



as we age

SENIORS RESOURCE GUIDE 2023



health



diet



fitness



activities



support

Burnabynow

New Westminster
RECORD



Burnaby Seniors' Resources Society

www.burnabyseniors.org

The Burnaby Seniors Resources Society is comprised of not-for-profit agencies & businesses in Burnaby serving seniors in the community.

BSRS provides: educational programs, networking opportunities and has a wealth of information and resources for seniors and their families.



Responsible and Problem Gambling Program

Rideau
RETIREMENT RESIDENCE

Burnabynow



fraserhealth
Better health. Best in health care.

**mulberry
parc**



**seniors
first
BC**



AgeCare
Harmony Court Estate



NEXGEN HEARING
The Next Generation of Hearing Care



TRICITY
Home Medical Equipment

HS LAW CORPORATION



Nurse Next Door™
home care services

Burnaby Hospice Society

RE/MAX CREST REALTY *Anna Smith*
PERSONAL HONEST PROFESSIONAL



**THE DERBY
MANOR**



What's On!
Burnaby

HARBOURFRONT
WEALTH MANAGEMENT

Tuktu
Tuktu Care Inc.

**Like us on
facebook.**

www.burnabyseniors.org

royal treatment
THERAPEUTICS

**THORNEBRIDGE
gardens**



Centre of Attraction

There's an energy that comes from living at the centre of it all; a buzz that unites the people and places that connect a community. That's the vibe we've created in our central Burnaby location – a bustling, spirited synergy with our surroundings inside and out.

At Mulberry PARC, we've paired luxurious suites with modern home comforts, and close-knit locales with fun communal spaces. It's a comfortable, connected and vibrant place to live, with everything you need at your fingertips. You'll catch the vibe the moment you walk through the door.

Come for a tour and see for yourself why Mulberry PARC has been voted the Best Independent Living residence in Burnaby.

mulberry
parc

604.526.2248
parcliving.ca/Mulberry

save on foods pharmacy



Learn more about our health services:

- Shingles, pneumococcal, tetanus & other vaccinations
- Prescription delivery service
- Medication check-ups
- Online prescription refills
- Free diabetes meter with the purchase of test strips
- Medication reminder packaging

Plus, present this coupon & earn points when you buy pharmacy products:



save on foods 

Spend min. \$30*
in pharmacy
products with your
More Rewards card
& receive one:

\$10


gift card

Limit one coupon per visit. Some restrictions may apply.
Valid in store only. See your pharmacist for details.

Excluding: Lotto, tobacco, gift cards, prescriptions, clinics, diabetes care, tickets, charities, bus passes, postage stamps, deposit & recycle fees, rewards and taxes. Present this coupon with your More Rewards card to the cashier at time of purchase. No substitutions. Coupon cannot be combined with other coupon offers. **Coupon valid until December 31, 2023.** **To the cashier:** Verify \$30 or more spent on pharmacy items before taxes. Scan gift card. Scan coupon. Enter 10.00. Place coupon in drawer.


4 56364 99268 8

Royal City Centre: 610 6th St, New Westminster,
604-520-6087

Sapperton: 270 East Columbia St, New Westminster,
604-523-2583

HighGate Village: 7155 Kingsway, Burnaby,
604-540-1389

Madison Centre: 4399 Lougheed Hwy, Burnaby,
604-298-5173

Marine Way: 7501 Market Crossing, Burnaby,
604-433-6314

Cameron: 3433 North Rd, Burnaby,
604-415-9992

Willingdon: 4469 Kingsway, Burnaby,
604-435-8283

Station Square: 4650 Kingsway, Burnaby,
604-433-3760

MISSING TEETH?

We can help!



Partial Dentures



Complete Dentures



Implant Supported Dentures

NORTH BURNABY DENTURE CLINIC

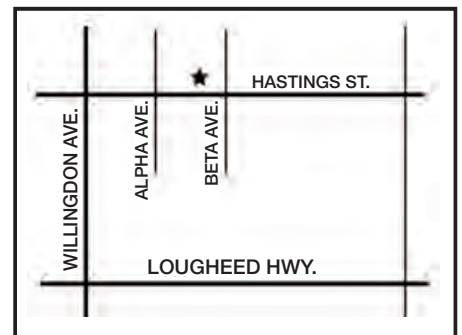
Trusted since 1981

4653 Hastings St., Burnaby

604-294-6911

www.northburnabydentureclinic.com

Jeremy Duprat R.D., Denturist



Compassionate Senior Home Care



Our difference:

- Superior quality care managed by medical doctors
- Service provided by the same, consistent care-aide/nurse
- Follow all COVID-19 health & safety protocols
- Comprehensive care services including personal care, nursing care, companionship, meals, overnight support, housekeeping and more.
- 24-48 hour turnaround time for initiating service
- Affordable pricing for all



Call us to book a free in-home
or virtual consultation

604-493-2045
or **1-855-902-CARE**
bigheartshomecare.ca



Care starting from \$37 per hour



as we age

TABLE OF CONTENTS

'As We Age' Welcome 8

SERVICES LISTINGS

Community Healthcare Providers	10
Community Recreation Facilities & Seniors Centres	13
Counselling, Advocacy & Support Services	14
Funeral Homes & Bereavement Support	17
Government Programs & Services	18
Government Representatives	22
Health Information & Programs	24
Housing - Independent, Assisted, Residential Care & Affordable	25
Housing Programs & Services	26
In-Home Support Services	28
Leisure, Education & Social Activities	30
Meal & Food Delivery Programs/Shopping Assistance	34
Medical Equipment & Supplies/Pharmacies	34
Medical Equipment - Digital Imaging	36
Professional Services - Wills, Estate Planning, Legal, Insurance & Realtors	37
Registered Charities & Foundations	37
Tax Information & Financial Services	38
Transportation & Travel	38
Volunteer Opportunities	38

CONTRIBUTORS

Publisher: Lara Graham

Contributor: Marney Godkin

Project Coordinator: Cynthia Hendrix

Design & Production: Jodeen Hodgson



Burnabynow

New Westminster
RECORD

As We Age: Seniors Guide is published annually by the
Burnaby NOW, New Westminster Record, and Glacier Media Inc.
To advertise in future editions,
call 604 444-3451 or email lgraham@glaciermedia.ca



welcome...



We're very pleased to have once again teamed up with Burnaby Community Services to create our annual health and wellness guide for seniors.

In these pages, you'll find a wealth of information aimed at serving the needs of seniors here in Burnaby and New Westminster, including engaging articles, community contacts, a directory of local organizations and resources, and much more.

We're proud of our collaboration with Burnaby Community Services in creating the 2023 edition of *As We Age*, and are confident that it will serve readers well by shedding light on ways for those at or nearing retirement age to achieve and maintain good health and community connection, further their education and gain awareness.

Thanks for taking the time to read our publication. We'd be very happy to hear your comments on what you would like to see in future editions.

Lara Graham,

Publisher, Burnaby NOW and New Westminster Record



Welcome to the 2023 edition of the Burnaby and New Westminster Seniors Guide. This guide provides a list of services for seniors 55+ and their families along with some related articles.

We are delighted with our ongoing partnership with the Burnaby Now and the New Westminster Record to publish resource guides that support people to access community resources.

The inclusion of agencies and businesses in this guide does not constitute an endorsement nor does the omission constitute disapproval.

For more information about seniors supports and services in your community, please contact us at 604-291-2258 or visit bbyservices.ca.

Antonia Beck,

CEO, Burnaby Neighbourhood House

(Umbrella organization for Burnaby Community Services, Burnaby Seniors Outreach and Burnaby Meals on Wheels)

Family value-based home care!



AFFORDABLE & FLEXIBLE PERSONALIZED HOME CARE

- Companionship
- Personal Care
- Specialized care
- Overnight & 24 hr. Care
- Disability Care
- Respite Care
- Post-surgery care
- Home Support Services

Compassionate, experienced, fully bonded & insured caregivers

**JUST LIKE FAMILY
HOME CARE**

**Our Clients
are Just Like
Family!**

778-858-2748

www.justlikefamily.ca

CALL FOR A FREE HOME CONSULTATION TODAY!

Regency

MEDICAL SUPPLIES

**All Your Home Health & Rehab Equipment
Needs Under One Roof!**

- Physician/Nursing Supplies
- Incontinence
- Bathroom Safety
- First Aid & Wound Care
- Ostomy Supplies
- Mobility/Seating & Rehab
- Lift Chairs
- Lifts & Transfer Devices
- Compression Stockings
- Orthopedic & Supports
- Therapeutic Footwear
- Sports Athletic Products
- Aids to Daily Living

**CUSTOMER
APPRECIATION
DAY**

Specials the 1st
Tuesday every
month

Order online at: www.regencymed.com



***Plus over 5000 products in stock in our 6000 sq ft showroom!**

**CUSTOM COMPRESSION
THERAPY FITTINGS**

**REHAB EQUIPMENT
SPECIALISTS**

**FULL SERVICE
DEPT**

**50 FREE PARKING
SPACES**

4437 Canada Way, Burnaby, BC

604-434-1383(ext.1) Email: info@regencymed.com

Hours of Operation:

Mon. to Fri. 8:30am to 5:00pm • Sat. 9:00am to 4:00pm

COMMUNITY HEALTHCARE PROVIDERS

Acoustica Hearing Clinic

104 - 3999 Henning Dr, BBY
604-294-1080
acousticahearing.com

Amplifon Clinics

605 - 4980 Kingsway, BBY
778-656-2699
108 - 1015 Columbia St, NW
778-900-7416
amplifon.com/ca

Axis Dental Surgery Group

104 - 250 Keary St, NW
604-553-7177
axisdentalsurgery.com

Belmont Dental Centre

Royal City Centre
108 - 610 Sixth St, NW
604-521-6313
belmontdentalcentre.com

Boundary Dental Clinic

208 - 3815 Sunset St, BBY
604-438-2464
boundarydentalclinic.ca

Burnaby Hospital

3935 Kincaid St, BBY
604-434-4211
fraserhealth.ca/service-directory/
locations

Burnaby Orthopaedic & Mastectomy

300 - 6411 Nelson Ave, BBY
604-436-6092
burnabyorthopaedic.com

CDI College

Certified Dental Assisting Program
*Students offer free dental hygiene services
(polishing, x-rays, and fluoride treatments)*
5th Floor, 5021 Kingsway, BBY
604-437-8585
cdicollege.ca

Cedar Chiropractic & Physiotherapy

102 - 4181 Hastings St, BBY
604-738-1168
cedarhealth.ca

Chrysalis Dental Centre

500 - 7300 Edmonds St, BBY
604-439-8885
implantmagic.com

Citident Oral Care Centre

306 - 4603 Kingsway, BBY
604-439-1113
citidentocc@gmail.com
citident.ca

Dentistry at the Heights

4351 Hastings St, BBY
604-299-1099
heightsdentistry.ca

Dr. Douglas M. Lovely & Associates

609 Sixth St, NW
604-524-4981
newwestminsterdentists.com

Dr. Stuart Katz & Associates

210 - 7885 Sixth St, BBY
604-524-9596
drkatz.ca

Duke Park Denture Clinic & Laboratory

111 - 7738 Edmonds St, BBY
778-985-5000
burnabydentures.ca

Edmonds Dental

111 - 7738 Edmonds St, BBY
604-553-3456
edmondsdental.ca

Enrich your quality of life with holistic home care!

Prolong your independence
Reduce disease risks
Improve physical & mental health
Strengthen cognitive & social skills

**Person-centred & flexible home health care services
at affordable rates!**

Companionship • Personal & Specialized care
Guidance to higher level care

Nurse-managed & privately owned
Locally operated



Call for a free consultation!

604.551.8867

www.seniorschoiceforcare.ca

*Compassionate Care
for Individuals
& families.*



Burnaby **Hospice** Society

Free Services:

- Palliative Care Support Services
- In-home & Long Term Care Palliative Support
- Volunteer Grief Support
- Grief Support Groups
- Individual Grief Counselling & Therapy



Contact us today for service or information:

604-520-5087

info@burnabyhospice.org

www.burnabyhospice.org

Making Seniors a Priority in Our Community

Please contact us for any of your federal or provincial needs.



KATRINA CHEN, MLA

BURNABY-LOUGHEED
3-8699 10TH AVE
BURNABY, BC V3N 2S9
604-660-5058
KATRINA.CHEN.MLA@LEG.BC.CA

JAGMEET SINGH, MP

BURNABY SOUTH
4940 KINGSWAY
BURNABY, BC V5H 2E2
604-291-8863
JAGMEET.SINGH@PARL.GC.CA

ANNE KANG, MLA

BURNABY-DEER LAKE
105-6411 NELSON AVE
BURNABY, BC V5H 4H3
604-775-0565
ANNE.KANG.MLA@LEG.BC.CA

PETER JULIAN, MP

NEW WESTMINSTER-BURNABY
110-888 CARNARVON ST
NEW WESTMINSTER, BC V3M 0C6
604-775-5707
PETER.JULIAN.C1@PARL.GC.CA



RAJ CHOUHAN, MLA

BURNABY-EDMONDS
5234 RUMBLE ST
BURNABY, BC V5J 2B6
604-660-7301
RAJ.CHOCHAN.MLA@LEG.BC.CA

JENNIFER WHITESIDE, MLA

NEW WESTMINSTER
PLEASE CALL OR EMAIL
FOR ASSISTANCE
604-775-2101
JENNIFER.WHITESIDE.MLA@LEG.BC.CA

AMAN SINGH, MLA

RICHMOND-QUEENSBOROUGH
12560 BRIDGEPORT ROAD
RICHMOND, BC V6V 2N5
604-664-0700
AMAN.SINGH.MLA@LEG.BC.CA

JANET ROUTLEDGE, MLA

BURNABY NORTH
1833 WILLINGDON AVE
BURNABY, BC V5C 5R3
604-775-0778
JANET.ROUTLEDGE.MLA@LEG.BC.CA

**PLEASE NOTE THAT OFFICE OPERATIONS HAVE ALTERED DUE TO COVID-19.
PLEASE CALL US OR EMAIL AND WE WOULD BE HAPPY TO ASSIST YOU!**

Edmonds Urgent and Primary Care Centre

201 - 7315 Edmonds St, BBY
604-519-3787

FYidocors (Burnaby)

3801 Hastings St, BBY
604-291-8825
FYidocors.com/burnaby

FYidocors (New Westminster)

Royal City Centre
240 - 610 Sixth St, NW
604-522-6929
FYidocors.com/new-westminster

Halo Dental

91 Eighth Ave, NW
604-544-8875
halodental.ca

Lloyd Hearing Solutions

140B - 6540 Burlington Ave, BBY
604-434-2070
lloydhearingsolutions.ca

Madison Eyes Doctors of Optometry

102 - 1899 Rosser Ave, BBY
604-298-7555

New West Dentureworks Inc.

270 - 522 Seventh St, NW
604-553-1222
newwestdentureworks.com

NexGen Hearing

Burnaby North:
3776 Hastings St, BBY
604-569-1162

Metrotown:

1698 - 4500 Kingsway, BBY
604 434-6446

New Westminster:

101 - 625 Fifth Ave, NW
604-553-4952
nexgenhearing.com

North Burnaby Denture Clinic

4653 Hastings St, BBY
604-294-6911
northburnabydentureclinic.com

Prime Denture Clinic Ltd.

315 - 555 Sixth St, NW
604-521-6424
primedentureclinic@gmail.com
primedentureclinic.ca

Royal Columbian Hospital

330 East Columbia St, NW
604-520-4253
fraserhealth.ca/service-directory/locations

Royal Treatment Therapeutics

Royal Oak:
#102- 7777 Royal Oak Avenue, BBY
604-437-7777

Kingsway:

#205 - 5501 Kingsway, BBY
604-439-1604
royaltreatmenttherapeutics.com

Smile Dental Group

7575 Market Crossing, BBY
604-433-7444
smiledentalgroup.ca

Total Therapy Rehabilitation & Wellness Centre

Metrotown:
4665 Central Blvd, BBY
604-620-9700

North Burnaby:

4162 Dawson St, BBY
604-437-9355
totaltherapy.ca

Home Support Tailored To Your Individual Needs



We offer:

- Wound Care
- Alzheimer Care
- Palliative Care
- Respite Care
- Live-In Caregiver
- Personal Care
- Meal Preparation
- Medication Reminder
- Homemaking
- Transportation



Call 604-945-5005 for
FREE In-Home Consultation

ICBC Claims Accepted



SafeCareHomeSupport.Ca

Dementia - Friendly Adult Day Program

Day program option that focuses on organized cognitive stimulating activities in a group setting to reduce isolation for older adults with mild to moderate cognitive impairment. At the same time, this program assists caregivers with respite and offers caregivers support.



This is a joint program between the City of Coquitlam and the ACWC.



1:1 Therapeutic Recreation Program
The day program that comes to you

To Learn More & Register

778-549-6413 or

info@adultcognitivewellnesscentre.ca

AdultCognitiveWellnessCentre.Ca

Trask Denture Clinic

4616 Imperial St, BBY
604-437-7916
traskdenture.ca

Vancouver Foot & Ankle Clinic

104 - 4350 Hastings St, BBY
604-757-2558
vancouverfootandankle.com

VCC Dental Hygiene Clinic

Students offer low-cost dental hygiene services (polishing, x-rays, and scaling) to the public.

604-443-8499
vcc.ca/services/eat-shop--more/
dental-clinic/

Wavefront Centre for Communication Accessibility

210 - 2755 Lougheed Hwy, POCO
604 942-7397

2005 Quebec St, VAN
604-736-7391

TTY: 604-736-2527
wavefrontcentre.ca

Wonderpoint Wellness Centre

4071 Kingsway, BBY
604-336-0783
wonderpointwc.com

COMMUNITY RECREATION FACILITIES & SENIORS CENTRES

411 Seniors Centre Society

3502 Fraser St, VAN
604-684-8171
411seniors.bc.ca

55+ BC Games

778-426-2940
55plusbcgames.org

Bonsor Recreation Complex (55+)

6533 Nelson Ave, BBY
604-297-4580

Cameron Recreation Complex (55+)

9523 Cameron St, BBY
604-297-4453
604-297-4452

Centennial Community Centre

65 East Sixth Ave, NW
604-777-5100

Century House

620 Eighth St, NW
604-519-1066
centuryhouseassociation.com

Confederation Community Centre (55+)

4585 Albert St, BBY
604-294-1936

Edmonds Community Centre (55+)

7433 Edmonds St, BBY
604-297-4838 or 604-297-4402

To advertise in the

as we age
SENIORS RESOURCE GUIDE 2024

please contact us at
booknow@glaciermedia.ca

Burnabynow

NewWestminster
RECORD

2024

SAS COMFORT SHOES

- Experienced shoe fitters on site
- Old fashioned customer service
- Multiple widths and lengths for a custom fit
- Proper support and relief for all foot types
- Handmade in North America
- Comfortable, fashionable and practical styles for women and men



Online orders at www.MySASshoes.ca



SAS COMFORT SHOES BURNABY

5900 Kingsway
604.558.4727
(Next to Wendy's)



SAS COMFORT SHOES SURREY

10340 152nd St
604.498.4801
(Next to Tim Horton's)





LENDING FOR *Seniors*

YOUR *Life* YOUR *Way*

Your home is more than just a roof over your head. It often contains a lifetime of memories, is a symbol of your independence and adds immensely to your quality of life.

Our government licensed brokers will guide you through the options, including Lines of Credit, Conventional Mortgages, Equity Loans and Reverse Mortgages.

We specialize in your demographic!

CONTACT US TODAY to ask questions or to arrange a FREE no-obligation evaluation.



Securing Your
Independence

Rebecca Awram, BA
Mortgage Advisor

604.614.2382

rebeccaawram@gmail.com

Office locations available throughout the Lower Mainland

www.seniorslendingcentre.com

Physical Activity Services

Advice on physical activity and healthy living.

8-1-1 or 604-215-8110

healthlinkbc.ca/healthy-eating-physical-activity

Queensborough Community Centre

920 Ewen Ave, NW

604-525-7388

newwestcity/parks-and-recreation

Royal City Centre Shopping Centre

610 Sixth St, NW

604-526-8064

royalcitycentre.ca

COUNSELLING, ADVOCACY & SUPPORT SERVICES

Burnaby Community Services

Provides services, programs, and resources for seniors including: transportation, outreach, workshops and activities, programs for low-income seniors such as the Recreation Credit Program, Christmas Bureau hampers, legal advocacy services, tax and form completion, and we provide a range of community resource publications.

2055 Rosser Ave, BBY

604-299-5778

BbyServices.ca

Burnaby Hospice Society

4535 Kingsway, BBY

604-520-5087

burnabyhospice.org

Burnaby Neighbourhood House

Offers Caregiver Support Programs, Seniors Memory Club, and Seniors Peer Support.

BNH South:

4460 Beresford St, BBY

604-431-0400

BNH North:

4908 Hastings St, BBY

604-294-5444

alexish@burnabynh.ca

burnabynh.ca

Burnaby Seniors Outreach

Senior Peer Support, Caregiver Support Programs, Dementia Friendly Café & Music and Senior Wellness Workshops

2055 Rosser Ave, BBY

604-291-2258

bsoss.org

Burnaby Seniors' Resources Society

burnabyseniors.org

CARP North Fraser Chapter

604-367-0012

northfraser@carp.ca

carp.ca

ARE YOU READY TO PUT PAIN IN THE PAST?



Are YOU Tired of Living with:

- Tight muscles?
- Chronic pain?
- Restricted movement?
- Poor posture?

***If you answered yes to any of these issues,
contact us today and we will help you!***

It's a shame so many people think their only option is to "rest" and mask their pain with pills hoping it just goes away. The reality is, if you've suffered for longer than 9 days, something is wrong! We want to help by showing you all the options that are available to you – some of which you can do at home and many that are covered by almost all insurance companies. And all of them are 100% natural.

Back Pain Doesn't Have to Be Your Normal

Our team of health professionals are here to help if you're suffering from chronic back pain. Following a comprehensive assessment, we will work with you to create a personalized treatment plan. From there, a combination of supervised exercise, massage, and manual therapy will be used to help you recover faster and get back to living your life!

Get back to the active, healthy life you want and deserve!

BURNABY'S LEADING PAIN SPECIALISTS



#102-7777 Royal Oak Ave
604.437.7777



OPEN 7 DAYS A WEEK!



#205-5501 Kingsway
604.439.1604

CHIROPRACTIC ● PHYSIOTHERAPY ● NATUROPATHY
ACUPUNCTURE ● MASSAGE THERAPY



Book a **FREE** DISCOVERY VISIT!

www.RoyalTreatmentTherapeutics.com



Supporting families while promoting independence at home



Caregivers • Homemakers • Companions • Nurses

Talk to the Qualicare team about flexible options for AM/PM and 24/7 care, short and long term, help with errands and appointments, specialized care plans for dementia, ALS, Parkinson's, MS, palliative care, and more.

Together, we've got this



Call now for a supportive care conversation 778-730-0225

www.qualicare.com

Century House Association Peer Support

604-519-1064 x1 or 778-882-2472
chaps.connect@gmail.com

Burnaby & New Westminster Community Response Networks
bccrns.ca

Diamond Geriatrics

778-885-5695
eldercare@diamondgeriatrics.com
diamondgeriatrics.com

Golden Transitions

604-240-8085
geoff@goldentransitions.ca
goldentransitions.ca

Multicultural Family Support Services

306 - 4980 Kingsway, BBY
604-436-1025 or 236-865-1194
vlmfss.ca

New West Police Service & FSGV

Older Adult Abuse Support
604-525-5411

Personalized Dementia Solutions Inc.

1-888-502-1321 or 778-789-1496
dementiasolutions.ca

Qmunity

Offers support for the LGBTQ2S+ community
604-684-5307
seniors@qmunity.ca
qmunity.ca

Citizen Support Services

Offers Volunteer Visitor and Phone Buddy programs, Shopping Buddy and Shop by Phone programs, and Better At Homes services for Burnaby seniors 65+.
604-294-7980
burnaby.ca/services-and-payments/seniors-and-family-support/services-for-Burnaby-seniors

Seniors First BC

Seniors Abuse & Information Line (SAIL)
604-437-1940
1-866-437-1940
seniorsfirstbc.ca

Seniors Services Society – Support Services

Offers meal programs, seniors' medical transportation, support calls, grocery shopping and light housekeeping for New West seniors 60+.
604-520-6621
seniorsservicessociety.ca

VictimLink BC

Confidential, 24/7, Multilingual service
Call or text: 1-800-563-0808
TDD: 711 or
VRS: 1-800-663-7867
victimlinkBC@bc211.ca
victimlinkbc.ca

Vital Connections Program

604-525-9144 x 4142 or
604-341-5897
jmiller@fsgv.ca
fsgv.ca/programs/traumacounselling

FUNERAL HOMES & BEREAVEMENT SUPPORT

BC Bereavement Helpline

604-738-9950
contact@bcbh.ca
bcbh.ca

Bell & Burnaby Funeral Chapel

4276 Hastings St, BBY
604-298-2525
bellburnaby.com



Rates starting at \$2,900 p/month

Peace of Mind = All-Inclusive Senior Living

You spend your days doing what you love best, we'll take care of the rest:

- Enjoy a variety of delicious, freshly-made options for each meal
- Take advantage of weekly housekeeping & linen services
- Peace of mind with a personal emergency alert service
- Opportunities to stay fit, active & social every day
- Local courtesy shuttle service for personal use
- Month-to-month residency agreements



Langley & South Delta
Retirement. Living!

BriaCommunities.ca

British Columbia Funeral Association

Offers advice on pre-planning funeral arrangements.

1-800-665-3899
bcfunerals.com

Burnaby Hospice Society

604-520-5087
burnabyhospice.org/
bereavementservices/

Forest Lawn Funeral Home & Cemetery

3789 Royal Oak Ave, BBY
(FH) 604-299-7720
(C) 604-299-7711
forestlawn-burnaby.com

Forest Lawn & Ocean View Funeral Homes

Prearrangement Services
604-328-6079
preplanning@dignitymemorial.com
forestlawn-burnaby.com

Last Post Fund

Assists with funeral and burial services for veterans.
1-800-465-7113
lastpostfund.ca

Memorial Society of BC

A non-profit organization that helps members pre-plan funeral services.

1-888-816-5902
memorialsocietybc.org

Ocean View Funeral Home & Burial Park

4000 Imperial St, BBY
604-435-6688
oceanviewfuneral.com

Valley View Funeral Home & Cemetery

14644 72nd Ave, SRY
604-596-8866 or 604-596-7196
arbormemorial.ca

GOVERNMENT PROGRAMS & SERVICES

BC Ministry of Social Development & Poverty Reduction

Income Assistance, Senior's Supplement & Bus Pass Program
1-866-866-0800
www2.gov.bc.ca/gov/content/family-social-supports/seniors

Canadian Anti-Fraud Centre

1-888-495-8501
antifraudcentre.ca

Government of Canada - Program & Services for Seniors

Canada Pension Plan, Disability Benefits, Old Age Security, Guaranteed Income Supplement, Survivor's Allowance

1-800-622-6232
TTY: 1-800-926-9105
canada.ca/seniors

Office of the Seniors Advocate

1-877-952-3181
seniorsadvocatebc.ca

Province of BC Seniors Program & Services

Provides information on seniors' health care, finances, benefits, housing, transportation & more.
1-800-663-7867 or VRS: 1-800-663-7867
seniorsbc.ca

Veterans Affairs Canada

General Inquiries: 1-866-522-2122
TDD/TTY: 1-833-921-0071
Veterans Assistance Service:
1-800-268-7708
TDD/TTY: 1-800-567-5803
veterans.gc.ca



Anna Smith

Anna Smith

YOUR NEIGHBOURHOOD REALTOR®

PERSONAL • HONEST • PROFESSIONAL

CALL TODAY!

 **604.505.1647**

Anna@AnnaSmithRealty.com

★★★★★ 5 STAR REAL ESTATE EXPERIENCE



RE/MAX
CREST REALTY
Each office independently owned and operated

1428 W 7th Ave, Vancouver, BC V6H 1C1
This is not intended to induce or breach an existing agency relationship.



annasmithrealty.com

FALL IN LOVE **BETTER**



Experience the difference
BETTER hearing makes.



BOOK YOUR FREE HEARING TEST TODAY.

NEW WESTMINSTER
604.210.5846
101-625 Fifth Avenue

BURNABY NORTH
604.265.4960
3776 Hastings Street

BURNABY METROTOWN
604.359.5774
1698-4500 Kingsway

**PRICE
MATCH
GUARANTEE**



**90 DAY
TRIAL**
NO MONEY DOWN
FOR 21 DAYS

NEXGEN HEARING
a **HearingLife** company
nexgenhearing.com

CHANGE BEGINS WITH US

Burnaby Neighbourhood House is proud to be the umbrella organization for Burnaby Community Services, Burnaby Seniors Outreach and Burnaby Meals On Wheels. We have integrated our services to help seniors remain independent by providing a range of resources and opportunities that support positive change and well-being such as;

BURNABY NEIGHBOURHOOD HOUSE Burnabynh.ca

- A place for seniors to connect, get together with friends, try a new activity, volunteer or get support with services you need. Free and low cost programs in North and South Burnaby:
- Virtual and in person programs, fitness, art, music, social clubs, friday lunches and volunteer opportunities
- Info & connections to services, tax clinics, wellness workshops, help to use digital devices, meal/shopping program, and TAPs activity program for frail adults

- Settlement and integration services for newcomer seniors, first language support, info and orientation to life in Canada, referrals and aid with applications for eligible benefits.

BURNABY COMMUNITY SERVICES - BbyServices.ca

- Seniors Transportation - driving seniors to and from medical appointments
- Legal advocacy - poverty and elder law
- Tax and Form completion - assistance for low income seniors
- Recreation Credits - providing credits to use at Burnaby Parks, Recreation and Cultural Services for seniors with low income and those with a disability.
- Christmas Bureau Bundles - helping seniors celebrate the holiday season.
- Publications - we offer a range of publications in support of seniors, including the Community Resource Guide and Seniors Community Resource cards.

BURNABY SENIORS OUTREACH - Bsoss.org

- Senior Peer Support
- Caregiver Support Programs
- Dementia Friendly Cafe & Music
- Senior Wellness Workshops

BURNABY MEALS ON WHEELS - BurnabyMeals.ca

- Providing over 15,000 healthy, delicious meals a year since 1968



South House
4460 Beresford St, Burnaby
604-431-0400
info@burnabynh.ca
burnabynh.ca

North House
4908 Hastings St, Burnaby
604-294-5444
northinfo@burnabynh.ca
burnabynh.ca



2055 Rosser Ave, Burnaby
604-299-5778
info@bbyse rvices.ca
BbyService s.ca



2055 Rosser Ave, Burnaby
604-299-5754
info@burnabymeals.ca
BurnabyMeals.ca



2055 Rosser Ave, Burnaby
604-291-2258
info@bbySeniors.ca
Bsoss.org

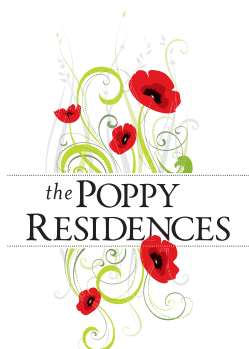
Make friends and belong to a community again.



Enjoy worry-free living (no chores or housekeeping) so you have time to enjoy friends and even meet new folks. With all of our programs, activities, and choices galore, living at The Poppy can be active, social and fun!

- Close to amenities & shopping
- Renowned social events
- Delicious & healthy meals
- All inclusive independent lifestyle living
- Safe environment including health & wellness checks

*It's more than retirement,
it's Community Senior Living.*



5291 Grimmer St, Burnaby
thepoppyresidences.com

Call now to
schedule your
complimentary
lunch and tour.
604.568.5563

COMMUNITY SENIOR LIVING IN THE HEART OF BURNABY

WelcomeBC

Information about programs, services and resources for newcomers to BC.

welcomebc.ca

GOVERNMENT REPRESENTATIVES

Burnaby City Hall

4949 Canada Way, BBY
604-294-7944 (Main)
604-294-7340 (Mayor's office)
burnaby.ca

New Westminster City Hall

511 Royal Ave, NW
604-521-3711 (Main)
604-527-4522 (Mayor's Office)
newwestcity.ca

MLA, Burnaby - Deer Lake: Anne Kang

105 - 6411 Nelson Ave, BBY
604-775-0565
anne.kang.mla@leg.bc.ca
annekangbcmcla.ca

MLA, Burnaby - Edmonds: Raj Chouhan

5234 Rumble St, BBY
604-660-7301
rajchouhan.ca

MLA, Burnaby - Lougheed: Katrina Chen

3 - 8699 10th Ave, BBY
604-660-5058
katrina.chen.mla@leg.bc.ca
katrinachen.ca

MLA, Burnaby North: Janet Routledge

1833 Willingdon Ave, BBY
604-775-0778
janetroutledge.ca

MLA, New Westminster: Jennifer Whiteside

604-755-2101
jennifer.whiteside.mla@leg.bc.ca

MLA, Richmond - Queensborough: Aman Singh

604-664-0700
aman.singh.mla@leg.bc.ca

MP, Burnaby North - Seymour: Terry Beech

3906 Hastings St, BBY
604-718-8870
terrybeechmp.ca

MP, Burnaby - South: Jagmeet Singh

4940 Kingsway, BBY
604-291-8863
jagmeetsingh.ndp.ca

MP, New Westminster - Burnaby: Peter Julian

110 - 888 Carnarvon St, NW
604-775-5707
peterjulian.ca

The Poppy Residences: Good Food, Good Friends, Good Fun, In the Heart of Burnaby

What makes the Poppy Residences so special is its small, intimate setting, where everyone gets a chance to know their neighbours. Nestled in the heart of Burnaby is the place Doris Drinkwater calls home.

For the last eight years, Doris has enjoyed life at The Poppy Residences, an intimate community designed for self-sufficient seniors who value their independence.

Located on Grimmer Street, just steps from a number of major amenities such as Metropolis at Metrotown, medical services and grocery stores, The Poppy has helped Doris, as well as many other seniors, enjoy retirement with confidence.

"It's very central. I can go anywhere from there. It's very convenient," says Doris, 87. "I like the freedom I have here. I feel at home - this is my home. You won't find anything better. I wouldn't live anywhere else."

The Poppy, a non-profit run by the RCL South Burnaby Branch 83 Housing Society, has 70 private and affordable one-bedroom and one-bedroom plus den units for seniors over the age of 55.

Residents enjoy two delicious and balanced meals in an elegant dining room with full table service. Light housekeeping and around-the-clock on-site staff support are also provided. There is also a TV and theatre area, a fireside lounge, and a library and games room.

In addition, residents can keep busy and socialize with friends by taking part in a variety of fun, organized activities and events, such as carpet bowling, art classes and day trips.

Donna Lawrence, general manager of The Poppy, explains that what makes it special is its small, intimate setting, where everyone gets a chance to know their neighbours.

"I think of it as a community within a community," Lawrence says.

"You know when you go to a smaller town, and everyone gets to know everyone, that's kind of the feeling at The Poppy." And residents agree.

Rob Landau moved into The Poppy four years ago from an apartment in Burnaby. While there were other



seniors residences he was considering, Landau ultimately chose to call The Poppy home because it allowed him to maintain his independence and remain social.

"You know when you go to a smaller town, and everyone gets to know everyone, that's kind of the feeling at The Poppy."

"I took a tour three or four years ago, and I decided if I ever needed a place to live, this would be it," Landau says. "The Poppy seemed ideal for me, and it still is to this day. We're kept busy with different activities. I like the people here. I really like it here."

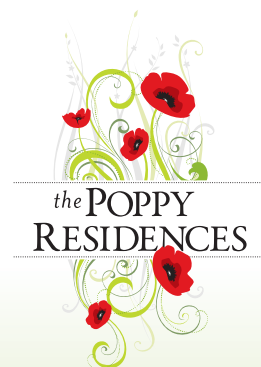
Shirley Crockett has lived at The Poppy for the last five years, after selling her home in Burnaby. Not only does she like keeping busy with numerous activities, she also appreciates how thoughtful, attentive and helpful the staff are.

"I like the staff," Crockett says. "They treat you very respectfully."

For Donna Lawrence, her philosophy is simple: treat each and every resident

the way she would want her own family members to be treated.

"I really love coming in, seeing our residents and talking with them about how their day is going," Lawrence says. "It's really about offering exceptional service and going above and beyond. It's so important for them to know that it doesn't matter what they're needing, we're going to try and look after it as best we can. It's a really great, comfortable home-like experience."



To book a tour call
604-568-5563

Located at 5291 Grimmer Street, Burnaby
Just steps away from Metrotown!

Learn more at:

thepoppyresidences.com

HEALTH INFORMATION & PROGRAMS

Acute, Home & Community Care Services

Toll free: 8-1-1 or 604-215-8110

TTY: 7-1-1

[www2.gov.bc.ca/gov/content/health/
accessing-health-care](http://www2.gov.bc.ca/gov/content/health/accessing-health-care)

Assisted Living Registry

1-866-714-3378

[www2.gov.bc.ca/gov/content/health/
assisted-living-in-bc](http://www2.gov.bc.ca/gov/content/health/assisted-living-in-bc)

Arthritis Answers Line

1-800-321-1433

arthritis.ca

BC Ambulance Service Billing

1-800-665-7199

bcehs.ca/about/billing

BC Palliative Care Benefits

Benefits and support for at-home palliative care.

[www2.gov.bc.ca/assets/gov/health/
health-drug-coverage/pharmacare/
palliative-patientinfo.pdf](http://www2.gov.bc.ca/assets/gov/health/health-drug-coverage/pharmacare/palliative-patientinfo.pdf)

Community Care Facilities Licensing

Investigates allegations of unsafe, inappropriate or abusive care in licensed facilities and residential homes within Fraser Health region.

604-918-7683

feedback@fraserhealth.ca

Fall Prevention Mobile Clinics

One-on-one assessments with healthcare professionals.

604-587-7866

fallspreventions@fraserhealth.ca
[fraserhealth.ca/Service-Directory/
Services/Clinics/falls-prevention-
mobile-clinic](http://fraserhealth.ca/Service-Directory/Services/Clinics/falls-prevention-mobile-clinic)

First Link Dementia Helpline

1-800-936-6033

alzheimer.ca/bc

Fraser Health Crisis Line (24 hr)

604-951-8855

1-877-820-7444

Seniors Distress Line (24 hr)

604-872-1234

Fraser Health – Home Health Service Lines

New Inquiries: 1-855-412-2121

Burnaby: 604-918-7447

New West: 604-777-6700

Fraser Health - Mental Health Centres

Burnaby: 604-453-1900

New West: 604-777-6800

Fraser Health – Public Health

Burnaby: 604-918-7605

New West: 604-777-6740

Health Insurance BC

Provides information on Pharmacare, Fair Pharmacare, and Medical Services Plan

604-683-7151

www2.gov.bc.ca/gov/content/health

HealthLink BC/Seniors Info Line

Provides multilingual, non-emergency health information and referral; speak with a nurse, pharmacist, dietitian or exercise professional.

8-1-1 or 604-215-8110

TTY: 7-1-1

healthlinkbc.ca



55+ BE ACTIVE IN BURNABY

Burnaby has four centres that specialize in programs for adults 55 years and older. These are friendly places where you can meet and socialize, learn new skills and enjoy creative leisure time.

For current programs and schedules,
visit: Burnaby.ca/Seniors

Bonsor 55+ Centre

604-297-4580 | 6533 Nelson Avenue

Cameron Recreation Complex

604-297-4456 | 9523 Cameron Street

The new temporary Cameron Community Centre and Library will be located in The City of Lougheed Shopping Centre at 9855 Austin Ave and is set to open in fall 2023.

Confederation Community Centre

604-294-1936 | 4585 Albert Street

Edmonds Community Centre

604-297-4838 | 7433 Edmonds Street



Healthy Eating & Physical Activity
healthlinkbc.ca/healthy-eating-physical-activity

Immunization Information & Tools
immunizebc.ca

Substance Use Services
Burnaby: 604-777-6870
New West: 604-777-6800

VictimLink BC
Confidential, 24/7, Multilingual service
1-800-563-0808
TTY: 604-875-0885
victimlinkbc.ca

YMCA Healthy Heart Program
(Cardiac Prevention, Rehabilitation & Maintenance)
604-521-5801

**HOUSING - INDEPENDENT,
ASSISTED, RESIDENTIAL
CARE & AFFORDABLE**

Affordable Housing Societies
604-521-0818
affordablehousingsocieties.ca

AgeCare Harmony Court Estate
7197 Canada Way, BBY
604-527-3323
living.agecare.ca/retirement-living

Atira Women's Resource Society:
Maggie's House for Older Women
1010 Sperling Ave, BBY
604-205-9350
atira.bc.ca

Baptist Housing Society
604-940-1960
baptisthousing.org/communities/
lower-mainland

Belvedere Seniors Living
604-939-1930 or 604-939-5991
belvederebc.com

**Carleton Gardens Care
Residence**
4108 Norfolk St, BBY
604-419-3000
chartwell.com

**Chartwell Carlton Retirement
Residence**
4110 Norfolk St, BBY
778-300-2388
chartwell.com

**Courtyard Terrace Seniors
Community**
3730 Burke St, BBY
604-437-6262
parkplaceseniorsliving.com

Dania Manor & Dania Home
604-299-2414
dania.bc.ca

Derby Manor
8601 - 16th Ave, BBY
604-529-1019
derbymanor.ca

Fair Haven Homes Society
*Burnaby Apartments, McKay Apartments,
Vivian Apartments*
604-225-9937
fairhaven.bc.ca

Fellburn Care Centre
Access requires Fraser Health assessment
6050 East Hastings St, BBY
604-412-6503
fraserhealth.ca

Finnish Manor
3460 Kalyk Ave, BBY
604-434-2666
finncare.ca

Smile

"it's your most
important feature"



**GOOD THINGS
ARE GOING
TO HAPPEN**

**POSITIVE
HEALTHY
HAPPY**

**NEW WEST
DENTUREWORKS INC.**
info@newwestdentureworks.com
www.newwestdentureworks.com



Quan Gifford, R.D.
(Denturist/Owner)

- Making smiles for over 23 years
- Member of Association of BC.

**FULL SERVICE
DENTURE CLINIC
604-553-1222**

#270-522 SEVENTH STREET,
NEW WESTMINSTER, BC V3M 5T5

SEMCD
CERTIFIED CLINICIAN
LOWER SUCTION DENTURE



Hopehill Living in Community

Independent living and assisted living residences.

604-255-7707

hopehill.ca

Mulberry PARC

7230 Acorn Ave, BBY

604-526-2248

parcliving.ca

New Chelsea Society

205 - 4300 North Fraser Way, BBY

604-395-4370

newchelsea.ca

New Vista Healthcare & Housing

604-521-7764

newvista.bc.ca

Nikkei Seniors Health Care & Housing Society:

Robert Nimi Nikkei Home

6680 Southoaks Cres, BBY

New Sakura-so

6677 Southoaks Cres, BBY

604-777-5000

seniors.nikkeiplace.org

Poppy Residences, The

5291 Grimmer St, BBY

604-568-5563

thepoppyresidences.com

Rideau Retirement Residence

1850 Rosser Ave, BBY

604-291-1792

rideauresidence.ca

Seton Villa Retirement Centre

3755 McGill St, BBY

604-291-0607

setonvilla.com

Society for Christian Care of the Elderly

604-681-7337

scce.ca

Swedish Canadian Village

7230 Halifax St, BBY

604-420-1124

swedishcanadian.ca

Thornebridge Gardens

Retirement Residence

649 Eighth Ave, NW

604-524-6100

verveseniorliving.com/thornebridge-gardens

Willington Care Centre

Access requires Fraser Health assessment

4435 Grange St, BBY

604-433-2455

fraserhealth.ca

HOUSING PROGRAMS & SERVICES

BC Home Renovation Tax Credit for Seniors and Persons with Disabilities

1-877-387-3332

www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/seniors-renovation

BC Housing

604-433-2218

Shelter Aid for Elderly Renters (SAFER)

bchousing.org/housing-assistance/rental-assistance-programs/SAFER

BC Rebate for Accessible Home Adaptations (BC RAHA)

bchousing.org/housing-assistance/BC-RAHA
604-250-4860

Highly Trusted Advanced Hearing Healthcare That Travels to You

Award-Winning Services That are Trusted by Thousands of Local Families, Care Facilities, Hospitals and Doctors Across Greater Vancouver



Diagnostic hearing evaluations following audiological best practices



Access to all levels of hearing technology from all major manufacturers



Certified Dementia Practitioner



Mobile and in-clinic services available



Earwax removal services (coming soon)



778-340-1101



www.hearathome.ca



#112 - 3721 Delbrook Avenue
North Vancouver

Hear at Home
MOBILE HEARING CLINIC

Burnaby Community Response Network



Visit the BCCRN website:
<https://bccrn.ca>
Burnaby CRN Coordinator:
Terrie Orthner
Contact Email:
torthner@mulberryparc.ca
Contact Phone:
604-250-4860

What is a Community Response Network (CRN)?

A Community Response Network (CRN) is made up of a diverse group of concerned community members, community agencies, local businesses, government agencies, professionals and others who come together to create a coordinated community response to abuse, neglect and self-neglect in vulnerable adults.

The Burnaby CRN is reaching out to the community to join the network and work to raise the awareness of abuse, neglect and self-neglect in vulnerable adults and to ultimately prevent it from happening.



BC ASSOCIATION OF

Community Response Networks

Stopping Adult Abuse and Neglect ... Together.



BRITISH
COLUMBIA

Get help for your mental health journey



Free mental health program for British Columbians age 13+

Learn skills to manage low mood, stress, and worry with the support of a telephone coach.



Find out more
and sign up
online.

“I encourage anyone who is struggling to try BounceBack®. The program really helped me become self-aware, helped me identify problematic behaviours and provided practical step-based solutions for challenges that I was facing.”



1-866-639-0522 | bouncebackbc.ca
bounceback@cmha.bc.ca

Clean Start BC

Offers hoarding cleanup, junk removal, pest control and sanitization services.

1-855-297-8278

cleanstartbc.ca

Condominium Home Owners Association of BC

604-584-2462

choa.bc.ca

Home Owner Grants/Tax Deferment for Seniors

1-888-355-2700

www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax

Licensing & Consumer Services

604-646-7050

bchousing.org/licensing-consumer-services

Mobile Work Crew

604-723-3439

fraserside.bc.ca/community-living/mobile-work-crew

Neighbours Helping Neighbours

236-455-0893

larchevancouver.org/community-programs/

Residential Tenancies

400 - 5021 Kingsway, BBY

604-660-1020

www2.gov.bc.ca/landlordtenant

Senior Citizens Repair Service

604-529-1100 or 604-438-6990

Seniors Services Society – Housing Services for Seniors 60+

604-520-6621

seniorsservicessociety.ca

TRAC – Tenant Resource & Advisory Centre

604-255-0546

tenants.bc.ca

BC Eldercare Massage

604-340-3581

bceldercare.ca

Better At Home

Provides non-medical support services to seniors. Subsidies may be available.

Burnaby: 604-297-4877

betterathome@burnaby.ca

New West: 604-520-6621

support@seniorsservicessociety.ca

betterathome.ca

Big Hearts Home Healthcare

604-492-2045 or 1-855-902-CARE

info@bigheartshomecare.ca

bigheartshomecare.ca

IN-HOME SUPPORT SERVICES

Aging My Way Home Care Inc.

604-290-8331 or

604-438-6990

agingmywayhomecare.ca

All Nursing Health Services

604-488-9323

info@allnursing.ca

allnursing.ca

Caring Shepherd Home Care Services

604-614-8544

caringshepherd.ca

Chipperfield Mobile Physiotherapy

604-828-2610

chipperfieldphysio.ca

Classic LifeCare

604-263-3621

classiclifecare.com

When the going gets tough, a hero steps up

We will work with you and your family to develop your personalized home care solution. No matter the need, big or small, our heroes are here for you when and where you need us the most.

SCAN ME



Receive a FREE In-Home Care Consult

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

1-888-988-9913

Email us at care@herohomecare.ca

Visit us online at www.herohomecare.ca

HERO HOME CARE

Heroes, not just caregivers



Free Guide Unlocks Secrets of Senior Living

When Ken and Shirley Loewen needed a supportive living solution for Ken's 89-year-old mom, they weren't sure where to start. "It was all so foreign to us," says Shirley. "We did a lot of Googling and a lot of calling around. We asked our friends, but many were in similar situations and just as confused."

Bria Communities offers a free guide to help those navigating senior living and care in BC. "There is a lot of confusion and misconceptions about senior living and home care," says Tanya Snow, Director of Bria Communities, a family of seniors residences in Langley and South Delta. "It helps to have an expert in your corner; that's why we created this tool."

With 25 years of experience in the industry, Tanya has coached many seniors and their families searching for the right supportive living solution. "Home care, independent living, assisted living and long-term care each have nuances. First-timers to the conversation can get easily turned around."

"It's succinct, easy to follow, and easy to understand. I love that you can go to the links right in the PDF and click through to additional resources."

The Guide to Senior Living in BC booklet simplifies the journey. "Our team has more than 100 combined years of senior living expertise," says Tanya. "We took our most frequently asked questions and insider knowledge and turned it into an easy-to-use booklet."

The 18-page guide offers a one-stop shop for older adults who want to know their options for senior living and care. It features simple descriptions, definitions,



Bria Communities Director, Tanya Snow.

PHOTO CREDIT BRIA COMMUNITIES

expert advice, overviews of services and subsidies, and clickable links.

"A resource like this prevents last-minute, urgent decision-making," notes Tanya. "If you know what's available, you can take advantage of it and enjoy a healthier lifestyle rather than waiting for an accident or incident to define the next step."

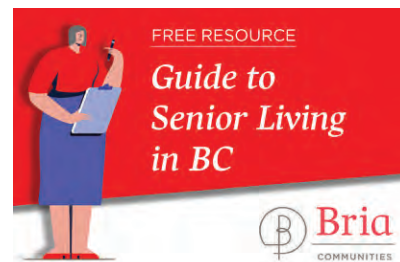
Ken & Shirley's research paid off; they found a facility that suits Ken's mom; her quality of life improved, and she is flourishing. But, now in their 70s, the Loewens find themselves thinking about their next steps.

"We know our kids are looking at us thinking, 'when are you going to downsize?'" jokes Shirley. She and Ken live in a detached home in Aldergrove, BC, but they're already thinking about what kind of community they want when they make their next move. "We're thinking long-range because we want to find somewhere fulfilling," she says.

In Shirley's opinion, Guide to Senior Living in BC simplifies a complicated topic,

"It's succinct, easy to follow, and easy to understand. I love that you can go to the links right in the PDF and click through to additional resources," she says.

This Guide to Senior Living and Care offers more than answers; it offers hope. "Many people don't realize that there are lots of lively and vibrant options for seniors," Tanya Snow says. "Your retirement home could be your best home yet. And finding your way there doesn't have to be complicated or stressful; all you need is a bit of expert advice."



Download the guide as a free interactive pdf by visiting BriaCommunities.ca/Guide or call 1.844.969.2742 to request a paper copy.

~ Janice Miller

Comfort Keepers

604-689-8609

comfortkeepers.ca

Footcare Passion

Mobile Foot Care

604-780-3992

footcarepassion.ca

Hero Home Care

1-888-988-9913

care@herohomecare.ca

herohomecare.ca

Home Instead

BBY: 604-432-1139 or

NW: 604-552-3324

homeinstead.com/3037

Integrative Rehabilitation

604-419-0098

integrativerehab@gmail.com

bcintegrativerehab.com

John's Helping Hands

604-329-1006

john@johnshelpinghands.ca

johnshelpinghands.ca

Just Like Family Home Care

Burnaby & New Westminster

Tri-Cities & Maple Ridge

604-725-7254

justlikefamily.ca

Karp Home Care

604-420-7800

karphomecare.com/burnaby-new-west

Nurse Next Door

604-553-3330

nursenextdoor.com

Peachtacular Home Health Care

778-859-2695

info@peachtacularhhc.com

peachtacularhhc.com

Physio2U

778-846-7695

physio2u.ca

Practically Daughters

604-421-5952

goodriddance.ca

Qualicare Home Care

778-730-0225 ext 3

qualicare.com

Safe Care Home Support

604-945-5005

safecarehomesupport.ca

SE Health

1-866-565-0065

info@sehc.com

sehc.com

Seniors Choice for Care

604-551-8867

info@seniorschoiceforcare.ca

seniorschoiceforcare.ca

Shylo Home Healthcare

Burnaby: 604-434-9681

North Vancouver: 604 985-6881

1305 St George's Ave (Head Office)

Vancouver: 604-736-6281

shylohomehealthcare.ca

**LEISURE, EDUCATION &
SOCIAL ACTIVITIES****Burnaby Parks, Recreation and
Culture**

604-294-7450

burnaby.ca/recreation-and-arts/

**Home Instead***To us, it's personal***www.Homeinstead.com/3037****#208-5066 Kingsway, Burnaby****Voted Burnaby's favourite
HOME HEALTH
SERVICE PROVIDER****Our skilled and experienced Care Professionals can help with:**

- Personal Care
- Companionship
- Housekeeping
- Dementia Care
- Medication Reminders
- Meals and Nutrition
- Respite Services
- Errands and Transport
- Palliative Support

**Contact us for your FREE in-home consultation****604-432-1139 / burnaby@homeinstead.com**



*Discover what 55+ Retirement Living
for one affordable monthly fee is all about!*

WHAT'S INCLUDED WITH YOUR OWN PRIVATE SUITE:

- 3 Delicious Meals & Refreshments
- Weekly Housekeeping
- Professional Maintenance
- On-Site Laundry
- Daily Social & Recreational Activities
- Utilities (Heat, Electricity, Water)
- Phone & Cable
- Cozy Lounges & Common Spaces
- Beautiful Courtyard Gardens
- **And So Much More!**

Starting From Only
\$2100 Inclusive!



STUDIO SUITES

365 sq ft

Starting From Only
\$2510 Inclusive!



ONE BEDROOM SUITES

460 sq ft

Starting From Only
\$3075 Inclusive!



ONE BEDROOM DELUXE SUITES

720 sq ft

RETIREMENT LIVING YOU DESERVE

BOOK YOUR PERSONALIZED TOUR TODAY!

(604) 527-3323 | agecare.ca/Harmony



Burnaby Hospital Foundation

Leave a Legacy

Supporting Burnaby Hospital makes a meaningful impact on healthcare for your friends, family and generations to come. Learn how you can have a lasting impact:



**bhfoundation.ca/legacy
604-431-2881**



Burnaby Community & Continuing Education

604-296-6901

burnabycce.ca

Burnaby Neighbourhood House

Offers welcoming social, recreation, and educational activities and a community-based seniors day program.

BNH South: 4460 Beresford St, BBY

604-431-0400

BBY North: 4908 Hastings St, BBY

604-294-5444

alexish@burnabynh.ca

burnabynh.ca

Burnaby Village Museum

6501 Deer Lake Ave, BBY

604-297-4565

burnabyvillagemuseum.ca

Century House

620 Eighth St, NW

604-519-1066

centuryhouseassociation.com

Citizen Support Services

Volunteer Visitor & Phone Buddy Programs

604-294-7980

burnaby.ca/services-and-payments/seniors-and-family-support/services-for-Burnaby-seniors

College for the Retired

6650 Southoaks Cres, BBY

604-517-8732

cccrburnaby.org

Fraser River Discovery Centre

788 Quayside Dr, NW

604-521-8401

fraserriverdiscovery.org

Massey Theatre & Plaskett Gallery

735 Eighth Ave, NW

604-517-5900

masseytheatre.com

MOSAIC Seniors Program for Immigrant & Refugee Older Adults

300 - 7155 Kingsway, BBY

604-438-8214

2055 Rosser Ave, BBY

604-292-3907

5575 Boundary Rd, VAN

604-254-9626

mosaicbc.org/seniors

New Westminster Museum & Archives Anvil Centre, Irving House & Samson V

604-527-4640

newwestcity.ca/services/arts-and-heritage



Thank You For Voting Seton Villa Burnaby's Favourite Retirement Residence!

Our mission is to provide affordable housing and support services for seniors 65+ in a way that facilitates living independently for as long as possible.

SUITES AVAILABLE NOW!

CLICK ON THE QR CODE TO LEARN MORE ON OUR WEBSITE AND TAKE A VIRUTAL TOUR!



ALL INCLUSIVE MONTHLY RATES STARTING AT UNDER \$2,000!

Includes:

- 3 delicious, chef-inspired meals daily
- Unparalleled 180 degree views with floor to ceiling windows
- Weekly housekeeping and laundry
- Wi-fi, cable and utilities
- Exercise classes, bus trips, entertainment and more
- Swimming pool & hot tub
- Once a day health check & 24 hour emergency pendant response
- Penthouse lounge with sweeping views, fish tank, games room and library

Visit www.setonvilla.com for more information and application package.

SETON VILLA

www.setonvilla.com

FOLLOW US ON SOCIAL MEDIA Seton Villa on Instagram at @seton.villa, Facebook at Seton Villa and Twitter at @Seton_Villa



3755 McGill Street, Burnaby V5C 1M2 604-291-0607

Public Libraries - Home Library Services

Offer delivery of library materials to people who have difficulty accessing the library.

Burnaby: 604-436-5423
bpl.bc.ca

New Westminster: 604-527-4650
nwpl.ca

Queensborough 50+ Social Club

920 Ewen Ave, NW
604-525-7388

Seniors' Health & Wellness Institute (COSCO)

Offers 46 free workshops to seniors' groups on healthy living, safety and legal issues.

604-261-6887

president@seniorshelpingseniors.ca
seniorshelpingseniors.ca

SFU Liberal Arts & 55+ Program

778-782-8000

sfu.ca/liberal-arts

Shadbolt Centre for the Arts

6450 Deer Lake Ave, BBY
604-297-4440

shadboltcentre.com

UBC Extended Learning

Academic Explorations Program offers online and on-campus courses.

604-822-1444

extendedlearning.ubc.ca/programs/
academic-explorations

Voices of Burnaby Seniors Society

A group of seniors (55+) and service providers committed to enhancing the lives of Burnaby seniors.

604-619-0953

VOBSsociety@gmail.com
vobss.ca

MEAL & FOOD DELIVERY PROGRAMS / SHOPPING ASSISTANCE

Better Meals – Pick Up or Meal Delivery

5742 Beresford St, BBY
604-299-1877
bettermeals.ca

Casalinga Home Delivery & Catering Service

604-435-1994
casalinga.ca

Citizen Support Services

Shopping Buddy & Shop By Phone Programs

604-294-7980

burnaby.ca/services-and-payments/
seniors-and-family-support/services-
for-Burnaby-seniors

Dairyland Home Service

1-877-341-8700

morethanmilk.ca

Greater Vancouver Food Bank

604-876-3601

foodbank.bc.ca

Japanese-Style Meals on Wheels

604-687-2172

tonarigumi.ca

Meals on Wheels

Burnaby: 604-299-5754

BurnabyMeals.ca

New Westminster: 604-520-6621

seniorsservicessociety.ca

Seniors Services Society (New West)

Dining Club and social activities for seniors 60+.

604-520-6621

seniorsservicessociety.ca

MEDICAL EQUIPMENT & SUPPLIES/PHARMACIES

Adaptive Comfort Clothing

778-997-5491 *by appointment only*

Addressing Needs

Adaptive clothing for mobility/medical issues.

1-800-817-4365

addressingneeds.com

AssistList

Free online marketplace to buy, sell and donate home health medical equipment.

info@assistlist.ca

assistlist.ca

BC MedEquip Home Health Care

265 Schoolhouse St, COQ

604-888-8811

bcmedequip.com

Bonsor Pharmacy & Medical Supplies

107 - 6411 Nelson Ave, BBY

604-431-8877

Calea Pharmacy

130 - 8061 Lougheed Hwy, BBY

604-294-1500

calea.ca

Canadian Red Cross

Health Equipment Loans

105 - 7355 Canada Way, BBY

604-522-7092

redcross.ca/lowermainland

Fraser Health Lifeline

604-953-4960

fraserhealth.ca/Service-Directory/
Services/Seniors---Community-
Services/lifeline

Galaxy Medical Alert Systems

1-855-905-7414

galaxymedicalalert.com

Lancaster Medical Supplies & Prescriptions

604-708-8181

lancastermed.com

Medic Alert Foundation Canada

1-800-668-1507

medicalert.ca

Medicine Shoppe Pharmacy

4277 Kingsway #M41, BBY

604-435-5353

National Seating & Mobility

101 - 8620 Glenlyon Parkway, BBY

604-293-0002

nsm-seating.ca

New West PharmaChoice

25 Eighth Ave, NW

604-525-2474

newwestpharmacy.ca

Pharmasave – Columbia Square

130 - 1005 Columbia St, NW

604-525-5607

pharmasave.com

Pharmasave – Crest Plaza

8697 10th Ave, BBY

604-522-8050

pharmasave.com

Pharmasave – Greystone

10-1601 Burnwood Dr, BBY

604-428-2648

pharmasave.com

Pharmasave – Metrotown

4390 Beresford Ave, BBY

604-563-4390

pharmasave.com

Price Smart Foods Pharmacy

Station Square, 110 - 4650 Kingsway, BBY

604-433-3760

pricesmartfoods.ca



Dr. Douglas M. Lovely

& ASSOCIATES

- **General & Family Dentistry • Dental Implants**
- **Invisalign • Botox • Accepting New Patients**



Dr. Stephen Yoon



Dr. Douglas Lovely



Dr. Ajand Nobahari



Dr. Chantal Thériault



7 YEARS IN A ROW

609 Sixth Street, New Westminster
604-524-4981

newwestminsterdentists.com

Hours: Monday 8 – 5 • Tuesday 8 – 8 • Wednesday 8 – 8
Thursday 8 – 5 • Friday 9 – 5 • Saturday 9 – 5 • Sundays and Holidays closed

**OVER 65 YEARS
COMBINED
EXPERIENCE**

Regency Medical Supplies
4437 Canada Way, BBY
604-434-1383
regencymed.com

**Save On Foods Pharmacy
Cameron**
3433 North Rd, BBY
604-415-9992
saveonfoods.ca

**Save On Foods Pharmacy
Highgate Village**
200 - 7155 Kingsway, BBY
604-540-1389
saveonfoods.ca

**Save On Foods Pharmacy
Madison**
4399 Lougheed Hwy, BBY
604-298-5173
saveonfoods.ca

**Save On Foods Pharmacy
Marine Way**
7501 Market Crossing, BBY
604-433-6314
saveonfoods.ca

**Save On Foods Pharmacy
Royal City Centre**
198 - 610 6th St, NW
604-520-6087
saveonfoods.ca

**Save On Foods Pharmacy
Sapperton**
270 East Columbia St, NW
604-523-2583
saveonfoods.ca

**Save On Foods Pharmacy
Willingdon**
4469 Kingsway, BBY
604-435-8283
saveonfoods.ca

**Sunquest Mobility Home
Medical Equipment**
131-610 Sixth St, NW
778-397-8083
sunquestmobility.com

Technology for Living
Provincial Respiratory Outreach Program
1-866-326-1245 or 604-301-4208
Technology for Independent Living
604-326-0175
technologyforliving.org

**Telus Health - LivingWell
Companion**
*Personal emergency response service with
optional fall detection.*
1-844-432-3405
telus.com/livingwellcompanion

MEDICAL EQUIPMENT- DIGITAL IMAGING

Initio Medical Group
PET/CT Cancer Diagnostics
300 - 3185 Willingdon Green, BBY
604-678-9274
initiomedical.ca

**West Coast Medical Imaging
Clinics**
Medical Diagnostic Imaging Centre
306 - 4180 Lougheed Hwy. BBY
Vancouver and Lower Mainland
604-985-9264
Royal City Centre, NW
604 522-6818
401 - 233 Nelson's Cres, NW
604-526-2466
westcoastmedicalimaging.com

Get back to work, play and life!



Are you waiting for an MRI?

Full COVID precautions in place.

CALL FOR APPOINTMENT

*MRI must be medically necessary and
requires a doctor's requisition.*



MEDRAY

108-3001 Gordon Ave.,
Coquitlam

604.941.8780 • medrayimaging.com

Your Hearing is a Priceless Gift Don't Take it for Granted

WE OFFER SOLUTIONS TO FIT YOUR COMMUNICATION NEEDS, LIFESTYLE & BUDGET:

- Comprehensive testing and consultations
- Batteries and accessories
- Custom music/noise protection
- Swim molds
- Latest digital technology
- 60 day trial periods
- Financing available
- Support Local

*Second generation family business
serving the Lower Mainland for
over 52 years.*



Prices starting from just \$949 per hearing aid.

Call today for a FREE Hearing Assessment!



604-434-2070

140B - 6540 Burlington Ave
Burnaby, BC
www.lloydhearingolutions.ca

**PROFESSIONAL SERVICES
WILLS, ESTATE PLANNING,
LEGAL, INSURANCE &
REALTORS**

Access Pro Bono Society

604-878-7400
accessprobono.ca

Anna Smith

ReMax Crest Realty Greater Vancouver
604-505-1647
anna@annasmithrealty.com
annasmithrealty.com

BC Ministry of Justice

Wills & Estates Planning
www2.gov.bc.ca/gov/content/family-
social-supports/seniors/financial-legal-
matters/wills-and-estate-planning

Clicklaw

*Provides legal information, education and
assistance*
clicklaw.bc.ca

Cobbett & Cotton Lawyers

300 - 410 Carleton Ave, BBY
604-299-6251
cobbett-cotton.com

Dial-a-Law

604-687-4680
dialalaw.peopleslawschool.ca

**Law Students' Legal Advice
Program**

604-822-5791
lslap.bc.ca

Dominion Lending Centres

Rebecca Awram, Mortgage Advisor
604-614-2382
rebeccaawram@gmail.com
seniorslendingcentre.com

Office of the Ombudsperson

*Receives inquiries and complaints about
the practices and services provided by
public agencies.*
1-800-567-3247
bcombudsperson.ca

Nidus Personal Planning

Resource Centre and Registry
*Provides information on completing
representation agreements and other
personal planning tools.*
info@nidus.ca
nidus.ca

People's Law School

604-331-5400
info@peopleslawschool.ca
peopleslawschool.ca

**Public Guardian and Trustee
of BC**

604-660-4507
trustee.bc.ca

**Seniors First BC - Elder Law
Clinics**

604-437-1940
seniorsfirstbc.ca

Society of Notaries Public of BC

604-681-4516
notaries.bc.ca

**REGISTERED CHARITIES
& FOUNDATIONS**

ALS Society of BC

1228 - 13351 Commerce Parkway,
RICH
604-278-2257
alsbc.ca



Nurse Next Door™
home care services

From companionship to 24-hour
care, we provide more than just the
clinical healthcare you need. We'll
work to get you back to doing the
things you love.

Call today for a **FREE** Caring Consult
604-522-9989
burnaby@nursenextdoor.com



route65.ca/assurity



Alzheimer Society of BC
300 - 828 West 8th Ave, VAN
604-681-6530
alzheimercbc.org

Arthritis Society BC & Yukon
895 West 10th Ave, VAN
604-714-5550
arthritis.ca

BC Cancer Foundation
150 - 686 West Broadway, VAN
604-877-6040
bccancerfoundation.com

Burnaby Hospice Society
4535 Kingsway, BBY
604-520-5087
burnabyhospice.org

Burnaby Hospital Foundation
3935 Kincaid St, BBY
604-431-2881
bhfoundation.ca

Canadian Blood Services, BC & Yukon
4750 Oak St, VAN
1-888-236-6283
blood.ca

Canadian Cancer Society, BC & Yukon
1-888-939-3333
cancer.ca

CNIB Foundation
210 - 610 Sixth St, NW
604-431-2121
cnib.ca

Diabetes Canada
360 - 1385 West 8th Ave, VAN
604-732-1331
diabetes.ca

Heart and Stroke Foundation
Info Line: 1-888-473-4636
Main: 778-372-8000
heartandstroke.ca

Parkinson Society British Columbia
600 - 890 West Pender St, VAN
Info Line: 604-662-3240
parkinson.bc.ca

Prostate Cancer Foundation BC
4 - 17918 55th Ave, SRY
604-574-4012
prostatecancerbc.ca

TAX INFORMATION & FINANCIAL SERVICES

BC Securities Commission
604-899-6854
bcsc.bc.ca

Canada Revenue Agency
TIPS – Tax Information Phone Service
1-800-267-6999
Individual Tax Enquiries
1-800-959-8281
canada.gc.ca/en/revenue-agency

Credit Counselling Society
1-888-527-8999
nomoredebts.org

RBC Wealth Management & RBC Dominion Securities Inc.
Stephanie Tang, Investment Advisor & Financial Planner
604-257-2503
ca.rbcwealthmanagement.com/
stephanie.tang/home

TRANSPORTATION & TRAVEL

BCAA – Safe Driving Tips for Seniors
caa.ca/driving-safely/senior-drivers/

BC Bus Pass Program
Discounted annual bus pass for qualifying seniors of low income/persons with disabilities.
1-866-866-0800
www2.gov.bc.ca/gov/content/
transportation/passenger-travel/
buses-taxis-limos/bus-pass

BC Ferries
Discounted seniors' rates are available.
1-888-223-3779
bcferries.com

Better At Home (New West)
Medical & non-medical transportation for seniors 60+
604-520-6621
seniorsservicessociety.ca

Burnaby Seniors Transportation
604-292-3901
BbyServices.ca/seniorstransportation

Driving Miss Daisy
604-767-4030
drivingmissdaisynorthshore.ca

Ebus Safely Home
1-877-769-3287
myebus.ca

Ladies on the Go
604-535-5565
ladiesonthego.ca

Seniors' Vehicle Insurance Discounts (ICBC)
604 661-2800
icbc.com/insurance/costs/Pages/
Discounts-and-savings.aspx

Sparc BC - Parking Permit Program
604-718-7744
sparc.bc.ca/parking-permits

TransLink
*HandyDART Custom Transit
Taxi Saver & HandyCard Program*
604-953-3680
translink.ca/en/rider-guide/transit-accessibility

Veteran Specialty Licence Plates
BC Veterans Commemorative Association
604-770-3498
bcveterans.org

VIA Rail Canada
1-888-842-7245
viarail.ca

Volunteer Cancer Drivers Society
Book a Ride: 604-515-5400
volunteercancerdrivers.ca

VOLUNTEER OPPORTUNITIES

Burnaby Community Services & Burnaby Meals on Wheels
604-299-5778
BbyServices.ca
BurnabyMeals.ca

Community Volunteer Connections
604-529-5139
cvcinfo@volunteerconnections.ca
volunteerconnections.ca

Seniors Services Society
604-520-6621
volunteer@seniorsservicessociety.ca
seniorsservicessociety.ca

Volunteer Burnaby
604-294-5533
volunteerburnaby.ca

Volunteer Grandparents
604-736-8271
volunteergrandparents.ca



Be *you*

It's all here for you


Thornebridge Gardens truly has it all. Situated on eight acres of beautiful grounds with a walking path and located conveniently close to Royal City Centre Mall as well as doctor and dental clinics. Enjoy amazing food prepared daily with fresh local ingredients by an experienced culinary team and served by friendly and courteous dining staff.

A Retirement Residence providing luxurious, worry-free surroundings with life enriching services that will have you loving senior living.



Call today to book
your personal tour and
complimentary lunch
(604) 524-6100

649 Eighth Avenue, New Westminster, BC VerveSeniorLiving.com



Taking care of
each other is what
community
is all about.

WE'RE PROUD TO SERVE our community with personal, compassionate care. As your Dignity Memorial® professionals, we're dedicated to helping families create a unique and meaningful memorial that truly celebrates the life it represents.

Proudly serving our community for over 50 years.

Dignity®
MEMORIAL

✧ LIFE WELL CELEBRATED® ✧

Prearrangements - call 604-328-6079
preplanning@dignitymemorial.com

FOREST LAWN

Funeral Home and Cemetery
3789 Royal Oak Avenue,
Burnaby BC V5G 3M1
ForestLawn-Burnaby.com
(FH) 604-299-7720
(C) 604-299-7711

OCEAN VIEW

Funeral Home and Cemetery
4000 Imperial Street,
Burnaby BC V5J 1A4
OceanViewFuneral.com
604-435-6688

BELL & BURNABY

Funeral Home and Chapel
4276 Hastings Street
Burnaby BC V5C 2J6
BellBurnaby.com
604-298-2525



Dignity Memorial is a division of Service Corporation International (Canada) ULC, a publicly owned company.

*Registered Trademark of CARP, used under license.