone
www.cbabc.org/For-the-Public/Dial-A-Law
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250.770.2951
See our ad on page 59

Lawyer Referral Service

Canadian Bar Assoc. 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 8am-5pm

Legal Services Society

If you have a legal problem and can't afford a lawyer, we're here to help
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 Penticton Courthouse

106-100 Main Street

250.493.7164 see web for hours

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www.familylaw.lss.bc.ca

1.866.577.2525

People's Law School

Provides public legal education & info
www.peopleslawschool.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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1345 St. Paul St., Kelowna 250.712.7576
 Interior-North Regional Office

Seniors First BC

Formerly the Centre for Elder Advocacy and Support. Are you dealing with a crisis? Call to talk about an abusive situation you feel is happening. We listen to concerns about financial, legal, physical 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.seniorsfirstbc.ca

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

1.855.306.1443 TTY

Policing

Community Crime Prevention Guide

Most Canadians believe being able to live in a safe and secure environment is one of the most important aspects of their lives. This guide provides info on how to develop and implement an action plan, develop a community strategy, plus valuable sources of support

www2.gov.bc.ca/gov/content/safety/crime-prevention/community-crime-prevention/publications

Penticton Community Policing

185 Lakeshore Drive W., Penticton

- Community Safety Programs: Auxiliary Constable program, Citizen's Patrol, Speed Watch, Lock Auto Crime, Business Liaison programs
 For more information, and to volunteer
250.770.4256 Cpl. Don Wrigglesworth

- Community Restorative Justice Prevention, Awareness Community Education program (PACE)
250.490.2372 Mark Provencal

Royal Canadian Mounted Police

www.rcmp-grc.gc.ca

Emergency Only: dial 9-1-1

RCMP Detachments

- **1168 Main Street, Penticton**
250.492.4300
- **2920 Highway 3, Keremeos**
250.499.5511
- **425 Similkameen Avenue, Oliver**
250.498.3422
- **16 Eagle Court, Osoyoos**
250.495.7236
- **200 Highway 3, Princeton**
250.295.6911
- **9101 Pineo Court, Summerland**
250.494.7416

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'

South Okanagan Similkameen Crime Stoppers

Receives tips from anonymous persons and passes information on to police to help solve cases. Cash reward of up to \$2,000 for information that leads to an arrest. Text 'sostips' and send your message to CRIMES (274637). Visit web site for information on leaving tips online www.sostips.ca
1.800.222.TIPS (8477)

Summerland Community Policing

Citizens on Patrol, Speed Watch. Rewarding Opportunity: Volunteers welcomed. Send email for more info. seanfmccarthy53@gmail.com
www.summerland.ca/city-services/rcmp/crime-prevention **250.494.7416**

Victim Services Programs

Police-based. Provides emotional, practical assistance for those who have been affected by crime, other traumas
250.499.5405 Keremeos RCMP
250.485.6224 Oliver Tue & Thur 8-4
250.495.4704 Osoyoos M-T-W 8:30-4pm
250.770.4713 Penticton, Summerland
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250.498.4808 Oliver

250.495.2900 Osoyoos

250.295.6102 Princeton

250.494.3202 Summerland

250.768.3702 West Kelowna

See our ad on page 5

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Improving Literacy in the South Okanagan

Operating in Oliver, Osoyoos, and Okanagan Falls, the **South Okanagan Community Adult Literacy Program** (SOCALP) helps members of the communities improve their reading and writing skills. SOCALP has been offering this free support to learners and training new volunteer tutors for over twenty years.

Community members looking to improve their reading and writing skills come to us from all walks of life with varying skill levels and goals. Tutors often report how rewarding the experience can be because with time they really get to see their learner's skills and confidence grow. The opportunity for someone to learn one-on-one with their own tutor can really help them improve their lives and move on to more advanced academic goals, find better employment, or simply be able to write a letter to their grandchildren.

Our program relies heavily on the generosity of volunteers who devote 3-5 hours per week to plan for and tutor the learner assigned to them. Tutors join the program with a variety

of backgrounds and do not need to have any previous experience. All prospective tutors meet with the Coordinator of the program and take part in a Tutor Training Workshop at Okanagan College in Oliver. A tutor is then appropriately matched with a learner based on a multitude of factors, one being availability and schedules of both tutor and learner.

If you or someone you know would benefit from our program, or if you are looking for a rewarding volunteer experience and would like to get involved please contact Nancy Noble-Hearle at 250-492-4305 ext 3227 or email nnhearle@okanagan.bc.ca



Brianne Niznikowski BA, BEd
AACP Instructor & Literacy Tutoring Program Coordinator
Okanagan College – Penticton Campus
250-492-4305 ext 3331
bniznikowski@okanagan.bc.ca

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Johnston Meier Insurance Agencies

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250.492.0017 Penticton, Martin Street

250.493.8666 Penticton, Cherry Park

250.497.8739 Okanagan Falls

Johnston Meier Insurance Agencies offices continued...

250.498.3451 Oliver

250.495.2681 Osoyoos

250.494.6351 Summerland

See our ad on this page

Veterinary Hospitals

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www.KelownaVet.ca

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250.769.9109

See our ad on page 67

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www.jmins.com



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www.penticton.ca/clelandtheatre

Penticton Community Centre

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En'owkin Centre

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www.enowkincentre.ca

154 Enowkin Trail

250.493.7181 Penticton Indian Reserve

Hedley Heritage Museum Society

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<http://hedleybc.ca/go-to/hedley-heritage-museum>

712 Daly Avenue, Hedley

250.292.8787 May long wknd thru Oct.

Nk'Mip Desert Cultural Centre

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www.nkmipdesert.com

1000 Rancher Creek Road, Osoyoos

1.888.495.8555

Okanagan Falls Heritage House/Museum

House ordered from T. Eaton & Company catalogue in 1909

www3.telus.net/okmuseum/

1145 Main Street, Okanagan Falls

250.497.7047

Okanagan Archive Trust Society

Brings together works of Okanagan's most prolific photographers who plied their trade since before the turn of century

www.oldphotos.ca

www.archivos.ca

589 Municipal Avenue, Penticton

250.490.9339

Okanagan Historical Society

One of oldest societies in BC dedicated to the preservation of local history. Publishes annual 226 page Okanagan History report - see web site for purchase details

www.okanaganhistoricalsociety.org

Okanagan Symphony Orchestra

Concert events in Vernon, Kelowna, Penticton. See website for 2018-19 performances, locations, dates, and Penticton ticket information - in person at Shatford Centre, **760 Main St.**, Penticton

<https://okanagansymphony.com>

1.888.974.9170

Oliver Community Arts Council

Hub of Oliver artistic activity since 1970

<http://oliverartscouncil.org>

Quail's Nest Arts Centre

5840 Airport Street

250.485.0088 Answering machine info

Oliver & District Heritage Society

Your window into our history

www.oliverheritage.ca

430 Fairview Road Archives

250.498.4027 Tue-Fri 10am-1pm

474 School Avenue Museum

778.439.3100 Tue-Sat 1-4pm

Penticton Art Gallery

Local, regional and national exhibitions;
Topics & Tea 2 pm last Wed of the
month, Open Tuesday-Friday 10am-5pm,
Saturday & Sunday 11am-4 pm. Gift Shop
www.pentictonartgallery.com

199 Marina Way

250.493.2928

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Explore the unique world of the South
Okanagan beyond its famous beaches
and peaches. 10 am-5 pm Tue-Sat
www.pentictonmuseum.com

785 Main Street

250.490.2451

See our article and ad on page 16

Penticton & District Arts Council

Mandate is to stimulate, encourage and
foster the arts in our community

www.pentictonarts council.com

Leir House Cultural Centre

220 Manor Park Avenue, Penticton

250.492.7997

Princeton & District Museum/Archives

Wide range of historical collections
reflecting Princeton's history

www.princetonmuseum.org

167 Vermilion Avenue

250.295.7588

Snaza'ist Discovery Centre

Explore the history of the Similkameen
people and the Mascot Gold Mine
www.mascotmine.com/snazzy/centre.html

161 Snaza'ist Drive, Hedley

250.292.8733

S.S. Sicamous Heritage Park

Explore the largest surviving stern
wheeler in Canada. Open as a Heritage
Site, Museum, and Wedding Venue.
Cared for by Volunteers. Visit today
www.sssicamous.ca
Facebook, Twitter

1099 Lakeshore Drive West, Penticton

250.492.0403 Check web for hours

See our ad and article on page 29

Summerland Museum & Archives Society

Discover the history of Summerland!

June to Sept 10am-4pm Tue-Sat.

October to May 1-4 pm Wed-Sat.

www.summerlandmuseum.org

9521 Wharton Street

Summerland

250.494.9395

Leisure**BC Fishing Licences**

Basic annual licence for 65+ \$5.00

Basic annual licence for disabled \$1.00

www.env.gov.bc.ca/fw/fish/licences/

Purchase online www.fishing.gov.bc.ca or
at Service BC or a licensed vendor

BC Parks

Individual campsite reservations
through Discover Camping Campground
Reservation service from Apr-Sept/Oct.

50% discount for BC residents 65+
from day after Labour Day to June 14 of

continued...

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**Your Tires, Brakes, Suspension, Alignment, Oil Change, Tune Up,
and Everything Mechanical Store!**

359 Dawson Avenue, Penticton | www.fountaintire.com | 250-493-6655

following year for frontcountry campsites
www.discovercamping.ca
www.env.gov.bc.ca/bcparks/
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 contacts. 55+ BC Games in Kimberley/Cranbrook Sept 11-15, 2018
www.55plusbcgames.org
778.426.2940 Sydney, BC

Farmers' Markets (BC Association of)
www.bcfarmersmarket.org

Farmers Markets

- **Penticton Farmers' Market**
<http://pentictonfarmersmarket.org>
100 Main Street, Sat-8:30am-1pm
Apr 21-Oct 27; Winter Indoor Market,
Shatford Centre, 760 Main Street,
Saturdays Nov & Dec
- **Downtown Community Market**
www.downtownpentiction.org
May 12 to Oct 6. May-June 8:30-1:30
July to Sept 1st 8:30am-2pm
Sept 8 to Oct 6 8:30am--1:30pm
200-300 block Main St., Front Street,
250.493.8540

- **Naramata Community Market**
www.naramatamarket.com
Wed. 3:00-6:00 pm, June 13 to Sept. 5
Farmers, food products, wineries,
artisans, entertainment, in beautiful
Wharf Park, Naramata
250.460.0177 Laurel

- **Oliver Market & Music**
Thursdays 5:30-8pm June 21-Sept 6
Handmade goods, local produce, organic
coffee, artisan bread, music
Community Park, **6359 Park Drive**
www.facebook.com/olivermusicmarket

- **Osoyoos Market on Main**
www.osoyosmarketonmain.ca
Town Hall Square. Live Music
Sat. 9 am-1 pm May 5 to Sept. 29
- **Summerland Farmer's Market**
Memorial Park, Wharton St., Kelly Ave.
Tuesdays 9 am to 1 pm April to October
Facebook/Summerland-Farmers-Market
- **Summerland Rotary Sunday Market**
Downtown Main St., June 10 to Sept 2
9am-1pm. Sponsored by Rotary Club.
Farmers, artisans, food products,
wineries, entertainment
250.460.0177 Laurel

Kettle Valley Steam Railway
Dedicated to preserving Okanagan & BC Railway Heritage, Seniors discount
www.kettlevalleyrail.org
18404 Bathville Road, Summerland
250.494.8422 **1.877.494.8424**

Nickel Plate Nordic Centre
50 kms groomed trails for classic & skate skiing, 25 km of signed snowshoe trails
www.nickelplatenordic.org
250.292.8110

Okanagan Fest-of-Ale Society
One of largest and longest running annual beer festivals in Pacific Northwest. Great entertainment, fabulous food, diverse array of quality crafted beverages. Festival proceeds go to local charities & initiatives. April 12 & 13, 2019. See web for details
<http://festofale.ca> **250.492.4355**

Okanagan Wine Festivals
Naturally Fun Festivals for All Seasons!
Check web site for programs and events
www.thewinefestivals.com
250.861.6654 Kelowna

Oliver Music in the Park
Oliver Community Park & Stage Thursdays 6:30-8:00pm. July 5-August 23. Live music, Food Vendors, Kid Friendly. **Market 5:30-to 8 pm.** Presentation of Oliver Community Arts Council. Admission by donation. Bring a lawn chair. www.oliverartscouncil.org

Oliver Parks and Recreation

Community Pool, Tennis Courts, Weight Room, Community Park Pathway, Off-Leash Dog Park, Lion's Park adjacent to Hiking and Biking Trail, Rotary Beach, Outdoor Pickleball

www.oliverrecreation.ca

6359 Park Drive, Oliver 250.498.4985

Osoyoos Desert Society

Explore Canada's pocket desert, 3 miles north on Hwy. 97. Late April thru early Oct.

www.desert.org

250.495.2470 1.877.899.0897

Osoyoos Parks & Recreation

Dog parks, Splash Park, West Bench Complex, Sonora Community Centre, Sun Bowl Arena - public skating, drop-in hockey, Senior n' Tot ice times. Check web site for seasonal Leisure Guide

www.osoyoos.ca

250.495.6515

Penticton Curling Club

Cafeteria, Licensed Lounge available for bookings, 6 sheets of ice - can be rented

[www.pentictoncurlingclub.com](http://pentictoncurlingclub.com)

505 Railway Street

250.492.5647

Penticton Lawn Bowling Club

Looking for a new home after 85 years

<http://pentictonlawnbowl.com>

260 Brunswick Street

250.493.8662

Penticton Geology & Lapidary Club

Meetings 1st Wed evening of the month. See web site for Field Trip information

220 Manor Park Avenue (Leir House)

www.pentictongeologyandlapidary.blogspot.ca

Penticton Seniors' Computer Club

Club can be contacted at Penticton Seniors' Drop-In Centre, 2965 South Main Street. Sign up for lessons. Drop-in sessions

www.pentictonseniors.org/calendars

250.493.2111

Penticton Vees Junior A Hockey Club

Seniors 65+ pricing

www.pentictonvees.ca

853 Eckhardt Avenue West

250.493.8337

Penticton & District Garden Club

Meets 7pm 3rd Thursday of the month September to June. Penticton Library Auditorium, **785 Main Street**

www.gardenclubpenticton.ca

250.487.7699 Theresa

Penticton Peach Festival

August 8-12, 2018. An annual tradition since 1947. Five day extravaganza. Sat. 'Grand Parade', Seniors Day on Wed.

www.peachfest.com

250.487.9709

Penticton Visitor Centre

Start your South Okanagan adventure here. View 'Experiences Guide' online. Travel Tips, Hiking & Biking, Beaches, Parks, Food and Dining

www.visitpenticton.com

888 Westminster Avenue West

250.276.2170 1.800.663.5052

Princeton Parks, Recreation, Cultural Services

Visit web site to view Recreation facilities and services. Also seasonal Leisure Guide

www.princeton.ca/parks-and-recreation

169 Bridge Street, Princeton

250.295.7222 Lyle-Leisure Services Mgr.

250.295.6067 Nadine - Rec & Culture

250.295.6718 Marjorie - Arts Council

South Okanagan Genealogical Society

Non-profit organization dedicated to helping those who wish to compile their family histories

www.rootsweb.ancestry.com/~bcsogs/sogs

Meets 1st Thursday of the month except January, July, and August at 7 pm

Library-Museum Auditorium

785 Main Street, Penticton

250.492.0751 Nola Reid

South Okanagan Events Centre
 Okanagan's premier sports & entertainment venue brings world-class events to Penticton. Year-round, we entertain! From country to classic rock, off-Broadway theatre, Penticton Vees to Vancouver Canucks Young Stars Classic
www.SOEC.ca

853 Eckhardt Avenue West, Penticton
 • Tickets available in person at the Valley First Box Office at SOEC, online at www.ValleyFirstTIX.com or by phone. Gift cards can be purchased online or in person at Valley First Box Office, and can be redeemed online, by phone or in person

1.877.763.2849

• **Riverside Pharmasave Walking Track Information:**
www.soec.ca/riverside-pharmasave-walking-track-0

South Okanagan Naturalists' Club
 Focus on experiencing the natural world of BC and promoting its conservation. Meetings 4th Thursday except June, July, Aug & Dec. 7 pm at Penticton United Church, **696 Main Street**
www.southokanagannature.com
696 Main Street, Penticton

Summerland Fall Fair
 A variety of children's activities, musical entertainment, great fair food. Sept 7 & 8 Tailgate Party on Main St. Fri 5:30-9pm Red Barn Horse Rides in Memorial Park Friday 5:30-8pm
www.facebook.com/summerlandfallfair

Summerland Parks & Recreation
 See web site for Recreation Guide, Schedules, Facilities, Community events
www.summerland.ca/parks-recreation
 Aquatic & Fitness Centre
13205 Kelly Avenue
250.494.0447

Summerland Curling Club
www.summerlandcurling.org
8820 Jubilee Road
250.494.9322

Travel

BC Ferries

BC seniors 65+ travel at a 50% discount on most BC Ferries routes Mon-Thurs except holidays. Passenger fares only.

www.bcferries.com

1.888.223.3779 Reservations

*223 on Rogers or Telus networks

Friendship Force International

Provides opportunities to explore new countries and cultures through home hospitality, local hosts

www.thefriendshipforce.org

Kelowna International Airport (YLW)

Call individual airlines for reservations. For flight information, parking and ground transportation options, packing tips, and retail and other airport services, go to our web site at

ylw.kelowna.ca or our mobile page at ylw.kelowna.ca/mobile

250.765.5125 Kelowna Airport Admin.

250.765.5612 Airport Parking Booth

250.864.9885 Airport Courtesy Shuttle to/ from Long-Term Parking Lot

250.863.3714 Wheelchair Assistance

778.753.3735 Valet Parking

Mascot Gold Mine Tours

Explore the incredible history of mining in the Similkameen Valley. Experience what life was like as a hard rock gold miner. Get ready to step back in time

www.mascotmine.com

161 Snaza'ist Drive, Hedley

250.292.8733 Snaza'ist Discovery Centre

National Geographic Expeditions

World wide travel - with boundless chances to be surrounded by natural wonders and exotic wildlife

www.nationalgeographicexpeditions.com

1.888.966.8687

Penticton Regional Airport (CYYF)

Gateway to the South Okanagan

www.cyyf.ca

109-3000 Airport Road

250.770.4422

RV Owners Lifestyle Seminar

An annual event at Okanagan College Kelowna Campus, 1000 KLO Road Opportunity for new, or seasoned or wannabe RV owners to gain valuable knowledge on RV operations, maintenance and safety. Also travel tips, health on the road, destinations, full-time RV living and much more. 21st Annual Lifestyle Seminar June 21-24, 2019

www.rvda.bc.ca/rv-owners-lifestyle-seminars
778.489.5057 Joan - RVDA

Road Scholar

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

www.roadscholar.org

1.800.454.5768 M-F 5am-6pm PT

Super, Natural British Columbia

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ideas, transportation and maps,

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www.hellobc.com

Traveller Information System

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www.drivebc.ca

1.800.550.4997

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www.worldwidequest.com

1.800.387.1483 M-F 6am-2:30pm PT





Rose Valley Veterinary Hospital

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 Saturday 10 am to 3 pm
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 Orthopedic Surgery
 Vaccinations & Examinations
 Onsite Ultrasound, Lab & X-Rays
 Veterinary Pharmacy

Free Exams for New Pets
Cat Only Boarding Facility

250-769-9109

112-2476 Westlake Road, West Kelowna
www.KelownaVet.ca





Activity Centres

Keremeos Senior's Centre Society

Activities include ladies crafts, cards (bridge, crib, whist), snooker & pool, bowling, floor curling, bingo, choir, chair exercises. Thursday afternoon dancing, Jam sessions-1st Sunday-Sept-June. Potluck lunch-last Sunday at noon. Open Mon-Sat 9:45 am-4 pm, Sun noon-4 pm
www.keremeosseniorscentre.ca (sic)
421 7th Avenue, Keremeos
250.499.2977

Okanagan Falls Seniors Activity Centre

Open during activities which include Bingo, card & board games, exercise classes, pool, carpet bowling. Live music three times a week. Monthly special events open to non-members - pancake breakfasts, pot luck dinners. Music Jams (with dancing) October to May. Indoor Flea markets in March and October

1128 Willow Street, Okanagan Falls
250.497.8199 Centre
250.497.5669 Grethe

Oliver Senior Centre Society

Mon-Sat 10 am-3 pm. Activities include line dancing, floor games, Ladies Keep Fit (Sept-May), bridge, crib, "500", whist, Friday bingo, dancing - 10 am Saturday (volunteer band), Zumba, poolroom. See web site for monthly activity calendar
www.oliverseniorcentre.com

5876 Airport Street, Oliver
250.498.6142

Osoyoos Senior Centre

Activities include line dancing, crafts, ballroom dancing, exercise class, euchre, bingo, bridge, whist, pool, crib, Tai Chi, lawn bowling, Winter dances, movie nights
www.facebook.com/OSCAOsoyoos

17 Park Place, Osoyoos
250.495.6921

Penticton Community Centre

Fitness classes: Tai Chi, Pilates, Zumba Gold, Yoga. Fitness Room Orientations.

Penticton Community Centre cont'd...

Drop-in sports: badminton, pickleball, senior volleyball. Pool: steam room, hot tub, sauna, accessible therapeutic pool, Senior Splash Aquafit.

www.penticton.ca/recreation

325 Power Street

250.490.2426

See our article and ad on page 27

Penticton Seniors' Drop-In Centre

Membership open to everyone 50+ Belly Dancing, Bingo, Card games, Carpet Bowling, Computer Classes, Crafts, Line Dancing, Mah Jong, Medical Qi Gong, Pool Tables, Scrabble, Social Dancing, Tai Chi Chuan, Yoga, Ukulele and more. Tuesday Lunches, Monthly Dinners Sept-June, Craft store. WiFi. Open Monday to Friday 9 am to 3 pm - drop-in and socialize. Multiple copies of

Experience 50+ Living available here.

www.pentictonseniors.org

2965 South Main Street, Penticton

250.493.2111

See our article on page 69

See our ad on page 89

Princeton Senior Citizens Branch #30

Activities include cards, bingo, crafts, music, pool, Wed exercise class with qualified instructor. Potluck dinner last Friday of month. Open Sept-June 9am-1:30pm M-F; July-Aug 9am-noon Monday-Friday; Saturday 1-4pm all year. Lunch available Mon to Fri except July and August

162 Angela Avenue, Princeton
250.295.7515

Summerland Drop-In Centre

Activities include carpet bowling, Monday bingo, Nifty 50 exercise, whist, Tai Chi, bridge, Texas Hold'em poker, crib, monthly crib tournament, snooker, Mah Jong. Monthly potluck dinner - 4th Wed, NeighbourLink lunch - 2nd Tuesday

9710 Brown Street, Summerland
250.494.9377
778.516.2889 Sean

The Penticton Seniors' Drop-In Centre Society celebrates 25 years in 2019



From the conception of a drop-in centre for Penticton seniors, the basic guiding principle has always been that it should provide a focal point for seniors of all income levels, without conditions. It was meant to provide facilities for leisure pursuits, special interests, and specific services at a minimum cost. That was the goal in 1994, and it remains the goal today.

The dream of a drop-in centre for the seniors of Penticton began more than a quarter century ago when a group of determined individuals became vocal advocates for such a centre to be built at the south end of Penticton. They believed it was long overdue citing that the nearby communities of Summerland, Oliver, Okanagan Falls, Peachland, Osoyoos, Keremeos, and Princeton all had drop-in centres for their senior citizens. Why not Penticton?

Recognizing that there was strength in numbers, these committed individuals began, in earnest, to rally the area's "grey power." The seniors of Penticton had become a united voice.

Penticton's new interim seniors' drop-in centre held its first official meeting in December 1994 at the former Karl's Schnitzel Steak and Lobsterhaus. By February 1995, a full slate of activities was being offered – line dancing, bridge, whist, etc. As well, events such as potluck dinners and dances were being held. This site was to be leased until a permanent centre could be built.

In 1999, Penticton artist Jack Deppison designed the logo for the centre, which is still used today. And, finally, on June 19, 1997,



then Mayor Beth Campbell, broke ground for the project by taking the first spadeful of dirt from the building site at Robinson Park. The doors to the new centre opened in December 31, 1999, and the seniors came, were welcomed, and immediately felt at home.

Today, the Penticton Seniors' Drop-in Centre plays a vital role in serving the needs of those individuals aged 50 and older. It is a non-profit society that is fully self-supporting and run by an army of amazing volunteers, including the Board of Directors who serve so unselfishly. Membership at the Centre continues to grow, and member expectations continue to evolve.

Looking to the future, it is important that the changing needs and demands of today's, and tomorrow's, diverse seniors are recognized, acknowledged, and valued. That means the structure, the services, and the menu of activities may need to change, adapt, and evolve so that older people of different ages, cultural backgrounds, and physical abilities can participate fully in meaningful activities in order to age actively. The challenge of remaining an age-friendly community that meets the changing needs of older people will require the energy, wisdom, desire, and enthusiasm of the trailblazers of the past who worked to see the dream of a safe, welcoming, and relevant environment realized. When we look back in 2044, our 50th anniversary, we will know if we have been successful.

Mignonne Wood, PSDC Secretary



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

Dedicated to protecting and enhancing the quality of life for domestic, farm & wild animals. See our article on page 26

www.spca.bc.ca

South Okanagan/Similkameen Branch

2200 Dartmouth Dr., Penticton V2A 4C2

250.493.0136

1.855.622.7722 Animal Cruelty Hotline

Brain Injury Society

Leave a lasting legacy by donation to support brain injury & stroke recovery in the SOS. Donate online

www.sosbis.com

2-996 Main Street, Penticton V2A 5E4

250.490.0613

See our ad and article on page 19

Canadian Cancer Society

Make a one-time gift, monthly gift, honour gift, memorial gift

www.cancer.ca

102-1433 St. Paul Street

Kelowna, BC 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 South Okanagan | Similkameen

Enriching quality of life by supporting a broad range of charitable agencies

www.cfsos.net

390 Main Street, Penticton V2A 5C3

250.493.9311 1.877.493.9311

Heart & Stroke Foundation

In Memoriam, In Honour, or general donations

www.heartandstroke.ca

4-1551 Sutherland Avenue

Kelowna V1Y 9M9

778.313.8090 1.866.432.7833

See our FAST ad on page 18

Penticton Art Gallery

Registered not-for-profit charity. Tue-Fri - 10am-5pm, Sat & Sun 11am-4pm

www.pentictonartgallery.com

199 Marina Way, Penticton V2A 1H5

250.493.2928

S.S. Sicamous Marine Heritage Society

Working together to protect the marine heritage of the Okanagan. Museum. Wedding venue. Volunteer opportunity
www.sssicamous.ca

1099 Lakeshore Drive W., Penticton
250.492.0403

See our ad and article on 29

Sing for Your Life Foundation

Music for Health Aging. Improving the health and wellbeing of older Canadians who live at home or in residential care, through music.

www.sfylc.org

250.860.5408

See our article and ad on page 8

Sunshine Foundation of Canada

Dreams for Kids Since 1987

www.sunshine.ca

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

South Okanagan Similkameen Medical Foundation

Committed to raising \$20 million for medical equipment for the new tower at Penticton Regional Hospital opening April 2019. Donors can designate their gift to one or more of the Health Care facilities we serve in Penticton, Oliver, Summerland, Princeton, Keremeos

www.sosmedicalfoundation.com

550 Carmi Avenue

Penticton V2A 3G6

250.492.9027 1.866.771.0994

See our ad and article on page 10

Variety-the Children's Charity

Enriching the lives of BC children with special needs and their families

www.variety.bc.ca

4300 Still Creek Drive

Burnaby, BC V5C 6C6

Toll Free: **310.KIDS (5437)**

See our ad on this page



"We joined the Legacy Circle and made an estate gift so our legacy can live on through improving the lives of children like Olivia. There is no greater gift than childhood."

-BARBARA & BOB STEWART

Your legacy could be her childhood



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Terry Fox Foundation

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www.terryfox.org

2669 Shaughnessy Street
Port Coquitlam, BC V3C 3G7
1.888.836.9786

United Way Central and South Okanagan/Similkameen
 Local Giving. Local Results
www.unitedwaycso.com
202-1456 St. Paul St., Kelowna V1Y 2E6
1.855.232.1321

The War Amps

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www.waramps.ca
2827 Riverside Dr., Ottawa, ON K1V 0C4
1.800.465.2677

See our ad and article on page 11

Education**BCAA Road Safety Program**

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

Justice Institute of BC (JIBC)

Educating and training those who make communities safer, Canada's leading public safety educator
www.jibc.ca

825 Walrod Street, Kelowna
250.469.6020 1.888.865.7764

Kelowna & District Safety Council

NEW free driver training for low-income seniors. Call for more information. We

offer Seniors' Driving Assessments and Refreshers, Winter Driving and ICBC Retest Preparation. Also offering Motorcycle Training! We are the Okanagan's foremost safety training facility. See our web site for details
www.kdsc.bc.ca

395 Hartman Road, Kelowna
250.765.3163
1.888.580.7233 Register, class info
 See our ad on page 73

Literacy Now

South Okanagan-Similkameen
 42% of Canadians struggle with reading.
 There are many programs (most of them free) to help people read better
www.literacynowso-s.ca
250.770.0029 Dannielle

Naramata Centre Society, The

A beautiful place for retreat, reflection and growth. See web site for programs offered.
 Accommodation available
www.naramatacentresociety.org

Okanagan College

www.okanagan.bc.ca

Penticton Centre
583 Duncan Avenue West
250.492.4305
1.866.510.8899

• Volunteer Literacy Tutoring Program

Penticton, Summerland, Naramata. Free adult tutoring on reading, writing or math skills by trained volunteer tutors
250.492.4305 ext. 3227 Nancy

• Oliver/Osoyoos Centre
339 Fairview Road, Oliver
250.498.6264

South Okanagan Community Literacy Program as per above. Oliver, Osoyoos, Okanagan Falls. Free & continuous intake from September to April

250.492.4305 ext. 3331 Brianne
 See our article on page 60

• Summerland Centre-Continuing Studies
13211 Henry Street
250.494.1300

Shatford Centre**Okanagan School of the Arts**

Entrepreneurial creativity centre dedicated to creative well-being. School of the Arts offer a range of classes from hand-crafts to performing arts. Okanagan Symphony Orchestra tickets available here

<http://shatfordcentre.com>

760 Main Street, Penticton

250.770.7668 Mon-Fri 9am-5pm

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, CPR & online training programs, Therapy Dog program, Brigade Volunteer opportunity.

<https://bc.sjatraining.ca>

120-316 Dawson Avenue, Penticton

250.492.3377

Thompson Rivers University

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

www.truopen.ca

1.800.663.9711

Library Services**Okanagan Regional Libraries**

www.orl.bc.ca

101 Linden Avenue, Kaleden

250.497.8066

789 Scott Avenue, Hedley

250.292.8209

638 7th Avenue, Keremeos

250.499.2313

3580 Third Street, Naramata

250.496.5679

101-850 Railway Lane, Okanagan Falls

250.497.5886

6239 Station Street, Oliver

250.498.2242

8505 68 Avenue, Osoyoos

250.495.7637

107 Vermilion Avenue, Princeton

250.295.6495

9533 Main Street, Summerland

250.494.5591

Penticton Public Library

Free Book Delivery Service - for any Penticton resident unable to come to the library due to illness, disability or hospitalization. For more information...

250.770.7781 Micah

www.pentictonlibrary.ca

785 Main Street, Penticton

250.770.7782 Information Desk

250.770.7786 Adult Programs-Stephanie

See our ad and article on pages 20, 21

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Toll Free 1-888-580-7233

www.kdsc.bc.ca



**Kelowna & District
Safety Council**

Working together to build a safer community.

We are a non-profit organization

Meal & Food Programs

Meals On Wheels

- **Keremeos: Lower Similkameen Community Services Society**
Volunteers deliver fresh, hot, noon meals Monday, Wednesday & Friday
<http://tpwebhost.com/lscss/>
310 Veterans Avenue 250.499.2352
- **Oliver Meals on Wheels**
Volunteers deliver fresh hot noon meals Monday through Saturday
250.485.0300 Ruth

• Penticton Meals on Wheels

Delivers hot and/or frozen nutritious meals, Mon-Wed-Fri, in Penticton, Naramata, Okanagan Falls, Kaleden. Volunteers welcomed. Veteran Affairs assistance may be available
email: pentictonmow@shawbiz.ca
www.mealsonwheelspenticton.org
550 Carmi Avenue, Penticton
250.492.9095 See our ad on page 75

- **Princeton & District Community Services Meals on Wheels**
Hot noon meals delivered by home support workers seven days a week
250.295.6696

• Summerland Meals on Wheels

Hot meals delivered 11:30-12:30 Monday, Wednesday and Friday by volunteers.
 Service of the Rotary Club
250.494.1173 Charlotte
778.516.1973 Gavin

Salvation Army Community Food Bank

- Emergency food hampers, clothing, household items to those in need - by appointment
- Community Garden on Martin Street
- Community Kitchen. Weekly sessions focus on basics to nourish yourself on a limited income. Diabetes education
2399 South Main Street, Penticton
 Also **Keremeos/Cawson Food Bank**, Seventh-Day Adventist Church
250.492.4788
 See our article on page 14

Summerland Food Bank

Emergency food service, also information and referral service for those in need.
 Monday to Friday 9 am-noon, 1-4 pm
www.summerlandfoodbank.org
Summerland United Church
13204 Henry Avenue
778.516.0015

St. Vincent De Paul Society

Food hampers - call to register, leave name, address, phone number. Hampers delivered Mon, Wed. & Saturday
250.492.2082 Penticton

Programs & Groups

Advocacy Access Program

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

BC OAPO

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

- Naramata Friendship Club meets first Tues of month, coffee 9-10 Mon-Friday at RDOS Hall, **320 Ritchie Avenue**
778.514.1159 Ray Halladay
- Princeton Similkameen
250.295.6024 Chris Goodfellow

Better at Home

United Way sponsored program to help seniors remain independent at home

• OneSky Community Resources

330 Ellis Street
250.492.5814
www.betterathomepentiction.com
 See our ad and article on page 22

• Desert Sun Counselling & Resource Centre

www.desertsuncounselling.ca
250.495.6925 Osoyoos & Oliver

Canadian Mental Health Association
 South Okanagan Similkameen branch
 Programs include Advocacy, Consumer Development, Meals, Support Services.
 Club house
www.sos.cmha.bc.ca
2852 Skaha Lake Road, Penticton
250.493.8999 Mon-Fri 8am-4pm
www.cmha.bc.ca
1.888.353.2273 Interior Crisis Line
 Network 24/7

C.A.R.E.S. Program

Caring for Adults Requiring Extra Support. Designed to give seniors, their family and caregivers help with planning the future, assistance in finding community resources
See our article and ad on page 52

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

Ooknakane Friendship Centre

Aboriginal not-for-profit society committed to providing holistic, culturally driven programs & services to support, educate, strengthen people of all nations
www.friendshipcentre.ca
146 Ellis Street, Penticton
250.490.3504 Mon-Fri 8:30am-4pm

Penticton & Area Access Society

Services include disability advocacy, tax assistance, legal advocacy, tenant & landlord, outreach. Drop-in Mon-Tue-Thur 1-4 pm, Wed 1-3pm. Support is available for people in need in Keremeos, Oliver, Osoyoos, Penticton and Summerland
<http://accesscentre.org>
209-304 Martin Street
250.493.6822

1.866.493.6822

Penticton Concert Band

Intermediate to advanced musicians welcomed, variety of music styles, available for bookings all year round.
www.pentictonconcertband.ca
250.497.7180 Music Director

Penticton Newcomers Club

Variety of social activities for those who moved here (Penticton, Naramata, Summerland, Kaleden, Okanagan Falls) in past two years. Meets every 3rd Monday at 7 pm except summer
 Penticton Seniors' Drop-In Centre
2965 South Main Street
www.pentictonnewcomers.com
778.476.0408 Sandi

Soroptimist International

Best for Women. Volunteer organization of women at their best striving to help others to be their best. Monthly dinner meetings. For info on Soroptimist and SI Osoyoos...
www.wcsoroptimist.org - click on 'Who we are' then 'Clubs'



Penticton Regional Hospital Auxiliary **Meals on Wheels**

*Hot and/or Frozen Healthy & Nutritious
 Meals delivered to your home
 Monday, Wednesday & Friday!*

**To become a client, volunteer,
 or a sponsor, please call...**
250-492-9095

Penticton Seniors' Drop-In Centre

Where you are only a stranger on your first visit. Mon-Fri 9 am-3 pm. See our listing on page 68 for additional info
www.pentictonseniors.org

2965 South Main Street, Penticton
250.493.2111

See our article on page 69
 See our ad on page 89

SOWINS-South Okanagan Women in Need Society

Programs and services provide shelter, safety, and support by helping individuals recognize, understand and overcome the impacts of abuse. www.sowins.com

102-1027 Westminster Ave. W., Penticton
250.493.4366

1.800.814.2033 Crisis Line 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 24/7

604.875.0885 TTY 604.836.6381 Text

Resource Centres**Desert Sun Counselling & Resource Centre (Charitable, Non-Profit)**

Better at Home program, Counselling, Crisis Help, Community Kitchen, Community Outreach

www.desertsuncounselling.ca

- **762 Fairview Road, Oliver**

250.498.2538 Mon-Thur 9 am-5 pm

- **8701 Main Street, Osoyoos**

250.495.6925

1.877.723.3911 Women's Crisis Line

Lower Similkameen Community Services Society

Affordable housing for seniors and people with disabilities; multiple levels of support. Meals on Wheels, Volunteer Driver Program, Friendly Visitors, Legal Services

Community Partner, Community Outreach, ESL Services, Volunteer Tax, Women's Counselling, Program for Children and Youth Experiencing Violence
<http://ltptwebhost.com/lscss/>

310 Veterans Avenue, Keremeos
250.499.2352 Mon-Fri 8 am-noon

OneSky Community Resources

A way forward for everyone. Responds to community needs through-out the SOS. Extensive Adult and Senior Services-including Better at Home program

www.oneskycommunity.com

330 Ellis Street
250.492.5814

Princeton & District Community Services Society

Programs include police-based Victim Services, Meals on Wheels, Adult Day Centre, New Beginnings, Respite Services, Home Support, Self-Help Skills, Transportation, Assisted Living

47 Harold Avenue, Princeton
250.295.6666

South Okanagan Immigrant & Community Services

Providing Language Instruction & computer classes for newcomers.

Assistance with government forms CPP, OAS, and others. Volunteers and Mentors always needed

www.soics.ca

- **340 Ellis Street, Penticton**
250.492.6299 M-F 9am-noon, 1-5pm
- **583 Fairview Road, Oliver**
250.498.4900 Mon-Thurs 9am-4:30pm

Summerland Food Bank & Resource Centre

Information & referral service for Summerland residents. Mon-Fri 9am-noon 1-4 pm. See web site for complete list of services and resources

www.summerlandfoodbank.org

Summerland United Church

13204 Henry Avenue
778.516.0015

Service Organizations

Air Force Association of Canada
 General meeting 3rd Wed Sept-June
www.airforce.ca
126 Dakota Avenue, Penticton
250.492.5369

Army, Navy & Air Force Veterans In Canada Unit 97
 Service club promoting social opportunities advocacy & goodwill for Veterans, their families, and the community at large
www.facebook.com/Anavets97/
257 Brunswick Street, Penticton
250.490.4980 Open daily 9am-midnight

Big Brothers Big Sisters Okanagan
 Mission to support & enhance the well-being of young people through positive mentoring relationships. Donate clothing, and household items at **Value Village**
www.bigs.bc.ca
1.800.404.4483

Canadian Blood Services

Recruits blood donors, organize and operate blood donor clinics to provide blood for hospitals in Canada. Use 'Find a Clinic' locator on web site for clinics at
Penticton Seniors' Drop-In Centre
2965 South Main Street, Penticton
www.blood.ca

CARP

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

Council of Senior Citizens'

Organizations of BC (COSCO)

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

604.882.8203 Sec. Annette O'Connor

Fraternal Order of Eagles FOE 4281

'People Helping People' and having fun in the process - Internationally since 1898.

www.foe.com

1197 Main St., Penticton 250.490.0211

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www.SimpleCremationByChoice.ca
Info@simplsouth.ca

South Okanagan 250.498.4846
Penticton & Area 250.493.3846
Kelowna & Area 250.762.8027

Mothers Against Drunk Driving

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

www.madd.ca

1.800.665.6233 Call for support

- Western Region Chapter Services Manager
1.877.676.6233 Tracy Crawford

• MADD Central Okanagan Chapter

- www.maddchapters.ca/centralokanagan
- www.facebook.com/maddokanagan
- **250.317.9877** Jenn
- **#8294 (#TAXI)** On your cell. Any cab. Anywhere. Anytime. **Stop Impaired Driving**
- Download 'The Ride', #TAXI's new App
<http://gettherideapp.com>

Royal Canadian Legion

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

www.legionbcyukon.ca

• 502 Martin Street, Penticton

www.pentictonlegion.ca

250.492.3074 Office

• 510 Veterans Avenue, Keremeos

www.keremeoslegion.com

250.499.5634

• 5009 Veterans Way, Okanagan Falls

Facebook.com/LegionBranch227

250.497.8338

• 6417 Main Street, Oliver

www.oliverlegion97.ca

250.498.3868

• 8310 78 Avenue, Osoyoos

250.495.7447 K. Knudston #173

• 170 Bridge Street, Princeton

250.295.6060 George Pearkes #56

• 14205 Rosedale Avenue, Summerland

<http://SummerlandLegion.com>

250.494.2301 Office

South Okanagan Seniors Wellness Society

Information and Referral services, Friendly Visitor & Tele-Friend program, Group programs, Volunteer opportunities. Co-delivers Better at Home program in partnership with OneSky Community Resources. Mon-Fri 9 am to 4 pm

www.seniorswellnesssociety.com

330 Ellis Street, Penticton

250.487.7455 **1.877.364.2345**

See our ad and article on page 23

South Okanagan Similkameen Volunteer Centre

Registered non-profit society, charity providing access to resources & support services for volunteers, managers and volunteer based community organizations

www.volunteercentre.info

102-696 Main St. United Church Annex

778.476.5661 Penticton

1.888.576.5661

See our ad and article on pages 24, 25

Summerland NeighbourLink

We are a volunteer organization whose purpose is to help people in our community. If you need help and don't know where to find it, please call us. Our dedicated volunteers can help with transportation to appointments, minor help at home. Annual informative Senior Forum

250.404.4673 Summerland only

The Salvation Army Penticton

• South Main Thrift Store, Community and Family Ministries (Food Bank)

2399 South Main Street, Penticton

250.492.4788

• Ellis Thrift Store: **318 Ellis Street**

250.492.3946

See our Thrift Stores ad on page 15

See our Fresh is Best article on pg. 14

• Church: **2469 South Main Street**

• Compass House (Men's and Women's Transitional Housing)

250.490.9521

Support Groups / Self Help**Al-Anon Family Groups**

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

See web site for meeting information

throughout the South Okan Similkameen

www.bcyukon-al-anon.org

1.888.425.2666 Mon-Fri 5am to 3pm PT

Alcoholics Anonymous

Support, information for individuals with alcohol related problems. See web site for meeting information throughout SOS
www.bcyukonaa.org
250.490.9216 Answering service

Alzheimer Resource Centre

Family Caregiver Support Groups throughout the SOS, Tele Support Group
www.alzheimerbc.org
104-35 Backstreet Blvd., Penticton
250.493.8182
1.888.318.1122

BC Association of Community Response Networks

Diverse group of concerned community members who come together to create a coordinated response to adult abuse, neglect, and self-neglect. See web site for local community resources contacts
www.bccrns.ca

BC Mental Health & Addiction Services

HeretoHelp is a project of the BC Partners for Mental Health and Addictions Information. Mental health, substance use information you can trust
www.here-to-help.bc.ca

1.800.661.2121 Information Line
310.6789 Toll Free Support Line 24/7

BC Responsible & Problem Gambling

Program: Help reduce and prevent the harmful impacts of excessive or

uncontrolled gambling - providing free support and treatment services and promoting responsible gambling practices through education and policy development
1.888.795.6111 24 hour Help Line
www.bcresponsiblegambling.ca

Brain Injury Services

South Okanagan Division
 Meets Fridays 10-11:30am at Sonora Community Centre, Osoyoos
250.487.0236 Lois

Brain Injury Society

Services for individuals with acquired brain injury, including stroke. Education and prevention, helmet awareness
www.sosbis.com

2-996 Main Street, Penticton

250.490.0613

See our ad and article on page 19

Compassionate Friends of Canada

Support group for parents who have experienced the death of a child, any age, any cause.

www.tcfcanaada.net

250.807.2487 Kelowna Chapter

Crohn's & Colitis Canada

Kelowna Chapter meets 3rd Tues of the month except Dec., July, August at Choices Market, 1937 Harvey Avenue.
www.crohnsandcolitis.ca

250.213.7761 Teri-West Reg.Coordinator
1.800.513.8202 BC Office

Services for Seniors

A partnership between OneSky Community Resources and the South Okanagan Seniors Wellness Society



250-487-7455

SeniorsWellnessSociety.com

Information and Referral Services

Better at Home Program

Group Social Programs

Volunteer Opportunities



OneSky
Community Resources

250-492-5814

OneSkyCommunity.com

330 Ellis Street, Penticton

Desert Valley Hospice Society

We support excellence in the delivery of end of life care. Oliver & Osoyoos
22 Jonagold Place, Osoyoos
250.495.1590

Gamblers Anonymous

www.gabc.ca

1.855.222.5542

- Penticton open meeting every Wed. noon to 1 pm. Penticton United Church Room **203-696 Main Street**

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 for dates & contacts
www.kelownaceliac.org
250.763.7159 Marie Ablett

Kelowna Prostate Cancer Support & Awareness Group

Support group meets 9 am 2nd Sat of the month Sept-June, Trinity Baptist Church, Harvest Room, 2nd Floor. South entrance
Corner of Springfield & Spall, Kelowna
www.kelownaprostate.com

250.762.0607 call Bren Witt for info

Mood Disorders Association of BC

Support, education, and hope of recovery for people living with a mood disorder or other mental illness

www.mdabc.net

604.873.0103 Vancouver

MS Society of Canada

www.mssociety.ca

- Interior Regional Chapter

375-1855 Kirschner Road, Kelowna

Information, referral & advocacy support to those with MS and their families

1.800.268.7582 ext. 7299

- Oliver/Osoyoos Support Group meets 2nd Thur. 10 am, Interior Health Centre
4816 89 Street, Osoyoos

Narcotics Anonymous

Self-help, support, information for those recovering from a drug problem. See web site for area meeting information in SOS.
www.soascna.ca

1.855.852.5687 Helpline, meeting info

Parkinson Society British Columbia

Penticton Support group meets 1st Monday of each month at 1:30 pm at The Concorde, **3235 Skaha Lake Road**
Osoyoos/Oliver group meets 1st Mon. of each month at 1 pm at Sunnybank Centre, **6553 Park Drive, Oliver**
www.parkinson.bc.ca/resources-services/support-groups/ **1.800.668.3330**

Penticton & District Hospice Society

Stewards of Moog & Friends Hospice House and the Bereavement Resource Centre. We provide palliative care to the terminally ill in hospice and in the community. Resources on grief and loss
www.pentictonhospice.com

105-725 Carmi Avenue **250.490.1107**

Quit Now

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

1.877.455.2233 Support Centre

Robert Bateman House

Adult community support, short-term assessment & treatment, geriatric programs, crisis intervention, day and outpatient programs, addiction counselling, group therapy, peer support, after hours mental health support

538 Fairview Road, Oliver

250.485.0043

South Okanagan Similkameen**Mental Wellness Society**

Check web site for hours, services and Support Group meetings

www.penticton.bcss.org
118-246 Martin Street, Penticton
250.493.7338

South Okanagan Victim Assistance

Society provides counselling, court support, info for those who have experienced abuse. South Okanagan Similkameen region service area
www.sovas.ca

204-304 Martin Street, Penticton
250.493.0800 1.888.493.5355

Stroke Recovery Support Group

Education and support for individuals who have experienced a stroke, and their caregivers in the South Okanagan

- SOS Brain Injury Society
www.sosbis.com/support
- 2-996 Main Street, Penticton**
250.490.0613

See articles on pages 18, 19

White Cane Club

Blind people interested in recreation, public education, social interaction

269-270 Hastings Avenue, Penticton
250.487.1228 Irene

Transportation

Air Canada

Services for customers with disabilities. Identify special needs when booking
www.aircanada.com www.flyjazz.ca
1.888.247.2262

Better at Home

Program helps seniors with simple day-to-day tasks, supporting their independence. Penticton, and Oliver/Osoyoos

See listing under 'Programs & Groups' on page 74. See article and ad on page 22

Bus Pass Program

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

Bus Passes for Seniors

10 for \$20.25. Monthly pass, unlimited rides \$35. Penticton City Hall cashier
250.490.2487

Disability Parking Permits

- SPARC BC
- Parking permits for those with disabilities
 Apply/renew online
www.sparc.bc.ca
1.888.718.7794 Mon-Fri 9am-4:30pm

Greyhound Canada

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

307 Ellis Street, Penticton

250.493.4101

1.800.661.8747 Fare & schedule info
1.800.397.7870 TTY 24/7

South Okanagan-Similkameen Transit System

See web site for schedules, fares, taxi saver coupons, etc.

www.bctransit.com/south-okanagan-similkameen/home

1.844.442.2212

- **HandyDART** Penticton, Summerland Register to use service, and book a trip
1.844.442.2212

Summerland Transit System

• On Request

Offers pick-up and drop-off service as a flexible alternative to fixed-route transit. Any location within your transit system qualifies. All customers are eligible. Priority given to first to call and people with mobility challenges. Call 24 hours ahead to book

1.844.442.2212

- **Taxi Saver Program** - 50% subsidy toward cost of rides with Summerland Taxi, HandyPASS application must be completed at District of Summerland Municipal Hall
13211 Henry Avenue
Summerland
250.494.6451

- South Okanagan (Osoyoos) Transit System**
<https://bctransit.com/south-okanagan/home>
1.844.442.2212
- **On Request** (Osoyoos, Princeton)
 Accessible, door-to-door shared transit service for people with permanent or temporary disabilities. Register first.
1.844.442.2212

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 24/7

Volunteer Drivers

- **Kelowna Cancer Clinic**
Freemason Volunteer Drivers provide transportation from Kelowna airport or bus depot to Cancer Centre
 Pick-ups in Kaleden, Summerland, Oliver, Okanagan Falls, Penticton.
 Monday-Friday, 24 hour notice required
<http://freemasonry.bcy.ca/textfiles/cancer.html>
1.800.299.0188
- **Keremeos Volunteer Driver Program**
 Lower Similkameen Community Services Society. Local transportation to support health & wellness.
 Transportation from Keremeos and area to Penticton, Oliver, Osoyoos, Summerland & Kelowna for medical appointments. 24 hour notice required.
 Services dependent upon volunteer availability. Client donation required, Subsidy available for out-of-town medical appointments
<http://tpwebhost.com/lscss>
250.499.2352 8am-noon Mon-Fri.
- **Shriners Care For Kids**
 For BC children requiring specialized procedures, accommodation, transportation, and associated medical

treatment. See web site for details
www.bcshriners.com
1.800.661.KIDS Mon-Fri 9:30am-2pm
604.291.7707 ext 122 - Transportation services information

VIA Rail

60+ discount - Economy Plus fares
www.viarail.ca
1.888.842.7245
1.800.268.9503 TTY

Web Resources

bc211

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

BC Transplant

We will save lives and offer hope through organ donation. Online registration. 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 eldercare. 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. Benefits Finder, Social Isolation & Social Innovations Toolkit, Caregiving, Planning for Aging in Place, Age-friendly workplaces, and much more...

www.seniors.gc.ca

Health Guides**BC First Nations Health Handbook**

An online companion document to the BC Health Guide, provides information on unique health services available to First Nations, how to access. See web site, scroll down right side page...

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



**EXPERIENCE TEA
THE WAY IT'S MEANT
TO BE ENJOYED.**

————— *Did you know?* ————

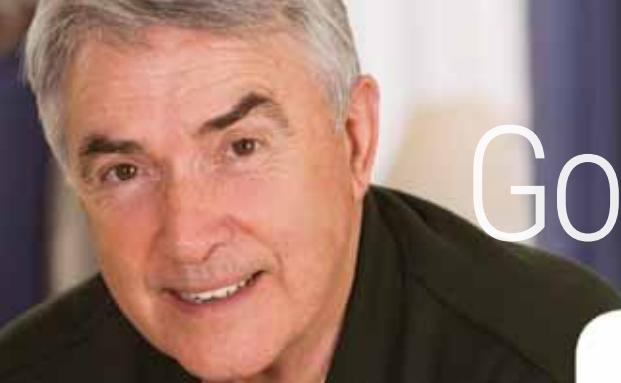
We put a lot of thought and care into our teas. All Blenz teas are **certified organic** and **hand blended** in Vancouver. We source them directly from plantations from all over the world, and have continued to provide the finest teas in the market for over 20 years.



Check out our location in Penticton

#2 - 284 Main Street, Penticton

Visit our other locations in Kelowna / Vernon / Kamloops



Government

Municipal, Regional, First Nations

Penticton, City of

A Place to Stay Forever

www.penticton.ca

171 Main Street

250.490.2400

- After Hours Emergencies 250.490.2324
- Museum, 785 Main Street 250.490.2451
- Library, 785 Main Street 250.770.7781
- Art Gallery, 199 Marina Way 250.493.2928
- Community Centre & Pool
 325 Power Street 250.490.2426
- RCMP, 1168 Main Street 250.492.4300
- Transit Information 250.492.5602

Hedley, Town of

Heart of the Similkameen

<http://hedleybc.ca>

Keremeos, Village of

Healthy Living, Naturally

<http://keremeos.ca>

702 4th Street, Keremeos

250.499.2711

- RCMP Non-Emergency 250.499.5511

Okanagan Falls

• Regional District of Okanagan-Similkameen

<http://okfalls.ca>

5350 9 Avenue

778.515.5520

• Okanagan Falls Visitor Information Centre

Open May to October

www.visitokfalls.com

2-5350 9 Avenue

250.497.6260

• Okanagan Falls Parks & Recreation

www.okfalls.net

1141 Cedar Street

250.497.8188

Naramata, Village of

www.discovernaramata.com

Parks and Recreation

250.490.4208

Oliver, Town of

Wine Capital of Canada

6150 Main Street

<http://oliver.ca>

- Library, 6239 Station Street 250.498.2242
- Parks & Recreation, Community Centre, Pool
 Fitness Room - Adult & Senior Rates
 Oliver Community Pool, Arena - Public Skating
www.oliverrecreation.ca
 6359 Park Drive 250.498.4985

Princeton, Town of

<http://princeton.ca>

151 Vermilion Avenue

250.295.3135

- Library, 107 Vermilion Ave. 250.295.6495
- RCMP Non-Emergency 250.295.6911
- Parks, Recreation & Cultural Services
 169 Bridge Street 250.295.6067

Summerland, District of

A Magical Place to Live or Visit

www.summerland.ca

13211 Henry Avenue

250.494.6451

- Parks & Recreation / Aquatic & Fitness
 13205 Kelly Avenue 250.494.0447
 Arena & Curling Club
 8820 Jubilee Road E. 250.494.0447
 Centre Stage Theatre, Summerland S.S.
 9518 Main Street 250.494.0447
- Arts Council, 9525 Wharton 250.494.4494
<http://summerlandarts.com>
- Museum, 9521 Wharton 250.494.9395
www.summerlandmuseum.org
- Library, 9533 Main Street 250.494.5591
- RCMP Non-Emergency 250.494.7416
- Bottleneck Drive - Peaceful meander to member
 wineries, cideries, brewery
www.bottleneckdrive.com

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- Sun Bowl Arena
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- Community Services, Parks & Recreation
Sonora Community Centre
8505 68 Avenue 250.495.6562
- Library, 8505 68 Avenue 250.495.7637
- DestinationOsoyoos.com 9912 Hwy. 3
250.495.5070

Regional District of Okanagan-Similkameen

Emergency Management, Fire Protection, Recreation, Regional Parks & Trails, Community Recreation facilities, Transit, Heritage, Culture, Economic Development
www.rdos.bc.ca

101 Martin Street, Penticton V2A 5J9
250.492.0237 **1.877.610.3737**

- Click, Hike & Bike - Trail Inventory, access to Regional Trails maps

Penticton Indian Band

One of seven communities of Okanagan (Syilx) Nation, member of Okanagan Nation Alliance. Chief Chad Eneas
www.pib.ca

841 Westhills Drive, Penticton
250.493.0048 **1.877.493.0048**

- **250.493.0048** Housing Dept.
- **250.493.7799 x101** Health Dept.
- **250.493.7799 x111** Home/Comm. Care

Lower Similkameen Indian Band

The Nsylxcen language is considered endangered; mission to promote the use, preservation, and revitalization of Nsylxcen language in the Similkameen Chief Keith Crow

www.lsib.net

1420 Highway 3, Cawston

250.499.5528

Osoyoos Indian Band

Achieve self-reliance through economic development; preserve the first nation culture through the creation of jobs on our lands for future generations Chief Clarence Louie

www.oib.ca

1155 SenPokChin Blvd., Oliver

250.498.3444 **1.888.498.3444**

Upper Similkameen Indian Band

Land base of 2,708 hectares and seven reserves. Chief Rick Holmes
Mascot Mines Heritage Building

161 Snaza'ist Road, Hedley

250.292.8733

Okanagan Nation Alliance

Alliance of eight Okanagan (Syilx people) bands which occupy about 69,000 square kilometres. Grand Chief Stewart Phillip
www.syilx.org

101-3535 Old Okanagan Highway
Westbank

250.707.0095 **1.866.662.9609**

- Natural Resources & Wellness Field Office
101-697 Wade Avenue, Penticton

2018-19

- | | |
|-----------------|-----------------|
| ■ Jul. 27, 2018 | ■ Aug. 29, 2018 |
| ■ Nov. 28, 2018 | ■ Dec. 20, 2018 |
| ■ Mar. 27, 2019 | ■ Apr. 26, 2019 |

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- | | |
|-----------------|-----------------|
| ■ Sep. 26, 2018 | ■ Oct. 29, 2018 |
| ■ Jan. 29, 2019 | ■ Feb. 26, 2019 |
| ■ May 29, 2019 | ■ Jun. 26, 2019 |

INFORMATION ON PAYMENTS

Old Age Security & Canada Pension Plan payments are automatically deposited in Canada on the above dates.

If you have not requested payment by automatic deposit, your payment will arrive at your home address by mail during the last three business days of each month.

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 gov't. organizations

<https://www.addresschange.gov.bc.ca>

1.866.775.0011 Help line M-F 8am-5pm

BC Air Quality

Air quality advisories & current data, Air Quality Health & Ventilation Indexes, more
www2.gov.bc.ca/gov/content/environment/air-land-water/air

1.887.952.7277 RAPP Line - report polluters and poachers. 24/7 Hotline

Climate Change

Together we can continue making steady progress to a low-carbon future that protects our ecosystems and quality of life. See BC's Climate Leadership Plan
www2.gov.bc.ca/gov/content/environment/climate-change
1.800.663.7867
1.800.661.8773 TTY

Forest Fire Reporting

Nearly one-third of all BC wildfires are reported by the public resulting in immeasurable savings: property, forests
<http://bcwildfire.ca/prevention/reporting.htm>
1.800.663.5555 Report a wildfire
***5555** toll free on most cell networks

MSP Premium Reduction

Effective January 2018, MSP premiums were reduced by 50% for all British Columbians. Use the online MSP premium calculator to determine if you are eligible for premium assistance
www.gov.bc.ca/msp/eligibilitycalculator
1.800.663.7100 Questions? Call.

Members of Legislative Assembly

• Dan Ashton, MLA *Penticton*

Dan.Ashton.MLA@leg.bc.ca

210-300 Riverside Drive, Penticton

250.487.4400 **1.866.487.4402**

• Linda Larson, MLA

Boundary-Similkameen

Linda.Larson.MLA@leg.bc.ca

6369 Main Street, Oliver

250.498.5122 **1.855.498.5122**

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 8:30-4:30

Service BC

Your source for frontline government services and information. Check web for available services at each location
www.servicebc.gov.bc.ca

1.800.663.7867 **1.800.661.8773 TTY**

• 583 Fairview Road, Oliver

250.498.3818 8:30am-4:30pm Mon-Fri

Closed 12:30 to 1:30 pm



Members of the Legislative Assembly



Dan Ashton
MLA Penticton
 210-300 Riverside Drive
 Penticton, BC V2A 9C9
 250-487-4400
 1-866-487-4402
dan.ashton.mla@leg.bc.ca



Linda Larson
MLA Boundary Similkameen
 6369 Main Street
 Oliver, BC V0H 1T0
 250-498-5122
 1-855-498-5122
linda.larson.mla@leg.bc.ca

- **40 Calgary Avenue, Penticton**
250.487.4200 8:30am-4:30pm Mon-Fri
- **10-136 Tapton Avenue, Princeton**
250.295.4600 8:30am-4:30pm Mon-Fri, closed 12 noon to 1:15 pm
- **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

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/rld_prgrms/bc-eng.html

Canada Border Services Agency
General border services information; for in-depth information, speak to an agent 8 am to 4 pm Monday to Friday
www.cbsa.gc.ca > current wait times
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 and 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 and circumstances
www.hc-sc.gc.ca **1.866.225.0709**
1.800.465.7735 TTY Service Canada

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DAN ALBAS MP
CENTRAL OKANAGAN-SIMILKAMEEN-NICOLA

Richard Cannings,
your Member of Parliament for the South Okanagan-West Kootenay, riding the riding, meeting with constituents where they live and discussing issues of concern to us all.

Suite 202 – 301 Main Street
 Penticton, BC V2A 5B7
 Tel: 250-770-4480 Fax: 250-770-4484
 Toll free: 1-844-241-0018



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 8 am-4 pm

Income Security Programs

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement
www2.gov.bc.ca > Click on 'Family & Social Supports', then 'Seniors', then 'Financial & Legal Matters', then select 'Income & Securities Programs'

1.800.277.9914 **1.800.255.4786** TTY

Indigenous & 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

Members of Parliament

- **Richard Cannings, MP**
South Okanagan-West Kootenay
Richard.Cannings@parl.gc.ca
202-301 Main St., Penticton V2A 5B7
250.770.4480
250.365.2792 Castlegar
- **Dan Albas MP, Central Okanagan-Similkameen-Nicola**
www.danalbas.com
2562B Main St., West Kelowna V4T 2N5
1.800.665.8711

Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation and enjoyment
www.pc.gc.ca

1.888.773.8888 **1.866.787.6221** TTY
1.877.737.3783 Reservation service
<https://reservation.pc.gc.ca/ParksCanada>

Passport Canada

Capri Centre Mall, Kelowna
110-1835 Gordon Drive M-F 8am-5pm
www.cic.gc.ca/english/passport/
1.800.567.6868 M-F 7:30am-8pm ET
1.866.255.7655 TTY

Service Canada

Full service centres offering a mix of information and transactional services
101-386 Ellis Street, Penticton
www.servicecanada.gc.ca
1.800.622.6232 Information on government services and programs
1.800.926.9105 TTY

Travel & Tourism

Information on how to have a safe and enjoyable journey whether you are travelling in Canada or abroad. Web site evolving to offer an ever growing wealth of information on destinations, travel documents, travel health, returning to Canada, much more. See web for links to a wide range of travel topics
www.travel.gc.ca

Veterans' Affairs Canada

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

- **313-471 Queensway Avenue, Kelowna**
- **60 Nanaimo Avenue West, Penticton**
1.866.522.2122 Mon-Fri 8:30-4:30
- VAC Assistance Line: Reach a mental health professional 24/7
1.800.268.7708
- Bureau of Pensions Advocate - free legal aid help for people who are not satisfied with decision for their claims for disability benefits
1.877.228.2250

Weather Information

www.weatheroffice.gc.ca
Recorded forecast information for Southwest Interior
250.492.6991

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250.487.7455 / 1.877.364.2345
www.seniorswellnesssociety.com



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