

Community Guide
to Better Living

2021

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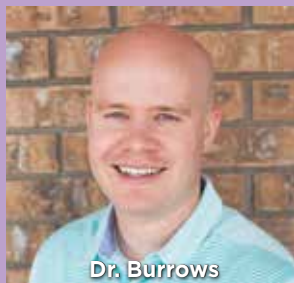


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Greetings

from your MLAs



As MLA for Veron-Monashee. I am please to be a part of this invaluable *Community Guide to Better Living* that offers a very easy to read resource guide and important senior and health related topics.

Although our region offers unmatched quality of living and is one of the most beautiful cities in the world to visit, right now I encourage all citizens to stay safe and practice all social distancing protocols that are in place right

now due to the COVID-19 pandemic.

If my staff or I can be of service to you in regards to the pandemic or for any provincial matters. please do not hesitate to contact my constituency office and my staff will be happy to assist in any way they can.

Please stay safe and all the best !

Eric Foster
MLA Vernon Monashee



The Shuswap is a great place to live, work, and play, but as you already may have discovered, it's a great place to retire as well!

We are surrounded by beautiful scenery, we have world-class healthcare facilities, and plenty of recreation centers and outdoor amenities to stay active and healthy.

The last few months have been filled with uncertainty and new challenges, and I am so proud of our region and the work we have all done to pull together during a difficult time. Let's make sure that we are keeping up that great work over the next few months — social distancing, choosing outdoor activities, and supporting our local small businesses.

I am pleased to again be supporting this great '*Community Guide to Better Living*' and I am sure that it will be a helpful resource to find services or contacts in communities throughout the Shuswap North Okanagan.

As your MLA, it is an honour to continue to serve you in the Legislature. Our office is always available to help with any issues, questions, or concerns that you may have on provincial matters.

Until further notice, you can best connect with us by phone and email.

We are always happy to help.

Greg Kylo
MLA Shuswap



North Okanagan Shuswap

Publisher, Editor-in-Chief

R. Robert Herringer

Art Director

Sid Cho

Contributors

Archway Society for Domestic Peace,
Armstrong Spallumcheen Chamber
of Commerce, Bulldogs Fitness &
Boxing Centre, Chantelle Fairbrother,
Elise Allan, Eric Foster, Greg Kylo,
Halina Activity Centre, Habitat for
Humanity Kamloops, Habitat for
Humanity Okanagan, IHA Lifeline,
Leanne Hammond, Toshia R. Hodgson,
Dr. Lauren Lypchuk, Susan Mackie,
NexGen Hearing, NexusBC, Nightingale
Medical Supplies, Okaped Inc.,
The Schubert Centre, Shuswap Hospice
Society, VJH Foundation, Village Cheese
Company, The War Amps

Mailing Address

**71-2710 Allenby Way
Vernon, BC V1T 9P2**

Advertising, Community Relations

**R. Robert Herringer
RRH & Associates**

**robert@experiencegroup.ca
www.experiencegroup.ca
1.800.631.0097 x202**

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

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

Thank you!

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of the City of Salmon Arm

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A compassionate community approach to care

Researchers from the University of British Columbia and the University of Alberta have developed an evidence-based intervention designed to improve the quality of life of older adults living at home with serious illness.

The program, called Nav-CARE, uses trained peer navigators to help adults with complex illnesses maintain their independence and stay connected to their community. As their health declines, individuals experience significant challenges meeting their needs related to nutrition, transportation, activities of daily living, accessing information, making good decisions, and social support. Those who fail to receive adequate assistance meeting these needs are at high risk for social isolation, disengagement from community, and poor quality of life.

Nav-CARE takes experienced volunteers and provides them with additional training to help older adults living with complex illness make connections with supportive networks and services in their community. These peer volunteers visit client's homes and work one on one over an extended period of time using a "neighbours helping neighbours" approach. Together, volunteers and clients identify and solve a variety of practical problems that supports the client to live well even as their health declines. Volunteers receive ongoing

education, support and mentorship as part of their engagement in the Nav-CARE research project.

Nav-CARE is an evidence-based program currently being scaled out for further evaluation. Competencies for the peer volunteers were constructed by an international group of experts in seniors' care. The concept was tested in a one-year pilot, has been implemented and evaluated in 10 communities across Canada, and is now being scaled out to 14 additional sites across 7 provinces. Evaluation of the intervention indicates that Nav-CARE has a positive impact on volunteers, clients, and their families. Clients cite the benefits of having a consistent source of social support who knows how to help them overcome the challenges they face. They also report feeling more engaged with life and their communities, more confident of the decisions they make, and more aware of the resources available to help them. In the words of one client, having a peer navigator simply "made life more livable."

If you feel you would benefit from this program contact the Salmon Arm Nav-CARE coordinator at 250-832-7099, admin@shuswaphospice.ca or website www.shuswaphospice.ca.



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Proper Footcare and Diabetes

Canadian Certified Pedorthists – C. Ped (C) urge Canadians living with diabetes to make footcare a daily priority. An estimated 2.3 million Canadians currently live with diabetes and 14 – 24 per cent of those are at risk of developing a foot ulcer that will result in the amputation of a foot or leg.



The majority of foot problems diagnosed in people with diabetes could have been avoided through daily footcare and proper shoe selection. Many people with diabetes have reduced circulation or sensation in their feet (called neuropathy), and are not able to feel if something in their shoe or the shoe itself is irritating their foot. To avoid the development of wounds or ulcers, it is vital people living with diabetes visually examine their feet daily and have footwear professionally reviewed or fit.

Diabetes Canada recommends that all people with diabetes should be instructed on proper footcare and have a foot examination at least once a year to avoid the risk of amputation. Foot examinations should include an assessment of any structural abnormalities such as feet that lean excessively to one side, causing friction between the foot and the shoe, signs of neuropathy and vascular disease, and evidence of any ulcerations and/or infections. Along with regular foot examinations, a daily footcare routine and proper shoe selection are equally vital to help maintain the health of the feet.

Footcare: Pedorthic Pointers for Patients

- Inspect your feet daily. Be alert for redness, swelling, broken skin, sores or bleeding. See your Physician immediately if any of these problems arise.
- Protect your feet from injury, wear your shoes indoors and outdoors.
- Wash your feet with soap and warm water every day, but do not soak them.



- Avoid heat pads or hot water bottles. With a lack of sensation, it is easy to burn your feet.
- Avoid socks with heavy seams as they can irritate the skin leading to breakdown or ulceration.
- Avoid tight constrictive socks and clothing that can limit blood flow.

Shoe Selection: Pedorthic Pointers for Patients

- Have your shoes professionally fit or reviewed by a trained specialist such as Canadian Certified Pedorthist C. Ped (C)
- Select footwear with: soft uppers with minimal seams; deep, wide toe boxes; firm but cushioned soles; removable insoles; strong heel counters; and rocker soles
- Lace up shoes offer a versatile fit and are recommended. However, if tying laces is difficult select footwear with Velcro closures vs a slip-on shoe.
- When purchasing shoes, remove the insole and stand on it. If your foot overlaps any area, the shoe is too narrow or too short.
- Make sure there is a full finger width between the end of your longest toe and the end of your shoe.
- Avoid seams over the toe area as they resist stretching and can rub against your skin causing it to break down or ulcerate.
- If you have a problem with lower limb swelling, ask your Physician about graduated compression stockings to help control swelling and improve your shoe fit.

If you are experiencing foot pain, or to have a diabetes related foot assessment talk to your Physician or book an appointment with a Canadian Certified Pedorthist.

Submitted by Okaped Inc.

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Our **Vernon** clinic is located at #101, 3605 31 Street. Clinics are also located in **Penticton**, on Westlake Road in **West Kelowna**, and Ambrosi Road and Pandosy Street in **Kelowna**.

The Community Foundation of the North Okanagan – *Helping Donors Make a Difference Today, Tomorrow...Forever*



Now more than ever, we all want to see our donated dollars go further. At the Community Foundation of the North Okanagan we listen to donors, and help you find ways to meet your charitable goals. We support charities through granting that creates meaningful and lasting community impact.

Our structure is unique. We are your one-stop charitable giving partner. Our speciality is working with individuals, families, businesses, and charitable agencies to create permanent endowment funds. By investing this money and using the income to support charities, the Foundation is able to grant year after year instead of just when the original gift is made.

However, we also recognize that for some donors, making an immediate impact through non-endowed funding is preferred. In that case, gifts can be structured to pay out to a favourite charity or group of charities now, or over a specified number of years.

Whether your passion is Arts or Animals, Education or Recreation, Health, the Environment or Social Services, we are here to help.

Leave a gift in your will, make a small one-time donation, gift a life insurance policy, or transfer some appreciated stocks. Whether you want to make an impact today, or provide a source of income for the future, the Community Foundation of the North Okanagan is your partner in philanthropy.

To find out more, call Leanne at 250-542-8655
email Leanne@cfno.org

www.cfno.org www.cfno.org



A donation to the Community Foundation of the North Okanagan will provide sustainable funding for the community and the causes you love,
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For Good. Forever.**

Contact us to find out how you can make a difference.
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Kitchen removal is easy, and you will receive a tax receipt!

So you are putting a new kitchen into your home, congratulations! Now is the time to think about what you are going to do with your old kitchen. Consider donating it to Habitat for Humanity **Vernon ReStore** and in return you will receive a taxable receipt for our resale value plus you are keeping good usable items out of our local landfill. Monies raised through the ReStore support Habitat for Humanity Okanagan homebuilding initiatives locally.

What do you have to do?

Easy. Contact us **BEFORE** to taking out your existing kitchen to allow us to evaluate it. We will schedule a date and carefully remove your old kitchen cabinets and take them away. It really is that easy! Call 778-755-4346 extension 213.

Habitat for Humanity ReStores



Habitat for Humanity Okanagan operates four decor and building supply ReStores with locations in Vernon, Kelowna, West Kelowna, and Penticton. The stores sell new and gently used items for your home and garden. From lighting to flooring, furniture to major appliances,

one of a kinds and antiques. If you need it, or want it, you can likely find it at a ReStore at a great price.

Restores help keep material out of the landfill and the proceeds from the sales help support Habitat for Humanity Okanagan's building program here in the Okanagan.

Our inventory is 100% donated by local and corporate business and by individuals like you. Donations are greatly appreciated. Thank you!

*If you are **interested in volunteering** contact stephen.somerville@hfhokanagan.ca*

The Vernon ReStore has both a build centre and furniture and home décor store located at 2707C and 2709C 43rd Avenue, Vernon

Questions? Email Lesley Phoenix, ReStore manager at lesley.phoenix@restoreokanagan.ca

Habitat for Humanity Okanagan announces future build project in Lumby

Affordable home ownership in the region gets closer as Habitat for Humanity Okanagan agrees to build six homes on Shields Avenue in Lumby. The lot for the project will be donated by the Village of Lumby in exchange for civil upgrades to be completed by Habitat for Humanity.

Initial plans are to build three homes with completion of the project further out. Timelines for the start of the first phase will be dependent upon community engagement, local fundraising, project financing and the process of family qualifications.



For more information contact Neil Smith, COO at 778-755-4346 Extension 203 or neil.smith@hfhokanagan.ca



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Do you have a degenerative condition that makes it hard to move?

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BULLDOG PROGRAMS (55+):

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Active Agers- *50+ Fitness Program*

Regain and Renew- *Rehab and Specific Injury Fitness Program
(by appointment)*

All of these classes include a combination of STRENGTH, CONDITIONING, MOBILITY, BALANCE and COORDINATION to make your daily activities feel like a breeze. At Bulldogs we pair boxing with circuits as well as other body weighted and resistance exercises to keep each class FUN and ENGAGING.

'Never too old
to...'

set another goal
or dream a new
dream.'

- G. Lewis

BOXING is a beautiful sport! It is also a wonderful full body work out for everyone that shapes your muscles, mind and spirit.

Bulldogs Fitness and Boxing Community is more than just a place to workout. Together we strive to build self-esteem and self-confidence, while reaching everyone's fullest potential. Our goal is to make an **impact** with ANYONE who steps through our doors at BULLDOGS. The certified coaches will encourage and challenge you while still being mindful of your adaptive needs; modification options are always available, including seated boxing and stability support.

Concerned about COVID-19? Not ready to workout in public during this pandemic?

No worries! COVID-19 has not stopped us from doing what we are meant to do. At Bulldogs, we are following all protocols mandated and recommend by Interior Health for fitness facilities. We have also synchronized our in studio classes with our VIRTUAL live classes. You will receive instruction and feedback to provide you with the best results possible wherever you are.

For more information about our programs visit our website at <http://bulldogsboxing.com/active-agers/>



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War Amps Key Tags Protect Your Keys and Help Child Amputees

Deji Disu, 5, was born a left arm amputee and, as a member of The War Amps Child Amputee (CHAMP) Program, is eligible for financial assistance for the cost of artificial limbs and adaptive devices, regional seminars and peer support.

Deji was recently fitted with a myoelectric arm which can sense muscle impulses, allowing him to open and close the hand by simply flexing his muscles. "This artificial arm allows Deji to be independent and do whatever he sets his mind to," says mom, Sara.

The War Amps Key Tag Service was launched after the Second World War so that returning



Deji is a member of The War Amps Child Amputee (CHAMP) Program

war amputee veterans could not only work for competitive wages, but also provide a service to Canadians.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox, and The War Amps will return them to you by courier, free of charge.

The War Amps many programs for Canadian amputees, including CHAMP, are funded by donations to its Key Tag and Address Label Service.

The Association does not receive government grants. For more information, or to order key tags or address labels, call **1 800 250-3030** or visit waramps.ca.



The War Amps

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CYCLING WITHOUT AGE



Cycling Without Age (CWA) is a non-profit organization established in Copenhagen Denmark in 2012. It is a volunteer program that takes the elderly and less able citizens out for free bike rides in specialized bicycles called trishaws. CWA has grown rapidly worldwide expanding to 55 countries with more than 2,200 chapter locations globally. There are more than 3,000 trishaws in use around the world with thousands of volunteers involved – and the numbers are still growing. The original dream of founder, Ole Kassow, was “... *creating a world together, in which the access to active citizenship creates happiness among our fellow elderly citizens by providing them with an opportunity to remain an active part of society and the local community. We do that by giving them the right to wind in their hair, the right to experience the city and nature close up from the bicycle and by giving them the opportunity to tell their story in the environment where they have lived their lives.*”

Dr. Lauren Lypchuk (MD), the driving force behind the Vernon & Coldstream CWA program, was prompted to bring this program here by her lifelong work with the elderly and less able. She found this population group tends to be marginalized and isolated in society and knew this program would provide a welcome opportunity for those participating to experience life in a very positive and joyful way regardless of age or ability. Spearheading the program with assistance from her husband Dr. Ward Strong (PhD) and with support from Schubert Centre, it started June 3, 2019. Over the next 4 months, our volunteer pilots took over 500 passengers for rides on the Trishaw covering more than 4200km! Our 2nd Trishaw bike arrived in February 2020. Both Trishaw bikes were funded by grants (Community Foundation of North Okanagan) and through private donations.

CWA is based on generosity and kindness that starts with a volunteer ‘Pilot’ taking one or two passengers out for leisurely rides on the Trishaw through designated routes within Vernon and Coldstream. The double seat offers wonderful opportunities for social interaction between passengers as well as with the Pilot. Equipped with a removable hood and clip-on blanket, passengers can remain comfortable in changing weather conditions. Many passengers have enjoyed riding bikes in their younger years so this is a wonderful opportunity to get back out in the fresh air. The experience of cycling is about freedom, joy, adventure and purpose. Passengers feel valued. As several passengers have stated: “It’s the best thing since sliced bread!” “It’s been the highlight of the past several years!” “I feel like the Queen!”

We were very excited and looking forward to starting our second year in May, 2020 with 2 Trishaw bikes and with over 60 volunteer Pilots however we have been unable to run our program this year due to the COVID-19 pandemic. We are planning to resume our CWA program when it is safe to do so... hopefully in 2021. In the mean time for more information about the program, in regard to volunteering or donating please email: cyclingwithoutage.vernon.bc@gmail.com

Pilot Lauren Lypchuk.
Passengers Aurea Demers (right)
& Marg Sabine



Welcome to The Schubert Centre



The Schubert Centre since 1983 has been recognized as the 'hot spot' for those 50+ in and around Vernon. The Schubert Centre mission is to help adults maintain a variety of social and recreational programs and services which are based on the abilities and interests of the membership.



The Schubert Centre offers daily, weekly and monthly activities. We have five rooms to rent for weddings, memorials, meetings, conventions, community fairs, banquets, birthdays, fundraisers and dances. We can accommodate and provide catering to groups of 10 to 300 on or off-site.



Meals on Wheels are also available through the Schubert Centre for people of all ages who are infirm or convalescing. Building a better community by supporting independence and quality of life through the promotion of health and well being.

PROGRAM & ACTIVITIES

The Schubert Members and visitors are welcomed to enjoy dancing, tai chi, crafting, cards including canasta, bridge and table games, scrabble, floor curling, singing and tours. Bingo is Wednesdays and Sundays.



The Schubert Centre Coffee Shop is open 8 am to 4 pm from Monday to Friday. Hot lunches are served and 'Happy Hour' is every Friday.



The Schubert Centre features a Thrift Store with men's and ladies clothing, household items and more. Do a little shopping and stop in for a coffee or lunch.

Schubert Centre Bus Tours

Ask about the special Schubert Bus Tours and leave the driving to us. Trips include theatre events, hot springs, historical villages, ranches and wineries. We even go to the Hills Garlic Festival in New Denver. Casino and Mall shopping trips to Kelowna, Salmon Arm, Kamloops and Penticton.

Halina Activity Centre



Halina Activity Centre is a charitable, non-profit organization. We are collecting funds to make improvements to our centre. All monetary and useful items donations are appreciated

Halina Activity Centre has been active for 47 years.

The Halina Activity Centre is in the Vernon Recreation Complex and is operated separately as a charitable non-profit organization, formally known as the “Vernon Senior Citizens Recreational Society”.

From the entrance, you'll see the large floor of the “Halina Room” that for years has enticed dancers for our weekly live band dances. The “Halina Pattern Dancers”, the Star Country Squares & Rhythm Rounds, willingly travel from as far as Kelowna and Salmon Arm, because they like our floor and the comradeship.

Parallel is our “Halina Room” stage, (from where countless musicians entertain and our Tuesday afternoon Bingo is called) are the markings for Floor curlers so they can socialize, and hone their skills on Monday mornings. Most months this room is filled to capacity on the 4th Saturday for our all you can eat “Pancake Breakfasts”.

We have many affiliated renters, including, “Got 2 B Clogging”, “Star Country Squares”, “Sons of Scotland”, “Fish and Game Club” and of course the over 300 members of the “North Okanagan Duplicate Bridge Club”. This is BCs' largest Bridge club.

The Halina Canasta players meet at least twice weekly in our “Club Room” and are always ready to welcome new members. The “Club Room” is also where our “Halina Crafters”, “Round Tu-lts”, Quilters, “Time Out Stitchers”, Dart players, Table Tennis players and many other groups meet.

More activities are being added monthly. Be sure to check our Activity Calendar online or in the Centre.

There are so many affordable social, recreational and educational choices at the Halina Activity Centre. Come, find what you can enjoy. Bring a friend, make friends, join our Bus Trips, the Ukuleles or Accordion players. Visit our craft store, try our home cooking in our Centre Cafe, check out our "Billiard Room". Or, if you want to consider joining our club and becoming a volunteer, our volunteers will gladly show you the ropes and explain what the centre means to them.

There is ample parking by our easily accessible centre. We have Wi-Fi and our

Halina Room has a hearing loop, donated by Rockwell Audiology. This helps clarify selected sounds for those with hearing aids.

Having recently undergone renovations, the Halina Activity Centre is proud of its updated look and is moving towards offering more activities for the residents of the Okanagan who have reached the 50+ plateau.

The Centre is open to all persons 50 years of age and over and guests. For more information, please call 250-542-2877, log onto our Facebook page or check out our website www.halinacentre.com

The **Halina Activity Centre** is Vernon's First Seniors Centre. It has been active for more than 47 years.

Formally known as the "Vernon Senior Citizens Recreational Society".

It is a charitable non-profit society in the Vernon Recreation Centre.

3310 37th Avenue,
Vernon, BC V1T 2Y5
250 542 2877
halinaseniors@telus.net



We offer:

- Rental spaces for meetings, activity groups, and family special events etc.
- Free parking by the centre
- Wi-Fi
- Hearing Loop Technology to clarify speech for those with hearing aids
- A large sprung dance and exercise floor
- A stage
- A Billiards and Pool room
- Kitchen and Dining areas - snacks & hot lunches Monday through Friday

Regular Activities:

Bingo, Bridge, Billiards, Bus Tours, Canasta, Crafts, Carpet Bowling, Dancing to live music, Darts, Floor Curling, and so much more.

Special Events:

- Dinner Dances – check calendar for dates
- Pancake Breakfast on the 4th Saturday of the month
- Christmas Party early December
- New Years Eve Dinner Dance
- Winter Carnival in February
- Spring Breakout in March
- and much more



Volunteers Help to Provide Great Services for Vernon 60+



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

NexusBC is a non-profit organization serving the North Okanagan. They assist seniors age 60+, their families, caregivers and the community to access services which empower seniors to maintain their independence and improve their quality of life. The range of services includes information on housing, transportation, home support and more. As well, NexusBC's large resource databank can direct seniors to community organizations for help with legal, tenancy and elder abuse issues. Volunteers and coordinators are available to help with filling out applications for Shelter Aid For Elderly Renters (SAFER), Canada Pension Plan, Old Age Security, the Guaranteed

Income Supplement and more. During tax season, volunteers provide free basic tax returns for low-income seniors thereby preserving their benefits and financial entitlements for yet another year.

For seniors living in their own home and needing some assistance, the North Okanagan Better At Home Program is a highly valued resource. Services through this program include transportation, grocery shopping, minor home repair, yard work, light housekeeping and

friendly visits or outings. With funding from the Provincial Government, service fees are assessed on a sliding scale in order to help seniors afford the services.

In order to offer these services, NexusBC relies on the support of more than 40 volunteers. And more volunteers are always needed. If you enjoy the company of seniors and care about their well-being, there are a variety of ways you can help. Volunteers are needed to drive seniors to appointments and for grocery shopping; to help with light yard work and minor maintenance such as changing a light bulb or fixing a broken step. Friendly visitors are needed to spend time with a senior doing activities you both enjoy and those that love paper pushing are needed at tax time. A free criminal record check is conducted on all volunteers. For more information, please visit www.nexusbc.ca or phone NexusBC at 250.545.0585





nexusBC
Community Resource Centre

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



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

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

Located at:

102 - 3201 30th Street, Vernon BC

Phone: **250.545.0585**

Visit us online at

www.nexusbc.ca ▶ seniors



**Better
at Home**

United Way helping seniors
remain independent.

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

Literacy Society

of the North Okanagan

Share your love of reading with a child!

Volunteers are always welcomed to our Reading Together program. Every year over 300 children in grades 1 – 4 receive reading support from trained volunteers at local elementary schools.

The commitment: 1.5 hrs per week from October to May.

Training: Free orientation and ongoing support

Contact: Program Coordinator at coordinator@literacysociety.ca

Not able to volunteer? Donations are gratefully accepted. We are a registered charity.

www.literacysociety.ca Like us on facebook @literacysocietyvernon



Literacy Society of the North Okanagan

Helps to fill literacy gaps in the community through tutoring programs, projects, and partnerships. Volunteers always welcome for the Reading Together program. Find out how you can support the community with it's literacy needs on our website www.literacysociety.ca or give us a call at 250.275.3117.

We are located at the People Place: #303 – 3402 27th Avenue, Vernon, V1T 1S1

PARNELL'S

appliance

Where we take time for you



Parnells: 4408 27th Street, Vernon, BC • 250.542.6998
Community Appliance: 4110 27th Street • 778.475.3004

www.parnells.ca



The Shuswap's most popular heritage attraction opens for the 2021 season!

Real History – Good Food – Hands-On Activities

R.J. Haney Heritage Village & Museum, located at 751-Highway 97B, opens for the 2021 season on May 11. The Heritage Village offers a unique and authentic experience for visitors who can explore first hand the rich history of Salmon Arm and the Shuswap. Set on 40 acres of the prettiest farmland in the Shuswap, the Heritage Village features 24 relocated and replicated buildings, with over 30 exhibits to discover, including the original 1910 Haney House.



The Village & Museum are open Wednesday to Sunday from 10:00 am - 5:00 pm and during July and August are open seven days a week. Your admission to the Village includes all of the hands-on activities, a guided tour of the Haney House and access to the Village, Museum and trails.

If you are looking for a quaint and unique lunch experience, drop by the Village's Sprig of Heather restaurant. It is located in the heart of the Heritage Village, offering indoor or outdoor seating for up to 150 guests with sweeping views of the Salmon Valley Homestead and Laitinen

House. The Sprig of Heather serves up a delicious daily lunch special, regular menu items and homebaked goodies. Visitors who would like to go for lunch but are not staying to look at the Village & Museum can ask for a free visitors pass at the gate.

A must-see is the very popular Villains and Vittles Dinner Theatre Production. Ticket

holders enjoy a home-cooked meal and live theatre with shows every Wednesday, Friday, and Sunday evening in July and August. Reservations are a must, and seating is limited, so call early. You don't want to miss this highlight of Salmon Arm's summer entertainment!

Throughout the season, visitors also experience the many special events, including High Tea, Father's Day, Pioneer Day, the Classic Antique Car Show, Harvest Celebration, and more. For information on what's happening at R.J. Haney Heritage Village & Museum, including admission cost, hours of operation, daily activities and volunteering opportunities, call 250-832-5243 or visit their website www.salmonarmmuseum.org. A visit to the Village from May – September is well worth the trip!



Real History – Hands-on-Activities – Good Food

A visit to the Village from May – September is well worth the trip!
Join us for Dinner Theatre in July & August every Wednesday, Friday & Sunday.
Reservations are a must!

751 Highway 97B NE Salmon Arm BC 250-832-5243
For hours and rates visit www.salmonarmmuseum.org

Cheddar Squeakerz

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

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

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



Flavours:

Regular Flavour

Red Hot Pepper

Jalapeno

Dill

Onion and Chive

Garlic

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

The Village Cheese Company - Armstrong, BC

250.546.8651 or 250.309.8476

VillageCheese.com





What is a Power of Attorney and Why Do I Need One?

Smart planning goes a long way and it can protect your wishes, your assets and the people you care for. Elise Allan, a Partner & Solicitor at Nixon Wenger LLP, answers some of the most common questions asked about a Power of Attorney (POA).

What Incapacity and Estate Planning Documents Do I Need?

We recommend you have a Power of Attorney, Representation Agreement, and Will.

What Is a Power of Attorney and Why Do I Need One?

A Power of Attorney is a legal document that you can use to appoint a trusted person(s) to make financial and legal decisions for you, in the event you are incapable of doing these things yourself while you are alive. The person you appoint is called your “attorney”. You can give your attorney broad powers to step into your shoes as needed to deal with your finances and your real estate or your business and legal matters, OR you can place limits on the power that you give them. A Power of Attorney is a valuable part of your estate and incapacity planning.

Who Should I Choose as my Attorney?

You should appoint someone you trust because a Power of Attorney is a powerful document. Many people choose their spouse, a close family member or friend. A person does not have to agree to act as your attorney, so you should talk to them ahead of time and make sure they are up for taking on the job.

You can appoint more than one attorney, with different or the same authority. If you appoint more than one, they must act unanimously unless you state otherwise.

What Are the Duties of My Attorney?

The Power of Attorney Act of B.C. confirms that an attorney must act honestly and in good faith, must exercise the care and skill of a reasonably prudent person, keep proper records for inspection, keep your assets separate from your attorney’s assets, and always act in your best interests.

Does a Power of Attorney Allow my Attorney to Make Health Decisions For Me?

No. If you want to appoint a legal representative to make personal and health care decisions for you if you cannot make these decisions on your own, you will need to make a Representation Agreement.

Can I Cancel my Power of Attorney if I Change My Mind?

Yes. As long as you are mentally capable, you can revoke/cancel a Power of Attorney.

We at Nixon Wenger LLP specialize in estate and incapacity planning. Please contact us and we would be happy to help you prepare a Power of Attorney as part of your complete estate and incapacity plan.

Elise Allan is a Partner at Nixon Wenger LLP who works extensively with individuals, assisting them in such matters as the purchasing and selling of real estate, preparing Wills, Powers of Attorney and Representation Agreements as well as obtaining Grants of Probate.

NIXON WENGER LLP
LAWYERS

Nixon Wenger LLP
301-2706 30th Avenue
Vernon, BC V1T 2B6
www.nixonwenger.com
250.542.5353 | 1.800.243.5353



You have the power to make a difference

At some point in our lives we all need our hospital. Babies are born, surgeries are performed, and unexpected events requiring medical care are a constant. When you make a gift to Vernon Jubilee Hospital Foundation you are providing the gift of care for present and future generations.

You can make a lasting impact to healthcare in your community by choosing to support VJH Foundation. Here are a couple ways:

Planned Giving

Planned Giving, often described as “leaving a legacy”, is simply planning to make a significant charitable gift during your life or through your will as part of your financial planning. This type of giving often results in the purchase of high priority needs for Vernon Jubilee Hospital, long-term care facilities in the North Okanagan, and community

health programs. It's a wonderful way to celebrate your lifetime and ensure that your community will benefit from excellent health care today and for generations to follow.

Memorial Giving

In lieu of flowers or gifts, a gift in memory of a loved one, friend or colleague is a beautiful way to honour and commemorate a special someone who has passed away. Your memorial donation will help support the work of the VJH Foundation while preserving the memory of the person and the impact they made on your life.

Your gift will help ensure a healthy future for all North Okanagan residents.

Please call 250.558.1362 to receive additional information and to discuss any questions you may have about your legacy.

A photograph of a group of people, including adults and children, hiking on a grassy trail. They are seen from behind, walking away from the camera towards a body of water in the distance. The scene is bright and sunny.

**Make a difference
in our community.**

Your grandchildren live here, your children work here, your friends play here.

When you give to the Vernon Jubilee Hospital Foundation, you help ensure that your loved ones have access to the best healthcare services, right here at home.

Contact us today to significantly enhance healthcare excellence in our North Okanagan region.



250.558.1362
vjhfoundation.org

Join Us!



Discover why seniors in Vernon love living with us!

Steps from shops and close to Polson Park, here you can enjoy delicious meals prepared by our chefs, inspiring activities, new friends, and a true feeling of home.

Inquire about our **One Month Free Credit.**

Suites are limited. Please call



250-545-0455

for more information.

2829 34 Street
Vernon, BC
V1T 9G4

siennaliving.ca

 **Orchard Valley**
Retirement Residence



Housing

Armstrong

Abbeyfield House of Armstrong Spallumcheen Society

Warm family-style residence with a balance between privacy and companionship, security & independence
www.abbeyfield.ca

3725 Wood Avenue 250.546.0223

Green Valley Estates

Independent living, Baptist Housing
www.baptisthousing.org

**2805 Smith Drive
250.833.9158**

Heather Heights

2315 Heather Avenue

www.armstronglegion.org/housing

Low cost seniors housing, 55+
Spallumcheen Housing Society, contact
Legion Office, Marilyn Wittner
250.546.8455 8am-2pm except holidays

Heaton Place

Independent living suites, Social lifestyle,
Friendly community. Rental program
www.heatonplace.com

**3093 Wright Street
250.546.3353 1.877.546.3353**

Pioneer Square

Assisted living in a country setting
www.kaigo.ca

**2865 Willowdale Drive
250.549.9550**

See our ad on page 29

Pleasant Valley Manor

Complex Care facility

3800 Patten Drive, Armstrong

250.546.4752 Interior Health, Home and
Community Care

Chase

Parkside Community

Independent & Assisted Senior's Living
Best value all inclusive suites & services
www.ParksideCommunity.ca

743 Okanagan Avenue, Chase

250.679.1512

250.320.0400 1.866.930.3572

See our ad on page 37

Serenity Acres

Affordable housing with care, hobby farm,
pet friendly, respite care

6188 VLA Road, Chase 250.679.3530

Sun Valley Estates

Affordable housing for active over 50

www.chasesunvalleyestates.com

**217 Shepherd Road, Chase
250.679.8059**

Enderby

Enderby Memorial Terrace & Tower

Rental apartments for disabled and low
income seniors 55+, Supportive housing

108-708 Granville Avenue

www.enderbymemorialtower.com

Enderby Seniors Housing Society

250.838.6794 Office M-F 8:30-4:30

Parkview Place

Complex care

707 3 Avenue, Enderby**250.546.4752** Interior Health, Home and Community Care**Pioneer Place Society**

55+ garden-style apartment buildings. No smoking, no pets

250.838.9736 Donna**Lake Country****Blue Heron Villa**

Lake Country Senior Housing Society

Assisted living suites

www.blueheronvilla.ca**9509 Main Street, Lake Country****250.766.1660****Lake Country Lodge Retirement and Care Community**

Supportive living, On-site long-term care

www.siennaliving.ca**10163 Kenschuh Road, Lake Country****250.766.3007****Society of Hope**

Rental homes in Lake Country (and Kelowna) with a variety of subsidies designed to keep rents at an affordable rate for qualified tenants.

www.societyofhope.org**101-2055 Benvoulin Court, Kelowna****778.478.7977** Mon-Fri 9am-1pm**Lumby****Countryview Home**

All levels of care for seniors

2545 Highway 6, Lumby**250.547.9429****Monashee Mews**

Residential care

<https://vantageliving.ca>**2165 Norris Avenue****778.473.0100**

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

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


KAIGO
SENIOR LIVING GROUP

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

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

*Proud members of the Kaigo
Senior Living Group*

www.kaigo.ca

Valleyhaven
Long Term Care
Chilliwack, BC
604.792.0037

Fraserview
Long Term Care
Richmond, BC
604.274.3510

Mission Creek
Long Term Care
Kelowna, BC
250.860.2330

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

"Partners in Caring"

Monashee Place - Lumby & District
Senior Citizen's Housing Society
Affordable apartments for independent
seniors and those with disabilities
<http://saddlemountain.squarespace.com/monasheeplace>
1748 Glencaird Street
Lumby
250.547.2060

Saddle Mountain Place
Lumby & District Senior Citizen's Housing
Society. Independent living, low income,
level entry 55+ housing
<http://saddlemountain.squarespace.com>
1751 Glencaird Street, Lumby
250.547.2060

Revelstoke

Moberly Manor
Publicly subsidized Assisted Living
711 West First Street
Revelstoke
250.814.2267 Home & Community Care

Mount Begley Manor
Independent Living, Affordable Housing
1214 Downie Street
250.837.3033

Mount Cartier Court
Long term care, complex health needs
1200 Newlands Road
Revelstoke

Salmon Arm / Sicamous / Sorrento

Ackerview Guesthouse
Provides individual service to seniors and
people with mental, physical, or emotional
challenges. Unique green-care farm
www.ackerviewguesthouse.com
1531 60 Street SE, Salmon Arm
250.833.0445
See our ad on page 34

Andover Terrace Seniors Community
Independent & assisted living services
www.andoverterrace.ca
2110 Lakeshore Road NE, Salmon Arm
250.832.6686
See our ad on page 33

Arbor Lodge Retirement Living
Affordable Independent Group Home for
Active Seniors and Singles 60+
www.facebook.com/arborlodgeSA/
331 8 Street SE, Salmon Arm
250.833.3583
See our ad on this page

Bastion Place
Permanent palliative & convalescent care,
booked and respite short stay. Application
for admission via Community Access
Coordinator, Interior Health Shared
Services, Salmon Arm
250.832.6643 Home & Community Care



Independent Living for Seniors

- ✓ Are you living on your own?
- ✓ Would you like more social opportunities?
- ✓ Do you want your meals cooked for you?
- ✓ How about an all-in-one price for housekeeping, utilities and meals?
- ✓ Are you ready to meet your neighbors and try some activities?
- ✓ We offer safety and comfort in a home-like setting!

331 8 Street SE, Salmon Arm • 250-833-3583 www.arborlodge.ca

Home...Recreated
Drawing from the experience
of our past to support
and enjoy the present



SPECTACULAR LAKE VIEWS

RETIREMENT LIVING REALLY CAN FEEL THIS GOOD



LIFE AT LAKESIDE MANOR IS ALL ABOUT YOU. We have created a community that is focused on our residents and how they want to live their life. Our offering has been carefully designed for those who don't wish to compromise – those who prefer to remain independent, who appreciate choice and who make decisions based on their desired lifestyle. At Lakeside Manor, you don't have to sacrifice. You can stay connected to what's important to you, live the independent lifestyle you want, experience gourmet dining and enjoy your favourite activities all in one place – home. All in a pristine, picturesque waterfront setting.

Join us for tour and complimentary meal 250.832.0653

Lakeside Manor Retirement Residence

681 Harbourfront Drive NE, Salmon Arm • www.lakesidemanor.ca



We're Hiring

Join our team and discover a career of balance and benefits.
Careers@vantageliving.ca

Canadian Mental Health Association - Shuswap-Revelstoke Branch Housing

In partnership with BC Housing, manages a range of affordable and subsidized housing options and programs

<https://shuswap-revelstoke.cmha.bc.ca>

433 Hudson Avenue NE, Salmon Arm
250.832.8477 ext 121

Eagle Valley Senior Citizens Housing

Affordable housing for seniors and/or those with disabilities

1095 Shuswap Avenue, Sicamous
250.836.2310

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

Hillside Village, Good Samaritan Society

2891 15 Avenue NE, Salmon Arm
www.gss.org

Assisted living services for low income seniors, and those with disabilities. For more info, or how to qualify for admission, contact Community Access Coordinator,
250.832.6643 Mon-Fri 8 am-4 pm

Lakeside Manor Retirement Residence

Retirement living for active independent seniors with spectacular lake views
www.lakesidemanor.ca

681 Harbourfront Dr. NE, Salmon Arm
250.832.0653 1.844.832.0653

See our ad on page 31

Landers' Lodge Retirement Living

Assisted living facility

www.facebook.com/landerslodge/info

14-481 1st Street SE, Salmon Arm
250.832.2211

Mount Ida Mews

Complex Care Community. Dietitian, Occupational & Physical Therapy services
<https://vantageliving.ca>

100 5 Avenue SE, Salmon Arm
250.833.9623

Piccadilly Terrace Retirement Residence

Ideal for active, independent seniors

www.piccadillyterrace.com

810 10 Street SW, Salmon Arm
250.803.0060 1.855.803.0060

See our ad on page 35

Piccadilly Seniors Community

Long-term care facility, dementia support
www.parkplaceseniorsliving.com/piccadilly

821 10 Avenue SW, Salmon Arm
250.804.1676

Pioneer Lodge

Assisted living for low income seniors and persons with disabilities. Application for admission - Community Access Coordinator, Interior Health www.gss.org
1051 6 Avenue NE, Salmon Arm
250.832.6643 Mon-Fri 8 am-4 pm

Shuswap Lions Manor

Sorrento & District Housing Society
Affordable Independent Living, subsidized by BC Housing, 16 units
lionsdh@shaw.ca

2780 Falaise Road, Sorrento
250.675.2757

Shuswap Lodge Seniors Community

Assisted Living
www.shuswaplodge.com

200 Trans-Canada Highway SW
Salmon Arm 250.832.7081

See our ad on page 33

Sun Ridge Estates

Independent living, 2 bedroom apartments
www.baptisthousing.org

108-3201 6 Avenue NE, Salmon Arm
250.832.5351

Vernon / Coldstream

Abbeyfield Houses of Vernon Society

Residents have opportunity to socialize & live in a supportive, family atmosphere
www.abbeyfieldvernon.ca

3511 27 Avenue 250.542.3711



Because Seniors Deserve

our very best

While we don't know what the next phase of this pandemic will be throughout the Fall and Winter, when you live in one of VRS's Seniors Communities, you're never alone. Our staff have been trained with safety protocol standards to protect residents and are here to support with daily living tasks.

Contact us today to find a new way forward, together.

3 VRS Seniors Communities to Serve you:



**SILVER
SPRINGS**
SENIORS COMMUNITY

250-545-3351
silverspringsvernon.ca
3309 39th Ave,
Vernon



**ANDOVER
TERRACE**
SENIORS COMMUNITY

250-832-6686
andoverterrace.com
2110 Lakeshore Rd NE,
Salmon Arm



**SHUSWAP
LODGE**
SENIORS COMMUNITY

250-832-7081
shuswaplodge.com
200 Trans Canada HWY,
Salmon Arm

ALL INCLUSIVE LIVING • DINING • SOCIAL ACTIVITIES • HOUSEKEEPING

Arlington Apartments

Seniors oriented, no smoking, no pets,
underground parking
landmark-properties.ca/properties/arlington/
3605 30 Avenue, Vernon
250.308.2485 Larry

Belmonte Apartments

Clean, quiet, adult-oriented building
3802 27 Avenue, Vernon
250.549.5254 Dave

Brentwood Apartments

Suites in quiet senior-oriented building,
close to Schubert Centre. No pets
www.jabs.ca/residential/vernon/
3700 30 Avenue **250.545.0962** Dawn

Canterbury Court

Five Star Living. Elegant residence
offering the finest in amenities, dining and
care. Independent assisted living
www.canterburycourt.ca
3011 Gateby Place **250.503.2054**

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A smarter lifestyle for mature, active,
independent adults 55+
www.catherinegardens.ca
3010 35 Street
250.309.3618 Mon-Fri 10am-2pm

Century Manor Apartments

Close to Schubert Centre, bus stop, no
smoking, no pets, under cover parking
landmark-properties.ca/properties/century/
3614 30 Avenue **250.308.2485** Larry

Chartwell Carrington Place Retirement Residence

Offering independent supportive and
assisted living lifestyles
www.chartwell.com
4651 23 Street, Vernon **236.600.5985**

Coldstream Meadows

Independent, Supportive, Assisted Living
www.coldstreammeadows.com
9104 Mackie Drive, Coldstream
250.542.5661

Columbia Apartments

Close to downtown, senior oriented
www.jabs.ca/residential/vernon/
3005 37 Street **250.545.1519** Charlie

Columbus Court

Columbus 1 - low to moderate income
Columbus 2 - for seniors 65+ with low to
moderate income
Close to Schubert Centre, all amenities
3003 Gateby Place **250.545.5388**

Creekside Landing

Independent Living, Assisted Living,
Long Term Care
www.kaigo.ca
6190 Okanagan Landing Road
250.549.9550
See our ad on page 29

Creekside Village

Seniors 55+. Independent living,
affordable housing, close to downtown
3502 27 Avenue, Vernon
250.545.6475 Cindy



A Natural Way of Caring

Personalized care in an alternate living arrangement providing an attractive home-like environment on a small green care farm

- Intermediate Permanent Care
- Personalized Care and Support
- LPN or Health Care Assistant 24 Hours on Site
- Home-like Environment
- Wholesome Farm-fresh Meals

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Salmon Arm, BC V1E 1W5

ria@ackerviewguesthouse.com
www.ackerviewguesthouse.com

Desert Cove Estates

Deluxe adult 40+ community next to
Spallumcheen Golf Course
www.desertcove.ca

250.309.0336**1.866.542.5774****Embers Apartments**

Close to Schubert, bus stop, no smoking,
no pets. Senior-oriented
landmark-properties.ca/properties/embers/

3618 30 Avenue 250.308.2485 Larry**Hamlets at Vernon, The**

Assisted living, complex care
www.thehamletsatvernon.com

**3050 29 Avenue, Vernon
236.426.1488****Heritage Square**

Long term care, assisted living options
www.kaigo.ca

**3904 27 Street, Vernon
250.545.2060***See our ad on page 29***Hearthstone Manor**

Long-term care, respite, residential care
www.hearthstonevernon.com

2800 40 Street, Vernon**250.545.0470** Call for appointment**Heron Grove**

Good Samaritan Society
Assisted living suites, dementia care
cottages, independent living apartments
www.gss.org

4900 20 Street, Vernon 250.469.6935*See our ad on page 38***Hillside Terrace Apartments**

Adult oriented. Across from Rec Centre,
secured parking, no pets, no smoking
landmark-properties.ca/properties/hillside-terrace

3405 39 Avenue 250.545.5773**McCulloch Court**

Vernon Pensioners. 55+ low income,
independent living high rise

**3400 Coldstream Avenue, Vernon
250.542.1154** Leslie

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Piccadilly

Terrace

250.803.0060 *locally owned & operated*
Salmon Arm's Premier Retirement Residence

Northland Apartments

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

Orchard Valley Retirement Residence

Independent living, respite care
www.siennaliving.ca
2829 34 Street 250.545.0455
 See our ad on page 27

Regency Parkwood Retirement Resort

Like living at a fine resort
www.regencyresorts.ca
1800 58 Avenue 250.558.0232

Rickford Manor

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

Rochester Apartments

Low cost housing in a secure building, no pets, adults only rochesterapts@shaw.ca
3900 24 Avenue, Vernon

Royal Anne Apartments

55+, no smoking, small pets negotiable
3600 30 Avenue 250.503.7999 Val

Sharon's Place

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

Silver Springs Seniors Community

Active independent seniors residence
www.silverspringsvernon.ca
3309 39 Avenue 250.545.3351
 See our ad on page 33

The Village

Affordable 40+, capable of self-care. No smoking, small pets only
1507 35 Avenue 250.558.9656 Cheryl

Vernon Native Housing Society

Low cost housing for low-income families and individuals - both aboriginal and non aboriginal descent
www.vernonnativehousing.ca
41-4305 19 Avenue, Vernon
250.542.2834 Tue-Fri 8:30am-4:30pm

Vernon Restholm

Affordable independent, supportive living
www.vernonrestholm.com
2808 35 Street 250.542.7636

Victorian Retirement Residence

Independent living, supportive services
www.victorianvernon.com
3306 22 Street, Vernon
250.545.0470

Housing Related / Home Services**BC Housing**

Provincial agency that delivers a range of housing programs including managing and delivering subsidized and supportive housing, financial assistance for home adaptations for people with disabilities, assisting low-income eligible seniors with rent payments in private market. For more info and to see if you may be eligible, visit www.bchousing.org/programfinder

continued...

Make your rent more affordable.



Low income seniors who have lived in B.C. for the past 12 months, and pay more than 30% of their household income towards rent, may be eligible to receive monthly assistance with their rent payments.

See if you qualify: www.bchousing.org/SAFER



• Licensing & Consumer Services

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

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

• SAFER Shelter Aid For Elderly Renters

Program provides cash assistance to lower income seniors who pay rent for their homes. Call for a SAFER brochure or application form - available online
www.bchousing.org/safer

1.800.257.7756

See our ad on page 36

BC Senior Living Association

A New Approach to Senior Living.
 Reshaping the way senior living communities are managed and operated
www.bcscla.ca

300-3665 Kingsway, Vancouver

604.689.5949

Canada Mortgage & Housing Corp.

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

2000-1111 W. Georgia St., Vancouver

1.800.639.3938 Mon-Fri 8:30-4:30

1.800.309.3388 TTY

Condominium Home Owners Association of BC, The

A consumer based non-profit association that promotes the understanding of strata property living and the interests of strata property owners

www.choa.bc.ca

26-1873 Spall Road, Kelowna

250.868.1195 1.877.353.2462 ext. 4

• Living in and operating a strata
www2.gov.bc.ca > Search for housing+tenancy+strata

Affordable Seniors Living In Chase BC

Our seniors residence in the beautiful, lakeside community of Chase is just steps away from shopping and services including a medical clinic, drugstore, grocery, banks and the library. The conveniences of a larger centre are right here in the neighbourhood.

Private suites, all meals, weekly housekeeping, 24/7 security and a social calendar are all included in your monthly fee.

Parkside Community also offers licensed assisted living services for those requiring personal care services. Whether upon move in or at a later date, access to various levels of support in accordance to your needs means just one move.

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Phone: 250-679-1512

Toll free: 1-866-930-3572



743 Okanagan Ave, Chase | email: live@parksidecommunity.ca | www.parksidecommunity.ca

Habitat for Humanity Kamloops

Registered charity, not for profit that builds houses for low-income families, seniors and special needs persons
www.habitatkamloops.com

28-1425 Cariboo Place 250.314.6783

- **Habitat for Humanity Kamloops Restore**

Help us build houses by donating your new and used furniture, home decor, building supplies, tools and more. We accept donations at the centre or call us for pick-up information.

**Unit 28, 1425 Cariboo Place
250.314.6783**

See our ad and article on page 41

Habitat for Humanity Okanagan

Working towards a world where everyone has a safe and decent place to live – by mobilizing volunteers and community partners to build affordable housing and promoting affordable homeownership as a means to building strength, stability and independence
www.hfhokanagan.ca

778.755.4346

continued...

- **ReStore:** Home decor and building supply stores-new & gently used items
- **1793 Ross Road, West Kelowna**
- **800-2092 Enterprise Way, Kelowna**
- **Unit C, 2707 43 Avenue, Vernon**
1.888.630.1458

See our ad and article on page 13

Home Owner Grant

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

www.gov.bc.ca/homeownergrant

1.800.663.7867 Mon-Fri 7:30am-5pm

Houzz

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

www.houzz.com

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Good Samaritan Heron Grove

4900 — 20 Street, Vernon, BC
250-469-6935

A department of



independentliving.gss.org

Independent Living BC

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

Kindale Development Association

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

2725A Patterson Avenue, Armstrong

250.546.3005 Mon-Fri 8:30am-4pm

- Thrift Store Armstrong
2725 Patterson Avenue
250.546.3005 ext. **5007** 9:30am-4:30pm
 Monday to Saturday
- Thrift Store Salmon Arm
885 Lakeshore Drive SW
250.832.1308 9:30am-4:30pm Mon-Sat
- Thrift Store Vernon
3322 31 Avenue
250.309.9097 9:30am-4:00pm Mon-Sat

LiveSmart BC Partner Incentives

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

Residential Tenancy Branch

Provides landlords and tenants with information regarding their rights and responsibilities. Aid in resolving disputes related to tenancy
<https://www2.gov.bc.ca> - search above title
1.800.665.8779 Mon-Fri 9am-4pm

Tenant Resource & Advisory Centre

TRAC - Promotes the legal protection of residential tenants by providing information, education, support, and research on tenancy matters-including dispute resolution. Offers webinars and in-person workshops to tenants and advocates across BC www.tenants.bc.ca
604.255.3099 ext. **225** request workshop
1.800.665.1185 InfoLine Mon-Tue-Thur-Fri 1pm-5pm, Wed 5:30pm-8:30pm

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Retirement Living Guides

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

Vernon & District Community Land Trust

Non-profit society working to provide affordable housing in the North Okanagan
www.communitylandtrust.ca
250.503.7974 Cindy

Home Improvements

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Complete renovations. Basements, kitchens, baths. Framing to flooring
www.nulookhomeworks.ca

250.309.0435 Ron

See our ad on page 39

Habitat for Humanity

• Okanagan Restore
Unit C, 2707 43 Avenue, Vernon
1.888.630.1458

See our ad and article on page 13

• Kamloops Restore
28-1425 Cariboo Place, Kamloops
250.314.6783

See our ad and article on page 41

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www.livinglightlydecluttering.com

250.309.3178 Hertha

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250.826.8288

See our ad on page 39



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- * Downsizing & Rightsizing
- * Redesign

250-309-3178
Hertha Cooper csp, irp www.livinglightlydecluttering.com



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The 1,652-square-metre vacant property at 1351 10th Avenue NE in Salmon Arm is to provide attainable housing for purchase for seniors, 55-plus. In addition, 20 to 30 percent of the units will be for people with special needs or former military. The building will essentially have three storeys above the basement with the fourth storey consisting of elevator and stairway extensions accessing the rooftop patio. The design includes several patios.



For more information please email
 Bill Miller, Executive Director at Habitat for Humanity Kamloops
 Unit #28 – 1425 Cariboo Place, Kamloops, BC V2C 5Z3
bill@habitatkamloops.com



Volunteer Program

Every volunteer helps build a better future for families. Volunteers are the main artery for Habitat. We need students, parents, grandparents, retirees & persons of all ages & backgrounds to help with cash/till, merchandising the ReStore, assisting at events, working with customers, helping in the warehouse, etc. Volunteers are welcomed & very appreciated. Maurice Onyemaneny, Volunteer Coordinator maurice@habitatkamloops.com

Habitat for Humanity ReStore

Every purchase made at our ReStore raises funds to support Habitat Kamloops' mission of building houses where everyone has a safe & decent place to live. Homeowners,

retailers & manufacturers can contribute to that mission with donations of new & gently used furniture, large & small appliances, household goods & building materials.



 **Habitat for Humanity®**
 Kamloops
ReStore®

Unit 28 – 1425 Cariboo Place

250 314 6783

www.habitatkamloops.com

questions@habitatkamloops.com



Health

Medical Organizations & Services

Advance Care Planning: My Voice

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

ALS Society of British Columbia

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

Alcohol, Drug Information & Referral Service

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

- Mental Health & Substance Use
 - **250.549.5737** Vernon M-F 8am-4:30pm closed noon to 1pm
 - **250.833.4103** Salmon Arm M-F 8am-4:30pm. Closed 11:45am-12:45pm
 - **250.814.2241** 1200 Newlands Road, Revelstoke. 8:30-12 noon, 1-4:30pm

Alzheimer Society of BC

Provides information, support, education for caregivers, people living with dementia
<https://alzheimer.ca/en>
Alzheimer Resource Centre *continued...*

307-1664 Richter Street, Kelowna

Serving Armstrong, Coldstream, Enderby, Lake Country, Lumby, Oyama, Salmon Arm, Sicamous, Sorrento, Vernon
250.860.0305, 1.800.634.3399 - for support, information, make an appointment
Drop-In hours: Wednesdays 3pm-5pm
1.800.936.6033 First Link Dementia Helpline - Monday to Friday 9am-4pm

Arthritis Society, The

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

260A-1855 Kirschener Road, Kelowna

250.868.8643 Interior Regional Office
1.866.404.7766 Vancouver office

BC Brain Injury Association

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

BC Cancer Agency Sindi Ahluwalia Hawkins Centre for Southern Interior

Centre of cancer research, education, prevention, diagnosis and treatment
399 Royal Avenue, Kelowna V1Y 5L3
www.bccancer.bc.ca
250.712.3900 **1.888.563.7773**

• Screening Mammography Program

About 1 in 8 women will develop breast cancer. Mammograms can find breast cancer early - usually before it has spread
Check website for Clinic Locator *cont'd...*

www.bccancer.bc.ca/screening/breast/
 • **102-300 Columbia Street, Kamloops**
250.828.4916
 • **108-3330 Richter Street, Kelowna**
250.861.7560
 • **250.549.5451** Vernon Jubilee Hospital
1.800.663.9203 Book your screening

BC Epilepsy Society

Provides information and referral, support services to people with epilepsy

www.bcepilepsy.com

604.875.6704 Vancouver

• Center for Epilepsy & Seizure Education

Providing support, education, information for those with epilepsy

www.esebc.ca

112-32868 Ventura Avenue, Abbotsford

1.866.374.5377 Mon-Thur 10am-4pm

BC Lung Association

Provides comprehensive information on lung diseases. Better Breathers' Club meets every 1st Mon. of the month, except

July & Aug., at The People Place, 1-3 pm
3402 27 Avenue, Vernon
<https://bc.lung.ca> Call **1.800.665.5864**
 for questions about your breathing

BC Lupus Society

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

www.bclupus.org

1.866.585.8787 Call for more information

BC Seniors' Guide

Compilation of information & resources to help us all plan for and live healthy lifestyles as we age. You can download/print, read online, or order a hard copy. For a free copy, contact the Office of the Seniors Advocate. Available in Chinese, English, Farsi, French, Korean, Punjabi and Vietnamese www.gov.bc.ca/seniorsguide
1.877.952.3181 M-F 8:30am-4:30pm



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Adam Finley, R.D.

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vernondentureclinic.com

Canadian Cancer Society

Information, resources, support for cancer patients & their families

www.cancer.ca

- **254 Shuswap Street NE, Salmon Arm**
250.833.4334 Mon-Fri 10am-1pm
- **Interior Regional Office**
330 Strathcona Avenue, Kelowna
1.800.403.8222
1.888.939.3333 Information Services
1.866.786.3934 TTY Mon-Fri

**Canadian Cancer Society
Southern Interior Rotary Lodge**

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

2251 Abbott Street, Kelowna

Canadian Celiac Association BC

Serves people with celiac disease, non-celiac gluten sensitivity, and dermatitis herpetiformis through affiliated chapters

<http://bcceliac.ca> **1.877.736.2240**

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

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www.cihi.ca **250.220.4100** Victoria

Canadian Liver Foundation

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www.liver.ca

- 1.800.856.7266** Vancouver
- 1.800.563.5483** Here to Help

Canadian Mental Health Association

Helps maintain and improve mental health and supports the resilience and recovery for people experiencing mental illness.

www.cmha.bc.ca

- 1.800.555.8222** BC Division
- 310.6789** Crisis Line 24/7
- **433 Hudson Avenue NE, Salmon Arm**
www.shuswap-revelstoke.cmha.bc.ca
250.832.8477
- **3100 28 Avenue, Vernon**
www.vernon.cmha.bc.ca
250.542.3114 Mon-Fri 8am-4pm
1.888.353.2273 Crisis Line 24/7

CNIB Foundation

Innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion. Vision Loss Rehab Canada, Deafblind Comm. Services

www.cnib.ca

- **101-1456 St. Paul Street, Kelowna**
250.763.1191
- **190-546 St. Paul Street, Kamloops**
250.374.8080
- 1.800.563.2642** Helpline

Cardiac Health Foundation of Canada

Supports cardiac rehabilitation, advocacy of prevention and education. Join free membership list.

www.cardiachealth.ca

- 416.730.8299** Toronto
- **Vernon Cardiac Rehab Clinic**
Vernon Jubilee Hospital
250.503.3712 M-F 8am-noon, 1-4pm

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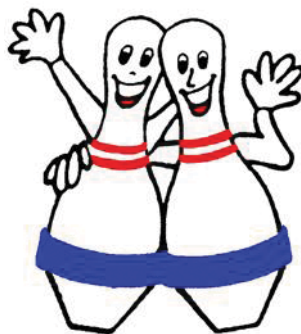
To register or for more information call:

Lincoln Lanes

3510 25 Avenue, Vernon

250-542-9837

www.LincolnLanes.ca



Cerebral Palsy Association of BC

Committed to making a *Life Without Limits* for people with Cerebral Palsy other disabilities www.bccerebralpalsy.com
1.800.663.0004 Vancouver M-F 9am-5pm

Community Dental Access Centre

Non-profit low-cost dental clinic providing basic restorative and hygiene services to low income people in North Okanagan
www.communitydentalaccess.ca
3107C 31 Ave., Vernon 778.475.7779

Crohn's & Colitis Canada

Committed to curing Crohn's disease & ulcerative colitis, improving the lives of those affected by these chronic diseases. See listing in Support Groups/Self Help www.crohnsandcolitis.ca **1.800.513.8202**

• **MyGut** is a free, easy-to-use app that enables you to track, understand and manage your journey with Crohn's disease or ulcerative colitis
<https://crohnsandcolitis.ca/Support-for-You/MyGut>

Denturist Association of BC

Everything you want to know about dentures, where to find a local denturist
www.denturist.bc.ca
604.886.1705

Diabetes Canada BC & Yukon

Promotes the health of Canadians thru research, education, services, advocacy. Donate clothing, household items call...
1.800.505.5525 www.diabetes.ca
360-1385 West 8 Avenue, Vancouver 1.800.665.6526
1.800.226.8464 Info Line
 See our 'Epidemic' ad on page 83

Dietitian Services

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

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

Dial 8-1-1**Dial 7-1-1 TTY****Healthy Eating for Seniors Handbook**

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

Dial 8-1-1**Dial 7-1-1 TTY****Heart & Stroke Foundation**

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

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

HealthyFamiliesBC

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

Kidney Foundation of Canada BC

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

1.800.567.8112 Burnaby

- For Support Groups in Kamloops and Vernon, go to: <https://kidney.ca/Support/Kidney-Community/Find-a-Chapter>
- Kidney Community Kitchen
Manage your renal diet - info, cookbook (meal plans, recipes, FAQs)
www.kidneycommunitykitchen.ca

Medic Alert Foundation

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

Medical Services Plan of BC

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

Multiple Sclerosis Society of Canada

Information, support counseling, referral and advocacy services to persons with MS and their families.

www.mssociety.ca**1.800.268.7582** Peer Support Program• **207-444 Victoria Street, Kamloops**

• **250.314.0773** Marcia, Comm. Services Coordinator. Call ahead for appointment

Muscular Dystrophy Canada

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

www.muscle.ca**1.800.567.2873****Office of the Seniors Advocate**

Has scope to examine & advocate for seniors on issues related to health care, personal care, transportation, housing, income supports, and make recommendations. Latest reports on web. Information/referral specialists available to help find seniors' programs and services. Sign up for newsletter

www.seniorsadvocatebc.ca/reports/**1.877.952.3181** M-F 8:30am-4:30pm**Osteoporosis Canada**

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

www.osteoporosis.ca**1.800.463.6842** English Mon-Fri 9-5 ET

Three Major Reasons To Wear Compression Socks

Compression socks are no longer just for seniors. Today's socks come in a variety of neutral tones, colors, and styles from knee-high to thigh-high that please everyone.

So how do they work? Throughout the day, blood in your veins work against gravity to flow through your legs back up to the heart. Anything that affects that flow – such as circulation problems or weakness in the walls of the leg veins (aka chronic venous insufficiency)--results in blood pooling in the veins of the lower legs and feet, leading to leg swelling, achiness and leg fatigue. Many of the quality brands like Jobst, Medi and BSN have conducted extensive research to engineer graduated socks that apply a firm squeezing action on your leg tissues and vein walls that helps return blood to the heart. Three major reasons for wearing compression socks are:

For Travel: Whether you're a snowbird or sit for long periods, wearing compression socks can assist proper blood circulation in your legs. One major risk of flying is developing a deep vein thrombosis. By applying a gentle pressure, to the ankle in particular, compression socks help blood in the surface veins to move to the deep veins and back to



the heart. The blood is then less likely to clot in the deep veins, which could be fatal if the clot moves to the lungs.

For Work: People who stand all day can experience discomfort, fatigue and leg swelling. Teachers, medical professionals, hair stylists and retail clerks can suffer from varicose veins and chronic venous insufficiency because standing reduces

blood flow to muscles and stops the "muscle pump" action that returns blood from the feet and legs to the heart. Wearing compression socks can help promote the pumping action and prevent varicose veins.

For Exercise: Whether you walk, run or play tennis, sudden and/or constant movements can place strain on your leg muscles. Compression socks help with recovery by increasing blood circulation, which reduces lactic acid build up that can cause leg cramps. The synthetic fabric also helps wick moisture away and prevent chafing.

Whether you're a frequent flyer, a working professional or enjoy being active, talk to your doctor to see if non-prescription or prescription compression socks are right for you. Then try a pair on to see what's comfortable - your legs will thank you.

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 VERNON | 111-3400 Coldstream Ave | Ph: 250.545.7033
nightingalemedical.ca | info@nightingalemedical.ca



Ostomy



Continence



Compression



Mastectomy



Bracing



Scar Therapy

Pacific Blue Cross

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

Prostate Cancer Foundation BC

Help individuals, their families understand, cope with prostate cancer, provide up to date medical info. and individual support.
www.prostatecancerbc.ca
1.877.840.9173
 See Support Groups listing on page 85

Spinal Cord Injury BC

We help people with spinal cord injuries adjust, adapt, and thrive. We are the best information on living well with a spinal cord injury in BC
www.sci-bc.ca
1.800.689.2477 BC InfoLine Mon-Fri 9-5
250.308.1997 Scott - Okanagan Peer Coordinator

Dental Services**Abby Dental Care**

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www.abbydental.ca
114-3101 Highway 6, Vernon
250.542.1404
 See our ad on Inside Front Cover

Vernon Denture Clinic

Bringing unique smiles to life. Book your complimentary consultation
www.vernondentureclinic.com
2910 31 Avenue, Vernon
250.542.9117
1.877.539.1972
 See our ad on page 43



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- Stair Lifts
- Platform Lifts
- Hospital Beds

2 Locations

245 5 Street SW
 Salmon Arm, BC V1E 1S9
250-832-2431

Lakeside Medical Supplies
1-877-777-2431
www.lakesidemedical.ca

110-4416 27 Street
 Vernon, BC V1T 4Y4
250-542-2425

Hearing Loss in a New Masked World

COVID-19 has left an unprecedented mark on our world. Many of us now wear masks and stay physically apart to protect each other from the virus. Trying to hear a distant voice that is also covered by a mask is exhausting and frustrating, especially for those who have hearing loss. Some helpful solutions are available!

Speech-to-text apps:

Search online for “speech to text” apps. While a masked person is speaking, the app can print the person’s words onto your screen so you can read what is being said. Example: Google Live Transcribe <https://youtu.be/jLCwjlaPXwA>



Remote microphones: Did you receive a little microphone gadget with your hearing aids? Ever use it? If not, try it! Have the

masked person wear the remote microphone which will send their voice directly into your hearing aids from up to 25 feet away!

Hearing aid “mask mode”: If you wear hearing aids, ask your hearing care professional about setting up a “mask mode” program. Researchers have identified specific speech sounds that are reduced in volume when a mask is worn. Adjustments can be made to hearing aids to boost these sounds and help hear masked voices easier.

Clear masks: Transparent masks are gaining in popularity. They can help improve communication as they allow lip-reading and seeing facial expressions. Examples: The Communicator (safenclear.com) and ClearMask (theclearmask.com)

Contact your hearing care professional to learn more tips!

Tosha R. Hodgson, BA, MCISc, Aud(C), RAUD, RHIP
Reg. Audiologist & Hearing Instrument Practitioner,
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Evolution of Hearing Aids



When was the last time you noticed someone wearing a hearing aid? If you can't recall, it's not because fewer people need to wear them. In fact, more and more people require hearing assistance and the demographic has become decidedly younger too.

Innovation and technological advances—have been rapid in recent years.

Humans have struggled for centuries to find solutions for hearing loss—from the animal horn in the 16th century believed to be the first ear trumpet, to Frederick C. Rein's "acoustic headbands," at the start of the 19th century,

designed to hide ear trumpets in the user's hair, and on the eve of the 20th century, we had the introduction of the electric hearing aid.

Today, the digital age has transformed the design, functionality and comfort levels of hearing aids. Technology has improved the quality of sound through these devices by filtering bothersome moderate-to-high background noise in public environments.

Bluetooth connectivity enhances the hearing assistance experience for the user with their smartphones, TV, tablets and favourite audio devices. This allows them to stream audio from any device. Smartphone connectivity also allows the user, through an app, to discreetly control volume, bass and treble—essentially serving as a remote control for the hearing aid.

While hearing devices have improved dramatically since the early days of trumpet horns, the demand for hearing aids continues to rise. Skilled hearing professionals understand how important hearing is and have successfully improved the quality of life for numerous Canadians suffering from hearing loss.

NexGen Hearing
nexgenhearing.com

Tony Parsons shares his Hearing Health Story.

My hearing aids from NexGen Hearing helped me *stay in the game* and hear what I've been missing. Call NexGen Hearing and take advantage of their **Free Hearing Test!**



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• 310-5601 Anderson Way, Vernon

250.542.0133

• 3415 32 St., Vernon 250.542.3353

See our ad on page 45

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201-5100 Anderson Way, Vernon

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See our article and ad on page 50

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204-3334 30 Avenue, Vernon

250.545.2226

See our article and ad on page 49

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245 5 Street SW, Salmon Arm

110-4416 27 Street, Vernon

1.877.777.2431

See our ad on page 48

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Medical Supplies & Services

www.nightingalemedical.ca

• 211-450 Lansdowne St., Kamloops

250.377.8844

1.877.377.8845

• 111-3400 Coldstream Avenue, Vernon

250.545.7033

1.800.545.8977

See our ad and article on page 47

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1.844.259.8576

See our ad on page 53

Medical & Mobility Equipment

Canadian Red Cross

Health Equipment Loan Program: short term mobility equipment & bath aids to assist at home recovery from surgery illness & injury. By donation. Health care Professional referral required. Check web site for area

Help Centres in North Okanagan Shuswap

www.redcross.ca/help

Okanagan Service Area Office

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Kelowna, BC V1X 7R2

250.765.3465 Mon-Fri 9am-1pm

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You can drop in and have your water bottles filled or we offer Home and Office Deliveries



Medical Alarm Systems

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Personal emergency response system, links elderly or medically at risk to 24 hour emergency help at the touch of a button. Service area throughout the North Okanagan Shuswap www.lifeline.ca
4000 25 Avenue, Vernon
250.558.1334 1.800.994.8414
See our ad and article page 54

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101-3605 31 Street, Vernon
250.260.1868
See our article on pg. 10, ad on pg. 11

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2701 11 Avenue NE, Salmon Arm
250.832.7655 Pharmacy
250.832.7622 ext 316 Wellness Centre
See our ad on page 9

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www.shoppersdrugmart.ca
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Health Facilities

Interior Health Authority

www.interiorhealth.ca

Interior Health Crisis Line

1.888.353.2273 24/7

• Interior Health Vulnerable & Incapable Adults Reporting Line

Investigates reports of abuse, neglect, and self-neglect of vulnerable adults
1.844.870.4754 report or call for info

• Patient Care Quality Office

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

Chase Primary Health Care Centre

Emergency & office hours M-F 8am-3pm
825 Thompson Avenue 250.679.1400

Chase Medical Centre

826 Thompson Avenue
250.679.1420 Mon-Fri 8am-4pm

Enderby Community Health Centre

707 3 Avenue, Enderby 250.838.2450

Home Health Services & Home Support

Vernon, Armstrong, Enderby, Lumby
4505 25 Street, Vernon 250.541.2200

Lumby Health Centre

Lab services, X-ray - no appt. necessary
2135 Norris Ave., Lumby 250.547.9741
250.547.2164 Public Health Nurse

Pleasant Valley Health Centre

Home Health Services, Lab, Health Unit
3800 Patten Drive, Armstrong
250.546.4700

Shuswap Home & Community Care

2-2770 10 Avenue NE, Salmon Arm
250.832.6643 Mon-Fri 8am-4pm
250.803.4525 Harmony Haven Adult Day Program, respite for CareGivers

North Shuswap Health Centre Society

Lab services Wed & Fri 8am-1pm. Flu shots, Foot Care & Public Health Nurse
www.nshealthcentre.ca

**2-3874 Squilax Anglemont Road
 Scotch Creek**

250.955.0660 Mon-Fri 8:30am-5pm when doctor on site - see online calendar

Vernon Health Unit

1440 14 Avenue

250.549.5700 Mon-Fri 8am-4:30 pm

250.549.5721 Public Health Nursing

Vernon Urgent & Primary Care

Provides non-emergency health concerns
 - same day care for minor injuries, sprains, strains, infections, high fever, asthma attacks, cuts, wounds, skin conditions
 Urgent, same day care does not require an appointment

101- 3105 28 Avenue, Vernon

250.541.1097

Hospitals

• **Queen Victoria Hospital**
1200 Newlands Road, Revelstoke
250.837.2131

• **Shuswap Lake General Hospital**
601 10 Street NE, Salmon Arm
250.833.3600
250.803.4546 Foundation office

• **Vernon Jubilee Hospital**
2101 32 Street, Vernon
250.545.2211
250.558.1362 VJH Foundation office

Walk In Clinics

Hours correct as of July 2020. For wait time and information for clinics on the Medimap system, go to www.medimap.ca

Enderby

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



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Kamloops
#25A-1967 East Trans-Canada Hwy
1-844-259-8576

www.pg surgmed.com

Tips to Avoid Falls

When you say "YES" to these questions, falls become less likely.

Do I exercise regularly?

☐ Yes ☐ No

Regular, moderate physical activity increases your muscle strength and balance. Your provider can provide an exercise program that's right for you.

Do I follow a sensible, balanced diet?

☐ Yes ☐ No

Good nutrition results in higher energy. And for stronger bones, remember to include calcium and vitamin D if approved by your doctor.

Have I done a home safety inspection?

☐ Yes ☐ No

Eliminate obvious hazards (such as poor lighting, throw rugs and clutter). Add safety modifications (such as grab bars, nonslip mats and night lights).

Do I take extra care?

☐ Yes ☐ No

Take your time and think ahead, especially in new or unfamiliar places. When you rise from your chair, stand for a few seconds before walking.

Do I wear the right shoes?

☐ Yes ☐ No

Select sturdy, low-heeled shoes with rubber soles for traction. Make sure they are fitted properly.

Has my healthcare provider reviewed my medications?

☐ Yes ☐ No

Be sure to report all medications you are taking, both prescription and over-the-counter, so that your provider can assess the benefits and risks of each drug.

Have I discussed my fears with my healthcare provider?

☐ Yes ☐ No

Tell your doctor if you've experienced a fall or if you're having dizziness, balance problems or impaired vision. Balance classes, physical therapy or occupational therapy may be recommended to help you walk more safely and to get up correctly if you do fall.

Do I have a medical alert service?

☐ Yes ☐ No

Knowing that prompt help is available can give you the confidence to be as active as possible.

Common conditions in older adults increase the risk of falls

Heart disease, stroke, Parkinson's and low blood pressure can cause dizziness, balance problems and fatigue.

Diabetes can cause a loss of sensation in the feet, leading to a reduced "sense of place."

Arthritis results in loss of flexibility and increased difficulty maintaining balance.

Chronic obstructive pulmonary disease and heart failure result in breathing difficulties, weakness and fatigue, even with only slight exertion.

Vision problems, such as glaucoma and cataracts, decrease visual function.

Medications can also be a risk factor, particularly sleeping medications, anti-depressant or anti-anxiety drugs, and heart medications.

Interior Health Lifeline Program

A not-for-profit, hospital based, community supported program, providing home emergency response monitoring services.
Lifeline - a caring connection which promotes safety and independence.

North
Okanagan

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

www.lifeline.ca



Walk In Clinics *continued*

Lake Country

- **Turtle Bay Medical Clinic**
Mon-Fri- 8am-4pm. Closed Sat & Sun
www.facebook.com/turtlebaymedical/
802-11850 Oceola Rd., Lake Country
778.480.6890

Revelstoke

- **Selkirk Medical Group**
Monday to Friday 9am-5pm
www.selkirkmedicalgroup.ca
201-101 First Street W.
250.837.9321

Salmon Arm

- **Mount Ida Medical Centre**
Mon-Thur 9am-7pm, Friday 9am-5pm
Saturdays 10am-2pm
200 Trans-Canada Highway SW
250.833.1990

- **Salmon Arm Medical Clinic**
M-F 9:30am-4pm, 5-7:30pm, Sat 9-1:30
581 Hudson Avenue NE
250.832.6094

- **Shuswap Providence Clinic**
Monday to Friday 9am-5pm
2991 10 Avenue SW (Walmart)
250.832.3377

Vernon

- **Primacy-North Okanagan Medical Clinic**
Monday-Sunday - 9am-7pm (every day)
5001 Anderson Way Superstore 2nd Flr.
250.545.8338
- **Sterling Centre Clinic**
Monday to Friday Noon-7pm
Saturday, Sunday, Holidays 9am-1pm
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John Rudy Health Resource Centre:

Support for everyone to access, understand and use health-related information



We imagine a community where everyone is empowered to make good health decisions for themselves and their families. Our mission is to improve the health and well-being of the community by addressing health literacy needs. We accomplish our goal by operating a health resource centre that is free and easily accessible to everyone.

The John Rudy Health Resource Centre Association is a non-profit organization and a registered charity. Founded in Vernon, BC in 2016, we are the first of our kind in Western Canada. We are unique and innovative in our approach to providing support to individuals, their families, and health care professionals in the community. We listened to the needs of the community and have created a one-stop shop and have become the place to go to get help to understand and use health information.

We are different from other resource centres because we specialize in health-related questions and information. This means your health is our one focus. Our unique qualities include one-to-one delivery of our services. This means that whether you come in to the office or call us, you will get to speak to a real person. And that real person will listen to you, ask you questions,



The John Rudy Health Resource Centre helped me so much. I am now connected with the right health care services and I am no longer stressed.



John B. – Vernon BC

contact health services and supports on your behalf, assist you to complete forms and make phone calls, and so much more.

We are located in Vernon, but people from anywhere can access us by calling or sending an email. If you live in the North Okanagan or Shuswap please feel free to contact us and we will do our absolute best to help you find and connect with health services or supports, read or understand health information and know which health or disability resources you may be eligible.

Our drop-in office hours have been temporarily cancelled during the COVID-19 pandemic, but we are available by phone, email and Facebook messenger. We will resume drop-in office hours once the authorities declare it is safe for clients and staff.

Once a community member has information and resources explained to them, they can then ask health professionals questions and make good choices. Our services help people move from feeling stressed, overwhelmed, and a casualty of the health care system, to feeling empowered, strong, and confident. Then and only then can the person deal and cope with the health issue affecting them.

If you would like to learn more, or would like to donate, please contact the founder and Executive Director, Chantelle Fairbrother at 250-938-8092 or email her at info@johnrudyhealth.ca. You can also find us on the web at www.johnrudyhealth.ca and at www.facebook.com/johnrudyhealth.ca/.

Chantelle Fairbrother, Executive Director
250-938-8092 • info@johnrudyhealth.ca

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www.antifraudcentre.ca

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www.consumerprotectionbc.ca

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

National Do Not Call List

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1.888.362.5889 TTY

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

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• **250.838.7707** Enderby

250.833.4466 SASCU Wealth

See our ad on page 61

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Community Legal Assistance Society

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

Dial-a-Law

A library of scripts prepared by lawyers. Offers general information on a variety of topics on BC law but not legal advice. Free service available in English, Chinese and Punjabi via the Internet and by phone <https://dialalaw.peopleslawschool.ca>
1.800.565.5297 Recorded Information

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- **Suite E, 3105 31 Avenue, Vernon**
3001 27 Street (Vernon Courthouse)
250.545.3666 Mon-8:30-3, Wed 10:30-3,
Thurs 12:30-3pm
- **Family LawLINE**
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 See article 'Power of Attorney' on page 25

People's Law School

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

604.331.5400 Vancouver

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

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 Interior - North Regional Office

Seniors First BC

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

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Policing

City of Vernon Community Safety Office

Flagship operation of Protective Services-Community Safety Unit. See web for info on over 50 crime reduction/prevention programs and initiatives. Broad spectrum of information around community based programs, projects, and initiatives.

Restorative Justice office

<https://www.vernon.ca/homes-building/community-safety/community-safety-office>

3010 31 Avenue, Vernon

250.550.7840 Mon-Fri 8am-4pm

Crime Stoppers North Okanagan/Shuswap

Receives tips from anonymous callers, passes information on to police to help solve cases. See web site to submit an anonymous email tip. Reward of up to \$2,000 based on the extent of information received and the results obtained.

<http://nokscrimestoppers.com>

1.800.222.8477 Tips Line

Royal Canadian Mounted Police

www.rcmp-grc.gc.ca

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RCMP Detachments:

- **3710 Pleasant Valley, Armstrong**
250.546.3028
- **226 Shuswap Avenue, Chase**
250.679.3221
- **602 Granville Street, Enderby**
250.838.6818
- **5678 Connaught Road, Falkland**
250.379.2311
- **2208 Shuswap Avenue, Lumby**
250.547.2151
- **404 Campbell Avenue, Revelstoke**
250.837.5255
- **1980 11 Avenue NE, Salmon Arm**
250.832.6044
- **1125 Paradise Avenue, Sicamous**
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- Vernon, Armstrong, Enderby, Lumby, Falkland Mon-Fri 8:30am-5pm
250.260.7171

RCMP Victim Services

- Salmon Arm, Sicamous **250.832.4453**
- Chase & District Victim Services
250.679.8638

Salmon Arm Citizens Patrol

City-wide vehicle, foot and bike patrols from 1 pm to early morning hours - members choose their shifts. Also radar-based Speed Watch, Lock-out Auto Crime activities in public parking lots and community events. New members welcome. Find us on Facebook www.salmonarmcitizenspatrol.ca c/o RCMP Detachment
1980 11 Street NE, Salmon Arm
250.832.5046 Paula Weir, President

Seniors Guidebook to Safety & Security

Goal is to raise awareness of seniors' safety issues to improve quality of life. Help to recognize a potential crime situation and show how to reduce or remove risk

<https://www.rcmp-grc.gc.ca/en/seniors-guidebook-safety-and-security>

Victim Assistance

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For Women, Children and Men
Vernon Courthouse, 3rd Level
3001 27 Avenue, Vernon
250.542.3322 Mon-Fri 9:30-4:30pm
250.542.1122 Archway Society for Domestic Peace. See article on page 63
- **Community-Based Victim Assistance**
Shuswap Area Family Emergency (SAFE) Society
www.safesociety.ca
250.832.0005 Salmon Arm
 - Salmon Arm Women's Shelter
250.832.9616 24/7

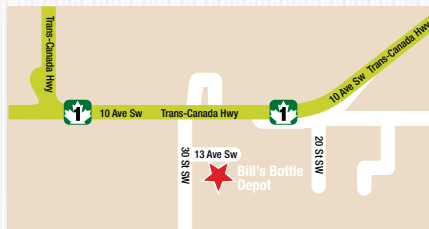
Bill's Bottle Depot



Full cash refund for all beverage containers

We are also accepting

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



2840 13th Avenue SW, Salmon Arm

Phone: 250-832-6630

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

Extensive Programs for Women in Transition

How We Can Support You

Vernon Women's Transition House

provides **25** beds to women and children who are seeking safety from relationship violence. The program is permanently staffed 24 hours a day. There is supportive counselling available and advocacy and accompaniment to appointments where necessary and possible. Women can stay for up to 30 days and sometimes longer if necessary.

250-542-1122

The Homelessness Prevention Outreach Program

works with women who are at risk of violence and risk of homelessness. The Coordinator assesses client safety and housing needs and works with the clients to address issues, access and maintain stable housing. The program follows-up with clients and provides referrals for supports that will assist with maintaining stable housing.

250-558-0171

778-212-3265 (program cell)

Volunteer Coordinator Volunteers act as society representatives at special events such as our annual Little Black Dress fundraiser and other community events. Volunteers also help with cooking, driving, landscaping and other areas that utilize their own personal skills and abilities. Involvement is based on their personal schedules.

250-542-1122 ext # 122

Outreach Support Services Program

provides mobile service to women and their dependent children who have experienced violence, abuse or threats from their intimate partner. Services include emotional support, information and referrals, accompaniment to appointments and advocacy. These services are provided to women who are housed outside the Transition House and who are isolated or lived rurally.

778-212-3259 (program cell)

The Stopping the Violence Women's Counselling Service

is offered to provide medium-term counselling to women who have experienced domestic violence, sexual assault or criminal harassment. Groups and individual counselling are offered.

Vernon Counsellor: **250-558-0334**

Armstrong, Enderby Counsellor:
250-540-0127 (program cell)

The Equine Therapy Program is an experiential therapeutic form of therapy where horses participate as co-counsellors for children and adults who have experienced or witnessed violence. The model applied at The Equine Connection uses a combination of the concepts of natural horsemanship, play therapy, story-telling, and problem-solving exercises.

250-309-0351 (Wendy)

Our support/ services are free of charge.

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

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

To learn more call
250-558-3850
archwaysociety.ca





Leisure Travel

Arts & Culture

Many listings are pre-COVID-19 pandemic. Be sure to call ahead.

Caravan Farm Theatre

Professional outdoor theatre company on an 80 acre farm 11 km. NW of Armstrong
www.caravanfarmtheatre.com

4886 Salmon River Road, Armstrong
1.866.546.8533

Chase & District Museum & Archives

Gift shop and art gallery
www.chasemuseum.com

1042 Shuswap Avenue, Chase
250.679.8847

Friends of Fintry Provincial Park Society

Research, restoration of buildings and grounds, building archives, fund raising. Large campground, boat launch
www.finty.ca

250.542.4031

Greater Vernon Museum & Archives

Diverse, colorful history of North Okanagan is portrayed through exhibits. Available private viewings Tue-Fri 2020. Book by private appointment via website
www.vernonmuseum.ca

3009 32 Avenue, Vernon 250.550.3140

Heritage Murals of Downtown Vernon

One of Canada's largest collections of outdoor public art. Guided Walking tours July-Sept. Sign up online. Meet out front of Vernon Museum www.vernonmuseum.ca
3009 32 Avenue, Vernon 250.550.3140

Historic O'Keefe Ranch

Est. 1867, historic site and museum, open May-October. Tours, exhibitions, unique displays. Seniors 60+ discount
www.okeeferanch.ca

9380 Highway 97 North, Vernon
250.542.7868

Lake Country Museum and Archives

Presenting our Past. Illuminating our Future
www.lakecountrymuseum.com

11255 Okanagan Centre Road West
Lake Country
250.766.0111

Mackie Lake House Foundation

Keeping history alive with seasonal tours, teas, concerts, events and year round rentals. Overlooking Kal Lake
www.mackiehouse.ca

7804 Kidston Road, Coldstream
250.545.1019

North Okanagan Community Concert Assn.

Home of classical music in the North Okanagan. Five concerts at The Performing Arts Centre in our season. Tickets at \$125 for all five concerts or \$40 for single tickets. Visit us on Facebook
www.nocca.ca

Okanagan Symphony Orchestra

Concert events in Vernon, Kelowna, Penticton. See web site for 2020-21 performances, locations, dates
<http://okanagansymphony.com>
250.763.7544 Mon-Fri 10am-3pm
250.549.7469 Vernon Ticket Seller

Powerhouse Theatre

Fall, Winter and Spring productions on web site. Check for special pricing packages

www.powerhousetheatre.net

2901 35 Avenue, Vernon

250.542.6194

250.549.7469 Vernon Ticket Seller

R.J. Haney Heritage Village & Museum

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

www.salmonarmmuseum.org

751 Highway 97B NE, Salmon Arm

250.832.5243

See our ad and article on page 23

Salmon Arm Arts Centre

A place to enjoy, experience, exhibit the arts, a record of our shared experience

www.salmonarmartscentre.ca

70 Hudson Avenue NE

Salmon Arm

250.832.1170 Tue-Sat 11am-4pm

Shuswap Theatre

Entertaining the Shuswap since 1977

www.shuswaptheatre.com

Seniors' Theatre-best 2 hours of your week!

41 Hudson Avenue NW, Salmon Arm

250.832.9283

Vernon & District Performing Arts Centre

Premier entertainment venue

www.vdpac.ca www.facebook.com/vdpac

3800 33 Street, Vernon

250.542.9355 Mon-Fri 9am-5pm

• Ticket Sales & Inquiries (Box Office)

www.ticketseller.ca > Theatres/Venues

3800 33 Street

250.549.SHOW (7469)

Vernon Community Arts Centre

Operated by the Arts Council of the

North Okanagan. Offers a wide array of visual, dimensional and performing arts in classes, workshops and drop-ins

www.vernonarts.ca

2704A Highway 6 - in Polson Park

250.542.6243

continued...



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- **Arts Council of the North Okanagan**
Umbrella organization serving more than 30 diverse member groups and over 3,000 individual and family members
www.acno.ca

Vernon Public Art Gallery

Quality exhibitions and programming. Consider supporting the VPAG with your time, expertise, or financial assistance, help us continue to provide quality service, art education, beneficial experience for all
www.vernonpublicartgallery.com
www.facebook.com/vernonpublicartgallery/
3228 31 Avenue 250.545.3173

Western Canada Theatre

Kamloops' own, producing high-quality, professional theatre www.wctlive.ca
1025 Lorne Street, Kamloops 250.374.5483

Leisure

Allan Brooks Nature Centre

Provides a first hand opportunity to see and learn about the Okanagan's unique, diverse natural heritage. Open Tue-Sat 9 am to 4 pm, approx. mid-April to October
www.abnc.ca
250 Allan Brooks Way, Vernon 250.260.4227

BC Fishing Licences

Basic annual licence for 65+ \$5.00
Basic annual licence for disabled \$1.00
www2.gov.bc.ca - search for BC Recreational Freshwater Fishing License
Purchase online or at Service BC or licensed vendor

BC Parks

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

1.800.689.9025

• **Camping Fees for BC Seniors**

www.env.gov.bc.ca/bcparks/fees/senior.html

BC Seniors Games Society

55+ BC Games are one way to help those 55+ enrich their lives, get active, keep fit. Although competition is an important aspect, active participation in sport, recreation and culture is the goal. See web site for Zone 5 & 8 contacts. Games in Greater Victoria, Sept. 14-18, 2021
www.55plusbcgames.org
778.426.2940

Davison Orchards Country Village

Destination for farm food and family fun. Open every day May 1 to October 31
www.davisonorchards.ca
www.facebook.com/davisonorchards
3111 Davison Rd., Vernon 250.549.3266

Farmers' Markets (BC Association of)

www.bcfarmersmarket.org

All Organic Farmers' Market

• Wednesday 2-5 pm May to October. Check web site for Winter Market dates from Nov-April. Biweekly Weds 2-4pm Uptown Askew's, Salmon Arm

• **Revelstoke Farmers' Market.** Every Sat 8am-1pm. May-Oct. Centennial Park. Revy Winter Market, Every 2nd Thurs starting Nov 5, 12-5pm, Revelstoke Rec.
www.wildflightfarm.ca

250.838.7447 Wild Flight Farm

Armstrong Farmers' Market

Fresh local produce, local meats, cheeses, honey, preserves, handcrafts, baked goods, bedding plants, organics, Sat 8am-noon, April-October
IPE Grounds, **3371 Pleasant Valley Road**
www.armstrongfarmersmarket.ca

Celista Hall Farmer's Market

Wednesdays 9am-1pm, July & August
Celista Hall grounds. Produce, crafts, baking, live band, kids activities
www.facebook.com/CelistaHallFarmersMarket
250.955.2978 Patsy

CSE:ISH



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Unit 102, 2500 53 Avenue
Vernon, British Columbia

VISIT [SPIRITLEAF.CA](https://spiritleaf.ca) TO LEARN MORE

Chase Farm & Craft Market

Fridays 10am-2pm April to October
 Safety Mart Foods
778.689.4876 Joe

Enderby Farmers Market

Fridays - 10am-1pm, until end of October
 Splatsin Community Centre parking lot
5767 Old Vernon Road
www.Facebook.com/EnderbyFarmersMarket
250.306.6582 Gabriele

DeMille's Farm Market

Fresh fruit & produce from the Okanagan
 & Shuswap. Fresh baked bread & home
 baked goods. Open all year, 7 days/
 week, 8 am to sunset. Farm animals.
www.demillesfarmmarket.com
3710 TC Highway SW, Salmon Arm
250.832.7550
 See our ad on page 65

Lake Country Farmers' Market

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

Lumby Public Market - Every Sat May to

Oct 10. 9am-1pm, Oval Park, Glencaird
www.LumbyMarket.com
250.549.0744 Elsie

Salmon Arm Community Market

Fresh produce, local crafts. Mothers
 Day to Thanksgiving, Fridays 8 am-1pm
4940 Canoe Beach Drive, Canoe
[Facebook:salmonarmcommunitymarket/](https://www.facebook.com/salmonarmcommunitymarket/)
www.samarketwithheart.ca
250.803.1735 Susan

Salmon Arm Downtown Farmers' Market

Local food, artisans, entertainment
 Saturdays 9am-1:30pm, May 16-Oct 10
 Ross Street Plaza.
250.253.4385 Shuswap Food Action

Scotch Creek Farm & Craft Market

Sundays, Victoria Day to Labour Day
 9:30am-1:30pm. Local produce/crafts. The
 Hub parking lot. **4120 Squilax-Anglemont Rd**
250.679.2166 Connie

Sorrento Village Farmers' Market

Mothers Day to Thanksgiving weekend
 Sat. 8am-noon. Sorrento Shoppers Plaza
www.sorrentofarmersmarket.ca
 250.515.1265 Tanesa or Quinne

Vernon Farmers' Market

April thru October, Mon & Thur 8am-1pm
 Kal Tire Place parking lot 3445 43 Avenue
Vernon Indoor Farmers' Market - late Nov
 to March, 11am-3pm, Kal Tire Place
www.vernonfarmersmarket.ca
250.351.5188 Ingrid

Kal Tire Place, Kal Tire Place North

Check web site for Walking schedule
 (4 laps = 1 km). Also Events & Drop In
 Skating & Shinny Hockey schedules.
 25% public skating discount for those 65+
www.kaltireplace.ca
3445 43 Avenue, Vernon 250.550.3257

Kingfisher Interpretive Centre

Volunteer driven community based salmon
 hatchery & environmental education centre
www.kingfishercentre.com
2550 Mabel Lake Road, Enderby
250.838.0004

North Okanagan Shuswap Barn Quilt Trail

Explore BC's first! Painted quilt block
 squares on local businesses, homes
 Armstrong Spallumcheen Chamber of
 Commerce www.aschamber.com
250.546.8155
 See our article on page 69

Okanagan Science Centre

We want to make science fun for everyone
 55+ discount. Mon-Fri 10-5, Sat 11-5
www.okscience.ca
2704 Highway 6, Vernon 250.545.3644

Old Time Dance Club

First Fri. of month Oct to May-except Jan.
 Fun & great physical & mental exercise.
 All ages. Enderby Drill Hall. Admission \$5
 no charge children, includes light lunch
250.546.6186 Estelle **250.515.1176** Jim

Explore British Columbia's first barn quilt trail!

The North Okanagan Shuswap Barn Quilt Trail features beautiful, painted quilt block squares on local barns, businesses, and residential homes in or around our community. These quilt blocks bring together and highlight the traditions of quilting and farming; two traditions that are very much alive in our community today!

Armstrong Spallumcheen Chamber of Commerce and Visitor Centre, in partnership with Quilting For You, Shepherds Home Hardware & Outdoor Living Centre, and volunteers, is thrilled to host the North Okanagan Shuswap Barn Quilt Trail.

"Barn quilts are a form of rural graffiti that honour quilters and the textile arts as well as drawing attention to Armstrong Spallumcheen's important agricultural heritage," says Sean Newton, President with the Armstrong Spallumcheen Chamber of Commerce.

"It gets people off of the track and onto roads less travelled," added Susan Wilson, owner of Quilting For You.

Since its launch in 2016, the North Okanagan Shuswap Barn Quilt Trail has grown from six quilts to over forty quilts, with each showcasing a beautiful and unique pattern. The barn quilts



are centrally located in and around Armstrong. The most southern quilt is located at Davison Orchards in Vernon and the most northern quilt is located at Blue Hills Lavender Farm in Salmon Arm.

Wilson and her team of volunteers research quilt patterns, collaborate with the property owners, and paint the barn quilts.

Participants of the barn quilt trail may choose to paint their own barn quilt, with the conditions of using a non-copywrite pattern and installing the quilt where it is visible from public property. With the help of Nor Val Rentals, a dedicated team of volunteers install the barn quilts.

The barn quilt trail is a self-guided tour, and participants can pick up a map at the Armstrong Spallumcheen Chamber of Commerce and Visitor Centre, located at 3550 Bridge Street, or on their website, <http://www.aschamber.com>.

For more information, or if you are interested in joining the North Okanagan Shuswap Barn Quilt Trail, please contact the Armstrong Spallumcheen Chamber of Commerce and Visitor Centre by phone, 250-546-8155, or email, manager@aschamber.com.

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Doctors recommend at least two servings of fish per week for a healthy mind.

seafoodhealthfacts.org

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Fish & Chips**

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Seniors on
Wednesdays**



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4400 - 32nd Street, Vernon, BC.

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www.planetbee.com

5011 Bella Vista Road, Vernon
250.542.8088

RV Owners Lifestyle Seminar

An annual event at Okanagan College Kelowna Campus, **1000 KLO Road** Opportunity for new, or seasoned or wannabe RV owners to gain valuable knowledge on RV operations, maintenance and safety. Also travel tips, health on the road, destinations, full-time RV living, more. 2021 seminar dates TBA.
www.rvda.bc.ca/rv-owners-lifestyle-seminars
778.490.0013 Joan - RVDA

SASCU Recreation Centre

Aquatic centre, fitness room, badminton, gym/auditorium, meeting rooms, Squash, Pickleball, racquetball courts, table tennis. See web for seasonal Fun Guide
www.salmonarmrecreation.ca

• **Active Salmon Arm** provides maps of a variety of healthy walks throughout the Shuswap; Virtual walk of Shuswap Trail
2550 10 Avenue NE, Salmon Arm
250.832.4044

• **Shaw Centre**

Public skating/adult shinny/learn to skate. Arena walking loop. Check website for programs, details, adult skating, etc.
2600 10 Avenue NE
250.832.4044

Salmon Arm Curling Centre

Curling supplies, lounge, leagues
 Adult Learn to Curl program
www.salmonarmcurlingclub.com
691 28 Street NE
250.832.8700

Salmon Arm Silverbacks

Junior 'A' Hockey, senior pricing
www.sasilverbacks.com
 Shaw Centre (south entrance)
2600 10 Avenue NE
250.832.3856

Shuswap Storytellers

Gathers at Askew's Uptown Community Room, 7 pm, 1st Tue of the month October to June. Everyone welcome whether you like to tell stories or just listen. Call for info
250.546.6186 Estelle

Silver Star Mountain Resort

Skiing, world class bike park, hiking trails
www.skisilverstar.com
1.800.663.4431

Sovereign Lake Nordic Centre

World class cross-country skiing
www.sovereignlake.com
250.558.3036 **1.877.768.5253**
250.260.5335 Snow Phone

Spiritleaf

Cannabis & Accessories Available
www.spiritleaf.ca
102-2500 53 Avenue, Vernon
236.426.2230
 See our ad on page 67

Star Country Square Dance Club

Hot new trend - best for exercise, using mind & body with dollops of laughter. For singles, couples, youth. Note: Weekly dance will resume when COVID-19 protocols are met
 Halina Centre, Vernon
778.930.0655 call Darlene for info

Vernon Curling Club

Pro Shop, Lounge, Senior Leagues
<https://vernoncurling.ca>
3400 39 Avenue
250.542.6713

Vernon Lawn Bowling Club

Summer and winter activities
www.vernonlawnbowlingclub.com
Polson Park, Vernon **250.549.4100**

Vernon Outdoors Club

Enjoying outdoor activities in the North Okanagan. Hiking, paddling or Mountain Bike excursions, snowshoeing, trail clearing by volunteers
www.vernonoutdoorsclub.org

Vernon Vipers

Junior 'A' Hockey Club

www.vipers.bc.ca**3445 43 Avenue** Kal Tire Place**250.542.6022****Travel****BC Ferries**

BC seniors 65+ travel free on most BC Ferries routes Mon-Thur except holidays.

Passenger fares only

www.bcferries.com**1.888.223.3779** Reservations**Friendship Force International**

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

www.thefriendshipforce.org**Kelowna International Airport (YLW)**

Contact airlines directly for flight reservations and questions.

Airport services information is available at ylw.kelowna.ca**250.807.4300** Airport Administration**250.765.5612** Airport Parking Courtesy Shuttle Services**778.753.3735** Valet Parking**National Geographic Expeditions**

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

www.nationalgeographic.com/expeditions**1.888.966.8687****Road Scholar**

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www.roadscholar.org**1.800.454.5768** Mon-Thur 6am-3:30pm PT**Super, Natural British Columbia**

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Road and weather conditions, webcams, plan your route, mobile traveller info
www.drivebc.ca
1.800.550.4997

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www.worldwidequest.com
1.800.387.1483 M-F 6am-2:30pm PT

Activity Centres

Note: Activity Centres closed during COVID-19 restrictions. Not all information will be up-to-date.

Armstrong Seniors Activity Centre

Activities for 50+ include dance, carpet bowling, snooker/pool, cribbage, stick curling. Income Tax & Volunteer Driver programs, Potluck suppers
www.armstrongseniors.ca
2520 Patterson Street
250.546.1118

Canoe Senior Citizens Association

9 am coffee Mon & Fri, Mon bingo 12:30
 Tue & Fri night crib, Crib Tournament every 3rd Sunday. Yoga. Pancake breakfast 3rd Saturday, Potluck dinner 2nd Wednesday 5 pm
7330 49 Street NE, Canoe
250.832.8215

Chase Creekside Seniors

Canasta, Bingo, Carpet Bowling, Guys & Gals Exercise, Crib, Snooker, Wood Carving, Bells & Bows. WiFi
 Chase Seniors Centre
542 Shuswap Avenue
250.679.8522

Enderby & District Senior Citizens

Bingo, crib, Tai Chi, Fun 'n Fitness, pool, bridge, quilting, foot clinic by appointment. Seniors Luncheon Buffet Wed noon - Sept

to June (delivery during pandemic)

1101 George Street, Enderby
250.838.7541 Seniors Centre
250.838.6755 Sue

Falkland Seniors Branch 95

Activities include billiards, darts, card games. Potluck lunch last Mon. Annual garage sale. Hall rental with kitchen \$30
5706 Highway 97, Falkland
250.540.7656 Angus, President

Fifth Avenue Seniors Activity Centre

Cards, billiards, keep-fit, chess, table tennis, darts, music, line dancing, sing-a-long. Hot lunch specials wkdays, pancake breakfasts, Birthday Lunches Sept-June
Scheduled to reopen January 2021
www.5thaveseniors.org
170 5 Avenue SE, Salmon Arm
250.832.1065 Mon-Fri 9am-4pm
 Summer hours Mon-Fri 8am-4pm

Halina Activity Centre

An evolving 50+ activity centre, offering an ever-growing list of activities - Bingo, Bridge, Billiards, Bus Tours, Canasta, Crafts, Carpet Bowling, Dancing to live music, Dinner & Pattern Dancing, Darts, Floor Curling, Lunch & Learn, Square Dancing. Cafeteria meals, Catering, Hall Rentals
www.halinacentre.com
www.facebook.com/HalinaSeniorsCentre
3310 37 Avenue, Vernon **250.542.2877**
See our ad & article on pages 18, 19

Lake Country Seniors' Activity Centre

Wood shop, cribbage, sewing, Tai Chi, Power Yoga, Songster & Artists groups, Drop-in games, bridge, quilting. Prime Time Entertainment - 1st & 3rd Mon, Tue
 Seniors Lunch \$7, Frozen meals avail \$5
9832 Bottom Wood Lake Road
250.766.4220 or **250.766.5437** Anne

Lakeview Community Centre Society

Welcoming place for the North Shuswap community to relax, meet others, learn new skills and participate in recreational activities. See website for scheduled

activities. Emergency Preparation Centre
www.lakeviewcommunitycentresociety.com
7703 Squilax-Anglemont Road
Anglemont 250.682.6235 Jim

Revelstoke Senior Citizens' Association
 Billiards, bingo, bridge, carpet bowling,
 cribbage, darts, Ballroom Dance Drop-in,
 Exercise program, Quilting Club, Whist,
 Genealogy Workshop, Thur Morning Coffee
 Drop-In, Computer room
603 Connaught Avenue
Revelstoke
250.837.9456

Schubert Centre

Vernon's Hot Spot Community Centre
 Scrabble, whist, crib, bridge, canasta,
 500, floor curling, dancing, crafts, Tai Chi.
 Hall rental, Bus Tours, Catering, Coffee
 Shop, Bargain Basement. Meals on
 Wheels

www.schubertcentre.com

3505-30 Avenue, Vernon

250.549.4201

See our article on page 17

Shuswap Lake Senior Citizens Society aka Seniors Drop In Centre

Sat. evening bingo, pool & cards, Move to
 Music, beginners to experienced painters
 clubs, computer lab, wood carving.

Spiritual Church Tue & Sun. Find us on FB
<https://drop31.wixsite.com/seniorsdropincentre>

31 Hudson Ave. NE, Salmon Arm

250.832.3015

250.803.9688 Olena

Sicamous & District Seniors Centre Society

Early morning coffee drop-in Tue, Wed,
 Thur, Sat (\$1), Drop-in chair Aerobics
 Mon & Thur (\$2), Monday soup and a
 bun - by donation. Wed lunch \$7, Fri lunch
 including Wii, bowling or golf \$5, Cards
 pool, darts, table tennis available. Hall
 rental and catering available

www.sicamousseniorscentre.ca

FB: *Sicamous-District-Seniors-Centre-Society*

1091 Shuswap Avenue, Sicamous

250.836.2446

Sorrento Drop-In Society

Goal is to support friendship and well
 being through activity and information. A
 place to socialize and become part of the
 community. See website for Upcoming
 Events & Events Calendar. Sunday Church
www.sdis.ca

1148 Passchendaele Road

250.675.5358

Whitevalley Community Resource Centre

Seniors Drop-In Centre (Lumby)
 Dogwood Lounge, Saddle Mountain Place
 Mon-Wed-Fri 9am-1:30pm. Knitting, agility
 exercise group, bingo, crib, crafts, live
 music, intergenerational visits, wellness
 presentations, seasonal classes and more.
 Nutritious, three course noon meal \$6

www.whitevalley.ca/seniors/

1751 Glencaird, Lumby

250.547.8866, 250.547.8821



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Resources

Charities, Foundations

Before You Give...

Canada Revenue Agency (CRA) web site has a useful resource called 'Giving to Charity: Information for Donors'. Facts about tax savings, donation receipts, charities regulations, and how to be an informed donor www.cra-arc.gc.ca/donors
1.800.267.2384 M-F 9am-5pm local time
1.800.665.0354 TTY

BC Cancer Foundation

Make a gift in memory to honour the life of a loved one, friend, family member
www.bccancerfoundation.com
399 Royal Avenue, Kelowna V1Y 5L3
250.712.3921 1.866.230.9988

BC SPCA

Non-profit organization dedicated to protecting and enhancing the quality of life for domestic, farm & wild animals
www.sPCA.bc.ca
1.855.622.7722 Animal Cruelty Hotline
• Vernon & District Branch
4800 Haney Road, Vernon V1H 1P6
250.549.7297 Tue-Sat Noon-4pm
• Shuswap Branch
5850 Auto Road SE, Sal. Arm V1E 2X2
250.832.7376 Tue-Sun Noon-4pm

Canadian Cancer Society

Make a One-time Gift, Monthly Gift, Honour Gift, Memorial Gift
www.cancer.ca
330 Strathcona Avenue
Kelowna V1Y 5K7 1.800.403.8222

Canadian Red Cross

Donate online, by mail, by phone, monthly giving, gifts of stock, planned giving - legacy, RRSPs
www.redcross.ca
124 Adams Road, Kelowna V1X 7R2
250.491.8443 1.800.418.1111

Chase & District Health Services Foundation

Further the improvement of patient services in the Chase catchment area
Facebook: Chase-and-District-Health-Services-Foundation
PO Box 1099, Chase, BC V0E 1M0

Community Foundation of the North Okanagan

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

Heart & Stroke Foundation

In Memoriam, In Honour, general donations
www.heartandstroke.ca
4-1551 Sutherland Avenue
Kelowna V1Y 9M9
778.313.8090
1.866.432.7833

North Okanagan Hospice Society

Respect, comfort and compassion in life's final journey www.nohs.ca
3506 27 Avenue, Vernon V1T 1S4
250.503.1800

Shuswap Community Foundation
Connecting people who care with causes that matter
<http://shuswapfoundation.ca>
102-160 Harbourfront Dr. NE V1E 4N7
250.832.5428 Salmon Arm

Shuswap Hospice Society
Palliative/end-of-life care for patients quality of life, also their family and friends
www.shuswap hospice.ca
Suite 4-781 Marine Park Drive
Salmon Arm V1E 2W7
250.832.7099 Mon-Fri 9am-4pm
See our ad and article on page 8

Shuswap Hospital Foundation
Accept, manage, disburse funds for the benefit of Shuswap Health Services
www.shuswaphospitalfoundation.org
Main Hospital Entrance
PO Box 265, Salmon Arm V1E 4N3
250.803.4546

Terry Fox Foundation, The
Working together to outrun cancer
www.terryfox.org
2669 Shaughnessy Street
Port Coquitlam V3C 3G7
1.888.836.9786

Sunshine Foundation of Canada
Dreams for Kids Since 1987
www.sunshine.ca
100-300 Wellington Street
London, ON N6B 2L5
1.800.461.7935

United Way Southern Interior BC
Local giving. Local results. Serving the Okanagan, Columbia, Shuswap and Similkameen
www.unitedwaysibc.com
Interior Savings & Credit Union building
200-4301 32 Street, Vernon V1T 9G8
250.549.1346 Mon-Fri 9:30am-4:30 pm
1.866.448.3489

100% ORGANIC MATCHA

—
NO FILLERS.
NO SUGARS.



Check out our locations in Vernon
5100 Anderson Way & 2706 30th Avenue
Visit our locations in Kamloops and Kelowna

Variety-the Children's Charity

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

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

Vernon Jubilee Hospital Foundation

Support North Okanagan health care needs with your tax deductible donation
www.vjhfoundation.org

2101 32 Street, Vernon V1T 5L2
250.558.1362

See our ad and article on page 26

The War Amps

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

2827 Riverside Drive
Ottawa, ON K1V 0C4 1.800.250.3030
See our ad and article on page 15

Education**CAA Road Safety Program**

Seniors Driving: How aging can affect driving, assess & maintain your driving skills, adjusting driving habits, renewing your driver's license, good vision, driving at night, medications and driving, fitness & driving, signs that driving habits should change - declining skills, alternatives to driving, online videos, tools, and more
<https://www.caa.ca/seniors-2>

Justice Institute of BC (JIBC)

Educating and training those who make communities safer, Canada's leader in justice and public safety education
www.jibc.ca

825 Walrod Street, Kelowna
250.469.6020 1.888.865.7764

Kelowna & District Safety Council

Foremost nonprofit safety training facility in the Okanagan. We offer children's safety programs - baby sitter & basic first aid training, home alone safety skills,

beginner bicycle lessons, more. Driver training - beginning and seniors refreshers - and motorcycle rider instruction. Call for details or visit... www.kdsc.bc.ca
395 Hartman Road, Kelowna
250.765.3163 Register, class info

Literacy Alliance of the Shuswap Society

Focus on literacy awareness, education
www.shuswapliteracy.ca

358 Alexander Street NE, Salmon Arm
250.463.4555

Literacy Society of the North Okanagan

Helps people with their literacy needs. Volunteers always welcome for the Reading Together program. Read with children to help build their confidence. Find out more on our website, or call.
www.literacysociety.ca

303-3402 27 Avenue, Vernon
250.275.3117 *See our ad on page 22*

Simon Fraser University

Liberal Arts and 55+ Program
 Opportunity to learn for the joy of learning, enhance your creativity, sharpen your critical thinking skills. See web site for programs and details
www.sfu.ca/liberal-arts
1.844.782.8877

St. John Ambulance

First aid training, volunteer community services. Course descriptions on web site
<https://bc.sjatraining.ca>
 • **Vernon/North Okanagan Shuswap branch**
1905 47 Avenue, Vernon
250.545.4200
 • **627 Victoria Street, Kamloops**
250.372.3853

Thompson Rivers University

Open Learning offers distance learning for everyone. You can complete online & distance courses and programs anytime, anywhere to accommodate your active lifestyle and diverse interest
<https://www.tru.ca/distance>
1.800.663.9711

Vernon & District Immigrant and Community Services Society

Services: Settlement, English Classes, Employment, Community Connections, Temporary Foreign Workers, Childminding
www.facebook.com/vernoniss
100-3003 30 Street 250.542.4177

Library Services

Okanagan Regional Library

Books, music, movies & more
www.orl.bc.ca/hours-locations
250.860.4033 Admin. Office Kelowna

Thompson-Nicola Regional District Library System

See also the Thompson Nicola edition of *Experience 50+ Living*
www.tnrl.ca

614 Shuswap Avenue, Chase
250.679.3331 Chase Branch

Meal & Food Programs

Community Garden Network

Greater Vernon model is a partnership between Regional District, Food Action Society, volunteer garden committees
<http://foodaction.ca/community-gardens>
 Community Gardens (Central Okanagan)
 Gardens Grow Healthy Communities
www.centralokanagancommunitygardens.com

• Winfield Community Garden
11187 Bottom Wood Lake Road

Community Kitchens Vernon

Learn how to cook healthy, affordable meals. Groups in various locations in NOS. See website for details.
<http://communitykitchens.webs.com>
250.275.8814

Enderby & District Seniors Lunch Buffet

Wed noon, Sept to June, full course meal at Senior Citizens Hall, \$10. Note: Pending COVID-19 restriction removal.
1101 George Street, Enderby
250.838.6755 Sue

FED-Feed Enderby & District-Food Bank

Distribution 2nd & 3rd Tues of the month.
 Call for appointment
www.enderbyfoodbank.ca
102-907 Belvedere Street, Enderby
250.938.3114 Mon-Fri 10am-2pm

Food Action Society of North Okanagan

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

Good Food Box North Okanagan

Monthly box of quality fresh fruits and veggies. See web site for details
www.goodfoodbox.net
250.306.7800 Diane

Good Food Box Shuswap

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

• The Shuswap Family Centre

See web site for details
www.familyresource.bc.ca/services/good-food-box/

681 Marine Drive NE, Salmon Arm
250.832.2170 Mon-Thur 9am-5pm

• Seniors' Resource Centre

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

Lake Country Food Bank

Food assistance to low income families.
 Tue-Wed 9am-noon; 1pm-2:30pm - Hampers only. Thur 9am-11:30am- new intakes only - call for appointment
www.Facebook.com/lakecountryfoodbank/
9830C Bottom Wood Lake Road
Lake Country
250.766.0125

Lake Country Seniors Buffet

Every Tues. noon, hot meal for seniors at the Seniors Activity Centre, Bottom Wood Lake Road. \$7. Freezer meals available
250.766.5437 Anne

Meals on Wheels

- **Vernon:** Pleasing variety of safe, flavourful, nutritious meals by **Schubert Centre**. Available to anyone who has difficulty purchasing and/or preparing meals. Delivery in Vernon area at noon Mon., Wed., Fri. DVA meals available. To subscribe or volunteer, call **250.549.4201** Schubert Centre. *See our article on page 17*

Salvation Army Food Bank

Mon & Fri 9-12, Tue & Thur 9am-2pm,
Wed 9-11. Food Hampers - call for appt.
Hot lunches at Church Wed 11:45am-1pm
Lunches cancelled during COVID-19
1-441 3 Street SW, Salmon Arm
250.832.9194

Salvation Army Food Bank

Only authorized Food Bank in Vernon
<https://vernonhouseofhope.com>
3303 32 Avenue, Vernon
250.549.4111 call for appointment

Shuswap Second Harvest (Food Bank)

Wed 4:30 - 6 pm, Friday 1:30 to 3pm
Volunteer information - see web site
www.shuswapsecondharvest.ca
430 Alexander Street NE (rear)
Salmon Arm **250.833.4011**

Send donations to:

Box 1062, Salmon Arm, BC V1E 4P2

Sorrento Food Bank

Open Wednesdays 9am-3pm
www.sorrentofoodbank.ca
2804 Arnheim Road
250.253.3663

Wheels to Meals

Note: Programs suspended during the Corona Virus pandemic. Call ahead.

- **Armstrong:** Wednesday noon full course meal at the Legion, \$9, pre-registration **250.546.8455** Legion
- **Sicamous:** Tues. and Thur. noon, full course meal at Eagle Valley Haven, \$7 **250.836.2437** Delivery available \$8

- **Sorrento:** 2nd & 4th Tuesday, late Sept to mid-June. Sorrento Drop-In Centre. Home cooked noon meal **250.675.5358** by reservation

Programs & Groups

Better At Home

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

• **Lake Country Health Planning Society**

www.LCHPS.com
10080 Main Street, Lake Country
778.215.5247

• **Shuswap Better at Home**

Serving the Shuswap, Enderby, Chase
www.shuswapbetterathome.ca
250.253.2749 Central Intake
See our ad on page 79

• **NexusBC Community Resource Centre**

Vernon, Armstrong, Lumby, Cherryville
www.nexusbc.ca
102-3201 30 Street, Vernon
250.545.0585
See our ad and article on pages 20, 21

Churches Thrift Shop

Monday 11am-5pm, Tuesday to Friday
10am-5pm, Saturdays 10am-4:30pm
<https://churchesthriftshop.org>
461 Beatty Avenue NW, Salmon Arm
250.832.8234

Crisis Intervention & Suicide Prevention Centre of BC

Help is available. We are here to listen, here to help 24/7. Call number below or your local crisis centre.
www.crisiscentre.bc.ca
1.800.SUICIDE (1.800.784.2433)

Day Break Adult Day Program, Vernon

Socializing and Care-Giver respite.
Community Care nurse referral needed
Gateby Care Centre, 3000 Gateby Place
250.545.4456 ext. 35259

Elderly Assessment & Short Term Treatment (EAST) Program, Vernon
Fall prevention education, exercise, by referral from a Health Care professional
Gateby Care Centre, 3000 Gateby Place
250.545.4456 ext. 35262

Emergency Management BC

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

www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery

1.800.663.3456 [report disaster/emergency](http://reportdisaster/emergency)

Harmony Haven Adult Day Program

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

H.O.P.E. Outreach

Night time Outreach for Women in Vernon & Kelowna by trained & caring volunteers

www.hopeokanagan.com
[Facebook.com/hopeoutreachokanagan](https://www.facebook.com/hopeoutreachokanagan)
250.864.0399

Men's Shed Vernon

We build meaning and well-being into Men's lives. Meets Tue, Wed, Thur, Sat. 9am-1pm, Elephant Storage
6136 Okanagan Avenue, Vernon
www.mensshedvernon.ca

Neighbourlink Shuswap

Together Creating Practical Ways of Serving anyone with hardship. Services include Re-Purpose Furniture program, networking community resources, emotional support. Free legal referral, Second Harvest Food program. Mon-Wed-Fri noon to 3:30 pm. See our FB page
250.832.3272 Salmon Arm

North Okanagan Friendship Centre Society

We provide culturally appropriate health & social programs & services for all people



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

Better at Home

United Way helping seniors remain independent.

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

Services include:

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

During COVID-19, grocery, pharmacy and meal delivery are offered under the Safe Seniors, Strong Communities program

Shuswap Better at Home
Serves Salmon Arm, Sicamous, Chase, Enderby, Falkland, the North and South Shuswap, and their surrounding communities and rural areas
Tel: 250.253.2749 • Email: sbahintake@outlook.com
www.shuswapbetterathome.ca

Volunteers Needed!



www.vernonfirstnationsfriendshipcentre.com
2904 29 Avenue, Vernon
250.542.1247

North Okanagan Shuswap Brain Injury

Comprehensive range of programs and services tailored to the needs of survivors of acquired brain injury and their families
www.nosbis.ca

360 Ross Street NE, Salmon Arm
250.833.1140

Probus Clubs

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

United Empire Loyalists

Organization promoting Canadian history. Everyone welcome
<https://uelac-thompsonokanagan.com>
250.469.8348 call for info - Marie
250.838.9652 President Sandra Farynuk

VictimLink BC

Confidential multilingual 24/7 telephone help line for victims of family and sexual violence, all other crimes. See web site for details of services offered
www.victimlinkbc.ca
1.800.563.0808 24/7
604.660.2421 Text

Resource Centres

Copper Island Seniors Resource Centre

Providing info, coordination of services for seniors of South Shuswap. Better at Home, Computer Training, Foot Care, Seniors Lunch, Seniors Driving Seniors, Income tax preparation. Support Groups.
<http://sshss.ca>
10-2417 Golf Course Drive, Blind Bay
250.675.3661 Tues and Thurs 8-2

Eagle Valley Community Support Society (Sicamous & Malakwa)

Large variety of support services information, resources, referrals, literacy & computer support services, Photocopying, faxing, use of phone, computers.
evcsrc@telus.net
1214 Shuswap Avenue, Sicamous
250.836.3440
See our ad on this page

Enderby and District Community Resource Centre

Working for a Healthier Community
www.edcsrc.ca
1110 Belvedere Street
250.838.9446 Mon-Thur 10am-4pm

Family Resource Centre Society for the North Okanagan

Senior Support Volunteer Program - trained volunteers provide support for senior clients experiencing various age-related issues



Eagle Valley Community Support Society

Support services for Sicamous and CSRD Area E seniors include:

- Seniors info, resource & referral
- Help with govt. forms, income security applications, grants etc.
- Food security/nutrition support
- Free income tax preparation for lower income seniors

Whatever your need is, just call us and ask.
250-836-3440 or email us at evcsrc@telus.net
 Resource Centres located in Sicamous and Malakwa.

We can help!



- social isolation, depression, dementia.
Clients must be referred through IHA
Seniors Mental Health team - call
250.549.5737. New volunteers welcomed.
www.vernonfrf.ca
201-3402 27 Avenue, Vernon
250.545.3390 Mon-Thur 9am-4:30pm
closed noon hour

John Rudy Health Resource Centre

Dealing with a health issue can be stressful, navigating the health care field can be confusing. We can help! Free, no referral needed. Resource library, one-to-one support. Assistance with health related forms. Free workshops & seminars on various topics listed on website and Facebook. See website for hours
www.johnrudyhealth.ca
www.facebook.com/johnrudyhealth.ca
250.938.8092 Call for more information
See our article on page 56

Lake Country Health Planning Society
Provides resources, advocacy and referral support regarding health & social services. Better at Home, Blue Bottle, Active Agers (weekly exercise), Volunteer Driving & Visiting programs. Caregiver Support.
www.lchps.com **778.215.5247** Office
778.215.2105 LCHPS Outreach

NexusBC Community Resource Centre

Providing a one-stop-shop to connect people to local resources - serving all populations

- **Seniors Services:** Assistance with government applications, Better at Home program - see listing on page 87. Community Services Directory, referrals to agencies for senior abuse and/or legal issues, Income tax program
www.nexusbc.ca
102-3201 30 Street, Vernon
250.545.0585 Mon-Thur 9am-4pm
See our article on pg. 20, ad on pg. 21



SENIORS' RESOURCE CENTRE

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

320A 2nd Avenue NE
Salmon Arm
V1E 1H1

250.832.7000
www.seniorsresourcecentre.org

Monday to Friday
9 am to 3 pm

Seniors' Resource Centre

Meal services: Better Meals, grocery shopping. Programs: Caregiver Support Group, Day Away, Foot Care, Income Tax, Friendly Check-In, Senior Advisor, Lunch with Friends, Good Food Box
www.seniorsresourcecentre.org

**320A 2 Avenue NE, Salmon Arm
 250.832.7000**

See our ad on page 81

The Shuswap Family Centre

Lending Library, Good Food Box, Sustainable Food programs, Grandparents Raising Grandchildren, Community Kitchens, Support Counselling. See web site for info on all Programs/Services
www.familyresource.bc.ca

**681 Marine Drive NE, Salmon Arm
 250.832.2170**

Shuswap Hospice Society

Hospice & Palliative Care Resource Centre. Community Caring for Community
www.shuswaphospice.ca

**Suite 4-781 Marine Park Drive
 Salmon Arm V1E 2W7**

250.832.7099 Mon-Fri 9am-4pm

See our ad and article on page 8

Whitevalley Community Resource Centre

Seniors services, Counselling & Support in Lumby & Cherryville. Family Support program, Mental Health Support program, Addictions Counselling, Information & Prevention, Volunteer opportunities

www.whitevalley.ca

<http://whitevalley.ca/counselling>

2114 Shuswap Avenue, Lumby

250.547.8866

Service Organizations**Archway Society for Domestic Peace**

(formerly Vernon Women's Transition Society) We are leaders in empowering women, children and families to live with dignity and respect, free from domestic and sexual violence

<https://archwaysociety.ca>

continued...

2400 46 Avenue, Vernon

250.558.3850 Administration Office

250.542.1122 Transition House. Help is available 24/7 including holidays

See our ad and article on page 63

Army, Navy and Air Force Veterans

Non-members welcome!

<http://anavetsunit5.ca/>

2500 46 Avenue, Vernon 250.542.3277

BC OAPO

Old Age Pensioners Organization

We support Seniors interests and work towards improving their every day lives socially as well as in matters pertaining to their welfare.

www.bcoapo.org

[Facebook.com/vernonseniorsbranch6/](https://www.facebook.com/vernonseniorsbranch6/)

• Lake Country 55+, Winfield

250.766.5437 Anne Robinson

• Monashee 50+ Club, Lumby OAPO 117

• Vernon Seniors OAPO #6

Meets 3rd Tuesday (except July and August) at Schubert Centre 1:30 pm

250.545.0384 Margaret Coglin

Vernon Seniors Br. 6 Orange Bottle Program

Personal & Medical information made easily accessible to Paramedics attending your residence. Call for info.

250.545.0384 Margaret Coglin

BC Partners for Mental Health and Addictions Information

Mental health and substance use information you can trust

www.heretohelp.bc.ca

310.6789 BC Mental Health Support Line

Free & available 24/7. Call for information or if you just need someone to talk to

1.800.784.2433 Call 24/7 if you are in distress or worried about someone else

www.heretohelp.bc.ca/connect/community-resources

1.800.661.2121 - order publications

Big Brothers Big Sisters of the Okanagan

Mission to support & enhance the well-being of young people through positive mentoring relationships. See web site for what and how to donate www.bigs.bc.ca

1.800.404.4483 Kamloops/Kelowna

CARP

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

Canadian Blood Services

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

Council of Senior Citizens' Organizations of BC (COSCO)

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

604.684.9720 Sheila Pither, President

• COSCO Health & Wellness Institute

Seniors Helping Seniors. Provides free workshops to seniors groups throughout BC. See website for list of workshops
www.coscobc.org/index.php/cosco-workshops

Independent Living Vernon

Works for societal change, remove barriers so that people with disabilities have the opportunity to realize their full potential; Parking Placards program entitling people with mobility disabilities to utilize accessible parking spaces
www.ilvernon.ca
107-3402 27 Avenue, Vernon
250.545.9292 **250.542.2193** TTY
1.877.288.1088

Kindale Developmental Association

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

2725A Patterson Avenue, Armstrong
250.546.3005

Mothers Against Drunk Driving

No alcohol. No drugs. No victims.
www.madd.ca
1.800.665.6233 Call for support



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

Diabetes is an epidemic.

We need a cure.

Donate now: **diabetes.ca**

DIABETES
CANADA

- Western Region Chapter Services Manager
1.877.676.6233 Tracy Crawford
- MADD Central Okanagan Chapter
www.maddchapters.ca/centralokanagan
www.facebook.com/maddokanagan
250.317.9877 Jenn
- MADD Kamloops Community Leader
<https://maddchapters.ca/kamloops>
250.819.7812 Roxanne

Royal Canadian Legion

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

To find a NOS branch, go to...

www.legionbcyukon.ca/branch-locator

1.888.261.2211 BC/Yukon Command

Salvation Army House of Hope

Worship services Sundays 10:30 am

www.vernonhouseofhope.com

3303 32 Avenue, Vernon

250.549.4111

- **Thrift Store**

5400 24 Street

250.549.4454

Support Groups / Self Help

Al-Anon Family Groups

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

See web site for meeting information

www.bcyukon-al-anon.org

604.688.1716 Mon-Fri 10am-3:30pm

To Find an Al-Anon meeting near you visit

<https://afghelp.org/find-a-meeting>

or call... **1.888.425.2666**

Alcoholics Anonymous

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

Check web site for local meeting info

www.bcyukonaa.org

- **250.545.4933** Armstrong, Cherryville, Falkland, Lumby, Vernon

- **1.855.339.9631** Blind Bay, Enderby, Revelstoke, Salmon Arm, Sicamous, Sorrento, Skwax

- **250.374.2456** Chase

BC Responsible & Problem Gambling

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

www.bcreponsiblegambling.ca

BrainTrust Canada

Direct services for persons with acquired brain injury, as well as a strong focus on education, support and prevention

www.braintrustcanada.com

250.762.3233 Kelowna

Compassionate Friends of Canada

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

250.374.6030 Kamloops

250.907.2487 Kelowna

250.675.3793 Salmon Arm

250.558.5026 Vernon

www.tcfcandada.net

Crohn's & Colitis Canada

Check website for events in Kamloops, Kelowna, Vernon www.crohnsandcolitis.ca

1.800.513.8202 BC Office

FASD Okanagan Valley Assessment and Support Society

FASD Assessment and Diagnosis for ages 15-19, and adults. Support groups, resources, education and training across the interior of BC

www.fasdokanagan.ca

104-3402 27 Ave., Vernon (People Place)

250.938.5022

Gamblers Anonymous

www.gabc.ca

1.855.222.5542 24/7 Hotline

- Kelowna open meetings every Thurs 7-8 pm, Kalano Club, 2108 Vasile Road
- Kamloops, Thur. 7-8pm, Desert Gardens 554 Seymour Street

LCHPS Family & Friends Caregiver Support Group

Support for caregivers who's loved ones

experience mental health challenges, brain injury, Alzheimer's or dementia. Meets every 2nd and 4th Wed at District of Lake Country Municipal Hall
www.lchps.com caregiver@lchps.com
250.999.9374

Learning Disability Association of BC

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

102-3402 27 Avenue, Vernon
250.542.5033 Nadiene

Mental Illness Family Support Centre

Support, education, advocacy to families with mental illness and/or addiction or substance misuse issues. www.mifsc.ca

300-3402 27 Avenue, Vernon
250.260.3233 Walk-In Mon,Tue,Thur 8:30am-2:30pm. Friday by appointment

Mood Disorders Association of BC

Treatment, support, education, and hope of recovery for people living with a mood disorder. Peer Support Groups
www.mdabc.net

250.832.3733 Salmon Arm
250.558.6900 Vernon

Narcotics Anonymous

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

1.866.778.4772 North Okanagan area
1.855.349.2722 Kamloops area
1.877.604.7613 Central Okanagan

Parkinson Society British Columbia

See web site for support group information in the Thompson Okanagan
www.parkinson.bc.ca/resources-services/support-groups/

1.800.668.3330 Provincial Office

Prostate Cancer Foundation BC

<https://prostatecancerbcsupportgroups.ca>

- Kamloops Support Group
250.376.4011 Larry Reynolds
- Kelowna Support Group
250.762.0607 Bren Witt
www.kelownaprostate.com
- Vernon Support Group
778.212.2045 Kal Newell

Quit Now

Free, quit smoking program delivered by the BC Lung Association to help you to quit smoking or reduce tobacco & e-cigarette use. QuitNow has all the support services you need - from online community to one-on-one counselling
www.quitnow.ca

1.877.455.2233 Get Help Now

Self-Management BC

Programs give people the knowledge, skills, confidence needed to successfully manage chronic health conditions. Check website for a program near you.

www.selfmanagementbc.ca
1.866.902.3767 Mon-Fri 9am-5pm

Stroke Recovery Association of BC

Information and programs for stroke survivors. During the COVID-19 pandemic, meetings being held virtually
<http://strokecoverybc.ca>

- Vernon branch was meeting at the Eagles Hall, 5101 25 Avenue, Vernon
1.888.313.3377
- Salmon Arm branch was meeting at St. Joseph's Church, Fri 10:30am-1:30 pm
90-1st Street SE, Salmon Arm
250.515.3338 Fawn

Transportation

BC Bus Pass Program

Affordable transportation on all BC transit systems (except HandyDART) for low-income seniors and persons with disabilities. See web site for eligibility, cost, and contact options *continued...*

www2.gov.bc.ca Search: Bus Pass Program
1.866.866.0800 Mon-Fri 9am-4pm

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

Ebus

Daily passenger service between Kamloops, Kelowna, Vancouver, Vernon, Salmon Arm. Seat belts, Free WiFi, Wheel chair accessible. Priority seating for seniors and disabled persons. Book online or call
www.myebus.ca **1.877.769.3287**

North Okanagan & Vernon Regional Transit Systems

Visit website for schedules, maps, fares
www.bctransit.com/vernon/home
250.545.7221

- HandyDART
 Service hours M-F 8-4:30, Sat 10-5
 Office hours M-F 8:30am-4:30pm
250.549.1366

Revelstoke Transit System

Visit website for schedules, maps, fares
www.bctransit.com/revelstoke/home
250.837.3888

- HandyDART
 Call to travel on Mon, Thurs, Friday
 8:30-11:30am, 1:30-4:30pm

Shuswap Regional Transit System

Visit website for schedules, maps, fares
www.bctransit.com/shuswap/home
250.832.0191

- HandyDART
 Service hours Mon-Fri 8am-4pm
 Office hours M-F 8:30-3:30, Closed 12-1
250.832.0191

Travel Assistance Program

Assists with travel costs when medical care is not available locally. TAP forms are only available from your family physician at the time the referral is made. See web site for eligibility
www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc
1.800.661.2668 Automated service

VIA Rail

Special 60+ rates, 10% with your CAA card
www.viarail.ca
1.888.842.7245 **1.800.268.9503** TTY

Volunteer Drivers

• Armstrong Volunteer Driver Program

Serving citizens of Armstrong & Spallumcheen **only**. Transportation for medical & dental appointments in Armstrong, Enderby, Kamloops, Kelowna, Salmon Arm, Vernon. Sponsored by the Armstrong Seniors Activity Centre. Leave message: voice mail will be checked
250.546.0999 10am-Noon Mon-Friday

2020-21

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- | | | |
|-----------------|-----------------|-----------------|
| ■ Sep. 28, 2020 | ■ Oct. 28, 2020 | ■ Nov. 26, 2020 |
| ■ Dec. 22, 2020 | ■ Jan. 27, 2021 | ■ Feb. 24, 2021 |
| ■ Mar 29, 2021 | ■ Apr 28, 2021 | ■ May 27, 2021 |
| ■ Jun 28, 2021 | ■ Jul 28, 2021 | ■ Aug 27, 2021 |

INFORMATION ON PAYMENTS

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

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

• Kelowna Cancer Clinic-Freemasons

Transportation from Kelowna airport, pick ups in Enderby, Vernon, Armstrong, Lake Country. Monday to Friday 24 hour notice required
<https://freemasonryry.bcy.ca/textfiles/history.html>

1.800.299.0188 Freemasons

• LCHPS Volunteer Driving & Visiting

Lake Country Health Planning Society Drive clients to medical appts. & shopping in Lake Country, Kelowna, Vernon. Ride vouchers available for purchase. Call for intake
www.lchps.com

778.215.5247

• Shriners Care For Kids

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

1.800.661.KIDS Mon-Fri 9:30am-2pm

Web Resources

BC Transplant

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

1.800.663.6189 for more information

bc211

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

www.bc211.ca **604.875.0885** TTY

Canadian Institute of Stress

Science of Stress, Change and Productive Wellbeing.

<http://stresscanada.org>

Graceful Aging

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

Older Driver Safety

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

Seniors BC

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

www.seniorsbc.ca

Seniors Canada

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

www.seniors.gc.ca



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Government

Municipal, Regional

Armstrong, City of

www.cityofarmstrong.bc.ca

- **City Hall, 3570 Bridge Street**
250.546.3023 Mon-Fri 8:30am-4:30pm
- **Armstrong Spallumcheen Museum & Art Gallery**
<http://ArmstrongSpallMuseumArt.com>
3415 Pleasant Valley Road
250.546.8318
- **Armstrong Spallumcheen Chamber of Commerce** www.aschamber.com
3550 Bridge Street 250.546.8155
See our Barn Quilt Trail article on pg. 69
- **Armstrong-Spallumcheen Parks & Rec.**
www.icesports.com/armstrong/
3351 Park Drive 250.546.9456
- **Armstrong Spallumcheen Fire Dept.**
www.asfd.ca
250.546.6708 Non-emergency

Chase, Village of

A Shuswap Experience

<http://chasebc.ca>

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

Cherryville (unincorporated)

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

Enderby, City of

Where the Shuswap meets the Okanagan
www.cityofenderby.com

- **City Hall, 619 Cliff Avenue**
250.838.7230 Mon-Fri 8:30am-4:30pm
- **Enderby & District Chamber of Commerce**
<https://www.enderbychamber.com>
700 Railway Street
250.838.6727 1.877.213.6509
- **Enderby & District Volunteer Fire Dept**
1500 Evergreen Street
- **Enderby & District Museum & Archives**
www.enderbymuseum.ca
901 George Street (City Hall complex)
250.838.7170

Falkland, Town of

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

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

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

Lumby, Village of

www.lumby.ca

- **1775 Glencaird Street**
250.547.2171 Mon-Fri 8am-4:30pm
- **Lumby & District Chamber of Commerce**
www.monasheetourism.com
1882 Vernon Street 250.547.2300
- **Lumby & District Volunteer Fire Dept.**
www.lumbyfire.ca
1769 Shuswap Avenue
250.547.9516 Non-emergency

- **White Valley Parks, Recreation, Culture**
Pat Duke Arena, Lumby Curling Club
Oval Park, Royals Park
- **White Valley Community Centre**
2250 Shields Avenue, Lumby
250.547.6404

Revelstoke, City of

www.revelstoke.ca

- **City Hall, 216 Mackenzie Avenue**
250.837.2161 Mon-Fri 8:30am-4:30pm
- **Revelstoke Business & Visitor Info Centre**
301 Victoria Road N. 1.800.487.1493

Salmon Arm, City of

www.salmonarm.ca

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

Sorrento (unincorporated)

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

Vernon, City of

www.vernon.ca

- **City Hall, 3400 30 Street**
250.545.1361 Mon-Fri 8:30am-4:30pm
- **Tourism Vernon**
www.tourismvernon.com
250.542.1415 1.800.665.0795
- **Downtown Vernon Association**
www.downtownvernon.com
101-3334 30 Avenue (Sun Valley Mall)
250.542.5851
- **Vernon Fire - Rescue Services**
3401 30 Street

250.542.5361 Mon-Fri 8am-5pm

- **Greater Vernon Chamber of Commerce**
www.vernonchamber.ca
204-3002 32 Avenue
250.545.0771
- **Greater Vernon Recreation Services**
www.vernon.ca/parks-recreation
- **Recreation Centre**
3310 37 Avenue, Vernon
250.545.6035
- **Kal Tire Place**
3445 43 Avenue 250.550.3257

Coldstream, District of

www.coldstream.ca

- **Municipal Hall**
9901 Kalamalka Road, Coldstream
250.545.5304 Mon-Fri 8am-4:30pm

Columbia Shuswap Regional District

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

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

Lake Country, District of

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

- **10150 Bottom Wood Lake Road**
250.766.5650 Mon-Fri 8:30am-4:30pm
- **Sports & Recreation**
250.766.5650 Activity Guide
- **Winfield Memorial Hall**
www.winfieldmemorialhall.com
10130 Bottom Wood Lake Road
250.766.4131
- **Winfield Arena/Recreation Centre**
9830 Bottom Wood Lake Road
250.766.3030
- **Creekside Theatre**
www.creeksidetheatre.com
10241 Bottom Wood Lake Road
250.766.5669 250.766.9309 Box Office
www.kelownatickets.com/creekside

North Okanagan, Regional District of

Building, fire inspection services, regional parks, ambulance service-jaws of life, animal control, transit services, fire protection, invasive plants/pest control, solid waste disposal/recycling, water supply, land use planning - visit web site for all programs/services and details
www.rdno.ca

9848 Aberdeen Road, Coldstream

250.550.3700 Mon-Fri 8am-4:30pm

Sicamous, District of

Houseboat Capital of Canada

www.sicamous.ca

www.sicamous.ca/live-here/recreation/parks

446 Main Street, Sicamous

250.836.2477 Mon-Fri 8:30am-4:30pm

- Sicamous Chamber of Commerce

www.sicamouschamber.bc.ca

446 Main Street

250.836.0002

- Sicamous Visitors Centre

www.visitsicamous.ca

446 Main Street

250.836.3313

Spallumcheen, Township of

Recreation, Recycling & Garbage

Collection, Building Inspection, Animal

Control - see web for all services, details

www.spallumcheentwp.bc.ca

4144 Spallumcheen Way

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

1.866.546.3013

First Nations**Adams Lake Indian Band**

www.adamslakeband.org

6453 Hillcrest Road, Chase

250.679.8841 M-F 8am-noon, 1-4:30pm

1.877.679.8841

Little Shuswap Lake Indian Band

Known as Skwlax to the Little Shuswap

www.lslib.com

<http://quaaoutlodge.com>

1886 Little Shuswap Lake Road

Chase, BC

250.679.3203

Neskonlith Indian Band

Member of the Secwepemc Nation

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

743 Chief Neskonlith Drive, Chase, BC

250.679.3295

Okanagan Indian Band

Ensuring the future through cultural,

social and economic development

www.okib.ca

12420 Westside Road, Vernon

250.542.4328

1.866.542.4328

Splatsin Indian Band

Respect your elders because one day you will be one

www.splatsin.ca

5775 Old Vernon Road, Enderby

250.838.6496

Okanagan Nation Alliance

Alliance of eight Okanagan bands

Grand Chief Stewart Phillip

www.syilx.org

101-3535 Old Okan. Hwy., Westbank

250.707.0095

1.866.662.9609

Provincial**Address Change**

If you are moving within BC, you can use this electronic service to update your personal and/or business records with provincial & local gov't. organizations

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

1.800.663.7867 Service BC

BC Air Quality

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

1.887.952.7277 RAPP 24/7 Hotline - report polluters, poachers

Forest Fire Reporting

Nearly one-third of all BC wildfires are reported by the public resulting in immeasurable savings: property, forests
www.facebook.com/BCForestFireInfo

1.800.663.5555 Report a wildfire

***5555** toll free on most cell networks

Climate Change

Climate change is being felt across BC. Timely action is critical to protect our communities, health and the environment. Learn how CleanBC puts BC on a path to a cleaner, better future

<https://www2.gov.bc.ca/> Search for Climate Change

1.800.663.7867 Service BC

MSP Premium Elimination

MSP premiums were eliminated Jan. 2020
MSP has been replaced by a new 1.95% Employer Health Tax **1.800.663.7100**

Members of Legislative Assembly

- **Greg Kylo, MLA Shuswap**
greg.kylo.mla@leg.bc.ca
www.gregkyllomla.ca
202A-371 Alexander Street NE
PO Box 607, Salmon Arm V1E 4N7
250.833.7414 1.877.771.7557
- **Eric Foster**
MLA Vernon-Monashee
eric.foster.mla@leg.bc.ca
www.ericfostermmla.bc.ca
3209 31 Avenue, Vernon V1T 2H2
250.503.3600
- **Doug Clovechok**
MLA Columbia River-Revelstoke
doug.clovechok.mla@leg.bc.ca
www.dougclovechokmla.ca
107 First Street East
Revelstoke V0E 2S0
250.805.0323 1.844.432.2300

Ombudsperson, The Office of the

BC's Independent Voice of Fairness
Receives enquiries & complaints about the practices & services of public agencies within its jurisdiction

www.bcombudsperson.ca

1.800.567.3247 Mon-Fri 8:30am-4:30pm

Service BC

Your source for frontline government services and information. Check web for available services at each location

www.servicebc.gov.bc.ca

1.800.663.7867 Mon-Fri 7:30am-5pm

1.800.661.8773 TTY

- **850A 16 Street NE, Salmon Arm**
250.832.1611 Mon-Fri 9am-4:30pm
- **3201 30 Street, Vernon**
250.549.5511 Mon-Fri 9am-4:30pm

Vital Statistics Agency

Birth Registration/Certificate, Adoption, Death, Marriage license, Legal changes of Name, wills, registry information.

Monday to Friday 8:30am-4:30pm

www2.gov.bc.ca/gov/content/life-events

305-478 Bernard Avenue, Kelowna

250.861.7500 Mon-Fri 8:30am-4:30pm

1.888.876.1633

Federal

BC Climate Action Tax Credit

Tax-free quarterly payment that helps low income individuals and families with the carbon taxes they pay

www.cra-arc.gc.ca/bnfts/rltd_pgrms/bc-eng.html



Members of the Legislative Assembly

Greg Kylo

MLA Shuswap

202A-371 Alexander St. NE
PO Box 607, Salmon Arm, BC V1E 4N7
250-833-7414

greg.kylo.mla@leg.bc.ca

www.gregkyllomla.ca



Eric Foster

MLA Vernon Monashee

3209 31st Avenue
Vernon, BC V1T 2H2
250-503-3600

eric.foster.mla@leg.bc.ca

www.ericfostermmla.bc.ca



Canada Border Services Agency

General border services information; for in-depth information, speak to an officer 8 am to 4 pm Monday to Friday
www.cbsa.gc.ca check current wait times

1.800.461.9999

1.866.335.3237 TTY

Canadian Heritage

We work with national cultural institutions to promote culture, the arts, heritage, official languages, citizenship and participation, as well as Aboriginal, youth and sport initiatives. Agents available to answer questions M-F 8:30am-5 pm ET
www.canada.ca/en/canadian-heritage.html

1.866.811.0055

1.888.997.3123 TTY

Health Canada

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

www.canada.ca/en/health-canada.html

1.866.225.0709

1.800.465.7735 TTY Service Canada

Immigration & Citizenship

Apply to visit, study, work or immigrate to Canada, apply for citizenship, a permanent resident card or refugee protection, check application status
www.canada.ca/en/services.html

1.888.242.2100 call centre agents

M-F 8am-4pm Automated service 24/7

1.888.576.8502 TTY M-F 8 am-4 pm

Income Security Programs

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

1.800.277.9914

1.800.255.4786 TTY

Indigenous Services Canada**• Crown-Indigenous Relations****• Northern Affairs Canada**

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

www.aadnc-aandc.gc.ca

1.800.567.9604

1.866.553.0554 TTY

Members of Parliament**• Mel Arnold, MP****North Okanagan-Shuswap**

Mel.Arnold.C1@parl.gc.ca

www.melarnold.ca

1-3105 29 Street, Vernon V1T 5A8

250.260.5020

1.800.665.5040

• Wayne Stetski, MP**Kootenay-Columbia**

Wayne.Stetski@parl.gc.ca

<https://waynestetski.ndp.ca>

111 7th Avenue S., Cranbrook V1C 2J3

250.417.2250

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North Okanagan—Shuswap

1# 3105 - 29TH STREET, VERNON, BRITISH COLUMBIA V1T 5A8
 MEL.ARNOLD.C1@PARL.GC.CA • MELARNOLD.CA • 250-260-5020

Parks Canada

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

www.pc.gc.ca

1.888.773.8888

1.866.787.6221 TTY

1.877.737.3783 Reservation service

<https://reservation.pc.gc.ca/ParksCanada>

Passport Canada

Capri Centre Mall, Kelowna

110-1835 Gordon Dr. M-F 8am-5pm

<https://passportcanada.org>

1.800.567.6868 M-F 7:30am-8pm ET

1.866.255.7655 TTY

Service Canada

Full service centres offering a mix of information and transactional services

• **191 Shuswap St. NW, Salmon Arm**

• **101-3301 30 Avenue, Vernon**

Information on gov't services, programs

www.servicecanada.gc.ca

1.800.622.6232

1.800.926.9105 TTY

Travel & Tourism

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

<https://travel.gc.ca>

Veterans' Affairs Canada

If you are a current or former member of the CAF or RCMP, or a family member, we have targeted services and benefits to improve your well-being. Check our website for find a list of benefits and services tailored for you

www.veterans.gc.ca

313-471 Queensway Avenue, Kelowna

1.866.522.2122 Mon-Fri 8:30-4:30

• VAC Assistance Line: Reach a mental health professional 24/7

1.800.268.7708

Veterans' Affairs Canada *continued...*

- Bureau of Pensions Advocate - free legal aid help for people who are not satisfied with decision for their claims for disability benefits

1.877.228.2250

Weather Information

Environment Canada Weather Service

www.weather.gc.ca

Recorded information...

250.374.3661 Kamloops

250.837.4164 Revelstoke

250.542.8000 North Okanagan

250.470.5155 Central Okanagan

Weather Information

Weather One-on-One:

Telephone consultation service with an Environment Canada professional 5 am to 9 pm weekdays, 6 am to 6 pm weekends and holidays

www.ec.gc.ca Search for Weather One-on-One

Fee: \$2.99 per minute

1.900.565.5555

Service by Credit Card:

1.888.292.2222 by cell, use credit card

- Consultations services also available

1.900.565.6565 for Marine Weather

1.900.565.1111 for Climate Weather

Weather Information

Environment Canada Weather Service

Weather, Alerts, Marine, Air Quality,

Analyses and Modelling, Past Weather

www.weather.gc.ca



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Okanagan editions

• **Central Okanagan**

• **South Okanagan Similkameen**

• **Thompson Nicola**

www.experiencegroup.ca

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Seniors: Earn Free PC Optimum Card Rewards on Purchases !

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