


2024 Seniors Directory



Finances
Health and
Support Services
Housing Services
Information
Services
Legal Resources
& Personal
Security
Meal Programs
& Shopping
Social, Education
and Recreation
Programs
Transportation
Volunteer
Opportunities



SENIORS ONE STOP
 **604-982-3302**

A RESOURCE FOR SENIORS LIVING ON THE NORTH SHORE



Happiness is often tough to quantify. But not at PARC. 96% of residents say they are happy and living a fulfilling life at PARC, according to our most recent annual survey*.

Why are PARC residents so satisfied? Set in the most desirable neighbourhoods in the Lower Mainland — our PARC Active Living™ lifestyle is custom designed to fill daily life with joy.

*2023 Greenhouse Research Inc

At PARC, we care deeply about your happiness. So why not come for a visit? Call one of our Senior Living Specialists today.

parc
retirement
living

Westerleigh: 604.922.9888
Cedar Springs: 604.986.3633
Summerhill: 604.980.6525



GLOBAL SENIOR CARE

Dementia Care Experts

Meal Prep
Rec Therapy
Housekeeping
Transportation
Transition Care



Live-in Care
Nursing Care
Personal Care
Palliative Care
Dementia Care



Personalized Home Care Designed to Meet your Needs

We provide advanced dementia-specific training to caregivers & employ nurses and recreation therapists who create innovative care plans to enhance the quality of life with those living with dementia and other challenges.

Call us to learn more!

604-987-3817

globalseniorcare.com

ADVANCED MEDICAL

Healthcare Equipment

RENTAL. SALE. REPAIR. INSTALLATION. MAINTENANCE.

Our assets are our thousands of happy customers who we listen and give time to.



POWER MOBILITY EQUIPMENT,
WE REPAIR/MAINTENANCE



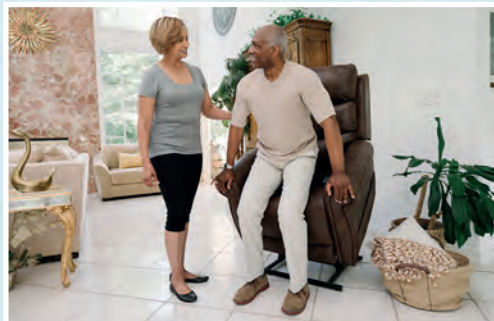
**ONE-STOP SHOP FOR ALL SENIORS
WITH DIFFERENT NEEDS**



FULL ELECTRIC HOME CARE
BEDS – **WE SELL/RENT**



BIG VARIETY OF GRAB BARS
WE INSTALL




AFFORDABLE POWER LIFT RECLINERS IN
DIFFERENT STYLES & FABRICS



HUGE VARIETY OF
ROLLATORS & WALKERS
WE FIT

Our mission-driven team with years of education and experience is working hard to assist our customers in leading a high quality of life.

Please follow us on  Instagram @AdvancedMedicalBC to learn more about our customers, products and the jobs we have done.

604-912-0106 | 1863 Marine Drive, West Vancouver
www.AdvancedMedicalBC.ca





✓ Administer and witness patients ingest their medication

✓ Assist and administer other medications, topicals, eye drops and inhalers

✓ Blood glucose monitoring and insulin injection for diabetics

✓ All prescribed injections administered by a Licensed Practical Nurse

✓ Blood pressure monitoring, disease education & medication counseling

✓ 24-hour pharmacy emergency contacts available to patients & family

Work with us to keep medication risk and worry free

We are a pharmacy with a simple and clear purpose: Helping people on their path to better health.

At Miracle Prescriptions Remedy's Rx Pharmacy, we support our patients and their families with At-Home Patient Medication Administration and Monitoring.

Our Licensed Practical Nurses visit patients in their own home. We work with your doctor to help patients stay on their prescribed therapy.

For more about our unique approach only available at this location contact us at:

Remedy's  Pharmacy
MIRACLE PRESCRIPTIONS

ENHANCED PATIENT MEDICATION COMPLIANCE SERVICES

1268 Marine Drive (Pemberton Plaza), North Vancouver
604.770.2030 • miracleprescriptions.com

North Shore Community Resources (NSCR)

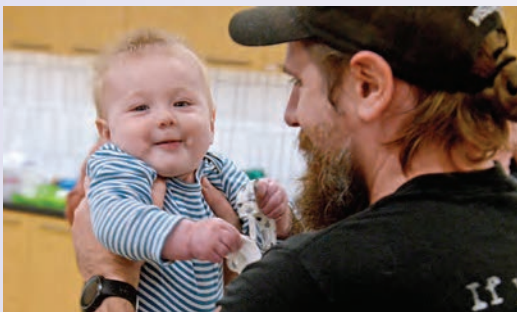


Our mission is to design and deliver programs and services that enhance well-being, social connections, empowerment and community participation for the North Shore. We offer programs and services for all ages including children and families, seniors and younger adults. Whether you need assistance with child care, tax preparation, information and support for seniors, support as a caregiver, legal advice, volunteer opportunities, or other supports, NSCR is here for you. Contact us to find out how we can help.



Seniors Programs

Seniors One Stop Navigation Center (SOS) provides information and referral services for seniors and their families. Better at Home supports local seniors by providing them with basic, non-medical services aimed at helping them maintain their independence while remaining in their homes. The Caregiver Support Program supports individuals who care for others so the caregiver can maintain their own well-being.



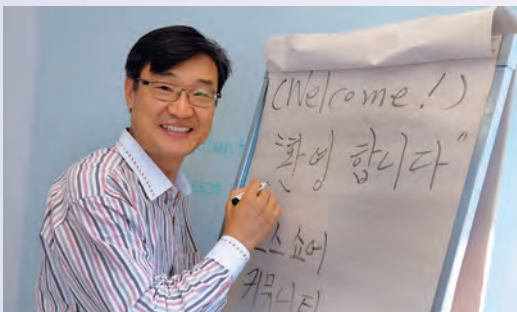
Child & Parent Programs

Our North Shore Child Care Resource and Referral Program (CCRR) provides assistance and training to child care providers, early childhood educators, and families to find quality, affordable child care. The Community Action Program for Children (CAPC) supports the healthy development of young children and families facing challenging life circumstances.



Legal & Housing Advocacy

Our Community Legal Services program provides free legal information, referral, advice and representation on various legal issues. The Community Housing Action Committee (CHAC) advocates for improved affordable housing on the North Shore.



Community Engagement

Information North Shore provides information and referral for services available in our community. Democracy Café is a platform to nurture citizens' participation in democratic life such as our North Shore Young Civic Forum. Volunteer North Shore helps individuals find volunteer positions and connects organizations with willing volunteers.

For further information regarding our services, to volunteer or make a tax-deductible donation, please contact NSCR today.

604.985.7138
nscr@nscr.ca

2024 Seniors Directory

A RESOURCE FOR SENIORS LIVING ON THE NORTH SHORE

Our Seniors One Stop Navigation Center (SOS) and the **North Shore News** partner to bring you this informative resource directory annually.

Our *Seniors One Stop (SOS)* has been a program of NSCR, a non-profit organization and registered charity, since 1992. We support seniors and their families access a wide range of public and private resources.

Our team is available to meet with you or talk over the telephone during office hours Monday to Friday. All information is handled in a confidential and private manner. Please give us a call to find out how we can help you.

You can find us at:

North Shore Community Resources (NSCR)
Seniors One Stop Navigation Center (SOS)

#201 - 935 Marine Drive

Capilano Mall, North Vancouver, B.C. V7P 1S3

604-982-3302 • www.nscr.ca • nscr@nscr.ca

We would like to thank the following organizations for their financial support which has made the *Seniors One Stop (SOS)* program possible.



Donors Like You!

Let's build our community together!

Whether you want to give back through volunteering or learn what our community has to offer, we are here to help.

If you're not sure where to start looking for an opportunity that's right for you, give **Volunteer North Shore** a call and make an appointment to connect with us. We can help you find rewarding volunteer work that fits your interests and availability.

Call 604-985-7138

We endeavor to provide you with the most up to date information but we recognize that changes do occur after publication. Please contact individual organizations for additional program details directly.



Seniors Directory 2024

For information regarding the editorial listings, please contact **SOS at 604-982-3302.**

For information regarding advertising, contact the **North Shore News at 604-998-3520.**

This directory is brought to you in partnership:



Volunteer!
“Be the change you want to see in the world.”

Mahatma Ghandi

Table of Contents

EMERGENCY NUMBERS10
 (Police/Fire/Ambulance Call 911)

USEFUL NUMBERS10

**NORTH SHORE
 MLAs AND MPs**10

FINANCES 11-17

Federal Benefits..... 11

Provincial Benefits.....13

Property Taxes 15

Community Support17

Employment Services.....17

HEALTH AND SUPPORT SERVICES 18-32

Provincial Health Services 18

Vancouver Coastal Health19

Home and Community Care Services
 - Vancouver Coastal Health 21

Respite Services..... 23

Adult Day Programs 23

Assisted Living..... 24

Long-Term Care Facilities 25

Palliative Care Services..... 25

VCH Community Health
 Centres & Services..... 26

Community Programs..... 27

Counselling and Mental Health Support. 30

Medical Equipment and Supplies..... 31

Medical Clinics (Walk-In) 32



ON THE COVER:

Neil Lerner and Betty Leber are two individuals who have each contributed thousands of volunteer hours to Silver Harbour Seniors' Activity Centre for more than 20 years. Neil leads and instructs arts programs, including woodworking and stained glass, helping other local seniors to build their artistic skills and express their creativity. Betty supports the reception and registration desk and has served on the Silver Harbour Board of Directors as President. These two volunteers also both assist with Silver Harbour's food services program, enabling seniors to access affordable and nutritious food in a socially connected environment. They can always be counted on to step in and help wherever needed. Thank you, Neil and Betty - your volunteerism helps seniors thrive!

BRENT EILERS
 REALTOR
 604-644-0065
 BRENT@BRENT EILERS.COM

“41 YEARS”

“Seniors” are my Priority!
**I have endless Compassion,
 Sensitivity & Patience**

Call me today...

**THERE IS NO
 SUBSTITUTE FOR
 EXPERIENCE!**

RE/MAX

Masters,
 200-1455 Bellevue Ave.,
 West Vancouver

HOUSING 33-37

Affordable Housing 33

Seniors' Retirement Living 36

Housing Programs and Services 36

INFORMATION SERVICES .. 38-39

North Shore, BC, and Federal Resources

LEGAL RESOURCES AND PERSONAL SECURITY 40-44

Abuse & Neglect Resources 40

Consumer Protection 41

Crime Prevention/
Community Policing 42

Legal Services 43

Monitoring Services 44

MEAL PROGRAMS AND SHOPPING SERVICES 45-46

Food Resources in Community 45

Hot or Prepared Meals
in the Community 45

Shopping Discounts for Seniors 46

Shopping Programs 46

SOCIAL, EDUCATION AND RECREATION PROGRAMS ... 47-51

Libraries 47

Recreation Centres & Facilities 48

Seniors' Centres/Outreach 50

Telefriend and Visitor Programs 51

TRANSPORTATION 52-55

North Shore Public Transit Information . 53

Fare Reductions 53

Volunteer Drivers 53

Transportation Services Map 54-55

VOLUNTEER OPPORTUNITIES 56-59

SERVICES INDEX 60-62

Table of Contents highlights the general categories of information in your 2024 Seniors Directory.

For a detailed, alphabetical list of services and resources available to North Shore seniors, please refer to the index beginning on page 60.

HOUSEKEEPING • COMPANIONSHIP • PERSONAL CARE • ERRANDS & RIDES



Care from every angle



Comfort Keepers
Elevating the Human Spirit™

(604) 998.8806

northandwestvan@comfortkeepers.ca • ComfortKeepers.ca/NorthandWestVancouver

EMERGENCY NUMBERS

Police/Fire/Ambulance **Call 911**

Crime Stoppers . . . 1-800-222-TIPS | 1-800-222-8477

Power Outage & Repair Line 1-800-224-9376
(BC Hydro, 24 hours) or *HYDRO (*49376)
..... on your cell phone

Fortis Gas/Natural Gas Leaks
(24 hours)..... 1-800-663-9911

Lions Gate Hospital..... 604-988-3131

Poison Control 1-800-567-8911
(all areas, 24 hours)

24 Hour Women's Support Line 604-987-3374

Suicide/Crisis Line..... 988
(24 hour phone or text support for people experiencing emotional distress)

USEFUL NUMBERS

Ambulance Billing/Non-Emergency . . 604-660-6897
(Admin) 1-800-665-7199

BC Hydro/Non-Emergency 1-800-224-9376

BC Mental Health Support Line 310-6789

BC Vital Statistics..... 1-888-876-1633

Canada Revenue Agency..... 1-800-959-8281

Fire/Non-Emergency
North Vancouver City 604-980-5021
North Vancouver District 604-980-7575
West Vancouver District 604-925-7370

First Link® Dementia Helpline 1-800-936-6033

Fortis Gas/Non-Emergency 1-888-224-2710

**Health Insurance BC
(MSP & Pharmacare)**..... 604-683-7151

Municipal Halls
North Vancouver City 604-985-7761
North Vancouver District 604-990-2311
West Vancouver District 604-925-7000

**North Shore Division of
Family Practice - GP Link** 778-945-3017
(If you do not have a family doctor and would like to find one on the North Shore.)

**North Shore Home &
Community Care Services** 604-983-6700

**North Vancouver Urgent and
Primary Care Centre** 604-973-1600

Office of the Seniors Advocate 1-877-952-3181

Passport Canada 1-800-567-6868

Police/Non-Emergency
North Vancouver 604-985-1311
West Vancouver 604-925-7300

ReAct Adult Protection, VCH 1-877-REACT99

Seniors Abuse - Information 1-866-437-1940

Service BC (Enquiry BC) 1-800-663-7867

Telus 604-310-2255

Telus information 411 / Cell Phone: 611 / TTY: 711
Shaw/Rogers..... 604-629-8888

TransLink Customer Info 604-953-3333

West Van Blue Bus Info 604-985-7777

Seniors Distress Line..... 604-872-1234
(Lower Mainland, 24 hours/7 days for people experiencing feelings of distress or despair, or if you just need someone to talk to)

Victim Link BC 1-800-563-0808

Victim Services
North Vancouver (RCMP)..... 604-969-7540
West Vancouver (WV Police)..... 604-925-7468

Water/Sewer Emergency
North Vancouver District 604-990-2311
(after hours)..... 604-990-3666
North Vancouver City 604-987-7155
(after hours)..... 604-988-2212
West Vancouver 604-925-7100
(after hours)..... 604-925-7100

NORTH SHORE MLAs AND MPs

Susie Chant 604-983-9859
MLA - North Vancouver - Seymour
217 - 1233 Lynn Valley Road
North Vancouver, BC V7J 0A1
E: Susie.Chant.MLA@leg.bc.ca

Bowinn Ma 604-981-0033
MLA - North Vancouver - Lonsdale
50-221 West Esplanade
North Vancouver, BC V7M 3J3
E: Bowinn.Ma.MLA@leg.bc.ca

Karin Kirkpatrick 604-981-0050
MLA - West Vancouver - Capilano
409 - 545 Clyde Avenue
West Vancouver, BC V7T 1C5
E: Karin.Kirkpatrick.MLA@leg.bc.ca

Jordan Sturdy..... 604-894-9403
MLA - West Vancouver - Sea to Sky
PO Box 385
Squamish, BC
V8B 0A3
E: Jordan.Sturdy.MLA@leg.bc.ca

Jonathan Wilkinson 604-775-6333
Liberal MP - North Vancouver
201-310 East Esplanade
North Vancouver, BC V7L 1A4
E: Jonathan.Wilkinson@parl.gc.ca

Patrick Weiler..... 604-913-2660
**Liberal MP - West Van/Sunshine Coast/
Sea to Sky Country**
6367 Bruce Street
West Vancouver, BC V7W 2G5
E: Patrick.Weiler@parl.gc.ca

Terry Beech..... 604-718-8870
Liberal MP - Burnaby North - Seymour
3906 Hastings Street
Burnaby, BC V5C 6C1
E: Terry.Beech@parl.gc.ca



FINANCES

FEDERAL BENEFITS

Service Canada

www.canada.ca

1-800-622-6232

Website provides a single point of access to a wide range of government services and benefits. Full details of benefits and eligibility are available on the website.

Service Canada, North Shore Office:

#100 – 221 Esplanade West, North Vancouver

Old Age Security (OAS) **1-800-277-9914**

Provides a taxable monthly pension to an individual at age 65. To qualify you need to:

- Be 65 years of age or older
- Be a Canadian citizen or legal resident of Canada
- Have lived in Canada for at least 10 years after the age of 18, 20 years if living outside of Canada (periods of residence and/or contributions in a country with which Canada has a social security agreement may be used to help meet the residence requirement for eligibility).
- Applications can be made up to 11 months before your 65th birthday. Forms are available by calling the above number, on the website, and at the Service Canada office.
- **Guaranteed Income Supplement (GIS):** A non-taxable monthly payment to OAS Pension recipients whose annual income is lower than the maximum annual threshold. To be eligible, you must:
 - Qualify to receive an OAS pension (full or partial); and
 - Live in Canada

In many cases you may be enrolled automatically and receive a letter the month after you turn 64 otherwise you need to apply for GIS. Service Canada reviews eligibility yearly based on income tax return.

- **Allowance:** A non-taxable monthly payment to those age 60-64 whose spouse or common-law partner is in receipt of the OAS Pension and GIS. You must have lived in Canada for at least 10 years and be a Canadian citizen

or legal resident; and your combined annual income is less than the maximum annual income threshold for the allowance.

- **Allowance for the Survivor:**

A non-taxable benefit payment to people aged 60 to 64 who have a low income, who are living in Canada, and whose spouse or common law partner has died and you have not remarried or entered a common law relationship. You must have lived in Canada for at least 10 years and be a Canadian citizen or legal resident.

Canada Pension Plan (CPP) **1-800-277-9914**

CPP provides benefits to contributors and their families as a partial replacement of income due to retirement, death or disability. Note: If you have lived outside of Canada you may also qualify for a pension from that country as well. If you set up a “My Service Canada Account” you can get an estimate of monthly benefits online.

- **CPP Retirement Pension:**

A taxable monthly payment provided to an individual who has worked and made contributions to the CPP. The pension amount is based on how long contributions were made, the level of contributions and the start date of the pension. The pension can commence as early as age 60 but on a reduced basis and is payable for life. You must apply to receive this benefit.

- **CPP Death Benefit:** A one-time, lump sum payment made to the estate or other eligible individual of a deceased CPP contributor. You must apply to receive this benefit.

- **CPP Survivors Pension:** A taxable monthly payment provided to the person who, at the time of death, is the legal spouse or common-law partner of the deceased contributor. You must apply to receive this benefit.

- **CPP Disability Pension:** A taxable monthly payment that is available to people who have contributed to the CPP and who are not able to work regularly



Bring Retirement To You, in Your Own Home

- We are recruiting Senior Homeowners with larger homes who would like to earn additional monthly income by renting private suites or shared areas to other like minded seniors or tenants.
- Aging In Place Home Management, Home Maintenance and concierge assistant. Program eliminates roadblocks, burden and responsibility and brings you more financial freedom enabling you to remain home.
- Application assistance to Government Grants for Home adaptation which can accommodate your needs or those needs of your other senior tenants.



**Aging In Place
Home Management**

Hewetthomes.ca

604-987-6777

604-922-1934

**Free, No Obligation
Consultation.**

FINANCES cont.

because of a physical or mental disability. Once you apply for your CPP Retirement Pension or attain age 65 your Disability Pension will be changed to a CPP Retirement Pension. Available to people 60 to 64.

Canada Revenue Agency (CRA)

www.canada.ca

1-800-959-8281

Canada Caregiver Credit (CCC) 1-800-959-8281

A non-refundable tax credit for those who support a spouse or common-law partner, or a dependent with a physical or mental impairment. An individual is considered to depend on you for support if they rely on you to regularly and consistently provide them with some or all of the basic necessities of life, such as food, shelter and clothing.

Disability Tax Credit

1-800-959-8281

Available to people with a severe and prolonged mental or physical impairment. The disability credit is a non-refundable tax credit used to reduce income tax payable

on your income tax return. This amount includes a supplement for persons under 18 years of age at the end of the year. All or part of this amount may be transferred to your spouse or common-law partner, or another supporting person. It can be claimed retroactively to when the disability started, to a limit of 10 years.

Employment Insurance (EI) 1-800-206-7218

Seniors who are employed and wish to continue working after age 65 are eligible for the same EI benefits as other workers in Canada. You must meet the eligibility criteria.

Employment Insurance (EI) 1-800-206-7218 Caregiving Benefits

Paid to an individual who is eligible for regular EI benefits and who must be away from work to care for a critically ill, injured or end-of-life family member, as verified by a medical practitioner. Must have accumulated 600 insured work hours in the last 52 weeks or since the start of the last claim. You may be able to receive these benefits for up to 35 weeks.

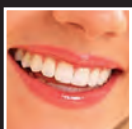


The team at North Shore Denture Clinic

We're proud to be one of your favourites!

- Partial Dentures
- Full Dentures
- Immediate Dentures
- Soft Liners
- Reline, Rebase & Repair
- Precision Dentures
- Denture Over Implant
- Exams, Care & Maintenance

Since 1990



NORTH SHORE
DENTURE CLINIC

Mohamad Shoostari

Over 30 years experience
#229-1433 Lonsdale Ave, North Vancouver
604.990.4877
northshoredentureclinic.com



FINANCES cont.

GST/HST Tax Credit

1-800-387-1193

A tax-free quarterly payment available to low or moderate income Canadians to offset the GST/HST they pay. Eligibility determined by Canada Revenue Agency (CRA) when income tax is filed.

Veterans Affairs Canada

www.veterans.gc.ca

1-866-522-2122

Veterans Affairs Canada offers a range of services and benefits to qualified, eligible veterans (and their dependents), members and ex-members of the Armed Forces and of the RCMP.

Benefits may include:

- War veterans allowance – based on war service, income, age or health
- Disability pension
- Health care e.g. dental, glasses, hearing aids, medication, equipment, contributions toward home care
- Funeral and burial expenses
- Veteran was receiving housekeeping, home maintenance or personal care help at time of death, widow may continue receiving benefit.

PROVINCIAL BENEFITS

Senior's Supplement

1-866-866-0800

www2.gov.bc.ca

follow prompts

A monthly payment to low-income seniors who are receiving federal OAS and the GIS or federal Allowances. The maximum rate is \$99.30 per single and \$220.50 for senior couple. It is paid automatically to those who are eligible – no need to apply.

Funeral Costs

1-866-866-0800

www2.gov.bc.ca

follow prompts

A supplement may be provided to pay necessary funeral costs of any person who dies in BC if the estate of the deceased person or any responsible person has no immediate resources to meet these costs. There is no requirement that the deceased person, or the person's family, must be BC Employment and Assistance recipients to qualify for the supplement. Costs are to be recovered whenever possible. Contact the Ministry to apply 1-866-866-0800.



CAPILANO COMMUNITY SERVICES

Volunteers Needed



1733 Lions Gate Lane, North Vancouver BC

WE NEED HELP WITH :

- Red Cross Health Equipment Loan Program (HELP)
- MLGB Dementia Day Program
- Friendly Drivers Program
- Family Drop-in Playgroups

For more information on our seniors programs and volunteer opportunities please contact :

The Seniors' Hub
at 604-988-7115 (ext 2009)
austin@capservices

or visit:

www.capservices.ca



FINANCES cont.

ICBC Vehicle Insurance Savings and Discounts **www.icbc.com** **604-661-2800** **1-800-663-3051**

- Low kilometre discount available if you drive your vehicle less than 5,000 kilometres per year. You must provide your odometer reading at time of renewal.
- If you drive less than 10,000 km a year in 2024, you may be eligible for a distance based discount.
- Senior Savings for seniors 65+ for pleasure use insurance
- Disability Discount of up to 25 per cent on basic Autoplan if you have been approved for CRA Fuel Tax Refund. Must provide documentation at time of renewal.
- Discounted renewal fees on driver licenses and BCID cards for seniors age 65 or older.

BC Sales Tax Credit **1-800-387-1193** **www2.gov.bc.ca**

The credit, up to \$75 per person, offsets the cost of sales tax for low-income taxpayers and their families residing in BC as of December 31st of the tax year. Application included in income tax package.

BC Motor Fuel Tax Refund **1-877-388-4440** **www2.gov.bc.ca**

Owners or lessees of a motor vehicle who cannot use public transit due to a medically certified disability may register for the program and could be eligible for a refund of the tax paid on fuel purchases for their vehicle (to a maximum of \$500 per calendar year).

Income Assistance for Seniors **not receiving Old Age Security** **www2.gov.bc.ca** **1-866-866-0800** **follow prompts**

North Shore Office: 902 West 16th St., North Vancouver
Some seniors who are 65 or over and not eligible for OAS and GIS benefits, may be able to apply for some assistance. You must meet the eligibility required (income based).



Westcoast Wills & Estates

Wills. Estate Planning. Probate. **This is what we do.**



604-230-1068 | www.westcoastwills.com | info@westcoastwills.com



FINANCES cont.

Shelter Aid for Elderly Renters (SAFER)

www.bchousing.org **604-433-2218**

Provides monthly assistance to eligible BC residents who are aged 60+ and renting. The amount depends on the amount of rent paid and monthly income. To qualify, you need to have lived in BC for 12 months immediately preceding application, pay more than 30% of your gross household income in rent and meet other eligibility requirements. Existing clients need to reapply each year.

Home Owner Grant

1-888-355-2700
www2.gov.bc.ca

Reduces the amount of property tax you pay for your principal residence. If you own your home and are 65 or older or have a disability, you may be eligible for an additional grant, which is deducted from your property taxes. If the assessed value of the home is over a certain amount you will lose the grant. You may qualify for a low-income supplement if you are a senior, veteran or person with a disability and meet the income requirements. You must apply for it each year separately to Home Owner Grant application.

Home Renovation Tax Credit for Seniors & Persons with Disabilities

www2.gov.bc.ca **1-800-959-8281**

A refundable personal income tax credit to assist with the cost of permanent home modifications that improve accessibility or be more functional or mobile at home. Must be a resident of BC, and a senior, person with a disability or a family member living with the individual. Maximum amount of credit available is \$1,000 or 10% for qualifying renovation of \$10,000.



PROPERTY TAXES

Property Tax Deferment

www2.gov.bc.ca **1-888-355-2700**

Homeowners aged 55+, surviving spouses of any age, and persons with disabilities may defer the payment of property taxes on their principle residence via a low interest loan. Taxes and interest on the loan must be repaid when the home owner passes away or the home is transferred to a new owner other than the surviving spouse. Apply between May and December each year.



CREMATION | BURIAL | CEREMONY

*DeathCare Redefined
Ceremony Reimagined*

KORU is a locally owned, grass-roots enterprise, led by women.

We specialize in...

- Green Burial and Natural deathcare practices
- Custom Ceremony Planning and Support
- Biodegradable urns
- Artisanal and handcrafted urns
- Natural fibre burial shrouds
- Green burial caskets

604-770-1471 • 604-324-8285 • info@korucremation.com • www.korucremation.com



Bowinn Ma, MLA for North Vancouver-Lonsdale

Community Office

50-221 West Esplanade
North Vancouver, BC V7M 3J3
Bowinn.Ma.MLA@leg.bc.ca
604-981-0033

Susie Chant, MLA for North Vancouver-Seymour

Community Office

217-1233 Lynn Valley Road
North Vancouver, BC V7J 0A1
Susie.Chant.MLA@leg.bc.ca
604-983-9859



Which riding are you in?



MLA Community Offices can:

- Connect you with your MLA on provincial matters.
- Receive feedback and answer questions on provincial programs or policies.
- Provide information about community or government resources and services.
- Attempt to resolve issues you may be having with provincial ministries or agencies.



Follow on Social Media:



COMMUNITY SUPPORT

Credit Counselling Society

www.nomoredebts.org **604-527-8999**

Offers confidential credit counselling, debt repayment and consolidation programs and personal budget planning. Counselling appointments are in-person or by telephone and are free, non-judgmental and solution-focused. Nominal sliding fee scale for debt repayment programs. Educational workshops and presentations available on credit and debt management as well as budgeting. Toll free 1-888-527-8999.

Income Tax Clinics

Trained volunteers prepare income tax returns for eligible individuals who have low to modest income and a simple tax situation through the Canada Revenue Agency's Community Volunteer Income Tax Program. Call for information and eligibility. Clinics operate March and April.

North Shore

Community Resources **604-985-7138**

North Shore

Neighbourhood House **604-987-8138**

North Vancouver City Library **604-998-3476**

Silver Harbour Seniors

Activity Centre **604-980-2474**

West Vancouver Seniors

Activity Centre **604-925-7280**

North Shore Women's Centre

(women only) **604-984-6009**

EMPLOYMENT SERVICES

WorkBC Centre North Shore 604-988-3766

106 - 980 West 1st Street, North Vancouver

Offers a range of services that support job seekers to find employment and improve employment readiness.

Family Services of the North Shore supports seniors through counselling, support groups, 1:1 support, and volunteer opportunities.

We believe seniors play a vital role in our families and community. To support our seniors and their caregivers we offer:

- Counselling for a wide range of issues including depression and anxiety.
- Individual support for seniors living with chronic or terminal illness.
- Grief support groups for those who have lost a loved one.
- Caring phone calls and friendly visits for isolated seniors.
- Caregiver support groups, workshops and resources.
- Volunteer opportunities for all ages and abilities.
- Assistance with food access and delivery for seniors with low incomes.



To learn more,
visit www.familyservices.bc.ca
or call **604.988.5281**

 @familyservicesofthenorthshore

  @fsnorthshore

SENIORS & CAREGIVERS
connect



HEALTH AND SUPPORT SERVICES

PROVINCIAL HEALTH SERVICES

BC Services Card

The BC Services Card is government-issued identification. It has replaced the CareCard, and is used to provide access to insured provincial health care benefits for eligible BC residents. There are three types of BC Services Cards:

- **Photo BC Services Card:** If you're enrolled in the Medical Services Plan (MSP), you can get a Photo BC Services Card to replace your CareCard. Take two pieces of ID to ICBC DLO to apply. There is no fee to get a BC Services Card.
- **BC Driver's Licence and BC Services Card:** if you are 19+ years old, are enrolled in the Medical Services Plan (MSP), and qualify for a driver's licence, you can get the combined card when you renew your driver's licence. Fee for driver's licence applies.
- **Non-Photo BC Services Card:** If you are age 75 or over, contact Health Insurance BC (HIBC) at 604-683-7151 to request a Non-Photo BC Services Card.

ICBC Driver's Licensing

Office (DLO) North Shore **1-800-950-1498**
1331 Marine Drive, North Vancouver

Replace a Lost or Stolen Card

The steps to replace a lost or stolen card depend on the type of card.

If you have a Photo BC Services Card or a combined BC Driver's Licence and BC Services Card:

Report your missing card by phoning the ICBC Driver Licensing Centre as soon as possible: 1-800-950-1498.

If you have a Non-Photo BC Services Card:

Call HIBC as soon as possible to report your missing card: 604-683-7151.

HealthLink BC

811

www.healthlinkbc.ca

A trained health service representative will answer 8-1-1 telephone calls, and where appropriate, calls will be transferred to a registered nurse, pharmacist or dietitian for further information and advice. The 8-1-1 service can provide answers to questions about a variety of health topics, help in identifying symptoms and advice on when to seek medical treatment and referral to mental health supports. 8-1-1 has translation services available in over 130 languages, and can connect to an interpreter. For deaf or hard of hearing dial 7-1-1.

Health Insurance BC (HIBC) 604-683-7151

Automated Service (24 hours/day, 7 days/week)

www2.gov.bc.ca

PO Box 9678 Stn Prov Gov, Victoria, BC V8W 9P7
Administers medical coverage through the Medical Services Plan (MSP) and drug coverage through the PharmaCare and Fair PharmaCare programs.

Medical Services Plan (MSP)

Enrollment in Medical Services Plan is mandatory for all BC residents and you must meet certain eligibility criteria.

New residents are eligible for coverage after completing a waiting period that consists of the remainder of the month of arrival, plus two months. MSP pays for medically required services of physicians and surgeons, diagnostic x-rays and laboratory services (enrolled in MSP). In addition, MSP will cover dental and oral surgery when it is medically required and must be performed in a hospital. Routine eye examinations are a benefit for those 18 years of age and under, or 65 years of age and older. If provided by an optometrist, seniors pay a reduced fee.

Apply online at:

my.gov.bc.ca/msp/enrolment/check-eligibility



WE ARE HERE TO SERVE YOU

If you or your loved ones have any questions about federal government programs or services, please do not hesitate to reach out to our office. We are ready to assist with any inquiries you may have, including issues or concerns with any federal department or agency such as Service Canada, Canada Revenue Agency (CRA), Immigration, Refugee and Citizenship Canada (IRCC), Indigenous Affairs or Veterans Affairs, among others.



PATRICK WEILER

Member of Parliament for West Vancouver-Sunshine Coast-Sea to Sky Country

✉ Patrick.Weiler@parl.gc.ca

☎ 604-913-2660



@PatrickBWeiler



HEALTH AND SUPPORT SERVICES cont.

MSP Supplementary Benefits 604-683-7151 **www2.gov.bc.ca**

Supplementary benefits provide partial payment for certain medical services obtained in BC and may provide access to other income-based programs. MSP supplementary benefits support the following services from approved providers: acupuncture, chiropractic, massage therapy, naturopathy, physical therapy; and non-surgical podiatry.

Those who may be eligible for MSP coverage of these supplementary benefit services include: those who have applied and been deemed eligible based on their annual net income; Income Assistance recipients; Convention refugees; Inmates of B.C. Correctional Facilities; individuals enrolled with MSP through the At Home Program; residents of long term care facilities receiving the Guaranteed Income Supplement (GIS); individuals enrolled with MSP as Mental Health Clients; and First Nations individuals with valid B.C. Medical Plan coverage through the First Nations Health Authority.

PharmaCare 604-683-7151 **www2.gov.bc.ca**

PharmaCare helps BC residents, enrolled in the Medical Services Plan of BC (MSP), with the cost of eligible prescription drugs, devices and medical supplies.

Available Mon-Fri 8 am – 8 pm; Sat 8 am – 4 pm

Fair PharmaCare Plan 604-683-7151 **www.gov.bc.ca (search “Fair Pharmacare”)**

All BC residents are encouraged to register. The one-time registration is free and there are no premiums. Coverage is based on your net family income: the lower the income, the more financial assistance in paying for eligible drugs and supplies. (If you do not register, you still have coverage, but your deductible is set at \$10,000 for each member of your family.)

Register by telephone, online or using a paper form.

Upon registration, PharmaCare will mail a consent form to allow them to check the registrant's income with the Canada Revenue Agency. Sign and return consent form right away. PharmaCare bases coverage on family net income from two years earlier.

Monthly Deductible Payment Option

British Columbians registered with Fair PharmaCare have a deductible based on their family net income. Families with the lowest incomes do not have a deductible and receive immediate coverage of eligible prescriptions and medical supplies/devices under the Fair PharmaCare Plan. All other families have a deductible, based on their family net income. PharmaCare offers a monthly payment option so that deductible payments can be spread over the year.

VANCOUVER COASTAL HEALTH

Vancouver Coastal Health (VCH) **www.vch.ca 604-983-6700**

132 West Esplanade, North Vancouver

VCH is one of 5 regional health authorities in BC. VCH provides health-care services through a network of hospitals, primary care clinics, community health centres and long-term care homes within the geographic area of the North Shore, Vancouver, Richmond, Sea-to-Sky, Sunshine Coast, through to Central Coastal and Bella Coola Valley.

Frequently called services follow:

Health Connection Clinic (VCH) 604-984-3777

148 East 15th Street, North Vancouver

Hours: Mon-Fri 9 am – 4 pm, closed for lunch 12 pm - 1 pm

A multi-disciplinary team providing primary care services to individuals who have been adversely impacted by inequities in the Healthcare Systems, have no Family Doctor (GP) or Nurse Practitioner (NP), and face complex medical, mental health, substance use,

JUST LIKE FAMILY HOME CARE

HOME CARE SERVICES

- Personal Care
- Companionship
- 24/7 Live-in
- Alzheimer's Care
- Hospital Recovery
- Meal Preparation
- Housekeeping
- Respite Care and more...

Call for your free consultation

Locally Owned and Operated
500 - 224 West Esplanade, North Vancouver
604.720.8845

www.justlikefamily.ca

FREE CONSULTATIONS
No Contract Terms





HEALTH AND SUPPORT SERVICES cont.

and socio-economic needs (e.g., housing, income, access to food). If not an existing patient, call to discuss eligibility requirements.

Entrance to clinic via a walkway on the North side of 15th St E.

HOpE Centre **604-984-5000**

1337 St. Andrews Avenue, North Vancouver

Mon-Fri 10 am – 4 pm

Supports for individuals experiencing mental illness. Kelty Dennehy Mental Health Resource Centre located on the first floor.

Lions Gate Hospital (LGH) **604-988-3131**

231 East 15th Street, North Vancouver

A recognized trauma centre, LGH provides a full range of general and specialized acute care services including general medicine, emergency and critical care, general surgery, orthopaedics, maternity, pediatrics, psychiatry, chemotherapy, cardiac care, diagnostics, nuclear medicine, palliative care, rehabilitative services and neurosurgery.

- Discharge Planning

Contact the head nurse on the particular ward.

- Palliative Care Program **604-984-3743**

Physical care and emotional support for terminally ill patients and their families.

- Patient Information **604-988-3131**

North Vancouver Urgent and Primary Care Centre (UPCC)

www.vch.ca/UPCC **604-973-1600**

221 West Esplanade, 2nd Floor, North Vancouver

Open 7 days a week, 365 days a year.

Monday-Saturday 8 am – 10 pm; Sunday 9 am – 5 pm

The UPCC is for non-life threatening illnesses or injuries when you are unable to see your primary care provider. Visit the UPCC if you are experiencing sprains and strains; cuts, wounds or skin conditions; high fever; infections including chest, ear and urinary tract; asthma attacks; new or worsening pain; dehydration, constipation.

have a *passion* for helping others?
Join our team today.

Home Instead® helps older adults age safely in the place they enjoy most.

We are seeking compassionate CAREGivers to help in our community.

Call **604-925-1570** or visit **homeinstead.ca/3022**

for more information or to apply online.

 **Home Instead®**
To us, it's personal

Serving the North Shore
and Downtown Vancouver

**Apply
Today!**



HEALTH AND SUPPORT SERVICES cont.

Urgent and Primary Care Centre (UPCC)

Social Work Services **604-973-1593**

Drop-in or phone-in Social Work support is available to all ages at the North Vancouver UPCC. Social Workers offer support for a variety of practical, emotional, and mental health needs, and can also provide short-term counselling. All services are free, 7 days a week, 9 am – 5 pm (hours may vary). Call for more information or to self-refer.

HOME AND COMMUNITY CARE SERVICES – VANCOUVER COASTAL HEALTH

A wide range of community-based, supportive health care services are available to persons with health problems and disabilities who need support and assistance. Services include assessment, individual service delivery plan, coordination of health services and referral to appropriate community resources. Services are provided in community health centres, patient's homes, in the community and in residential facilities.

Home Support Services **604-983-6700**

Home Support is a service that is designed to supplement, rather than replace, the efforts of individuals to care for themselves at home with assistance of family, friends and community. A referral to the home care program can be made by a family member, friend or health care provider. After referral you may be visited in your home by a care coordinator who will assess your needs and identify the type and amount of service required and the cost if applicable. Services include simple meal preparation, assisting with activities of daily living such as bathing, dressing, mobility and transfers, safe medication management, and respite for caregivers. Home support services are subsidized services that are available for eligible clients who are living at home and have acute, chronic, palliative or rehabilitative health care needs and are provided by qualified professionals. You may choose to hire a caregiver privately. Many individuals and agencies are skilled and caring. However, it is a sensible precaution to check references and look into the background of those who will have access to your home. For a list, please contact Seniors One Stop at 604-982-3302.



Celebrating 50 years of Service

2 Locations in North Vancouver:

NEW SHOWROOM

- 📍 119-949 3rd St W
North Vancouver
(Behind Capilano Mall)
- ☎ 604-985-1481
- 🕒 MON-FRI: 9AM - 5PM

- 📍 1417 St Georges Ave
North Vancouver
- ☎ 604-985-1481
- 🕒 MON-SAT: 9AM - 5PM

davieshh.com



VISIT OUR NEW SPACIOUS SHOWROOM FOR ALL YOUR HOME SAFETY NEEDS

- TRY OUT ALL OF OUR EQUIPMENT: Hospital Beds, Lift Chairs, Patient Lifts
- Plenty of Parking

Squamish Location:

- 📍 119 - 1201 Commercial Way
Squamish
- ☎ 604-567-6604
- 🕒 MON-FRI: 9AM - 5PM



HEALTH AND SUPPORT SERVICES cont.

Home Care Nursing 604-983-6700

This program provides assessment, direct nursing care, support and service co-ordination to clients in their homes. Focus is on client goals for health, client independence and autonomy. All home care nurses are experienced in palliative care and can support you and your family during end-of-life. Through compassionate care, nurses focus on managing symptoms and enhancing comfort.

Home Rehabilitation Services 604-983-6700

Physiotherapy and occupational therapy services are provided to homebound and/or those that require comprehensive Home Management Safety Assessment. Promotes and maintains a client's optimal functional independence in a safe home environment and will help determine the need for specific medical equipment and supplies. Call Seniors One Stop (604-982-3302) for private physiotherapists who make home visits.

North Shore Older Adult Mental Health Team 604-982-5600

#350 - 145 West 17th Street, North Vancouver
We provide geriatric psychiatry assessment, case management, psychosocial rehab, functional assessment and group engagement to North Shore resident generally aged 65+ who require an interdisciplinary team and meet one or more of the following criteria:

- A progressive cognitive disorder with psychiatric and/or behavior management problems and/or co/occurring misuse of alcohol, prescription medications or other substances,
- A recently developed serious and/or physical and functional decline
- A persistent mental illness with cognitive, physical, or functional decline

Individuals under 65 will be seen if they have a progressive memory disorder with associated psychiatric and/or behaviour management problems.

We are Here to Help Families Plan Ahead

We believe that locally-based, Family owned funeral homes are an important part of any community



Joanna J Farley
Funeral Director and
Manager of Vancouver location



Aaron Morrison
Funeral Director and
Manager of Burnaby location



Mike Garisto
Pre-Need Manager
604 312 9799



Linda Mizuguchi
Pre-Need Advisor
604 936 9987

Pre-Planning allows you to make carefully-considered, pressure-free decisions that are the right choices for you and your family.

Call today to ask about our FREE Pre-Planning guide and how to save money by locking in costs.

We offer translation and services in various languages.

Present this coupon and claim: \$200 discount on your burial services or \$100 discount on your cremation service when you sign a Pre-Need funeral plan made with our Advisors.

*Pre-need contract must be signed to apply the discount. Valid until June 30, 2024



Kearney
FUNERAL SERVICES

BURQUITLAM FUNERAL HOME
FAMILY OWNED

Vancouver

604 736 0268

450 West 2nd Avenue

Burnaby

604 299 6889

4715 Hastings Street

www.KearneyFS.com

www.BurquitlamFuneralHome.ca

Our other locations

New Westminster

604 521 4881
219 6th Street

Burquitlam

604 936 9987
815 Brunette Avenue

Cloverdale

604 574 2603
17667 57th Avenue



RSR Family Holdings Ltd.



HEALTH AND SUPPORT SERVICES cont.

RESPITE SERVICES

Respite **604-983-6700**

Respite is available to caregivers of clients who are registered with the VCH Home & Community Care Services program. Respite may be provided in the home through extra home care hours or by the client attending an Adult Day Program. Subsidized respite beds located at Cedarview Lodge are accessed through your case manager.

Cedarview Lodge **604-904-6400**

1200 Cedar Village Close, North Vancouver
Overnight and day respite

Health & Home Care Society of BC **www.carebc.ca 604-327-9525**

Family Respite Centre, 711 East 49th Avenue, Vancouver
Assessment and booking arranged through your VCH Case Manager.

ADULT DAY PROGRAMS

Referrals through Vancouver Coastal Health, Home and Community Care **604-983-6700**

Supportive community programs offered for seniors and people with disabilities to help them remain at home and provide respite for family caregivers. A range of health, personal, social and recreational services and activities are offered by nursing and recreation staff in a safe, caring environment.

Margaret Fulton Centre **604-904-3550**

1601 Forbes Avenue, North Vancouver
8 am - 4 pm, Monday to Friday

West Vancouver Adult Day Centre **604-922-2022**

#139 - 2151 Gordon Avenue, West Vancouver
8:30 am - 4 pm, Monday to Friday

Community Bathing Program **604-904-3550**

1601 Forbes Avenue, North Vancouver
The Community Bathing Program is available to eligible seniors and others with disabling chronic care problems. Services include a hydrosound tub and access to a bath once a week in a well-equipped, suitably private environment that is staffed all times by a bathing program assistant.

NON-VCH RESPITE SERVICES

My Lions Gate Break **604-988-7115 ext 2009**

Lions Gate Community Centre
1733 Lions Gate Lane, North Vancouver
A gathering place for individuals experiencing the changes associated with early to moderate dementia. The twice weekly program is supported by staff and trained community volunteers and provides low cost creative care in the form of fellowship, fitness, leisure and social activities, with a mission to support and enhance the lives of all who participate and their care partners. For more information, contact Capilano Community Services at number above.

My Parkgate Break **604-983-6359** **www.parkgatesociety.ca**

A gathering place for individuals experiencing the changes associated with early to moderate dementia. The twice weekly program is supported by staff and trained volunteers. Providing low-cost member directed programming to promote social connectedness. The program incorporates daily interactive activities, cognitive stimulation, mild physical exercise, indoor and outdoor when possible, laughter, and music. We empower our members to find joy in the moment while giving members and care partners a BREAK from one another. For referral contact Pam Havens at phavens@parkgatesociety.ca.

HEROES, NOT JUST CAREGIVERS

- Companionship
- Personal Care
- End-of-Life Care
- Homemaking
- Medication Management
- Transportation
- Home Nursing
- Cooking & Meal Support
- Dementia & Alzheimer's Care



SCAN for a FREE In-Home Care Consult
1-888-988-9913 | care@herohomecare.ca





HEALTH AND SUPPORT SERVICES cont.

PRIVATE PAY RESPITE

Please contact the Seniors One Stop at 604-982-3302 for a list.

ASSISTED LIVING

Includes rental accommodation, hospitality services, as well as personal care services to individuals in need. If you are living alone, isolated, and need help with meals and personal care, this may be an option for you. There are three subsidized assisted living centres on the North Shore: Cedar Garden and Chartwell Churchill House in North Vancouver and Kiwanis Manor in West Vancouver.

SUBSIDIZED ASSISTED LIVING FACILITIES

Placement in subsidized assisted living facilities is coordinated through Vancouver Coastal Health, Intake. They can be reached at 604-983-6700.

Cedar Garden Assisted Living

604-904-6409

1250 Cedar Village Close, North Vancouver

Chartwell Churchill House

604-904-1199

(has both subsidized and private options)
150 West 29th Street, North Vancouver

Kiwanis Manor

604-913-9083

959 21st Street, West Vancouver

PRIVATE PAY ASSISTED LIVING FACILITIES

For a list of private pay assisted living facilities, please contact Seniors One Stop at 604-982-3302.

LIVING WELL HOME CARE

Your *LIVE-IN* Care Specialists



*Our strength is our
Caregiving Team*



Why Choose *LIVING WELL HOME CARE?*

- Licensed Nurses
- Registered Care Aides
- Flexible contracts
- 24 hour on-call
- LIVE-IN service (flat-rate) / HOURLY service

Assurity certified by EngAgeBC www.engageseniors.ca
Servicing the North Shore since 2003

LIVING WELL HOME CARE

302-1221 Lonsdale Avenue, North Van
604-904-2397

info@livingwellhomecare.ca

livingwellhomecare.ca





HEALTH AND SUPPORT SERVICES cont.

LONG-TERM CARE FACILITIES

Long-term care facilities are for those who have complex needs, require 24-hour nursing care and supervision, and are not able to remain safely in their own homes.

Admissions to subsidized long-term care facilities are coordinated through Vancouver Coastal Health and are made on a priority basis. Clients typically agree to accept the first available, appropriate bed within 48 hours of it being made available. To contact Vancouver Coastal Health, please call Intake at 604-986-7111. If client is in hospital, the Patient Care Coordinator will make all necessary arrangements. Google *VCH long-term care* for more information.

SUBSIDIZED LONG-TERM CARE FACILITIES IN NORTH VANCOUVER:

Berkley Care Centre **604-924-8300**

2444 Burr Place

Cedarview Lodge **604-904-6400**

1200 Cedar Village Close

Creekstone Care Centre **778-729-0270**

1526 Oxford Street

Evergreen House **604-988-3131**

231 East 15th Street

Lynn Valley Care Centre **604-988-4181**

(has both subsidized and private pay beds)

1070 Lynn Valley Road

SUBSIDIZED LONG-TERM CARE FACILITIES IN WEST VANCOUVER:

Inglewood Care Centre **604-922-9394**

725 Inglewood Avenue

PRIVATE PAY LONG-TERM CARE FACILITIES

For a list of private pay long-term care facilities, please contact Seniors One Stop at 604-982-3302.

VANCOUVER COASTAL HEALTH (VCH) NORTH SHORE PALLIATIVE CARE SERVICES

Any person on the North Shore with a life-limiting illness (regardless of prognosis or diagnosis) can access our supports. Palliative care can be appropriate at any stage in a serious illness and can be provided alongside active treatment.

OUR PROGRAMS INCLUDE:

VCH North Shore Palliative and Supportive Care Program **604-984-3743**

Palliative care can occur in any setting including home, clinic, hospital, hospice, and long-term care facilities. Palliative care focusses on comfort care and may include active treatments. Any health care provider can submit a referral on your behalf for enrolment to the North Shore Palliative & Supportive Care Program.

VCH Everyday Counts Program **www.everydaycounts.ca** **604-363-0961**

A free VCH program designed for patients living with a life limiting or end of life illness. Open to individuals living on the North Shore, and their support circle of family and friends. Program provides education, guidance and wellness activities to patients and family members or caregivers connected to the North Shore Palliative and Supportive Care Program. Please visit the website or call, to self-refer.

VCH North Shore Hospice **604-984-3743**

319 East 14th Street, North Vancouver

The North Shore Hospice is located 1 block east of Lions Gate Hospital. All rooms are single occupancy, with private bathrooms and space for visitors to spend time with their loved ones. The hospice is an option for those in their last few months of their life and home is not an option due to care needs, symptomatic needs or patient and family goals.

JANET HELM

REAL ESTATE SERVICES

more than just a move

Seniors Real Estate Specialist® (SRES®)

- Customized Plan
- One Stop Resource
- Peace of Mind
- From Start to Finish

www.janethelm.com
604.730.2600





HEALTH AND SUPPORT SERVICES cont.

OTHER NON VCH PALLIATIVE SUPPORT

Palliative Support Centre **778-729-1555**
www.palliativesupport.ca

3743 Delbrook Avenue, North Vancouver
The Palliative Support Centre is a private service that offers a community centre where individuals living with an advanced illness, as well as their families and other caregivers can find compassionate, helpful and supportive care. All services, programs and supports are free. Established through the Paul Sugar Palliative Support Foundation.

VCH COMMUNITY HEALTH CENTRES & SERVICES

Community health centres provide a range of health care services in a single location, including access to public and community health nurses, mental health and addiction counsellors, dental clinics for children, speech therapists, nutritionists, youth drop-in health clinics and more. There are three Community Health Centres on the North Shore.

Central Community Health Centre **604-983-6700**

5th floor, 132 West Esplanade, North Vancouver
This centre is the base for the North and South Community Health Teams that work together with a wide range of community partners to support the health needs of residents living in North Vancouver.

Parkgate Community Health Centre **604-904-6450**

Parkgate Community Centre, 2nd floor
3625 Banff Court, North Vancouver
Serves the residents who live east of Lynn Creek, North Vancouver

West Vancouver Community Health Centre **604-904-6200**

#241 - 2121 Marine Drive, West Vancouver
Serves the residents who live in West Vancouver, Lions Bay, and Bowen Island.

Chronic Disease Services **604-984-5752**

Provides diabetes education, diabetes foot care, nutritional counselling, respiratory disease education, and pulmonary rehabilitation program. Client must be referred by their doctor. Most programs located at West Vancouver Community Health Centre.
*A chronic disease management nurse is also available for clients with complex needs (e.g., 2 or more chronic conditions)

Dietitian **604-983-6700**

Nutritional Assessment and counselling can be provided for registered clients of Home and Community Care or call HealthLinkBC (8-1-1).

Immunization **604-983-6700**
Press 3 for Public Health

The local health department provides free flu clinics every fall for seniors and administers adult, non-travel immunization throughout the year. Call your community health centre for information.

Osteoarthritis Service Integration System (OASIS)
www.oasis.vch.ca **604-875-4544**

Clients can access information about self-managing their osteoarthritis through the Oasis education sessions. Class information and schedules are on the website. Within VCH there are three Hip and Knee Arthritis Surgical Assessment programs (ASAP). This program provides surgical triage for hip or knee arthritis. Patients must have a referral. Details and contact information on VCH website.



MAKE YOUR LEGACY COUNT

By leaving a gift in your will to Lions Gate Hospital Foundation, you can improve health care and save lives on the North Shore.

WHY LIONS GATE HOSPITAL FOUNDATION?

- Trusted:** We have a proven track record in meaningful improvements to our community's well-being.
- Impactful:** Your donations directly support life-saving and life-enhancing equipment and facilities.
- Lasting:** Your generosity ensures a brighter, healthier future for generations to come.

Please contact: Carolyn Anderson, Director, Planned Giving
Tel **604.984.5857** | Email carolyn.anderson@vch.ca





HEALTH AND SUPPORT SERVICES cont.

COMMUNITY PROGRAMS

Alano Club of the North Shore
www.northshorealano.com 604-987-4141

176 East 2nd Street, North Vancouver
A meeting place that provides a safe, clean, alcohol and drug-free environment for recovery groups.

Alcohol and Drug Addiction Program
“Stepping Stones” 604-982-5610

#250 - 145 West 17th Street, North Vancouver
Stepping Stones is a holistic day program for addiction and substance abuse. It is also open to people who have a mental illness in addition to substance abuse.

Alcohol and Drug Information and Referral Service 604-660-9382

Provides 24-hour information and referral to a variety of drug and alcohol counselling, detox, treatment, and support groups for individuals and family members.

Alcoholics Anonymous - Central Office
www.vancouveraa.ca 604-434-3933

Avalon Women’s Centre 604-913-0477
2225 Marine Drive, West Vancouver
Provides supportive drop-in environment with resources and meetings for women and families recovering from addiction.

Alzheimer Society of BC Resource Centre
www.alzheimer.ca/bc 604-984-8348

(North Shore and Sunshine Coast office)
Helps those concerned with or facing dementia build the knowledge, skills, and confidence to maintain quality of life. Resource centres offer information, educational opportunities, and support groups in English and Farsi.

First Link® **1-800-936-6033**
Dementia Helpline **www.alzheimer.ca**

If you are living with dementia, caring for someone with dementia, or have questions call First Link. The helpline, through the Alzheimer Society of BC, assists individuals in building the confidence to maintain quality of life when facing dementia. A trained, caring team of staff and volunteers will answer your call and can provide information and support.
9 am to 8 pm weekdays

Arthritis Answers Line 1-800-321-1433

Trained volunteers provide general information, emotional support, assistance to locate community resources and guidance to access the health care system.

Arthritis Society 604-714-5550
www.arthritis.ca 1-866-414-7766

Provides information, education and social support for those with arthritis. Raises funds for research, advocacy, community-based self management programs, and public forums.

BC Ambulance Service
www.bcehs.ca 604-660-6897
(non-emergency number)

The cost of transporting a BC resident (covered by MSP), by ambulance is subsidized by the Province of British Columbia. Where an emergency medical problem requires that you be transported by ambulance, MSP recipients will be billed a user fee of \$80. Those receiving Income Assistance may have charges waived by calling 1-800-665-7199. When an ambulance is called to a residence, care facility or patient’s place of employment and transportation is not required or is refused, a response fee of \$50 is charged.

JUST LIKE FAMILY
HOME CARE

In-House
Care Options

778-244-7742
WEST VANCOUVER

OUR SERVICES:

- Alzheimer’s & Dementia Care
- Post-Hospitalization
- Overnight Care
- 24/7 Care
- Medication Reminders
- Palliative & Cancer Care
- Parkinson’s & Chronic Illness Care
- Stroke Recovery

We offer a complimentary care assessment. Reach out to us.





HEALTH AND SUPPORT SERVICES cont.

BC Balance and Dizziness Disorders Society **www.balanceanddizziness.org 604-878-8383**

Provides information and support for persons with balance, dizziness and all vestibular disorders. The society sponsors talks by professionals, compiles lists of support and information resources and holds meetings in Vancouver and surrounding suburbs each year.

BC Bereavement Helpline (BCBH) **www.bcbereavementhelpline.com** **604-738-9950**

Volunteers provide telephone support as well as information and referral to other grief-related resources in the community. Calls are free, confidential and anonymous. Available Mon-Sat. Call for hours.

BC Emergency Health Services (BCEHS) **www.bcehs.ca 604-660-6897**

Provides pre-hospital emergency services and inter-facility patient transfers throughout the province and oversees the BC Ambulance Service and the BC Patient Transfer Network.

Canadian National Institute for the Blind (CNIB) **www.cnib.ca 604-431-2121** **1-800-563-2642**

Works with people experiencing any degree of low vision. Help includes counselling, rehabilitation, teaching, orientation and mobility adjustments. Call CNIB Intake Services for information.

GP Link **www.ns.searchdoctors.ca 778-945-3017**

"Find a Family Doctor" website is administered by NS Division of Family Practice. Answer the questions on the site and you will be placed on a wait list to acquire a primary health provider. A Patient Services Coordinator will contact you when they have a physician available.



Our mission is to provide compassionate and reliable care services to individuals of all ages and backgrounds while promoting independence, dignity, and quality of life.

- Door-to-Door Transfers and Assistance
- Medical Appointments and Accompaniment Service
- Professional Wheelchair Transportation and Assistance
- Effortless Airport and Ferry Service
- Errands, Social and Beyond
- Comprehensive Home Support Services
- Attendant Care Visits
- Dementia Care
- Pet Care

QUANT CARE INC.

220 - 145 Chadwick Crt., North Vancouver
(604) 767 - 4030 • info@quantcare.ca

quantcare.ca



facebook.com/QuantCareInc



HEALTH AND SUPPORT SERVICES cont.

North Shore Better at Home Program

www.nscr.ca

604-982-3321

Provides seniors 65 and older living independently in the community with basic, non-medical support in the form of light housekeeping, transportation, grocery delivery, some meal delivery, minor home repairs, light yard work and friendly visiting. Clients pay for services based on total annual income and may be eligible for subsidy. A formal intake is required. If you are 55 and older and have a PWD designation you may also apply. Bowen Island residents can now access services through the Bowen Island satellite location directly at 236-988-9704.

North Shore Community Resources Seniors Community Connector Program

www.nscr.ca

604-982-3312

Working alongside our Seniors One Stop Navigation Center and using the principles of Social Prescribing, the Community Connector team will support seniors one on one with areas that matter to them providing resource assistance, help with forms, connection and referral to community supports. Through a series of meetings and follow up, we can assist with social needs to empower seniors and assist in improved wellbeing. Referral to program available through physician or calling us directly.

North Shore Disability Resource Centre

www.nsdrc.org

604-985-5371

3158 Mountain Highway, North Vancouver
Provides residential services, community support, information and advocacy to individuals with disabilities and their families, including assistance with CPPD and PWD applications and reconsiderations.

North Shore Keep Well Society

www.keepwellsociety.ca

604-988-7115 ext. 3001

These free programs for seniors take place weekly in various locations. Activities include mild exercises, blood pressure monitoring, massage (shoulder, hand and foot), nutrition counseling, medication awareness, speakers and social events. Call the above number for program times across the North Shore.

North Shore Stroke Recovery Centre

www.nssrc.org

778-340-5803

The centre provides post-hospital, peer-based support and therapeutic rehabilitative programs for survivors of stroke and caregivers living in the community. Wellness and independence are the primary goals of this program. Programs take place in both North and West Vancouver.

Osteoporosis Canada

www.osteoporosis.ca

1-800-463-6842

Supports people who have, or are at risk for osteoporosis. Works to educate, empower and support individuals and communities in the risk-reduction and treatment of osteoporosis.

Parkgate Social Prescribing **604-983-6359**

Social Prescribing is a non clinical method of support for seniors in the community . Through a series of one-on-one meetings , small goal setting and guided introduction to community programs, we help seniors create and maintain healthy lifestyles. If you are interested ask your doctor, medical office for referral or call directly.

Parkinson Society British Columbia

www.parkinson.bc.ca

604-662-3240

Provides support and education as well as events and groups which provide social time to exchange experiences and ideas for patients, family and friends. Event information online.



Hon. Jonathan Wilkinson

Member of Parliament for North Vancouver

Immediate assistance with:

- ✓ Canada pension
- ✓ Guaranteed Income supplement
- ✓ Old age pension
- ✓ Tax issues

Our welcoming staff will be happy to help you.

604-775-6333

Open 9 - 5, Monday - Friday

Jonathan.wilkinson@parl.gc.ca

210 - 310 E. Esplanade, North Vancouver





HEALTH AND SUPPORT SERVICES cont.

COUNSELLING & MENTAL HEALTH SUPPORT

Canadian Hard of Hearing Association
www.chha-nsb.com 604-926-5222

Provides support and information for the public through presentations and social programs. Association works closely with other community groups to promote the installation of appropriate equipment in public places. Online webinars for members.

Canadian Mental Health Association (CMHA)
www.northwestvancouver.cmha.bc.ca 604-987-6959

#300 - 1835 Lonsdale Avenue, North Vancouver
CMHA believes that good mental health is essential to overall health and well-being. Mental health promotion and mental illness recovery-focused programs and services are offered for people 18 years and up and their families including counselling for people experiencing mild to moderate depression and a chronic illness, BounceBack program, and Peer Assisted Care Team (PACT) for anyone who needs referral to mental health services.

Canadian Cancer Society
www.cancer.ca 1-888-939-3333

Wherever you are in BC or Yukon, support from trained Cancer Connection volunteers is available to any adult with cancer or their family.

Caregiver Support Program
www.nscr.ca 604-982-3320

For those who provide emotional or practical support to a friend or family member with health issues. Learn how to access health care and community services, take care of yourself, and increase your confidence in your caregiving skills. Join us in a respectful, encouraging environment of shared learning. Workshops, Caregiver

Bereavement, Mens Support Groups, Persian and Korean Wellness and Education Groups, and our Peer-to-Peer Support Program help create a safe space for new caregivers, those that have lost loved ones, and people that have been in the role for sometime.

Clinical Counsellors
www.bc-counsellors.org 1-800-909-6303

The BC Association of Clinical Counsellors has a referral system accessible by phone or internet.

Family Services of the North Shore
www.familyservices.bc.ca 604-988-5281

Clinical counsellors provide confidential support to meet life's challenges (fees based on sliding scale) including support programs in person, online and through groups. Discover ways to boost your sense of well-being and positively impact your quality of life. Fees based on income.

• **Caregivers Connect**
This free community program provides services for family and friend caregivers supporting older adults living at home. Monthly support meetings and one-to-one support as well as resources and referrals. Drop-in services at four North Shore locations include connecting with other caregivers, stress reduction, workshops and navigation support. Clinical counselling is available at 1111 Lonsdale.

• **Companioning Community Care**
This community volunteer program offers free support for family caregivers, older adults living with life-limiting or chronic illnesses, and those grieving the recent loss of a loved one. Services include companionship through weekly supportive phone calls, walking companions and 8-week grief support groups.



home to home
new beginnings for seniors



- Care Planning
- Seniors Housing and Healthcare Navigation
- Downsizing and Moving Assistance
- Estate Support

Call for a complimentary consult!

604-739-8080 info@home-to-home.ca www.home-to-home.ca

An Innovative Home Care Marketplace and Care Management App

Looking for home care for a senior loved one? We make caregiving easier for the whole family. Call us for a care consultation!

hello@mycarebase.com
1-877-822-7464
mycarebase.com





HEALTH AND SUPPORT SERVICES cont.

Hollyburn Family Services

www.hollyburn.ca **604-987-8211**

267 West Esplanade, North Vancouver
Offers low cost counselling for seniors in addition to full fee service. Counsellors work with individuals, couples and families.

Living Systems Counselling

www.livingsystems.ca **604-926-5496**

Offers Bowen Family Systems Therapy to couples and families experiencing difficulty adjusting to some aspect of life. Fees charged on a sliding scale.

Lower Mainland Grief Recovery

www.lmgr.ca **604-696-1060**

Program of education and group discussion offered over a six week time period. Ongoing support group may follow the initial program depending on the need of the participants. Evening meetings are offered at various times throughout the year. There is a registration fee, however if there is financial need, subsidies are available. Programs offered in three locations in Vancouver.

Pathways Serious Mental Illness Society

www.pathwayssmi.org **604-926-0856**

#205 - 1865 Marine Drive, West Vancouver
The support centre offers information on all major mental illnesses as well as personal support to family members.

Self-Management Programs

www.selfmanagementbc.ca **604-940-1273**
Toll Free: 1-866-902-3767

Free health programs for adults living with one or more ongoing health conditions. Programs are offered virtually, online, by telephone, or by mail for adults living in BC. Schedule of upcoming workshops on website.

Seniors Peer Support, North Shore Neighbourhood House

www.nsnh.bc.ca **604-315-2084**

Trained volunteers meet on a one-to-one basis with North Shore seniors to address challenges in relation to aging, relocation, loneliness, bereavement, retirement, relationships, etc.

Confidential emotional support is free of charge. Languages spoken include English and Farsi, with access to Spanish and German. Regional member of Seniors Peer Counselling BC. Email: lharding@nsnh.bc.ca

Wellness Together Canada 1-866-585-0445

www.wellnesstogether.ca

National program. Professional counsellors offer free, confidential support over the phone, 24/7. Mental Health Resources provided. Many resources available on website also.

Immediate crisis support: Text *Wellness* to 741741

For further information on low cost counselling options, please call Seniors One Stop at 604-982-3302.

MEDICAL EQUIPMENT AND SUPPLIES

Adaptive Clothing 604-982-3302

For a list of adaptive clothing suppliers call Seniors One Stop information line at the number above.

Long Term Program (Equipment Loans) (A Canadian Red Cross Program)

www.redcross.ca **604-270-4224 ext. 216**

Many coping with long term illness and injury do not have the financial resources required to purchase or rent medical equipment. This specialized program (formerly AIL Program) is available in the Lower Mainland under the Medical Equipment Provision program with a referral from an authorized Health Authority care provider. For more information contact Vancouver Coastal Health.



Hearing Healthcare In Your Home or Ours

**Free parking at our clinic
in Delbrook Plaza**

3721 Delbrook Ave #112
North Vancouver
hearathome.ca

Our Services

- Hearing Testing
- Ear Wax Removal
- Hearing Aid Trials
- HOME VISITS



(778) 340-1101
Since 2009





HEALTH AND SUPPORT SERVICES cont.

Capilano Community Services Society – Red Cross Short Term Health Equipment Loan Program

www.capservices.ca **604-988-7115**

Lends medical equipment, wheelchairs etc. for up to three months by donation. Depends on availability. Must have referral from a health care professional stating type and/or size of equipment needed, height and weight of client. Physicians and health professionals can download referral form from the website.

Lions Gate Community Recreation Centre parkade (underground level)

1733 Lions Gate Lane, North Vancouver

Telus Relay Service Assistance

www.telus.com **1-800-855-0511**

The Telus Relay Service provides specially trained operators to relay conversations by teletypewriter (TTY), Voice Carry Over (VCO) or Hearing Carry Over (HCO). Telus Relay Service offers free local calling.

Voice to TTY 1-800-855-0511

TTY to Voice

711

TTY to TTY

1-800-855-1155

Wavefront Centre for Communication Accessibility

www.wavefrontcentre.ca **604-736-7391**

Communication Aids Department and Showroom, of this not-for-profit organization (formerly Western Institute for the Deaf and Hard of Hearing), provides information, a hands-on display and rentals of assistive listening devices, signaling devices, telephone and television devices and TTYs. Offers “Lend-An-Ear” Loaner Hearing Aid program, providing reconditioned hearing aids at nominal cost to individuals.

Also offers a full service hearing clinic including hearing tests, evaluation and sales of new digital hearing aids, and speech reading classes. Employment counselling services also available.

MEDICAL CLINICS (WALK-IN)

For information about walk-in medical clinics, please call Seniors One Stop at 604-982-3302

Your final resting place **TAKES PLANNING.**



When you plan ahead, you can select and secure every detail of your final resting place in our memorial gardens.

Advance plan your cremation or burial arrangements. Payment plans available.

Call to book your personal tour.

Dignity[®]
MEMORIAL

☞ LIFE WELL CELEBRATED[®] ☞

BOAL CHAPEL & MEMORIAL GARDENS

FIRST MEMORIAL FUNERAL SERVICES

1505 Lillooet Rd., North Vancouver, BC V7J 2J1

604-980-3451 FirstMemorialNorthVancouver.com

A division of Service Corporation International (Canada) ULC.



HOUSING

AFFORDABLE HOUSING

Affordable Rental Housing is housing with rents equal to, or lower than, average rates in the private-market. It comprises a mix of subsidized housing, below-market rental housing, co-operative housing and housing subsidies to help individuals living in market rental situations.

SUBSIDIZED HOUSING

Long-term housing for people who permanently reside in British Columbia. Rental fees are calculated on a rent geared to income basis (30% of household total gross income, subject to minimum rent based on # of people). If you live in BC, have a low income, can live independently, and meet eligibility criteria, you may qualify for subsidized housing. Applications for the following subsidized properties can be made through BC Housing. Call every 6 months to keep your file active.

BC Housing

604-433-2218

#101 - 4555 Kingsway Avenue, Burnaby, V5H 4V8
Apply online, or download an application from the website: www.bchousing.org

BC HOUSING - NORTH VANCOUVER:

- **Capilano House**

1551 Bridgman Avenue, NV, V7P 3N3
Eligibility: 55+ or disabled

- **Chelsea North**

121 West 15th Street, NV, V7M 1R8
Eligibility: 55+

- **Grant McNeil Place**

236 West 1st Street, NV, V7M 1B4
(Seniors, Families, PWD)

- **Lynn Woods**

2551 Whiteley Court, NV, V7J 0E1
Eligibility: 55+

Senior Living?

THAT'S FOR OLD PEOPLE!

That's what some of our residents said before they discovered new friends and good times at Chartwell.

Now they're saying:

"I've never felt so young."



Visit **Chartwell.com** to
#ReThinkSeniorLiving
1-844-727-8679



HOUSING cont.

- **Manor House**

145 West 5th Street, NV, V7M 1J7
(Single, Couple, Seniors, Families, PWD)

- **Mount Sea View**

885 West 16th Street, NV, V7P 1R2
(Seniors, Families, PWD)

- **St. Andrew's Place**

95 St. Andrews Avenue, NV, V7L 4M8
(Seniors, Families, Singles, PWD)

- **Twin Towers**

172 East 2nd Street, NV, V7L 4N3
Eligibility: 60+

BC HOUSING - WEST VANCOUVER:

- **Klahanee Park Lodge**

380 Klahanie Court, WV, V7P 3P5
Eligibility: 55+ or disabled (Family units also)

- **Libby Lodge**

6645 Nelson Avenue, WV, V7W 2A5
Eligibility: 55+

- **Sunnyside Manor**

1495 Esquimalt Avenue, WV, V7T 2V9
Eligibility: 55+ or disabled

BELOW-MARKET HOUSING

Housing with rents equal to, or lower than, average rates in private-market rental housing. This type of housing is available through non-profit housing societies. Apply directly to the society listed.

- **Anavets Senior Citizens Housing Society**

245 East 3rd Street, NV, V7L 1E8
Eligibility: 55+ or disabled

604-874-8105

- **Capilano Towers**

1475 Esquimalt Avenue, WV, V7T 1L2
Apply to Capilano Senior Citizens' Housing

604-922-5220

SAVE *the* DATE

North Shore Seniors' Health Expo



FRIDAY, JUNE 7, 2024 | 9 A.M. – 3:30 P.M.

WEST VANCOUVER COMMUNITY CENTRE & SENIORS' ACTIVITY CENTRE

Join us for the sixth annual **North Shore Seniors' Health Expo** on Friday, June 7, 2024, featuring exhibitors, innovative speakers and researchers focusing on cognitive, physical, social, financial, and nutritional well-being.

Sponsorship opportunities available, contact Jessica Walker at jwalker@westvancouver.ca for details.



PRESENTED BY
HERO HOME CARE™

westvancouver.ca/seniors

westvancouver



HOUSING cont.

Society in-person at above address.

Eligibility: 55+

Kiwanis North Shore Housing Society

www.kiwanisnorthshorehousing.org

Eligibility: 60+ (except where noted), capable of living independently and be a non-smoker, resident of BC for at least 12 months, no pets. Income and assets assessed at time of application. Heat and basic cable are included in rent. Limited parking available. Application form is available on the website and can be used for both North and West Vancouver locations. Detailed information on form.

North Vancouver Office: 604-984-9166

2555 Whiteley Court, NV, V7J 3G9

• Kiwanis Lynn Manor

2555 Whiteley Court, NV, V7J 3G9

Eligibility: 65+

• Kiwanis Lynn Woods

2551 Whiteley Court, NV, V7J 0E1

• Kiwanis St. Andrews Place

1480 St. Andrews Avenue, NV, V7L 0A5

• Kiwanis Towers

170 West 2nd Street, NV, V7M 1C4

West Vancouver Office: 604-926-0102

100-975 21st Street, WV, V7V 0B5

• Kiwanis Court

2151 Gordon Avenue, WV, V7V 1W1

• Kiwanis Cypress

999 21st Street, WV, V7V 0B4

• Kiwanis Manor

959 21st Street, WV, V7V 4Y3

• Kiwanis Terrace

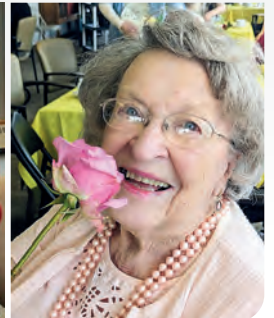
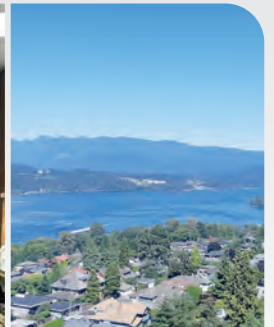
975 21st Street, WV, V7V 0B5

BURNABY'S BEST KEPT SECRET IS CELEBRATING 50 YEARS!



For 50 years, Seton Villa has proudly served seniors with respect and integrity. We provide a caring community, while promoting health, independence, and affordable living.

Our all-inclusive monthly rental rates start at under \$2,000 providing 3 made from scratch meals, weekly housekeeping and laundry, an emergency call system, recreational activities, cable, Wi-Fi, utilities, suite insurance and maintenance services. Make the most of your retirement. Come home to Seton Villa! Call today to book a tour.



Voted Favourite Retirement Residence in Burnaby!



OUR ALL-INCLUSIVE MONTHLY RATES START AT UNDER \$2,000 AND WE HAVE VACANCIES!

Click on the QR code to take a virtual tour and learn more.



3755 McGill Street, Burnaby | 604-291-0607 | www.setonvilla.com



HOUSING cont.

Metro Vancouver Housing Corp. (MVHC) **604-432-6200**

10th floor, 4515 Central Blvd, Burnaby, V5H 0C6

www.metrovancouver.org/services/housing/Pages/default.aspx

Affordable home options to suit different incomes, ages, abilities and family size. Income and occupancy restrictions apply.

North Shore Locations:

- **Manor House**
145 West 5th Street, NV
- **St. Andrews Place**
95 St. Andrews Avenue, NV

Mount Seymour Lions Housing Society **604-929-9499**

#147 -1300 Parkgate Avenue, NV, V7H 2Y2

Complete an application online at:
www.mountseymourlions.org/housing/society

- **Lions Plaza** (Seniors, Families, PWD)
800 Apex Avenue, NV, V7H 2R3
- **Lions Ron Morrice Manor** (Seniors 55+)
4290 Naughton Avenue, NV, V7G 2N1

Quay View Housing **604-980-5529**

150 West 2nd Street, NV, V7M 1C3

Apply in-person/by mail:
Quay View Housing Society, 1070 Roosevelt Crescent, NV, V7P 1M3

Silverlynn Apartments **604-904-4400**

1335 East 27th Street, NV, V7J 1S6

Apply to Lowland Senior Citizens' Housing Society at above address.

Zajac Norgate House **604-983-6629**

1280 West 16th Street, NV, V7P 1R6

Eligibility: 55+ or disabled

COOPERATIVE HOUSING:

Cooperative Housing Federation of BC **www.chf.bc.ca** **604-879-5111**

220 - 1651 Commercial Drive, Vancouver, V5L 3Y3
A housing co-op is an organization incorporated under the Cooperative Association Act that provides housing to its members. Members purchase a share to join and elect directors to govern the co-op. Most housing co-ops in BC are non-profit with a rental (not equity) model of housing. Individual co-ops manage their own marketing, application, selection processes and waiting lists. To see which properties

are accepting applications, check the Co-operative Housing Federation website.

Vacancies are limited and wait lists can be lengthy.

For a list of co-operative developments on the North Shore and for other housing options, call Seniors One Stop at 604-982-3302.

SENIORS' RETIREMENT LIVING

Retirement living is independent housing with a combination of onsite supports available to residents including: a private living space, monitoring or emergency response, at least one meal per day, housekeeping, and recreational activities.

Retirement Living on the North Shore is provided by private companies. For a list, please contact the Seniors One Stop program at 604-982-3302

HOUSING PROGRAMS AND SERVICES

BC Rebate for Accessible Home Adaptations (BCRAHA) **www.bchousing.org** **604-433-2218**

Helps low and moderate income people with permanent physical disabilities finance home modifications for accessible, safe, and independent living. The adaptations should directly address the limitations or loss of ability. Eligible BC residents can receive up to \$20,000 (lifetime maximum) per home in the form of a rebate. Please note this program will close on March 31, 2024 or sooner if funds have been exhausted.

Hollyburn Community Services Society Seniors at Housing Risk Program **www.hollyburn-society.ca/seniors** **604-968-3721**

Program provides assistance in finding housing for seniors (over 50) who are homeless or at imminent risk of homelessness. Outreach workers are available to help find appropriate and affordable housing, fill out application forms, make connections to income supports, and provide referrals to mental health care or primary healthcare providers as needed.

Lookout Housing and Health Society **www.lookoutsociety.ca** **604-982-9126**

North Shore Shelter:
705 West 2nd Street, North Vancouver
Short term emergency housing for adults 18 and older.



HOUSING cont.

Residential Tenancy Branch 604-660-1020

A provincial government agency that provides information to landlords and tenants about their rights and responsibilities. The branch also helps to resolve disputes related to tenancy, such as claims for damages to premises, return of security deposits or disputing an eviction notice.

Seniors Services Society 604-520-6621

www.seniorsservicessociety.ca

Provides information on a wide range of housing options for seniors in the lower mainland and outreach support to those seniors who are homeless or at risk of homelessness across the lower mainland.

Shelter Aid for Elderly Renters (SAFER)

www.bchousing.org 604-433-2218

The SAFER program provides direct financial assistance to eligible residents of BC who are age 60 and over who pay rent for their homes. You will not be eligible if you live in subsidized housing, a housing

co-op, or receive provincial income assistance. The amount depends on the amount of rent paid and your monthly income. To qualify, you or your spouse, with whom you are living, need to have lived in BC for the full 12 months immediately preceding your application, pay more than 30% of your gross household income in rent for your home and meet other eligibility criteria. The amount of subsidy you receive depends on the amount of your rent and on your monthly income.

Tenant Resource & Advisory Centre (TRAC)

www.tenants.bc.ca 604-255-0546

Non-profit organization which provides information on tenants' rights in the areas of evictions, repairs, security deposits, rent increases, and arbitration hearings.

THE VERY BEST IN SENIOR CARE

60 years ago, our Community of Care started right here in Lynn Valley.

Today we're leaders in quality Senior Care in North Vancouver, championing independence, comfort, and connection. Here, you're family from the start.



- Private & Shared Rooms • 24 Hour Nursing Care • Dietitian Support • Daily Recreation

info@lynnvalleycare.com

604-988-4181

www.lynnvalleycare.com

Our waitlist is filling up. Book a tour today and plan your next step!

INFORMATION SERVICES

BC211

www.bc211.ca

211

Non-profit society that connects people to community, health, and government resources for help. Available 24/7, multilingual service.

“Do Not Call List” for Telemarketers

www.innte-dncl.gc.ca 1-866-580-3625

To add your phone number to the national “Do Not Call List” for telemarketers, Register online or call 1-866-580-3625 and follow the prompts.

HealthLink BC

811

www.healthlinkbc.ca

Call to talk to a registered nurse, pharmacist, exercise professional or dietitian for help with any health concern, any time of the day or night. Learn when you can treat a problem safely at home, or when you need to see a doctor, or go to the emergency room. The service is available for those who are deaf or hearing impaired by calling 711, and multilingual translation is also available.

Information North Shore

www.nscr.ca 604-985-7138

#201-935 Marine Drive (2nd floor, Capilano Mall), North Vancouver

Provides drop-in and telephone information and referral to community services on the North Shore and the Lower Mainland. A wide variety of free brochures are available in the office.

Lionsview Seniors Planning Society

www.lionsviewseniorsplanning.com
604-988-7115 ext. 4001

Lions Gate Community Centre,
1733 Lions Gate Lane, North Vancouver
Acts as a strong voice for seniors on the North

Shore through research, planning and education. Promotes the participation of seniors in the ongoing coordinated planning and delivery of health, social and other activities that affect their quality of life on the North Shore. Lionsview hosts the Services to Seniors Coalition, the Seniors Action Tables, the Seniors Working Group and the Seniors Planning Table for the North Shore. Email: lions_view@telus.net

Nidus Personal Planning

Resource Centre & Registry 604-408-7414
www.nidus.ca info@nidus.ca

Nidus provides online information and assistance with planning for incapacity, end-of-life and other life situations. A Representation Agreement is the only legal document for authorizing someone to make health and personal care decisions on your behalf. It can also cover routine financial affairs. Nidus also has information about the Enduring Power of Attorney, a common legal document for routine and broader financial and legal affairs. Refer to website for details.

North Shore Women’s Centre

www.northshorewomen.ca 604-984-6009

131 East 2nd Street, North Vancouver

Provides confidential, free information and referrals to a variety of services. Has a drop-in centre, a legal clinic, a resource library with resources on topics of interest to women, public access computers, and offers support groups and workshops throughout the year.

Office of the Seniors Advocate

www.seniorsadvocatebc.ca 1-877-952-3181

6th Floor, 1405 Douglas Street, PO Box 9651,
STN PROV GOVT, Victoria, BC, V8W 9P4

Monitors seniors’ services and issues in BC, and makes recommendations to government and service



Owners George & Mildred McKenzie

A Tradition of Trust

The McKenzie Family is a Third Generation Family Funeral Service
Specializing in Cremations, Celebrations of Life Planning,
Burial Services, Memorials, and End of Life Planning
Also specializing in Zoom Services



200-100 Park Royal South
West Vancouver | 604-926-5121
www.mckenziefuneralservices.com

We’re all about family, and have been for three generations

INFORMATION SERVICES cont.

providers to address systemic issues. Provides information and referrals for individuals who are navigating seniors' services in the areas of health care, housing, income supports, personal supports and transportation, and tracks their concerns.

Seniors One Stop Navigation Centre (SOS) **www.nscr.ca** **604-982-3302**

Provides information on how to access home support, meal and shopping programs, transportation options and where to attain supportive equipment. Help to navigate information on subsidized housing, financial benefits, and referrals to legal services as well as information about social, recreational, and volunteer activities. A wide range of brochures available in the office. Team members are available to speak with you during office hours Monday to Friday, 9 am – 4:30 pm.

Service BC **604-660-2421** **Hearing Impaired (TDD):** **711** **www.servicebc.gov.bc.ca** **1-800-663-7867**

Can assist you in contacting a provincial government program, service or person. If the government number you have to call is long distance and within BC, the operator will put you through free of charge.

You can now text 604-660-2421 for quick answers. Do not provide personal info in text.

Hours: Monday to Friday, 7:30 am - 5 pm

Service Canada **1-800-622-6232** **Hearing Impaired (TTY):** **1-800-926-9105** **www.canada.ca**

Callers can inquire about pension benefits, how to apply for the HST/GST credit or a social insurance number, get information about passport applications and taxes, locate their Member of Parliament and get general information about federal government programs and services.

(1-800-O-CANADA or 1-800-622-6232)



SUNNY INTERNATIONAL CONSULTING LTD
YOUR TRUSTED DOMESTIC SERVICE PROVIDER



ABOUT US

ELDER CARE CHILD CARE HOUSEKEEPER NANNY

Our dedicated team of highly trained professionals are committed to connecting you with the perfect candidate, creating a clean and nurturing home environment for your loved ones. Choose us for an exceptional level of service that leaves a lasting impression.

Providing You with More Personalized and Thoughtful Services in Your Home.



CONTACT US 
6045006156
sunnyhs0303@gmail.com



<https://sunny-consulting.weebly.com>

Address: 202-1089 West Broadway Vancouver V6H 1E5



LEGAL RESOURCES & PERSONAL SECURITY

ABUSE AND NEGLECT RESOURCES

If you, or someone you know, is experiencing harm or mistreatment, (this may include intimidation, humiliation, fraud, misuse of power of attorney, invasion of privacy; failure to provide necessary care etc.), contact one of the following resources.

POLICE EMERGENCY NUMBER 911

POLICE NON-EMERGENCY

- North Vancouver 604-985-1311

- West Vancouver 604-925-7300

**North Shore Crisis Services Society
604-987-0366**

Offers support services for women and their children who are at risk of abuse.

**- 24 Hour Women's Support Line
604-987-3374**

**VictimLinkBC
www.victimlinkbc.ca 1-800-563-0808**

Operates 24/7 and provides confidential, multilingual information and referral services to victims of crime and immediate crisis support to victims of family and sexual violence.

**North Shore Community Response Network
www.bccrns.ca**

The North Shore CRN is a network of service providers and community members who provide education and prevention of the abuse and neglect of vulnerable adults.

Email: northshorecrn@gmail.com to contact

Public Guardian & Trustee 604-660-4444

The mandate of the PGT is to protect the legal and financial interests of children under the age of 19 years; protect the legal, financial, personal and health care interests of adults who require assistance in decision making; and administer the estates of deceased and missing persons.

**ReAct Adult Protection, VCH 1-877-REACT99
www.vchreact.ca 1-877-732-2899
604-904-6173**

(Monday to Friday 8 am - 5 pm)

This program receives reports, provides consultation, and coordinates responses to adults who are abused, neglected or self-neglected. These people may be unable to seek support and assistance on their own due to restraint, physical or mental limitation or illness, disease, injury or other conditions that affect their ability to make decisions about the abuse and neglect. Referrals to this program will be responded to in accordance with the Adult Guardianship Act. Referrals may come from professionals or community members. Referral sources are kept confidential. For people with disabilities please contact Community Living BC 604-981-0321 (NS office) or 1-800-663-9122. If you believe it's an emergency, please call 911.

**Seniors First BC
(formerly known as BC Centre for Elder Advocacy and Support)
www.seniorsfirstbc.ca 604-688-1927
#502 - 1281 Georgia Street, Vancouver V6E 3J7**



Heidi Kulzer, CPPA
Member in good standing
with the Canadian Personal
Property Appraisers Group

DOWNSIZING ~ DE-CLUTTERING ~ ESTATES

Cash Paid For Scrap Gold & Sterling Silver in ANY form, Canadian and U.S. Silver Coins, All Gold Coins, Gold Teeth, Wristwatches, Pocket Watches, Watchmakers's Inventory, Vintage Costume Jewellery, All World Coins, All Paper Money, Military Medals, Postcards, Fountain Pens, Lighters, Black & White Photos, Estates, Decorative Asian Arts, & much more... ***Any amount, any condition.***

**Call for appointment and set up your house call
Serving North & West Vancouver and Vancouver Island
LOCALLY OWNED WITH OVER 25 YEARS EXPERIENCE**

**www.silverdollarvictoria.ca
250-858-9511 • email: thesilverdollar999@gmail.com**



LEGAL RESOURCES & PERSONAL SECURITY cont.

Seniors Abuse and Information Line (SAIL) 604-437-1940 Toll free 1-866-437-1940

8 am - 8 pm daily (except statutory holidays)
Language interpretation: Available 9 am - 4 pm, Monday to Friday
SAIL is a safe place for older adults, and those who care about them, to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.

- **Seniors Reaching out to Seniors Program**
Offers free workshops on elder abuse, powers of attorney, joint bank accounts and representation agreements, frauds and scams, bullying between older adults in communal settings, residential tenancy for older adults and government benefits for older adults.

- **Victim Services Program**
Provides information, support and referrals to people age 50+ who are victims of abuse, including family and sexual violence and anyone who has witnessed the abuse of an older adult.

CONSUMER PROTECTION

BC Identification Card (BCID)

ICBC Driver's Licensing Office (DLO) North Shore
1331 Marine Drive, North Vancouver
BCID cards are very useful if you are not a driver and do not have a driver's license.
Take one piece of primary identification and one piece of secondary identification to the Driver's Licensing Office of ICBC. Pay the BCID card fee (\$15 for those over 65 and free to those giving up their license) and have your photo taken. Your new card will be mailed within 4-6 week. Valid for 5 years.
See also BC Services Card on page 17



Our North Shore roots run deep.

- Litigation & Dispute Resolution
- Wills, Estates & Trusts
- Real Estate
- Business & Commercial
- Employment
- Personal Injury
- Construction

Lakes, Whyte LLP
Lawyers

Italiano, Français, 中文

100 - 1312 Lonsdale Ave
North Vancouver

'ABOVE THE CAMEL'

604.984.3646 | www.lakeswhyte.com



LEGAL RESOURCES & PERSONAL SECURITY cont.

BC Securities Commission:

Investment/Fraud 604-899-6854

www.investright.org or 1-800-373-6393

Through InvestRight, the BC Securities Commission offers independent, unbiased information to help seniors avoid fraud and make informed investment decisions. It can also help family and friends recognize the warning signs that someone they love is the target of fraud, or dealing with investment losses. Speak to someone in the BCSC Inquiries group, 8 am – 5 pm, or visit **www.InvestRight.org** online 24/7.

Consumer Protection BC

www.consumerprotectionbc.ca

1-888-564-9963

Offers information and services to help consumers handle unscrupulous business practices. Regulates travel agents, cemeteries and funeral services, debt collection agencies, telemarketing, home inspections and bailiffs.

Hours: Monday to Friday: 8:30 am – 4:30 pm

CRIME PREVENTION AND COMMUNITY POLICING

The Community Policing Centres operate various programs for the residents of the City and District of North Vancouver. These programs include Business Link, Speed Watch, Home Vacation Check and Citizens' Crime Watch.

North Vancouver Community

Police Services

604-969-7423

147 East 14th Street, North Vancouver

City Community Policing Centre

604-969-7465

112 East 3rd Street, North Vancouver (9 am – 4 pm)

District Community Policing Centre

604-990-2342

North Vancouver District Hall,

355 West Queens Road, North Vancouver

(9 am – 4 pm)

TAKING CARE OF EACH OTHER
is what community is all about.



FOR MORE THAN 87 YEARS,
we've proudly served North Shore families with personal, compassionate care. Thank you for continuing to place your trust in us—now and always.

Dignity®
MEMORIAL

☞ LIFE WELL CELEBRATED® ☜

HOLLYBURN

FUNERAL HOME

1807 Marine Dr., West Vancouver, BC V7V 1J7

604-922-1221 HollyburnFunerals.com

A division of Service Corporation International (Canada) ULC.



LEGAL RESOURCES & PERSONAL SECURITY cont.

LEGAL SERVICES

Access Pro Bono Society of BC
www.accessprobono.ca **604-878-7400**
1-877-762-6664

Several North Shore Locations

Pro bono lawyers provide summary legal advice to low- and modest-income individuals on a wide range of legal issues, including family, immigration, criminal, and civil law (such as debt, employment, welfare and housing). Same eligibility guidelines that are used for legal aid apply. An appointment is needed. See website for a useful guide to help you communicate with a lawyer. Wills clinics available - contact willsclinic@accessprobono.ca (preferred) or call 604-424-9600.

Everyone Legal Clinic
everyonelegal.ca **778-200-4478**

New innovation launched in May 2022 under Access Pro Bono for affordable legal service by highly-trained legal professionals with fixed fee and client-centered services locally or virtually in a wide range of areas covering everyday legal problems.

Lawyer Referral Service **604-687-3221**

Operated by Access Pro Bono
This service provides the name of a lawyer in private practice in BC who will meet for a free 15-minute legal consultation.

Clicklaw
www.clicklaw.bc.ca

A website that provides legal information, education, and help for British Columbians.

Dial-A-Law: The Law in BC **604-687-4680**
dialalaw.peopleslawschool.ca

A library of pre-recorded tapes and on-line resources gives legal information about laws in B.C. Available 24 hours a day, seven days a week.

Legal Services Society (Legal Aid BC)
www.legalaid.bc.ca **604-408-2172**

Non-profit organization provides legal information, advice, representation, legal aid services to residents of BC with low incomes.

North Shore Community Resources
Community Legal Services **604-985-7138**

#201 - 935 Marine Drive (2nd floor, Capilano Mall), North Vancouver

Offers legal information, referral, advice and representation to lower income residents on a variety of legal issues.

North Shore Women's Centre Legal Program
www.northshorewomen.ca **604-984-6009**

131 East 2nd Street, North Vancouver

Female lawyers provide private legal information and advice consultation for one hour on family law issues (separation, divorce, division of assets/property) for women. Intake necessary. Call for appointment: Monday to Thursday 10 am - 3 pm.

Peoples Law School **604-331-5400**
www.peopleslawschool.ca

People's Law School is a non-profit society in British Columbia, dedicated to making the law accessible to everyone. They provide free education and information to help people effectively deal with the legal problems of daily life.

A MOBILE NOTARY THAT COMES TO YOU

NORTH VAN



ALISHA DAGENAIS, NOTARY PUBLIC

- Real Estate Transactions (buying & selling)
- Wills, Power of Attorney, and Health and Personal Care Representation Agreements
- Notarizing Documents

www.nvannotary.com **604-715-6060**

alisha@nvannotary.com



Alisha Dagenais
Notary Public



LEGAL RESOURCES & PERSONAL SECURITY cont.

Public Guardian & Trustee

www.trustee.bc.ca **604-660-4444**

The Public Trustee's Office gives information on Power of Attorney, Representation Agreements and Committee of the Estate to people wishing to ensure proper help for those who cannot manage their finances on their own.

Seniors First BC – SAIL Legal Programs

www.seniorsfirstbc.ca **604-437-1940**

- **Legal Advocate:** government benefits, pensions and appeals, residential tenancy issues and debt.
- **Elder Law Clinic:** financial exploitation, incapability, guardianship, institutional care and abuse, wills, small claims court preparation.

Silver Harbour Seniors' Centre

Seniors' Legal Advice & Referral Clinic
604-980-2474

144 East 22nd Street, North Vancouver

Free confidential half-hour appointment with a lawyer who may give advice and/or referral for more assistance.

UBC Law Student's Legal Advice Program

604-822-5791

Offers free legal advice to those who cannot afford a lawyer. Eligibility based on income. Help with simple wills and estates, small claims, criminal (no risk of jail), WCB, social assistance, landlord/tenant, human rights, consumer, employment insurance, debts. Nothing dealing with real property.

Appointments take place during the school term. More frequent appointments during the summer. Call for an appointment.

MONITORING SERVICES

For information on the private companies which provide monitoring services, please contact the Seniors One Stop program at 604-982-3302.

Canadian Medic Alert Foundation

www.medicalert.ca **1-800-668-1507**

Supplies necklaces or bracelets with the MedicAlert emblem that will alert health care professionals of your medical condition in the event of an emergency. Keeps a 24-hour medical record on members for immediate access by doctors, hospitals and ambulance paramedics. Identification Bracelets can be purchased at drug stores, large department stores or jewelry stores. Can be engraved with the telephone number of the person plus a second contact number.

MedicAlert® Safely Home® 1-855-581-3794

www.medicalert.ca/safelyhome

A nationwide partnership emergency hotline service from MedicAlert Foundation Canada and the Alzheimer Society of Canada.

Personal information and a hotline number are engraved on a MedicAlert bracelet that's worn by a person with dementia. Should they ever go missing, first responders can quickly identify them by calling the MedicAlert 24-hour emergency hotline.



THE WEINBERG RESIDENCE

ASSISTED LIVING AND MULTI-LEVEL CARE FOR SENIORS

- Assisted Living & Multi-Level Care
- 24/7 nursing coverage
- Caring & professional staff
- Diverse, engaging programming & culture
- Bright, spacious suites up to 835 sq.ft.
- Chef prepared healthy meals

Your peace of mind is worth it!

Call 604.261.9622 for more information

5650 Osler Street, Vancouver BC V6M 2W9 • weinbergresidence.com



THE DR. IRVING & PHYLIS SNIDER CAMPUS FOR JEWISH SENIORS, SITE OF THE LOUIS BRIER HOME & HOSPITAL AND WEINBERG RESIDENCE



MEAL PROGRAMS & SHOPPING

FOOD RESOURCES IN COMMUNITY

Family Services North Shore

www.familyservices.bc.ca 604-984-9627

943 Marine Drive, North Vancouver

This community program provides weekly senior meals or groceries to those with low income and who qualify for one of the programs. To apply for support, call for an intake appointment.

Food Hub - North Shore (North Shore Neighbourhood House)

225 East 2nd Street, North Vancouver

Partners with Greater Vancouver Food Bank to distribute food every Wednesday from 9 am to 6 pm (with the exception of income assistance cheque issue day). Must be registered with Greater Vancouver Food Bank and bring food bank card. Call Greater Food Bank to register 604-876-3601.

Harvest Project

www.harvestproject.org 604-983-9488

1073 Roosevelt Crescent, North Vancouver

Provides food, clothing and client care services for those experiencing difficult life circumstances. Focus is to work with clients to set goals, direct them to appropriate support services and assist in rebuilding their lives.

Quest Food Exchange

www.questoutreach.org 604-566-0110

167 East 1st Street, North Vancouver

Quest is a non-profit organization that ensures people living on low income have access to healthy and affordable food. To become a client at Quest and access the not-for-profit grocery market, a local social service agency must first complete a Client Referral Form on your behalf. Entry is from LoLo Lane. Contact for hours.

Salvation Army Food Hampers

604-988-7225

105 West 12th Street, North Vancouver

Provides fresh food boxes once a month for those who qualify (through an intake assessment appointment). Must call to request and pick up.

HOT OR PREPARED MEALS IN THE COMMUNITY

Congregate Meal Program 604-761-1474

Lunch or hot meals in various North Vancouver locations. Must call to register. Locations include Mollie Nye and Capilano House but days and locations subject to change.

John Braithwaite Community Centre

www.jbcc.ca

604-983-6488

145 West 1st Street, North Vancouver

Lunch offered Fridays at noon.

Call for more information and to make a reservation.

North Shore Meals on Wheels

www.carebc.ca/north-shore-mow

604-922-3414

A volunteer service which delivers meals to ill, disabled, or elderly North Shore residents who are unable to prepare nutritious meals for themselves. Meals are delivered Mondays, Wednesdays and Fridays between 11 am and 1 pm.

Office Hours: Mon/Wed/Fri 8:30 am - 1:30 pm.

Parkgate Society

www.parkgatesociety.ca

604-983-6359

3625 Banff Court, North Vancouver

Lunch is available at Parkgate Community kitchen every Wednesday for dine in. Call for more information.

St. Andrews United Church

www.st-andrews-united.ca 604-985-0408

1044 St. Georges Avenue, North Vancouver

Free community lunch on Thursdays at noon.

Call for more information.

Salvation Army: Frozen Meals

604-988-7225

105 West 12th Street, North Vancouver

Economically priced frozen food items can be ordered in person, by phone, or online. Minimum order of \$25 for free delivery. Mon-Fri 9 am - 4 pm.

Sharing Abundance

www.sharingabundance.ca/programs

604-985-0709

A non-profit charity that offers welcoming places where food and community meet.

Locations include the following but subject to change:

North Lonsdale United Church 604-985-4911

St Agnes Anglican Church

St Christopher's Anglican Church 604-922-5323

Royal Canadian Legion (Branch 118) 604-985-1115

Silver Harbour Seniors Activity Centre

www.silverharbourcentre.com

604-980-2474

144 East 22nd Street, North Vancouver

Delicious and nutritious meals for dine-in and pick-up Monday to Friday. Entrée, soup, salad and dessert for \$12. Snacks, refreshments and other options available. Menu Online.

MEAL PROGRAMS & SHOPPING cont.

The Centre by North Shore Volunteers for Seniors

www.nsvs.ca

604-922-1575

275 21st Street, West Vancouver

For members, a luncheon followed by games is hosted on Tuesday at noon. Call to register and get updated program information.

West Vancouver Seniors' Activity Centre

www.westvancouver.ca/seniors

604-925-7280

695 21st Street, West Vancouver

Monday to Friday 9 - 3 pm, Saturday and Sunday 9 am to 2 pm, Thursdays 9 - 7 pm.

Lunch, dinner and take out.

Nutritious entrées and hearty soups, salads and sandwiches, baked goods, and desserts. Menu is posted on Seniors Activity Centre website daily by 9 am. Phone orders Tuesday and Thursday 10 - 12 pm. Minimum \$25 purchase for free delivery in West Vancouver for seniors with limited mobility.

For more information and updates, call Seniors One Stop at 604-982-3302

SHOPPING DISCOUNTS FOR SENIORS

Many businesses offer discounts to seniors. For more information, please contact the Seniors One Stop program at 604-982-3302.

SHOPPING PROGRAMS

Capilano Community Services Society - Seniors' Hub

www.capservices.ca 604-988-7115 ext. 2009

"Shopping with Doris" - North Vancouver clients are accompanied door-to-door for their shopping needs. Escorts can be provided if required.

Monday: Capilano Mall shop & walk: 12 - 1:30 pm

Tuesday: grocery shopping at Save-on Foods plus an optional stop at Capilano Mall: 12 pm - 1:30 pm

Wednesday: Capilano Mall shop & walk: 10:30 am - noon

HandyDART

604-575-6600

www.translink.ca/rider-guide/transit-accessibility/handydart

Those registered with HandyDART may call and make a booking for a trip to a grocery store. Clients must arrange for the store to deliver groceries. HandyDART allows two bags per person. Drivers do not carry bags.

North Shore Better at Home Program

604-982-3313

Seniors, 65+ and living independently, can phone in their grocery list and a volunteer from NSCR will shop on their behalf and drop off their groceries. Orders will be scheduled as soon as possible, usually within 1-2 days, depending on volunteer availability. A small fee may apply and clients are expected to pay for own groceries. Preregistration to program is required.

Parkgate Society - Seymour Access Bus

www.parkgatesociety.ca/seniors/bus-trips

604-983-6359

This free service picks local residents up and returns them to their homes after a social shopping adventure. Serving Deep Cove/Blueridge area.

Call to register.



Seniors Day!

**Ready-to-cook meals for the time starved!
Order Online For Free North Shore Delivery**

**SENIORS RECEIVE 15% OFF
Promo code: seniorsday**

**Seniors Day the first Tuesday
of each month.**



604-971-4756

info@wellfedstudio.com • wellfedstudio.com



SOCIAL, EDUCATION & RECREATION PROGRAMS

Community Integration Services Society **www.gociss.org** **604-986-1511**

Provides community-based programs for developmentally disadvantaged people. Participants are integrated both socially and physically through recreation, leisure, education and vocational opportunities.

Elder College at Silver Harbour **604-980-2474** **www.silverharbourcentre.com**

Offers bookclub, lecture series, outdoor learning and more.

Parkgate Society also offers a “ What’s News Parkgate” with focus on news and current affairs. Call 604-983-6350 for more information.

Impact North Shore (formerly N.S. Multicultural Society) **www.impactnorthshore.ca** **604-988-2931**

123 East 15th Street, North Vancouver
Offers various programs and services for immigrant seniors. Government sponsored (free): Language Instruction for Newcomers to Canada (LINC Program) Senior’s Learning Circle and Seniors’ Bridging Program and low-cost fee for service English language classes. Provides information, orientation, and referral services in Farsi, Korean, Tagalog, Mandarin, Cantonese, and Ukranian. Immigrant seniors programs and services are available throughout the year.

Intellectual Disability Society (North Shore Connexions) **- The Summit** **summitprograms@idsbc.org** **604-904-0842**

The Summit program provides leisure programs for seniors with intellectual disabilities. Programs are

recreational and educational. Conversation groups, fitness programs, crafting and sing-alongs are offered. All seniors from the community are welcome to access The Summit programs. Seniors that would like to participate in adaptive programming, focused on socialization rather than skills, please call for a program guide.

Membership: \$40
The Summit: 1095 Churchill Cresc, North Vancouver

Simon Fraser University - Liberal Arts and Adults 55+ Program **www.sfu.ca/seniors** **778-782-8000**

SFU offers intellectually challenging non-credit courses to older adult learners year round. Topics covered range from art and literature to history, science, philosophy and more.

Classes are open to learners of all ages, with a tuition discount for those 55+. Visit website for more information.

LIBRARIES

North Vancouver City Library 604-998-3450 **nvcl.ca**

Selection of downloadable books and websites to browse, and virtual programs available.

Home Services:

Free home delivery of library materials for City residents who are unable to come to the library due to some disability. Large-print books and audio books are available if you require these types of materials. Once you have registered for home services, a personalized selection of material will be delivered to your home by a library staff member.



NORTH SHORE NEIGHBOURHOOD HOUSE

The NSNH Seniors Centre at JBCC is a warm and welcoming community space for adults 55+ where they come to exercise, learn, play, socialize, volunteer, take bus trips, have fun, and make new friends. We offer fitness, art, music, wellness, socialization, and dementia programs, low-cost activities and games as well as a variety of free services including the Seniors Peer Support, information, and referral programs.

Please Contact: Tooka Hashemi
Seniors Program Coordinator
seniors@nsnh.bc.ca | 604-983-6496
Visit: www.nsnh.bc.ca





SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

North Vancouver District Public Library
nvdpl.ca 604-990-5800
Home Library Service: ext. 8124
Talking Books: ext. 8125

If you are unable to get to the library because of a physical disability, the Home Service Librarian can choose a selection of large or regular print books or audio books and audiovisual materials based on your interests or you can request specific titles. Hosts library afternoons in care facilities and seniors' complexes.

West Vancouver Memorial Library
westvanlibrary.ca 604-925-7400
Accessible Services and Talking Books
604-925-7437

If you are unable to travel from home or living in a local residential care facility, a wide selection of library materials can be delivered.
Extensive collection of books in large print format and audio books available.

RECREATION CENTRES & FACILITIES

North Vancouver Recreation & Culture
www.nvrc.ca All Enquiries 604-987-7529
Recreation Information in Farsi
604-983-6416

NORTH VANCOUVER

- **Centennial Theatre**
Box Office 604-984-4484
- **Delbrook Community Recreation Centre**
851 West Queens Road 604-983-6530
- **Harry Jerome Community Recreation Centre**
123 East 23rd Street 604-983-6403
- **John Braithwaite Community Centre**
145 West 1st Street 604-983-6471

SENIOR GROUP PROGRAMS AT MONOVA

PROGRAMS INCLUDE:

- COAST SALISH WOOL WEAVING
- GUIDED GALLERY EXPERIENCE
- SCRAPBOOKING
- AND MORE!

CONTACT US TO BOOK:
EMAIL PROGRAMS@MONOVA.CA OR
CALL 604-990-3700

Museum of North Vancouver
115 WEST ESPLANADE

Archives of North Vancouver
3203 INSTITUTE ROAD



monova.ca



SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

- **Karen Magnussen Community Recreation Centre**
2300 Kirkstone Road **604-983-6550**
- **Lions Gate Community Centre**
1733 Lions Gate Lane **604-983-7650**
- **Lynn Valley Community Centre**
3590 Mountain Hwy **604-983-6550**
- **North Vancouver Tennis Centre**
280 Lloyd Avenue **604-983-6483**
- **Parkgate Community Centre**
3625 Banff Court **604-983-6350**
- **Ron Andrews Community Recreation Centre**
931 Lytton Street **604-983-6500**
- **Seylynn Community Centre**
625 Mountain Hwy **604-983-6550**

WEST VANCOUVER

- **Ambleside Par 3** (seasonal) **604-922-3818**
900 Par 3 Road
- **Aquatic Centre** **604-925-7270**
2121 Marine Drive
- **Gleneagles Community Centre** **604-925-7270**
6262 Marine Drive
- **Gleneagles Golf Course** **604-921-7353**
6190 Marine Drive
- **Ice Arena** **604-925-7250**
786 22nd Street
- **Seniors' Activity Centre** **604-925-7280**
695 21st Street
- **West Vancouver Community Centre** **604-925-7270**
2121 Marine Drive



Meet friends, be active & get creative with NVRC

- Drop-in at a fitness centre • Join an AquaFit or yoga class
- Meet with friends for swimming or skating • Try dance, pottery, painting or music
- Play a sport in a gymnasium or racquet court • Financial assistance available

nvrc.ca   

604-987-7529



SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

Royal Canadian Legion

Provides socialization for veterans, their immediate families and friends.

- **Lynn Valley (#114)** **604-987-2050**
1630 Lynn Valley Road
- **North Vancouver (#118)**
123 West 15th Street **Lounge: 604-985-1115**
Office: 604-988-3712
- **West Vancouver (#60)**
580 18th Street **Lounge: 604-922-1920**
Office: 604-922-3587

SENIORS' CENTRES / OUTREACH

Capilano Community Services Society - Seniors' Hub

www.capservices.ca 604-988-7115 ext. 2009

1733 Lions Gate Lane, North Vancouver

The Seniors' Hub programs and services help seniors aged 55+ maintain their social networks, make new friends, and remain connected to community.

Programs include: a telefriend service, a monthly social, rides for North Vancouver seniors in upper and lower Capilano to medical appointments, outings and Grocery Shop Program, community coffee groups and mall shop and walking programs.

Cycling Without Age **604-980-2474**

A program of Silver Harbour providing free trishaw rides for mobility challenged people of all ages. Rides available at different locations. Visit cyclingwithoutage.ca/northshore/ for dates and more program information.

John Braithwaite Community Centre

www.nvrc.ca

www.nsnh.bc.ca 604-983-6471

145 West 1st Street, North Vancouver

This community centre is a partnership between the North Shore Neighbourhood House (NSNH) and the North Vancouver Recreation and Culture Commission (NVRC) and offers a variety of social, health and wellness programs for older adults. No membership is required for the NSNH Seniors Centre. For a complete list of adults 55+ programs, see program guide or website.

Lynn Valley Services Society (LVSS)

at Mollie Nye House 604-987-5820

940 Lynn Valley Road, North Vancouver

For programming, services, rental inquiries:

www.lvss.ca

To become a member or volunteer: **www.lvss.ca**

Operated by LVSS on behalf of the District of North Vancouver, Mollie Nye House is an active community center that offers registered and drop in programs for seniors (Tai Chi & Qi Gong, Better Balance, PWR!4Life, ESL and more). LVSS provides a place where everyone feels welcome to gather, connect, engage "Bringing People Together."

North Shore Neighbourhood House

www.nsnh.bc.ca 604-987-8138

225 East 2nd Street, North Vancouver

Seniors services and activities such as Keep Well, bus trips, peer counselling, social programs, and special events are offered. NSNH also provides income tax preparation. See John Braithwaite Community Centre listing above for their partnered programs.

Parkgate Society

www.parkgatesociety.ca 604-983-6359

3625 Banff Court, North Vancouver

Provides a variety of programs and services including instructional learning, physical activity, drop-in social and interest group activities, special events and bus trips. A large selection of brochures highlighting services for seniors can be found in the hallway in the seniors area of the centre. Age 55+. Membership \$5 per year.

Silver Harbour Seniors' Activity Centre

www.silverharbourcentre.com 604-980-2474

144 East 22nd Street, North Vancouver

Recreational programs and helpful services, including fitness, arts, games, languages, trips, events, seminars, Eldercollege programs, meals and more. Membership fee is \$35 per year (not all programs require membership). Age 55+.

The Centre by North Shore Volunteers for Seniors

www.nsvs.ca 604-922-1575

275 21st Street, West Vancouver

The Centre is an intimate and inclusive activity centre for 55+. Programs such as Chair Yoga, Nordic Walking, Book Club, Mahjong, Bridge and games are offered in an informal setting. A healthy lunch is offered on Tuesdays and monthly workshops and events are available at reasonable prices. A place to foster new friendships, learn new skills, and maintain health and wellbeing.



SOCIAL, EDUCATION & RECREATION PROGRAMS cont.

West Vancouver Seniors' Activity Centre

www.westvancouver.ca/seniors

604-925-7280

695 21st Street, West Vancouver
Recreational, active living, rehabilitation, wellness, social and support services. A wide variety of 55+ programs, services, events and outings are offered year round.

Offers "Keeping Connected" program design for frail and isolated seniors. Cafeteria food services serves hot lunches and dinners daily and weekly.

E newsletter highlighting programs and events and an online magazine subscription called the SCENE available. Membership fee \$39 per year.

TELEFRIEND AND VISITOR PROGRAMS

Capilano Community Services Society

- Seniors' Hub (North Van)

604-988-7115 ext. 2009

Volunteers provide a telefriend service to lonely or isolated seniors, who share mutual interests and concerns and check on their well-being.

Family Services of the North Shore

www.familyservices.bc.ca 604-988-5281

Seniors living with a life-limiting or chronic illness, or their caregivers, can request weekly supportive phone calls. Service provided by trained volunteer. Info and register online.

North Shore Better at Home Program

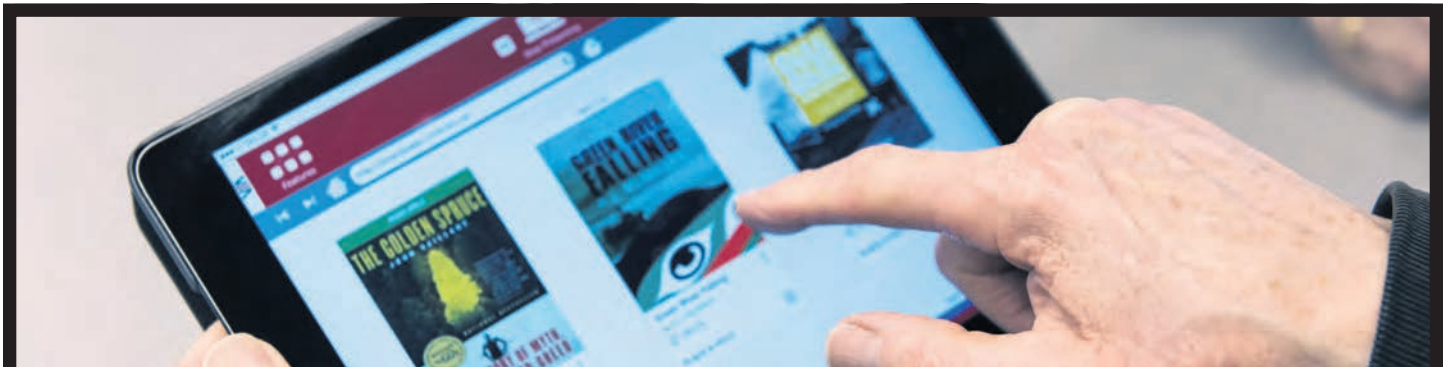
www.nscr.ca 604-982-3321

Volunteers provide friendly phone calls to isolated seniors looking for social connection.

West Vancouver Seniors' Activity Centre

604-925-7280

Seniors volunteers make friendly phone calls to lonely or isolated seniors to provide social connection, a friendly voice in time of need. Wellness home checks can be activated where needed.




YOUR LOCAL LIBRARY IS HERE FOR YOU

 Technology help

 Home delivery

 Accessible materials

 Events... and more!

 **City Library**

604.998.3450 | nvcl.ca

 **Public Library**

604.990.5800 | nvdpl.ca

 **MEMORIAL LIBRARY**

604.925.7400 | wvml.ca



TRANSPORTATION

Bus Pass Program

1-866-866-0800

www2.gov.bc.ca

follow prompts

Low income seniors and persons with disabilities can purchase a yearly bus pass for a reduced fee. First time applicants or those who have lost their pass, should submit an online request for service on the website. The bus pass allows travel without additional cost on local transit systems and is valid from January 1 - December 31. (Fee not pro-rated)

To get a reduced-cost pass, you must meet one of these criteria:

- 60 years or older and the spouse of a person with the Person with Disabilities designation and are receiving disability assistance from the Province of British Columbia
- 60 years or older and receiving income assistance from the Province of British Columbia
- 60 years or older, living on a First Nations reserve and getting assistance from the band office
- 65 years or older and would qualify for the Guaranteed Income Supplement (GIS) but does not meet the Canadian 10-year residency rule
- Receiving Old Age Security (OAS) and the GIS
- Receiving the Federal Spousal Allowance or Allowance for the Survivor

CNIB

(Canadian National Institute for the Blind)

www.cnib.ca

604-431-2121

Individuals registered with CNIB as legally blind may carry a CNIB National Identification Card/Compass Card that allows the holder to travel free on public transit in BC. If the sight-impaired person also has a HandyCard, their guide also travels free on transit. Cardholders are also eligible for reduced fares on BC Ferries, Air Canada (domestic), and some coachlines.

To obtain an application, call the above number and submit the form along with a colour passport size photo to the regional CNIB office. It will take approximately 7-10 days to process the application. There is no charge to obtain the pass.

Compass Card

604-398-2042

Seniors aged 65+ qualify for discounted fares through the Compass Card program. The Concession Compass Cards are purchased through Compass retailers (London Drugs, Shoppers, Save on Foods, Safeway, Mac's, 7-11). There is an initial fee of \$6 for the card. Once the card is purchased, you select either a monthly pass, day pass, or dollar value to the card. If you load up a dollar value, as you use the card, the appropriate concession fare will be deducted. You can then reload the value as required. Remember when you start and end your trip to tap your card at the card reader.

Drivers' Licenses (ICBC)

1-800-950-1498

1331 Marine Drive, North Vancouver

If you are 65 years or older there are reduced fees for driver's license renewals and road tests. All drivers 80 years of age and older are required to have a medical exam and submit a medical report every two years. The report form will be mailed to your home. The required medical exam is not covered by MSP.

HandyCard (Translink Accessible

Transit Program)

604-953-3680

www.translink.ca

You must have a permanent physical or cognitive disability that prevents you from using the public transit system without assistance. Your HandyCard entitles you to concession fares on the Bus, SkyTrain, SeaBus, West Van Transit and West Coast Express. You can use an orange Compass Card to pay for travel. An attendant who accompanies and assists a HandyCard holder may travel free on any part of the Regional Transportation Network. Information and application forms online.

HandyDART

604-575-6600

**www.translink.ca/rider-guide/
transit-accessibility/handydart**

Transportation for disabled persons who are unable to use public transit without assistance. Users must have a medical referral to be registered with the program. Application forms online. To book or cancel a trip call 604-575-6600.

Service is provided primarily for trips required for work, education, medical appointments, shopping and recreational as per availability.

There are 2 types of service: subscription trips (recurring) and casual trips (one time).

Parking Permit for People with Disabilities (SPARC)

www.sparc.bc.ca

604-718-7744

Permit issued to person with disability for use in any car in which the permit holder is being driven. Permit costs \$31, applies to one person only, and is valid for 3 years. Medical referral required.

Seniors' Shuttle Bus (WV)

604-925-7280

Local Shuttle Bus with hop-on, hop-off service from Park Royal to Dunderave on a scheduled route. Tuesday to Saturday 9 am to 3:45 pm. By donation contribution for roundtrip (\$3 recommended per person).

Taxi Saver Coupons

604-953-3680

Available for seniors with permanent disabilities who are registered with the BC HandyDART program. Taxi Saver Coupons can be used when HandyDART is not



TRANSPORTATION cont.

available to save 50% off taxi fare. Taxi Saver Coupons can be purchased in booklets in person at Stadium Sky Train station or by mail, cheque or money order to Coast Mountain Bus Company, #400 – 287 Nelson’s Court, New Westminster, BC V3L 0E7. Attn: Access Transit Department.

NORTH SHORE PUBLIC TRANSIT INFORMATION

Translink **604-953-3333**

www.translink.ca

6:30 am - 11:30 pm daily

West Vancouver

Blue Bus **604-985-7777 ext. 2**

www.westvancouver.ca

Information hours: 7 am - 8:30 pm

FARE REDUCTIONS

Airlines

Ask about seniors’ discounts when booking.

BC Ferries

www.bcferrries.com **1-888-223-3779**

BC seniors 65+ can travel free on select routes Monday through Thursday except Statutory holidays. Proof of age is required (BC Services Card). Benefit is for passengers only, vehicle fees still apply. Residents with a permanent disability can apply to BC Ferries for discount fares via a Disabled Status Identification Card (DSI).

Via Rail

www.viarail.ca **1-888-842-7245**

Fare reduction for those 60+. As reduced fares are limited, best to book well in advance.

VOLUNTEER DRIVERS

Capilano Community Services Society

– Seniors’ Hub **604-988-7115 ext. 2009**

Seniors’ Hub provides accompanied transportation to medical appointments for isolated or partially impaired seniors who cannot use public transportation. Minimum 48 hours notice required, and upon availability.

North Shore Better

at Home Program **604-982-3313**

Volunteer drivers provide seniors with transportation to medical appointments. Fees are based on client’s income, eligibility, and ability to pay. This service is for seniors living independently in the community.

Volunteer Cancer

Drivers Society **604-515-5400**

www.volunteercancerdrivers.ca

Volunteer drivers provide free, round-trip, door-to-door transportation for cancer patients receiving treatment and follow-up care. Patients must register for program and provide medical authority signature. A caregiver may accompany the patient if space is available. Drivers can usually accommodate collapsible walkers and wheelchairs. Appointments must be scheduled in advance through the dispatch number or online.



Are you a newcomer senior living on the North Shore?

The Immigrant Service Centre at Impact North Shore provides services and information for you and your family to learn about and participate in the community.

Contact us today to learn about these services and more:

- Seniors Bridging Program
- Seniors Learning Circles
- Digital Skills Learning
- Settlement Support Services



604-988-2931 | ImpactNorthShore.ca

Transportation Services



West Vancouver Seniors' Activity Centre Shuttle Bus (in partnership with Amica, WV Foundation, and Kiwanis)
604-925-7280

Local Shuttle Bus with hop on/hop off service from Park Royal to Dundarave on a scheduled route. Shuttle operates Tuesday to Saturday; Hours: 9 am - 3:45 pm. A donation contribution of \$3 per person for each pick up (roundtrip) is recommended.

Capilano Community Services Seniors' Hub
604-988-7115 ext. 2009

Seniors' Hub provides accompanied transportation to medical appointments for isolated or partially impaired seniors who cannot use public transportation. Minimum 48 hours notice required.

North Shore Better at Home
604-982-3313

Volunteer drivers provide seniors with transportation to medical appointments. Rides are not guaranteed but based on volunteer availability. Fees are based on client's income, eligibility, and ability to pay. This service is for seniors living independently in the community.

Services for Seniors



NORTH VANCOUVER

Parkgate Society - Seymour Access Bus
www.parkgatesociety.ca/seniors/bus-trips
604-983-6359

This free service picks local residents up and returns them to their homes after a social shopping adventure. Serving Deep Cove/Blueridge area. Call to register.

Volunteer Cancer Drivers Society
604-515-5400
www.volunteercancerdrivers.ca

Volunteer drivers provide free, round-trip, door-to-door transportation for cancer patients receiving treatment and follow-up care. Patients must register for program and provide medical authority signature. A caregiver may accompany the patient if space is available. Drivers can usually accommodate collapsible walkers and wheelchairs. Appointments must be scheduled in advance through the dispatch number or online.

For more information
about these services
please call

Seniors One Stop
604-982-3302 | nscr@nscr.ca



VOLUNTEER OPPORTUNITIES

Alzheimer Society of BC 604-298-0711

Whether your passion lies in supporting individuals and families affected by Alzheimer’s disease and dementia or you bring skills in office administration, your contribution matters. Explore meaningful volunteer roles aligned with your interests and schedule. Email for more information aramadas@alzheimercbc.org

Capilano Community Services Society – Seniors’ Hub 604-988-7115 ext. 2004 www.capservices.ca/seniors-hub

Volunteers are needed to drive, escort and help seniors with shopping, act as telefriends, help with My Lions Gate BREAK Dementia Programs, monthly socials and more.
Email: marjorie@capservices.ca

Caregiver Support Program www.nscr.ca 604-982-3320

Seeking peer-to-peer volunteers and facilitators to provide practical and emotional support to unpaid caregivers. Peer-to-peer caregivers provide valuable 1-1 support. Facilitators are empowered to develop and lead network and education groups.

Family Services North Shore www.familyservices.bc.ca 604-988-5281

Volunteers are needed to support seniors who are isolated or living with chronic illnesses and caregivers who are looking after older family members or friends at home. Training will be provided.
Email: rivers@familyservices.bc.ca
Family Services also offers a variety of year-round volunteer opportunities for all levels of physical ability, and schedule constraints. Visit www.familyservices.bc.ca/volunteer-with-us to apply or call 604-984-9627.



**BC NURSES’
UNION**

Standing up for health care

NURSES ENHANCE SENIORS’ HEALTH

www.bcnu.org

BC’s nurses deliver safe patient care to North Shore seniors in the community, in hospitals, and in long-term care facilities.



VOLUNTEER OPPORTUNITIES cont.



North Shore Keep Well Society www.keepwellsociety.ca

604-988-7115 ext. 3001

Programs held at various locations in North and West Vancouver. Volunteers are needed to work at registration desks; take blood pressure (health background required); and provide nutritional and pharmacy consultations.

North Shore Better at Home Program

604-982-3307

Volunteers are needed to assist clients by providing transportation to medical appointments, friendly visiting over the phone, assisting with grocery shopping, doing minor home repairs or helping with yard work.

Lynn Valley Services Society (LVSS) **at Mollie Nye House**

www.lvss.ca

604-987-5820

Contact to learn about available opportunities and how to get involved.

SILVER HARBOUR CENTRE

JOIN US FOR OUR SENIORS PROGRAMS



**Silver Harbour offers over 70 programs and services for local seniors.
Let us help you keep fit, expand your mind,
develop your creativity, and enjoy life.**

144 East 22nd St, N Van • 604-980-2474 • silverharbourcentre.com



VOLUNTEER OPPORTUNITIES cont.

North Shore Meals on Wheels 604-922-3414 **www.carebc.ca/north-shore-mow**

Volunteers are needed to deliver the meals Mon/Wed/
Fri between 10:30 am and 1 pm.

North Shore Neighbourhood House **(NSNH) & John Braithwaite** **Community Centre (JBCC)**

www.nsnh.bc.ca 604-987-8138 ext 202

Volunteers have a range of opportunities and support
seniors, family, youth, recreational and community
programs at both locations. Email: ahasan@nsnh.bc.ca

North Shore Seniors Peer Support, NSNH **604-315-2084**

Mature volunteers receive training to support
individual seniors in times of challenge, also to provide
resource information, and encourage community
connections. Requirements: good listener, attendance
in training and support meetings, appreciates that
with peer support there is a special bond of trust.
Languages other than English are welcome.

North Shore Stroke Recovery Centre **www.nssrc.org 778-340-5803**

The Stroke Centre offers a wide range of volunteer
opportunities supporting survivors of stroke:
program assistant, kitchen volunteer, speech support,
fundraising and special events volunteer.

North Van Arts **northvanarts.ca 604-988-6844**

Seniors are encouraged to volunteer and participate in
North Van Arts' events, exhibitions, and programmes
offered at a variety of locations in North Vancouver.

Parkgate Community Centre **www.parkgatesociety.ca 604-983-6350**

Volunteer opportunities at Parkgate Community
Centre vary depending on each volunteer's interests,
skills, experiences and availability. The Volunteer
Coordinator works with volunteers to develop
meaningful, impactful placements.



More space. More life.

For over 40 years, Maple Leaf Self Storage has provided
convenient, flexible solutions for your self storage needs.
Our team is dedicated to making your experience as
smooth and hassle-free as possible.

Amenities and Features

- Covered loading areas with spacious loading bays
- Spacious staging areas and moving carts available
- 24-hour digital video recording
- Monitored access control systems
- Many locker size options with wide roll up doors
- Extended access hours 365 days per year

West Vancouver
250 Taylor Way
604-925-3544

Capilano
2028 Curling Road
604-990-8818



For more information, site tours and promotion details
visit mapleleafstorage.com.

VOLUNTEER OPPORTUNITIES cont.

Silver Harbour Seniors' Activity Centre **www.silverharbourcentre.com 604-980-2474**

Silver Harbour offers a wide range of volunteer opportunities for all ages. Positions include program instructors, kitchen volunteers, building and garden maintenance, and more.

The Centre by North Shore Volunteers for Seniors

www.nsvs.ca **604-922-1575**

Volunteers needed Monday – Friday, 9:30 am – 3:30 pm to assist with various programs.

English speaking and Farsi speaking volunteers welcome. Training is provided.

Vancouver Coastal Health 604-984-5929 **www.vch.ca/get-involved/volunteer**

Volunteers are needed to support patients/residents/clients within Lions Gate Hospital, residential care facilities, assisted living residences and community programs. Contact Volunteer Resources at the above number.

Volunteer Cancer Drivers Society **www.volunteercancerdrivers.ca**

604-515-5400

Volunteer drivers are always needed to transport cancer patients to and from various treatment locations. Volunteer drivers use their own vehicle. Visit the website for more information.

Volunteer North Shore **www.nscr.ca**

604-982-3307

Provides a database of volunteer opportunities available in organizations across the North Shore.

West Vancouver Seniors' Activity Centre **www.westvancouver.ca 604-925-7280**

A variety of volunteer opportunities include: cafeteria, cashiering, coffee bar barista, gift shop, welcome desk, customer service front desk, meal packing, meal delivery, flower arranging, gardening programs and special events.

For all inquiries email scvolunteers@westvancouver.ca.

Tailored dental care for seniors

Experience comprehensive services designed for your needs.

Our services include:

- VELscope Oral Cancer Screening
- Basic Restorative Procedures
- Digital Dental X-Rays
- Laser Gum Therapy
- Intraoral Camera
- ZOOM office whitening
- And more!

CONTACT US

1892 Marine Drive, West Vancouver
belcantodental.com | 604.926.7621



BEL CANTO
DENTAL





INDEX

A

Abuse and Neglect Resources	40
Access Pro Bono Society of BC, 604-878-7400	43
Access to Home Support Services, 604-983-6700	21
Accessible Services & Talking Books	48
Adaptive Clothing, 604-982-3302	31
Adult Day Programs, 604-983-6700	23
Alano Club of the North Shore, 604-987-4141	27
Alcohol and Drug Addiction Program, 604-982-5610	27
Alcohol and Drug Information and Referral Service, 604-660-9382	27
Alcoholics Anonymous - Central Office, 604-434-3933	27
Allowance / Allowance for Survivor, 1-800-277-9914	11
Alzheimer Society of BC Resource Centre, 604-984-8348	27
Ambleside Par 3, 604-922-3818	49
Ambulance Service, 604-660-6897	27
Anavets Senior Citizens Housing Society, 604-874-8105	34
Aquatic Centre, 604-925-7270	49
Arthritis Answers Line, 1-800-321-1433	27
Arthritis Society, 604-714-5550	27
Assisted Living	24
Avalon Women's Centre, 604-913-0477	27

B

Bathing Program, 604-904-3550	23
BC211	38
BC Ambulance Service, 604-660-6897	27
BC Balance & Dizziness Disorders Society, 604-878-8383	28
BC Bereavement Helpline (BCBH), 604-738-9950	28
BC Emergency Health Services (BCEHS), 604-660-6897	28
BC Ferries, 1-888-223-3779	53
BC Housing, 604-433-2218	33
BC Identification Card (BCID)	41
BC Income Assistance for Seniors, 1-866-866-0800	14
BC Rebate for Accessible Home Adaptations, 604-433-2218	36
BC Sales Tax Credit, 1-800-387-1193	14
BC Securities Commission, 604-899-6854	42
BC Seniors Home Renovation Tax Credit, 1-800-959-8281	15
BC Services Card	18
BC Vital Statistics, 1-888-876-1633	10
Below-Market Housing	34
Berkley Care Centre, 604-924-8300	25
Better at Home Program, 604-982-3321	29, 46, 51, 53, 54, 57
Bus Pass, 1-866-866-0800	52

C

Canada Pension Plan, 1-800-277-9914	11
Canada Revenue Agency, 1-800-959-8281	10, 12
Canadian Cancer Society, 1-888-939-3333	30
Canadian Hard of Hearing Association, 604-926-5222	30
Canadian Medic Alert Foundation, 1-800-668-1507	44
Canadian Mental Health Association (CMHA), 604-987-6959	30
Canadian National Institute for the Blind (CNIB), 604-431-2121	28, 52
Cancer Society, 1-888-939-3333	30
Capilano Community Services Society - Red Cross Loan, 604-988-7115	32
Capilano Community Services Society - Seniors - Hub, 604-988-7115	46, 50, 51, 53, 54, 56
Capilano House, 604-433-2218	33
Capilano Towers, 604-922-5220	34
Caregiver Support Program, 604-982-3320	30, 56
Caregivers Connect (FSNS), 604-988-5281	30
Cedar Garden Assisted Living, 604-904-6409	24
Cedarview Lodge, 604-904-6400	23, 25

Centennial Theatre, 604-984-4484	48
Central Community Health Centre, 604-983-6700	26
Chartwell Churchill House, 604-904-1199	24
Chelsea North, 604-433-2218	33
Chronic Disease Services, 604-984-5752	26
City Community Policing Centre, 604-969-7465	42
Clicklaw	43
Clinical Counsellors, 1-800-909-6303	30
Community Bathing Program, 604-904-3550	23
Community Health Centres/Services	26
Community Integration Services Society, 604-986-1511	47
Companioning Community Care Program, 604-988-5281	30
Compass Card, 604-398-2042	52
Congregate Meal Program, 604-761-1474	45
Consumer Protection BC, 1-888-564-9963	41
Cooperative Housing Federation of BC, 604-879-5111	36
Counselling and Mental Health Support	30
Credit Counselling Society, 604-527-8999	17
Crime Prevention & Community Policing	42
Crime Stoppers, 1-800-222-8477	10

D

Delbrook Community Recreation Centre, 604-983-6530	48
Dial-a-Law, 604-687-4680	43
Dietitian, 604-983-6700 or 8-1-1	26
Disability Tax Credit, 1-800-959-8281	12
Disabled Parking Permit (SPARC), 604-718-7744	52
Discharge Planning (LGH)	20
District Community Policing Centre, 604-990-2342	42
Do Not Call List, 1-866-580-3625	38
Drivers' Licenses, 1-800-950-1498	52

E

ElderCollege, 604-980-2474	47
Emergency Natural Gas Leaks, 1-800-663-9911	10
Employment Insurance Benefits, 1-800-206-7218	12
Equipment Loans (Canadian Red Cross), 604-270-4224 ext. 216	31
Evergreen House, 604-988-3131	25
Every Day Counts, 604-363-0961	25
Everyone Legal Clinic, 778-200-4478	43

F

Family Caregiver Tax Credit, 1-800-959-8281	12
Family Services of the North Shore, 604-988-5281	30, 45, 51, 56
Fare Reductions	53
Fire — Non-Emergency	10
First Link® Dementia Helpline, 1-800-936-6033	10, 27
Food Hub, North Shore, 604-987-8138	45
Fortis Gas/Natural Gas Leaks, 1-800-663-9911	10
Fuel Tax Refund, 1-877-388-4440	14
Funeral Costs, 1-866-866-0800	13

G

Gleneagles Community Centre, 604-925-7270	49
Gleneagles Golf Course, 604-921-7353	49
GP Link, 778-945-3017	10, 28
GST / HST Tax Credit, 1-800-387-1193	13
Grant McNeil Place, 604-433-2218	33
Grief Recovery, 604-696-1060	31
Guaranteed Income Supplement (GIS), 1-800-277-9914	11



INDEX cont.

H

HandyCard, 604-953-3680	52
HandyDART, 604-575-6600	46, 52
Hard of Hearing Association, NS Branch, 604-926-5222	30
Harry Jerome Recreation Centre, 604-983-6403	48
Harvest Project, 604-983-9488	45
HealthLink BC, 811	18, 38
Health & Home Care Society of BC, 604-327-9525	23
Health Connection Clinic, 604-984-3777	19
Health Insurance BC, 604-683-7151	10, 21
Hollyburn Community Services Society (Housing), 604-986-3721	36
Hollyburn Family Services Society, 604-987-8211	31
Home & Community Care Services, 604-983-6700	10, 21
Home Adaptations for Independence, 604-433-2218	36
Home Care Nursing, 604-983-6700	22
Home Library Service	48
Home Owner Grant, 1-888-355-2700	15
Home Rehabilitation Services, 604-983-6700	22
Home Renovation Tax Credit, 1-800-959-8281	15
Home Support Services, 604-983-6700	21
HOpe Centre, 604-984-5000	20
Hot Meals in the Community	45

I

ICBC Savings & Discounts, 604-661-2800	14
Identification Bracelets	44
Immunization, 604-983-6700	26
Impact North Shore, 604-988-2931	47
Income Tax Clinics	17
Information North Shore, 604-985-7138	38
Intellectual Disabilities Society - The Summit, 604-904-0842	47

J

John Braithwaite Community Centre	45, 48, 50, 58
-----------------------------------	----------------

K

Karen Magnussen Recreation Centre	49
Keep Well Programs, 604-988-7115 ext. 3001	29, 57
Kiwanis Court, 604-926-0102	35
Kiwanis Cypress, 604-926-0102	35
Kiwanis Lynn Manor, 604-984-9166	35
Kiwanis Manor, 604-926-0102	35
Kiwanis Manor Assisted Living, 604-913-9083	24
Kiwanis North Shore Housing, 604-984-9166	35
Kiwanis St. Andrews, 604-984-9166	35
Kiwanis Terrace, 604-926-0102	35
Kiwanis Towers, 604-984-9166	35
Klahanee Park Lodge, 604-433-2218	34

L

Lawyer Referral Service, 604-687-3221	43
Legal Aid — North & West Vancouver	43
Legal Services	43
Legal Services Society, 604-408-2172	43
Libby Lodge, 604-433-2218	34
Libraries	47
Lions Gate Community Centre, 604-983-7650	49
Lions Gate Hospital, 604-988-3131	10, 20
Lions Plaza, 604-929-9499	36
Lions Ron Morrice Manor, 604-929-9499	36

Lionsview Seniors Planning Society, 604-988-7115 ext. 4001	38
Living Systems Counselling, 604-926-5496	31
Long-term Equipment Loans (Canadian Red Cross Society), 604-270-4224	31
Lookout Housing & Health Society, 604-982-9126	37
Lower Mainland Grief Recovery, 604-696-1060	31
Lynn Valley Care Centre, 604-988-4181	25
Lynn Valley Legion, 604-987-2050	50
Lynn Valley Services Society (Mollie Nye House), 604-987-5820	50, 57

M

Manor House, 604-433-2218	34
Margaret Fulton Adult Day Centre, 604-904-3550	23
Medical Clinics	32
Medical Equipment and Supplies	31
Medical Services Plan (MSP), 604-683-7151	10, 18
MedicAlert® Safely Home®, 1-855-581-3794	44
Mental Health Team (Older Adult), 604-982-5600	22
Metro Vancouver Housing Corp, 604-432-6200	36
MLAs and MPs	10
Monitoring Services	44
Mount Sea View, 604-433-2218	34
Mount Seymour Lions Society, 604-929-9499	36
Municipal Halls	10
My Lions Gate Break, 604-988-7115 ext. 2009	23
My Parkgate Break, 604-983-6359	23

N

Nidus Personal Planning Resource Centre, 604-408-7414	38
North Shore Better At Home Program, 604-982-3321	29, 46, 51, 53, 54, 57
North Shore Community Resources, 604-985-7138	6
North Shore Community Response Network	40
North Shore Crisis Services Society, 604-987-0366	40
North Shore Disability Resource Centre, 604-985-5371	29
North Shore Division of Family Practice - GP Link, 778-945-3017	10
North Shore Home & Community Care Services	10
North Shore Hospice, 604-984-3743	25
North Shore Keep Well Society, 604-988-7115 ext. 3001	29, 57
North Shore Meals on Wheels, 604-922-3414	45, 58
North Shore MPs & MLAs	10
North Shore Neighbourhood House, 604-987-8138	17, 45, 50, 58
North Shore Palliative & Supportive Care Program, 604-984-3743	25
North Shore Seniors Peer Support - NSNH, 604-315-2084	31, 58
North Shore Stroke Recovery Centre, 778-340-5803	29, 58
North Shore Women's Centre, 604-984-6009	17, 38, 43
North Shore Women's Crisis Line (24hr.), 604-987-3374	40
North Van Arts, 604-988-6844	58
North Vancouver City Library, 604-998-3450	47
North Vancouver Community Police Services, 604-969-7423	42
North Vancouver District Public Library, 604-990-5800	48
North Vancouver Legion, 604-985-1115	50
North Vancouver RCMP, 604-985-1311	40
North Vancouver Recreation & Culture Commission, 604-987-7529	48
North Vancouver Tennis Centre, 604-983-6483	49
North Vancouver Urgent and Primary Care Centre, 604-973-1600	20

O

Office of the Seniors Advocate, 1-877-952-3181	10, 38
Old Age Security (OAS), 1-800-277-9914	11
Older Adult Mental Health Team, 604-982-5600	22
Osteoarthritis Service Integration System (OASIS), 604-875-4544	26
Osteoporosis Canada, 1-800-463-6842	29



INDEX cont.

P

Palliative Care Program (LGH), 604-984-3743	20
Palliative Care Services	25
Palliative Support Centre, 778-729-1555	26
Parkgate Community Centre	49, 58
Parkgate Community Health Centre, 604-904-6450	26
Parkgate Society - Seymour Access Bus, 604-983-6359	46, 55
Parking Permit for People with Disabilities (SPARC), 604-718-7744	52
Parkinson Society British Columbia, 604-662-3240	29
Passport Canada, 1-800-567-6868	10
Pathways Serious Mental Health Illness Society, 604-926-0856	31
Patient Information (LGH), 604-988-3131	20
Pharmacare, 604-683-7151	19
Poison Control, 1-800-567-8911	10
Police Emergency Number, 911	10, 40
Police, North Vancouver, 604-985-1311	10, 40
Police, West Vancouver, 604-925-7300	10, 40
Power Outage / Repair Lines, 1-800-224-9376 (or *49376 on cell phone)	10
Property Tax Deferment, 1-800-355-2700	15
Public Guardian & Trustee, 604-660-4444	40, 44

Q

Quay View Housing, 604-980-5529	36
Quest Food Exchange, 604-566-0110	45

R

ReAct Adult Protection Program, 1-877-REACT99	10, 40
Recreation Centres & Facilities	48
Red Cross Short Term Health Equipment Loan Program, 604-988-7115	32
Rehabilitative Services (Home), 604-983-6700	23
Residential Tenancy Branch, 604-660-1020	37
Respite, 604-983-6700	23
Ron Andrews Community Recreation Centre	49
Royal Canadian Legion	50

S

Saint Andrews Place, 604-433-2218	34, 35
Salvation Army, 604-988-7225	45
Self-Management Programs, 604-940-1273, 1-866-902-3767	31
Seniors Abuse and Information Line (SAIL), 604-437-1940	41
Seniors' Centres / Outreach	50
Seniors' Discounts	46
Seniors Distress Line 604-872-1234	10
Seniors First BC	40, 44
Seniors' Hub, 604-988-7115	46, 50, 51, 53, 54, 56
Seniors' Legal Advice and Referral Clinic, 604-980-2474	44
Seniors One Stop Navigation Centre, 604-982-3302	6, 7, 39, 55
Seniors Peer Support - NSNH, 604-315-2084	31
Seniors Services Society, 604-520-6621	37
Seniors Shuttle Bus, West Vancouver, 604-925-7280	52
Senior's Supplement, 1-800-663-7867	13
Service BC, 604-660-2421	10, 39
Service Canada	11, 39
Seylynn Community Centre	49
Shaw, 604-629-8888	10
Sharing Abundance, 604-985-0709	45
Shelter Aid for Elderly Renters (SAFER), 604-433-2218	15, 37
Shopping Discounts	46
Shopping Programs	46
Silver Harbour Seniors' Activity Centre, 604-980-2474	17, 44, 45, 50, 59
Silverlynn Apartments, 604-904-4400	36

Simon Fraser University - Adults 55+ Program, 778-782-8000	47
Social Work (UPCC), 604-973-1593	21
SPARC Parking Permit, 604-718-7744	52
St. Andrews United Church, 604-985-0408	45
Stroke Recovery Centre, 778-340-5803	29, 58
Subsidized Assisted Living Facilities	24
Subsidized Housing	33
Suicide/Crisis Line, 988	10
Sunnyside Manor, 604-433-2218	34

T

24 Hour Women's Support Line, 604-987-3374	10, 40
Taxi Saver Coupons, 604-953-3680	52
Telefriend Programs	51
Telus, 604-310-2255	10
Telus Relay Service Assistance, 1-800-855-0511	32
Tenant Resource & Advisory Centre (TRAC), 604-255-0546	37
The Centre by North Shore Volunteers for Seniors, 604-922-1575	46, 50, 59
Translink, 604-953-3333	10, 53
Transporation	52
Twin Towers, 604-433-2218	34

U

UBC Law Students - Legal Advice Program, 604-822-5791	44
---	----

V

Vancouver Coastal Health, 604-983-6700	19, 59
Veterans Affairs Canada, 1-866-522-2122	13
VIA Rail, 1-888-842-7245	53
VictimLinkBC, 1-800-563-0808	40
Victim Services Program	10, 41
Volunteer Cancer Drivers Society, 604-515-5400	53, 55, 59
Volunteer Drivers	53
Volunteer North Shore, 604-982-3307	59
Volunteer Opportunities	56

W

Water / Sewer Emergencies	10
Wavefront Centre for Communication Accessibility, 604-736-7391	32
Wellness Together Canada, 1-866-585-0445	31
West Vancouver Adult Day Centre, 604-922-2022	23
West Vancouver Aquatic Centre, 604-925-7270	49
West Vancouver Arena, 604-925-7250	49
West Vancouver Blue Bus, 604-985-7777, ext. 2	10, 53
West Vancouver Community Centre, 604-925-7270	49
West Vancouver Community Health Centre, 604-904-6200	26
West Vancouver Seniors - Activity Centre Shuttle Bus, 604-925-7280	54
West Vancouver Legion, 604-922-1920	50
West Vancouver Memorial Library, 604-925-7400	58
West Vancouver Seniors' Activity Centre, 604-925-7280	17, 46, 49, 51, 54, 59
WorkBC Centre North Shore, 604-988-3766	17

Z

Zajac Norgate House, 604-983-6629	36
-----------------------------------	----



north shore senior services circle

Cherian Itty, Owner

Comfort Keepers Home Care
604.998.8806

www.comfortkeepers.ca/northandwestvancouver

[f](https://www.facebook.com/ComfortKeepersNorthandWestVancouver) @ComfortKeepersNorthandWestVancouver



We are a group of local business owners sharing a core goal of providing service and support to seniors on the North Shore.
northshoreseniors.ca

Amir Mohammadi, B.Sc.(BMET)

Biomedical Engineering Technologist

604-912-0106

www.AdvancedMedicalBC.ca

[f](https://www.facebook.com/AdvancedMedicalBC) @AdvancedMedicalBC



Gary Born

Personal Real Estate Corporation

604-787-9418

gary@garyborn.com

garyborn.com



My Home Rehab & Physiotherapy for Seniors

Mobile Therapists

604-338-4912

myhomerehab.ca

[f](mailto:info@myhomerehab.ca) info@myhomerehab.ca



Westcoast Wills & Estates Lawyers

Wills | Probate | Corporate Law

604-230-1068

westcoastwills.com

[f](https://www.facebook.com/westcoastwills) @westcoastwills



Deb Chmelauskas

Occupational Therapist/Dementia Consultant

604.551.7307

betterbrains.ca



Judie Dahl

Taking Care of all Aspects of your Move

604-210-7015

yourmovingconcierge.ca



Janice Boudreau

Aging at Home Occupational Therapy

Occupational Therapist Owner

778-636-6149

janice@agingathomeoccupationaltherapy.ca



Doreen (Dee) Gregson, CLU, CH.F.C., CFP®

Financial Advisor | Agency Owner

GREGSON INSURANCE & INVESTMENT SOLUTIONS INC.

gregson_insurance@cooperators.ca

604-983-7011



Pegah Arasteh

Pharmacist Manager

604-971-5400

wellpharmacy.com

[f](https://www.facebook.com/yourwellnesspharmacy) @yourwellnesspharmacy



Life Threads Ceremonies

Abegael Fisher-Lang

Master Life Cycle Celebrant

604-715-5168

www.lifethreads.ca



Dr. Solamita Avnessian, Optometrist

Providing quality eyecare and eyewear

604-210-8882 • www.cura2020.com

[f](https://www.facebook.com/cura_eyecare) @cura_eyecare



Jefferson Lee

Dignity Memorial

604-603-6004

jefferson.lee@dignitymemorial.com

dignitymemorial.ca



Mandy Fisch, MSc.RAUD, RHIP

Registered Audiologist/Owner

604-281-3691

hearinglife.ca

829@hearinglife.ca



Marci Deane

Mortgage Broker

604-816-8950

www.askaboutreversemortgages.ca

Ask Marci About Reverse Mortgages - Mortgage Architects





Home Support Care

- Stay home • Get help
- Housekeeping • Laundry
- Shopping • Meal prep
- Medication Management
- Medical Visits
- Companionship

You are not ready to leave your home, but you do need help to stay there safely. Shylo has helped seniors live in their homes comfortably since 1980 by offering a wide range of services that make dealing with everyday life just a little easier. You don't have to do it alone.

Call Today For A **FREE**
In-Home Needs Assessment.

Vancouver

604-736-6281

Burnaby

604-434-9681

North Shore

604-985-6881



Rides By
Shylo



Shylo

HOME HEALTHCARE

ShyloHomeHealthCare.ca
VancouverSeniorHealth.BlogSpot.com