

Community Guide
to Better Living

2023

Experience™

50+
Living

Aurora Borealis over Coldstream, Vernon • Shinichi Kurado

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Shuswap**

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Lake Country, Lumby, Sicamous, Sorrento

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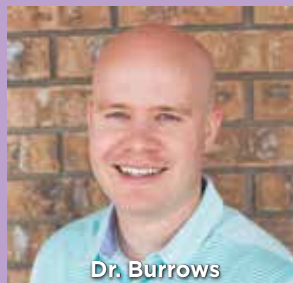


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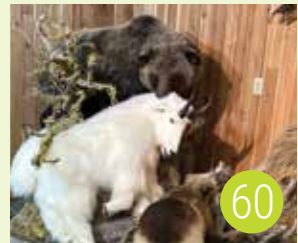
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Greetings

from the
*North Okanagan –
Shuswap MP*



There are many reasons why people choose to visit and live in the North Okanagan Shuswap. From the lush valleys and pristine lakes to the scenic mountains, there is endless natural splendour to be appreciated.

For millennia, the North Okanagan Shuswap has been a bountiful oasis bearing the necessities for its inhabitants. The region's bounty supported the Syilx (Okanagan) and Secwepemc (Shuswap) peoples that inhabited the area and harvested from what the streams, fields and forests provided in abundance.

1885 marked the completion of the Canadian Pacific Railway with the driving of the "Last Spike" at Craigellachie in the eastern portion of the Shuswap. With the completion of the railway came waves of settlers, migrants, prospectors, farmers - all seeking a place to call home.

Over the centuries the North Okanagan Shuswap has seen ever-increasing cultural diversity. Beginning with Indigenous cultures and connections to the land that span millennia, people from around the world have brought additional cultures and traditions from their homelands. Early settlers built farms, sawmills, and infrastructure for communities to grow and provided jobs. As communities grew, more families were welcomed from across Canada and around the world. All of this has added to the opportunities to explore the features and cultural experience the region has to offer.

The North Okanagan Shuswap continues to be the choice of so many seeking the ideal place to raise a family or retire. Our communities offer activity programs for residents of all ages while countless organizations provide social supports – a hand-up for those who need assistance.

Whether you are new to the area or a long-time resident, my office is available to help if you require assistance with federal government services.

Wishing you the best *Experience of 50+!*

Sincerely,
Mel Arnold, Member of Parliament
North Okanagan-Shuswap
www.MelArnold.ca 1-800-665-5040



North Okanagan Shuswap

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

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

Thank you!

Front Page photo, **Aurora Borealis** over Vernon, Coldstream, courtesy of **Shinichi Kuroda**

WE ARE GREEN!

Experience 50+ Living, Community Guide to Better Living, is printed on recycled paper with vegetable based inks.



Endless Opportunities for Julian, Thanks to War Amps!

What began as an Association to assist war amputee veterans returning from the First World War has expanded its programs over the years to support all amputees, including Julian Telfer Wan, of British Columbia.

Julian was born a left hand amputee and grew up with The War Amps Child Amputee (CHAMP) Program, which provides financial assistance for artificial limbs and adaptive devices, as well as peer support. He also attended regional CHAMP seminars where “Champs” and their parents learn about the latest in artificial limbs, dealing with teasing and bullying, and parenting an amputee child.



Julian at a War Amps CHAMP Seminar in 2006 (left) and today (right).



“The War Amps support has meant that I’ve been fitted with devices so that I can take part in a variety of activities, such as riding my bike, kayaking, weightlifting and playing the trombone,” says Julian. “They’ve also given me encouragement and the confidence to succeed.”

The War Amps receives no government grants; its programs are possible through public support of the Key Tag and Address Label Service.



Jeanne

Leave a lasting gift

with a charitable estate donation in your will. Your support provides essential artificial limbs to amputees of all ages.



The War Amps

estatedonation@waramps.ca
waramps.ca • 1 800 465-2677

Wellness Centre Focused on Emotional, Physical, and Spiritual Wellbeing

Shuswap Hospice & Palliative Care Resource Centre provides a variety of programs and services to families throughout the Shuswap Region. We are a Wellness Centre focused on emotional, physical, and spiritual wellbeing.

Why what we do is important...

We provide an environment where we honour and respect personal health care decisions and offer psychological, emotional, and spiritual support for families. Our work also focuses on grief, either anticipatory or for the loss of a loved one. Grief comes in many forms and expressions, and we recognise them all. Our aim is to empower people to continue finding their reason for being, their joie de vivre for life. Through actively listening, hearing their concerns, and helping them navigate this impactful phase of their life we guide them on their journey of reconnection and healing. We help clients discover the necessary tools to have the conversations with their loved ones that are so vitally important while we support loved ones to acknowledge and understand end of life wishes. We lend a hand to achieve living well and dying well with dignity and compassion, humor and laughter and some tears.

**Quality - Compassion - Dignity ...
What everyone deserves.**

**We are not just about end of life;
we are about quality of life.**

Programs offered include Caregiver Support Groups - Bereavement Support – Companion Program – One-on-One Grief Support – Nav-CARE - Advance Care Planning - Walk & Talk Groups - Touch Therapy. New programs include Youth, Grief and Loss, Children's Room providing support for children of all ages and the Wig and Prosthesis Lending Bank where we offer free wigs and breast accessory service, fittings, and support. You will also find an extensive Lending Library for those who may find comfort in reading.

We are a non-profit, volunteer-based organization that depends on donations and support from community. All of our services and programs are offered free of charge.

Community caring for community

To learn more, contact us at:

Shuswap Hospice Society
Suite 4 – 781 Marine Park Drive
Salmon Arm, B.C. V1E 2W9 • 250-832-7099
www.shuswaphospice.ca
info@shuswaphospice.ca



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Kitchen Salvage

Getting a new kitchen? So, what are you are going to do with your old kitchen? The simple and easiest thing to do is consider donating it to the Habitat for Humanity ReStore in Vernon and in return, you will receive a charitable tax receipt for the ReStore resale value. Plus you are keeping good usable items out of our local landfill.

The monies raised through the ReStore supports Habitat for Humanity Okanagan's homebuilding initiatives locally.

Here's all you have to do. Contact us BEFORE taking out your existing kitchen to allow us to evaluate it. If we can salvage your kitchen.



We will schedule a date with you to remove your old kitchen cabinets and take it away. It really is that easy! You can call 778-755-4346 and press extension 213 or you can inquire directly by email: donations@restoreokanagan.ca to learn more about the kitchen salvage program.

Habitat for Humanity ReStores



Habitat for Humanity Okanagan operates four 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 kind antiques.

If you need it or want it, you might just find what you are looking for at your local ReStore and at a great price!

Habitat for Humanity Restore operations help keep reusable material out of the landfill and the net profits help support Habitat for Humanity Okanagan's building program right here in the Okanagan.

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

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

Any questions? You are welcome to send an email to the ReStore Manager, Tammy Kennedy: vernon.manager@restoreokanagan.ca

Lake Country Build Update

Our Lake Country build is well underway! With the first phase of the project near completion for 5 more families to move in this fall. After these families move in, the final four-plex will break ground shortly after (October 2022). This final building is for the 4 remaining families selected for home ownership.

While we continue to build in Lake Country, we still need your help to raise the approximately 1.7 million dollars that will be needed to complete four-plex.

Every donation is a way to help us build strength, stability, and independence through affordable homeownership.

To donate follow web link below:

www.habitatforhumanityokanagan.ca/lake-country-build/



For more information about this important project please contact

Danielle Smith

Director of Resource Development

778-755-4346 ext. 210

resourcedevelopment@hfhokanagan.ca

How to Find
QUALITY
of
Life

Seniors helping seniors!

Everyone and especially Seniors 55+ deserve to feel heard and respected, with a sense of purpose and overall well-being. Having access to good information can increase our knowledge, empower us and have a positive impact on our Quality of Life.

Many of the problems associated with aging increase due to the lack of meaning in people's lives. In fact, having a positive view of life can help Seniors have more energy, less stress, better appetite, and prevent cognitive decline. So what can we do to help improve quality of life for seniors?

1. **Create a Sense of Purpose** — Seniors want to feel valued and encouraged to contribute and share their skills and experience.
2. **Recognize Signs of Depression** — this is not a natural part of aging, seek out information to treat this debilitating disorder.
3. **Stay in Physical and Mental Motion** — exercise your body and mind to complete daily tasks, create pride and increase independence. We are never too old to learn new things.
4. **Make Connections** — combat loneliness by connecting with others. Be a role

model, mentor or friend and join a group like BCOAPO Vernon Seniors' Branch #6 to improve the ***quality of your life.***

The British Columbia Old Age Pensioners Organization is the oldest Seniors' Organization in Canada, celebrating 90 years in 2022. Vernon Seniors' Branch 6 is a part of this organization and is concerned with all aspects of Seniors' lives, including pensions taxation, finances, health issues, home support, Medicare and Pharmacare housing and rental issues, social safety, senior abuse, neglect, fair treatment and loneliness. Speakers are invited to address these topics of concern.

Members are given a voice locally, provincially and federally by advocating through resolutions which are passed on to the B.C. Government. Seniors have so much to contribute and when they feel appreciated everyone benefits.

We invite all Seniors to attend our meetings which are held on the third Tuesday of each month at 1:30 pm at the Schubert Centre 3505-30th Avenue, Vernon, BC. Phone 250-545-0384

Everyone Welcome!



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Your Will is Powerful

Leaving a charitable gift in your Will can be as simple as adding a one-line direction.

by Community Foundation North Okanagan



during our lifetime. Imagine what could be accomplished with a donation that size!" says Leanne Hammond, executive director of the Community Foundation North Okanagan.

There are many ways to create a positive local impact through a gift from your Will. One is by donating to the annual community granting program where donors pool their funds to maximize the financial impact. This empowers responsive grant making to fund the immediate, emerging, and evolving needs of the North Okanagan region.

Many of us have spent a lifetime contributing to a favorite cause or supporting a few favorite charities. By leaving a charitable gift in your Will, you can make a larger contribution than you ever thought possible, without using any of the money you need during your lifetime, or significantly taking away from your loved ones.

"More of our donors are having open conversations with us about maximizing the giving potential of their Wills. We've recently worked with a donor and their financial planner that is considering leaving a 5% gift from their \$600,000 estate. That small percentage would translate into a \$30,000 donation. This is a far bigger impact than most of us would ever be able to make

Many people leaving a gift in their Will to the Community Foundation also seek to establish a fund, named to honour their legacy or pay tribute to a loved one. This fund will make reliable grants to a cause or to an essential service organization. Some donors may choose to give a larger gift from their Will that targets a specific cause for a specified period of time. This is a suitable option for donors who want to make an immediate impact or a significant difference over a compressed timeline.



Whether your plan is to give now, or to give later, establishing a **future giving plan** ensures that the legacy you wish to create is realized.

“A future gift can be included in a Will by adding a simple one-line direction. The gift details are then documented at the Foundation and can be adjusted at any time without the effort and expense of revising the Will,” explains Hammond. “When we receive an estate gift from a donor, it’s very humbling to know they’ve entrusted us to carry out their legacy.”

While leaving a gift in one's Will makes it possible to leave a much larger gift - remember that you don't have to be wealthy to create a charitable legacy. You can leave as much or as little as you want - there is no gift too small to make an impact. *It only takes a few minutes to leave a gift to charity, but it creates a legacy that lives on for future generations.*

**To find out more call
Leanne Hammond today!**

T: 250-542-8655 E: leanne@cfno.org W: www.cfno.org

The Power of Many

When you establish a fund or make a donation with the Community Foundation North Okanagan your money is pooled with our **\$19 million endowment fund**. You become part of a circle of giving, where every dollar granted to a charity, is because many people just like you - cared.

Regardless of your age or the size of your gift, we are here to make your **giving experience simple and rewarding.**



**COMMUNITY
FOUNDATION**
north okanagan

**Create a lasting legacy
with a future giving plan.**

Make the most of your giving.
Contact Leanne today.

www.cfno.org · leanne@cfno.org · 250-542-8655

Mike Nolan,
Board Chair

Leanne Hammond,
Executive Director

Sharing History Through Community



In 1894, a young widow with three small stepchildren became Mrs. Clara Cameron, wife to Vernon's first shopkeeper, William Cameron. As Vice-President of the National Council of Women, Clara advocated for the establishment of a hospital in Vernon. Her advocacy finally came to fruition with the first hospital, a small two-storey building, built on top of what is now known as "hospital hill" in 1897. Three years later, Clara lost her battle to cancer, but her legacy lives on.

Clara's story is just one of several that is shared at the Museum & Archives of Vernon (MAV). From Pierre Louis, respected sylix Chief & Elder and celebrated rodeo rider who was honoured by King Edward for his service to his community, to Luc Girouard, the first non-Indigenous resident of Vernon, who sorted mail on the floor of his tiny creek-side cabin, to Thomas Shorts, who operated the first steam engine on Okanagan Lake, MAV is honoured to keep their stories alive.

With a convenient downtown location, the Museum is an ideal place to begin your discovery of Vernon's past and present. Explore local flora and fauna in our Natural History section, before taking a swim or hike in the Okanagan's beautiful outdoors. Learn more about the Indigenous sylix People of Okanagan Nation. Cross the boardwalk and peek into the shops in the meticulously recreated streetscape. Take a tour of Vernon's 28 full-sized murals.

MAV also boasts a comprehensive research facility, where trained archival staff are happy to assist researchers of any age or interest. Peruse our Vernon Daily News collection to access the vital records of a family member, or frame a print of one of over 31,000 historical images to create a unique gift for a friend. In addition to providing education programs and public events, the facility is also available for private function rental, with a special priority placed on providing a safe space for diverse cultural groups and clubs, artists, writers, and historians.

This is your museum.

Steve Fleck, Executive Director
3009 – 32nd Avenue
250-550-3140 • www.vernonmuseum.ca



THE MUSEUM
& ARCHIVES OF VERNON

The Shuswap's most popular heritage attraction opens for the 2023 season! Real History – Good Food – Hands-On Activities

R.J. Haney Heritage Village & Museum, located at 751-Highway 97B, opens for the 2023 season in May. The Heritage Village offers a unique and authentic experience for visitors who can explore firsthand 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 and Museum are open Wednesday to Sunday from 10 am - 5 pm. July and August are open seven days a week. Your admission to the Village includes all hands-on activities, a guided tour of the Haney House and access to the Village, Museum and trails.

There's something shiny and new in the Village! The Children's Museum and Discovery Centre is an exciting place of discovery aimed at little to middle children. Located in the Broadview School House on the main level in the heart of the Village, the Discovery Centre is themed around the natural elements at the Heritage Village, the water of the Shuswap and our early settlers. The hands-on exhibits are designed for children and their grown-ups to learn and play together.



If you are looking for a unique lunch experience, the Sprig of Heather Restaurant is open Wednesday – Sunday, 10 am – 4 pm. Enjoy indoor or outdoor patio seating for up to 150 people with views of the Village from every table. The menu includes a daily special. Sandwiches are made with in-house baked bread, fresh fillings, and greens served with your choice of our homemade signature soups or garden salad with homemade dressings. There is always a variety of baked goodies

on hand. For more info, visit <https://www.salmonarmmuseum.org/sprig-of-heather.htm>

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!

Visitors also experience the many special events throughout the season. 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 – to September is well worth the trip!

R.J. Haney

Heritage Village & Museum

**SMALL CITY,
BIG MUSEUM**
SALMON ARM



Discover the Shuswap's largest heritage attraction!

Children's Discovery Centre and Play Area
Real History – Good Food – Hands-on Activities
Museum – Archives – Special Events – Nature Trails
Sprig of Heather Restaurant – Dinner Theatre

www.salmonarmmuseum.org
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250-832-5243

Check our website for hours of operation & rates

Well worth the trip!

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We Love our Volunteers!



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- Thrift Shop Attendants
- Pancake Breakfasts – 2nd Saturday
- Birthday Lunches
- Meals on Wheels -

Volunteer Staff and Drivers Catering



Connecting Seniors in Vernon BC



Make Memories at Schubert Centre

We love to create beautiful atmospheres for your weddings, graduations, reunions, conventions, trade shows, business meetings and more!

Contact us today to book your event
- world-class service with a family atmosphere.



250 549 4201

schubertcentre.com

Schubert Centre - Join our Community!

Located in the heart of downtown Vernon, Schubert Centre is your one-stop shop for nutritious meals, exciting events, fun activities and good conversation! This iconic Vernon building has been home to over 40 years of seniors' and community memories—from Winter Carnival events to dinner theatres, innumerable weddings, banquets and conventions, reunions and business meetings, Schubert Centre has helped to create meaningful moments to remember in our town.

The most endearing part of visiting Schubert Centre is the talented volunteers which make it run – whether chatting with the friendly and knowledgeable staff at the front desk, to getting meals at the cafeteria, to our professional servers for banquets and events, our entire facility is operated by seniors, for the community. With a wealth of experience, knowledge and skill, Schubert Centre is a place filled with superlative service with a family touch.

This year, Schubert Centre has been proud to re-open its facilities to our core senior membership, providing card games, exercises, Tai Chi and Qi Gong, crafts, floor curling and indoor games. We have re-instituted Schubert Tours – a fabulously affordable way to see the beautiful region around us! Our 22-person bus travels about on Casino and mall trips, kangaroo farms, wine tastings and holiday getaways, even trips to Revelstoke Dam and Kettle Valley Railway. Our Thrift shop provides vintage bargains throughout the week, and our Meals on Wheels program sends out hundreds of meals to the community on a regular basis.



Schubert Centre is committed to community service – during the challenging White Rock Lake Fire of 2021, Schubert Centre proudly hosted BC Emergency Social Services for Okanagan Indian Band, and the Red Cross Evacuation Reception Centre. Again, our dedicated volunteers assisted volunteers and staff to ensure that local residents had access and comforts during the challenging evacuation process.

After a couple of difficult years Schubert Centre has reopened. COVID has had a huge impact on us all and no doubt life has changed. Schubert is welcoming all of our old members and inviting new members to join our group. The coffee shop is open, activities are happening and we have a very successful happy hour Friday afternoons. We have live music by different local artists. So come and dance or just listen and tap your toes. At Schubert Centre, our mission is to ensure that our seniors get the most out of their golden years, and that our community continues to be served by our exemplary volunteers for decades to come.



*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 49 years.

The Halina Activity Centre is in the Vernon Recreation Complex and is operated separately as a charitable non-profit organization.

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, "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 and Crib 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", "Vernon Fiddlers", "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.

On-Line choices now includes e-commerce Craft Shop, online classes, and Bingo. See 'Bingo' information on Home page of HalinaCentre.com

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. Visit our craft store, try our home cooking in our Centre Cafe, check out our newly renovated "Billiard Room". Or, if you want to consider joining our organization 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.

The Centre Cafe is open Monday - Friday 8:30am-2pm offering homemade soups, sandwiches, baking, drinks at the lowest prices in town.

Membership is only \$25/year, enabling reduced activity and cafe rates for all members.

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 49 years.

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

www.halinacentre.com

www.facebook.com/halinaseniorscentre/

*Come
find us hidden
in the Vernon
Rec Centre*



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, Crib, Dancing to live music, Darts, Floor Curling, and so much more.

Special Events:

- 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



Our very special thanks for the wonderful support...



Helping Seniors Is What We Do



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.

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 generous donors, funders and the help of many local volunteers.

NexusBC is a non-profit organization serving the North Okanagan. They assist seniors, 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, emergency preparedness 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

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 telephone social activities. 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; as well as office work and assisting clients. 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 older adults live their best lives

Connect Program

- 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 for lower-income seniors
- Emergency preparedness planning guidance

Better At Home Program

- Transportation to appointments and for grocery shopping
- Light housekeeping
- Minor home repair and light yard work
- Friendly visits and social activities by phone



**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.



nexusBC
Community Resource Centre

Phone: **250.545.0585**
102-3201 30th Street, Vernon BC
www.NexusBC.ca

WHAT THE HECK IS HOTCHPOT??

Equalizing Uneven Advances to Kids in Your Will

"Her piece of cake is bigger than mine! **It's not fair!!**" As a mother of 2 young children, this is something I hear on a regular basis. It drives me a bit crazy, but as parents, when it comes to our kids, we all know how important the concept of "fairness" can be.

Many parents fret over how they will equalize their wills where they have made unequal gifts, advances or loans to their kids over the years. Parents with the financial means sometimes advance money to a "financially dependent" child to help with living expenses or help them buy a car or house, to the exclusion of their other children who are "financially independent". These parents often expect that when they pass away, the money they have advanced to their financially dependent child or children while they were alive will be considered advanced on account of the children's inheritances, NOT separate gifts over and above their inheritances.

Have no fear, the "Hotchpot Clause" is here. The legal and accounting concept known as a hotchpot clause is available to deal with the equalization of the shares of the beneficiaries of a person's estate where one or more of the beneficiaries has already received money from a parent during the parent's lifetime. It prevents a beneficiary (usually a person's child) from double dipping where a parent intended that any money they'd given to that child during their lifetime to be a pre-payment of an inheritance, instead of an advance above and beyond the intended inheritance.

The hotchpot concept is best illustrated by an example:

John and Martha Moneybags have 3 children, David, Suzie, and Barbie. John and Martha have an estate of \$900,000.00. David, their eldest, suffers from an entitlement curse, and has never held a long term job or finished university. However, he can do no wrong in his dad's eyes and over the past few years, John has advanced David \$100,000 to fund his backpacking and skiing lifestyle. Suzie's marriage recently broke up and her husband left her with 3 young children. John and Martha recently advanced



Elise Allan

\$200,000 to Suzie to help her purchase a house. Barbie has a successful toy store business, and while not wealthy, she makes a good living.

John and Martha intend to have their \$900,000 estate split equally when they die, but they want the money previously advanced to David and Suzie to be accounted for, such that Barbie gets 1/3 of their estate, including amounts previously advanced to David and Suzie. If John and Martha were to die in a plane crash today, their current wills state that their estate is to be divided equally among their 3 children, so each child would get \$300,000 (1/3) each, which is not their intention.

Had John and Martha met with their lawyer before the plane crash, their lawyer could have updated their wills with a hotchpot clause, such that their estate would be considered to have been \$1,200,000 (\$900,000 + \$100,000 advanced to David + \$200,000 advanced to Suzie). Thus, when the estate was settled, Barbie would receive \$400,000 (\$1,200,000/3), David would receive \$300,000 (\$400,000 - \$100,000) and Suzie would receive \$200,000 (\$400,000 - \$200,000).

A hotchpot clause requires evidence of provable amounts advanced to beneficiaries, so it is very important for parents to keep **good records** of money provided to their children. Bad, or no book-keeping may render a hotchpot clause ineffective.

Where parents intend to split their estate equally amongst their children/beneficiaries, but have made loans, advanced funds for house purchases, or just given money to their children in unequal amounts while alive, their estate planning should include consideration of those gifts and loans, with proper evidence, and their lawyer should draft a hotchpot clause in their wills.

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Research shows that fresh, high-antioxidant Extra Virgin Olive Oil (EVOO) is healthy, but what are those health benefits and how do you choose an oil in the store?



What is EVOO? Unlike pure, light, and extra-light olive oils which are refined and use chemicals or heat for extraction, EVOO is made by simply crushing the olives. This first crush is called EVOO—you can think of it as the juice of the olive: the fresher, the better!

What are the health benefits? EVOO made with fresh, early harvest olives is packed with health promoting compounds called phenols that protect the oil. These phenols also protect us! They have antioxidant (fights damage to cells), antimicrobial (prevents harmful invaders), and anti-inflammatory (reduces inflammation) properties.¹ Additional benefits are shown through EVOO's main role in the Mediterranean diet, which has been shown to reduce the risk of cardiovascular diseases, heart attack, cancer, and diabetes along with other chronic diseases.²

How do I find a fresh EVOO year-round?

Like wine, many countries produce fantastic olive oil! Since the Northern and Southern hemispheres have opposite growing seasons,

there's a fresh harvest of EVOO every 6 months from countries such as Spain, Portugal, USA, and Greece in the North, and Chile and Australia in the South. Look for the crush date of your olive oil rather than the best-before-date and aim for one that is no more than one year old.

What happens if my EVOO is old?

All un-refined oils will degrade over time, causing rancidity (smells like 'old lipstick/crayons') and lowered health benefits. A step you can take to combat this is to look for EVOO in a dark colored bottle and store it in a cool, dark cupboard away from the stove.

Can I cook with EVOO? Yes! You can sauté, fry, roast, and bake with EVOO! Recent research has shown fresh, high-antioxidant EVOO to be the most stable oil when heated compared to other common cooking oils.³

For additional resources, please visit:

<https://olive wellnessinstitute.org/>

Written by Bailey Morin. Bailey earned a BSc. in Food, Nutrition, and Health from UBC and is pursuing her passion for food security, climate-safe agriculture, and women's rights.

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3. Guillaume C, De Alzaa F, Ravetti L. Evaluation of Chemical and Physical Changes in Different Commercial Oils during Heating. *ASNH*. 2018; 2.6: 02-11.



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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

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VillageCheese.com





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- Enderby Memorial Terrace
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A close-up portrait of an elderly woman with short, wavy white hair, resting her chin on her hand. She is wearing a light blue patterned top. The background is a dark, out-of-focus green plant.

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Vernon Restholm, 60 years of supportive living for seniors



Vernon born and raised sisters Doreen and Jean are two of Vernon Restholm's 48 residents. Their mother and aunts called Restholm home years ago. Doreen and Jean always knew that one day they too would call Restholm home.



Vernon Restholm, Vernon's first seniors home opened its doors on April 1, 1964. It has been home to thousands of area seniors ever since. Restholm is an independent, non-profit association governed by its volunteer board of directors and members. Every resident is a member of the association, giving them a say in how Restholm is managed and operated.

Restholm is a happy, busy place. A visit to Restholm is like taking a trip back to a simpler more friendly time. Our hallways are filled with laughter, conversation, and the smell of home cooking. Restholm is all about companionship, we are small enough for everyone to get to know one another by first name. Restholm is

a place where new friendships develop, and old friendships rekindle.

Situated in downtown Vernon, Restholm is close to amenities such as shopping, pharmacies, cafes, and the Schubert Centre. Built on one level, with no elevators or stairs to climb getting around Restholm is very easy. Our grounds are an oasis of calm in the middle of town. Home to a variety of wildlife, with a paved level path and plenty of quiet spots in which to sit, our gardens are the perfect place to commune with nature or visit with friends and family.

There's always something fun to do at Restholm. With our recreation program hosting a variety of daily and weekly activities including exercises, games, birthday parties, socials, music, entertainment and outings in our bus, you will never be bored.

Restholm is the North Okanagan's most affordable housing option. Rent includes meals, utilities, cable, housekeeping and laundry services. Leave life's worries behind, and let our caring staff take care of everything so you can enjoy the good things in life.

Doreen and Jean love it at Restholm! After a lifetime of caring for family and friends they are happy to sit back, relax and enjoy the homey atmosphere at Restholm.

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- Individual air conditioning



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Join a welcoming community of like-minded peers and discover why seniors in Vernon love living with us. Savour delicious meals, meet new friends and enjoy innovative activities and programs designed to inspire. We'll take care of the cooking, cleaning, and other household chores, giving you more time to do what you love most.

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250-545-0455

for more information.

2829 34 Street
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Orchard Valley
Retirement Residence

Have no fear of the aging process

While I am watching out of the window into my garden with the abundance of flowers, birds and insects my mind wanders off to what the future has to offer when I will retire. Do I like to live alone in my home on a four acres property? How long will I be able to maintain my work with the seniors, animals and my gardens? I would love to see my grandchildren more often, have more freedom in my daily events. Visiting the Maritimes, biking, hiking, and skiing are also high on my bucket list. Volunteering in the community and having a purpose keeps me busy, connected, and healthy.

These are thoughts which come into my mind as I reach the third chapter of my life. There is still so much what life has to offer and to explore. I would love to enjoy the golden years and don't worry about the next chapter in my life. I will have choices to make in order to feel good for the body, mind and spirit.

To start thinking about my future will give me options regarding my financial needs, my life style, and maintaining healthy relationships. I have come to the conclusion that I would like to share my home developing a respectful



living arrangement with like-minded people. Cooperative living is a creative idea for independent living; fostering friendships, socializing, supporting each other, and enjoying an affordable future. "Thriving better by living together".

We are social beings and living alone is not healthy for most people. Feeling lonely can lead to depression and giving up on life. It is important to engage with life as long as we can; to have friends and family to laugh with and to cry with, to share stories, and to support each other. Wisdom comes with life experience and as we get older our journey becomes more and more interesting.

There is no reason to fear the aging process. In our

senior years we have still so much to offer to others and the younger generation. As long as we recognize our limitations, be honest with ourselves and others, and accept life on life terms.

For more information or sharing your thoughts:

Ria van Zeeland

E: ria@ackerviewguesthouse.com

P: 250-833-0445 / C: 250-833-6752



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1531-60th Street SE
Salmon Arm, BC V1E 1W5

ria@ackerviewguesthouse.com
www.ackerviewguesthouse.com

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Independent living, respite care

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See our ad page 35

Regency Parkwood Retirement Resort

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www.regencyresorts.ca**1800 58 Avenue 250.558.0232**

See our ad on page 40

Rickford Manor

Close to downtown, bus stop. no dogs, no smoking. Parking. Adult oriented

3800 27 Avenue 778.212.1695 Dave**Royal Anne Apartments**

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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 31

The Village

Affordable 40+, capable of self-care. No smoking, no pets

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 250.542.2834****Vernon Restholm**

Supportive living for seniors

<https://vernonrestholm.com>**2808 35 Street 250.542.7636**

See our ad and article on page 34

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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

- **BC Rebate for Accessible Home Adaptations**
 Get up to \$17,500 in rebates for safety & accessibility adaptations to your home
www.bchousing.org/housing-assistance/BC-RAHA See our ad on page 39
- **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 39
- **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

BC Senior Living Association

A New Approach to Senior Living.
 Reshaping the way senior living communities are managed and operated
www.bcsla.ca
300-3665 Kingsway, Vancouver
604.689.5949

Canada Mortgage & Housing Corp.

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
1.800.668.2642
1.800.309.3388 TTY

Condominium Home Owners Association of BC, The

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

Habitat For Humanity Kamloops

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

800 Fortune Drive
250.828.7867

- Salmon Arm Restore
1160 Trans-Canada Hwy SW
778.824.2025 Mon-Sat 9am-5pm

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

- **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**
778.755.4346 Mon-Sat 9am-5pm
 See our ad and article on page 9



Need adaptations to increase safety and accessibility?
Get up to **\$17,500** in rebates for adaptations to your home.

Learn more at bchousing.org/BC-RAHA



Make your rent more affordable



The Shelter Aid for Elderly Renters provides eligible seniors with monthly assistance to help with their monthly rent payments.

To discover if you are eligible, call **1-800-257-7756** or go to www.bchousing.org/calculator

For eligibility requirements and information on how to apply www.bchousing.org/safer



Home Owner Grant

Reduces the amount of property tax you pay for your principal residence: Under 65, Senior, Veteran, Disabled, more. See website for details. If you pay property taxes to a First Nation, contact directly.
www.gov.bc.ca/homeownergrant
1.800.663.7867 Mon-Fri 7:30am-5pm

Houzz

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

Independent Living BC

Affordable assisted living apartments for seniors and people with disabilities via the Independent Living BC program
www.bchousing.org/housing-assistance/housing-with-support/independent-living-bc-program
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

Tue-Sat 9:30am-4:30pm

- Kindale Thrift Store Vernon

2814 44 Avenue

250.309.9097 Tue-Sat 9:30am-4:30pm

LiveSmart BC Partner Incentives

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

Okanagan Village Housing Society

Non-profit society working to provide affordable housing in North Okanagan for individuals and families with low to moderate incomes <https://okvillage.ca>
250.545.6475



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 250-558-0232
www.regencyresorts.ca

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

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/

Home Improvements

Habitat for Humanity

Okanagan Restore

www.hfhokanagan.ca

Unit C, 2707 43 Avenue, Vernon

1.888.630.1458 Mon-Sat 9am-5pm

See our ad and article on page 9

Habitat for Humanity

Salmon Arm Restore

www.habitatkamloops.com

1160 Trans-Canada Hwy SW

Salmon Arm

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See our ad on page 75

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250.545.7370

See our ad on page 43

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and household items at this location

5608 24 Street, Vernon

250.558.2900

See our ad on page 62

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www.experiencegroup.ca

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- **South Okanagan Similkameen**
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Blenz in Orchard Park Centre
2271 Harvey Ave, Kelowna

Blenz in Innovation Centre
460 Doyle Ave, Kelowna

Blenz in Penticton
284 Main St, Penticton

Stroke Recovery Association of BC

After Stroke BC offers support at any stage of the recovery journey, from hospital to home and back into your community. We have many different programs to help you in achieving your goals and we are here to help you find the ones that are right for you. Our programs are designed to help you with:

Skill Development: re-learn and practice skills that will help you in your day-to-day life

Peer Support: connect with other individuals who have been impacted by stroke for emotional support, firsthand advice, and the ability to talk through your own experience

Speech and Communication: practice improving speech and communications skills in a safe and welcoming environment led by skilled volunteers

Education: learn practical and important information about stroke

Exercise and Movement: improve your physical function, strength, balance, and energy levels


See our listing under Support Groups in the Resources section

To speak with an After Stroke Coordinator or to register for our programs, please email afterstrokebc@marchofdimes.ca or call us at 1-888-313-3377 ext. 6201



STROKE RECOVERY ASSOCIATION
OF BRITISH COLUMBIA



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Vernon : 2801 44 Ave. (250)545-7370

Penticton : 1397 Fairview Rd. (250)492-2311



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

Alzheimer Society of BC

Provides information, support, education for caregivers, people living with dementia
<https://alzheimer.ca/bc/en>
Alzheimer Resource Centre
307-1664 Richter Street, Kelowna
Serving Armstrong, Coldstream, Enderby, Lake Country, Lumby, Oyama, Salmon

Arm, Sicamous, Sorrento, Vernon. Virtual support only as at 08/2022. M-F 8:30-4:30
250.860.0305 **1.800.634.3399**
1.800.936.6033 First Link Dementia Helpline - Monday to Friday 9am-8pm

Arthritis Society

Committed to excellence and leadership in research, care, education and advocacy for persons with arthritis www.arthritis.ca
895 W. 10th Ave., 3rd Floor, Vancouver
1.800.321.1433 Info/Donate M-F 9am-5pm

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
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

<https://esebc.org>

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 in-person support groups expected to resume autumn 2022.

<https://bclung.ca/peer-support>

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

BrainTrust Canada

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

www.braintrustcanada.com

11-368 Industrial Ave., Kelowna

250.762.3233

1.888.762.3233

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Metatarsalgia – A pain in the foot!



of the specific bones or the joint that connects them to the toes.

Common patient descriptions for this forefoot condition are the feeling of a pebble in the front of their shoe, the sensation that their sock has rolled back or bunched up, as well as sharp shooting pain and /or numbness in the ball of the foot sometimes radiating out to the toes.

Treatment for Metatarsalgia often focuses on whether pressure to the metatarsal head or motions of the

metatarsophalangeal joints are the primary cause of discomfort. In some cases, it may be both.

Metatarsalgia is a generalized term used to describe pain that has developed in the ball of the foot. It is essentially an irritation of the metatarsal region. There can be more defined conditions that fall under this general term but causes are often similar or associated to the following contributing factors.

- Foot trauma
- Certain foot types such as high rigid arches
- Foot deformities such as bunions or depressed metatarsal heads.
- Arthritis in the metatarsophalangeal joints
- Fat pad thinning of the protective fat pads that cushion the ball of the foot
- Excessive weight
- Improper fitting footwear

Athletes engaged in sports that require sustained running and jumping may be more susceptible because they load the metatarsals with a high force load. Individuals in professions with many hours of walking can also frequently develop this irritation due to increased forefoot loading.

Foot characteristics such as higher more rigid arches along with collapsed metatarsal arches can increase localized pressure to the metatarsals and increase the incidence of this irritation. Foot shape, length of the individual metatarsal bones in relation to one another can also increase loading and stress to one

- Change to more comfortable proper fitting footwear (more width, support and some rocker).
- Rocker sole modifications to footwear is stock shoes did not solve the pain.
- Metatarsal pads added to stock insoles to relieve pressure on the ball of the foot.
- When indicated by foot deformity and pain severity, custom orthotics with metatarsal pads to reduce pressure to the effected area are often prescribed.
- Activity modifications to reduce stress to the region.
- Increasing flexibility of the ankle to reduce forefoot stress and reduce early raising of the heel in the walking cycle.

If you are experiencing persistent forefoot pain your first step is to see your family physician for proper diagnosis and screening for other causes of forefoot pain. They may refer you to a Canadian Certified Pedorthist to have further assessment on your foot mechanics and alignment that may be the underling cause of your condition.

Submitted by Okaped Inc.

www.okaped.com



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www.okaped.com highlights our Services, Products and 5 locations in Kelowna, West Kelowna, Vernon and Penticton.

Canadian Cancer Society

Information, resources, support for cancer patients & their families

www.cancer.ca

- **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 250.712.2203

Canadian Celiac Association

For more info about celiac disease, gluten sensitivity, dermatitis herpetiformis, and living gluten free, contact us

<https://bcceliac.ca>

1.877.736.2240 Toll Free in BC

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

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

www.cihi.ca

250.220.4100 Victoria

Canadian Liver Foundation

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

www.liver.ca

1.800.856.7266 Vancouver

1.800.563.5483 Here to Help

Canadian Mental Health Association

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

<https://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**

<https://cmhavernon.ca>

250.542.3114 Mon-Fri 8am-4pm

1.888.353.2273 Interior Crisis Line 24/7

1.800.784.2433 Suicide Crisis Line

CNIB Foundation

Addresses important issues that are facing those who are blind or partially sighted - with program and services. Includes families, friends, and caregivers

www.cnib.ca

106-460 Doyle Avenue, Kelowna

250.763.1191

1.800.563.2642

1.800.563.2642 Helpline

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 ...

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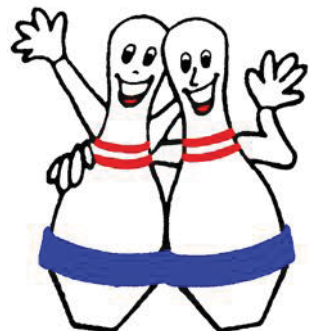
To register or for more information call:

Lincoln Lanes

3510 25 Avenue, Vernon

250-542-9837

www.LincolnLanes.ca



3107C 31 Avenue, Vernon
778.475.7779 Tue-Fri 8am-4pm

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 <https://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>

Diabetes Canada

Promotes the health of Canadians thru research, education, services, advocacy. Diabetes Canada is stepping up to rally Canadians together to end diabetes www.diabetes.ca

1.800.226.8464 Information Line
 See our ad on page 58

Denturist Association of BC

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

Dietitian Services

Specializes in nutrition information, 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/healthy-eating-physical-activity

Dial 8-1-1

Dial 7-1-1 TTY

HealthLink BC

See web site for medically-approved info on more than 5,000 health topics, symptoms, medications, and tips for maintaining a healthy lifestyle. Call to speak to a nurse 24/7. Speak to a dietitian about nutrition, healthy eating and/or a qualified exercise professional Mon-Fri 9am-5pm. Pharmacist available 5pm-



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250.542.9717 

interiorhomecare.ca

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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

200-885 Dunsmuir Street

Vancouver, BC V6C 1N5

778.372.8000

1.888.473.4636

See our FAST ad on page 25

HealthyFamiliesBC

Health promotion plan to encourage healthier choices. Food & Nutrition, Activity & Lifestyle, Aging Well. Has merged with HealthLinkBC.ca

www.HealthyFamiliesBC.ca

Kidney Foundation of Canada BC

Volunteer organization committed to reducing the burden of kidney disease
<https://kidney.ca>

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

MS Society of Canada

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

www.mssociety.ca

1.800.268.7582 Peer Support Program

• **604.424.0126** Laurie, 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

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 Mon-Fri 6am-2pm PT

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 89

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

1.800.289.6477 BC InfoLine

250.616.1186 Bert Abbott, Peer Program Coordinator

Vernon Cardiac Rehab Clinic

Vernon Jubilee Hospital

250.503.3712 M-F 8am-noon, 1-4pm

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- Lowers and raises user with ease
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Motion Vernon
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(250) 542-0677
vernon@motioncares.ca

M-F 8:30am - 4:30pm

Vision Loss Rehabilitation Canada

Provides rehabilitation therapy and health-care services for those with vision loss

<https://visionlossrehab.ca>

190-546 St. Paul Street, Kamloops

1.844.887.8572 M-F 8:30-4:30 by appt.

Dental Services**Abby Dental Care**

Going to the dentist is easy, comfortable.

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See our ad on Inside Front Cover

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114-3400 Coldstream Ave., Vernon

250.549.4745

See our ad on page 56

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 45

Health & Wellness**Cannabis Wellness**

Terese Bowers, Cannabis Wellness

Coach. Meets with clients virtually

throughout BC & AB, Travels to teach

groups throughout BC. Introducing a

gentle healing experience with Cannabis

Free 15 minute Discovery Call

<https://terese.ca>

See my article & ad on page 59



Lakeside MEDICAL SUPPLIES

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ICBC, DVA and Insurance Claims



- CPAP Sales
- Living Aids
- Oxygen



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- Ceiling Lifts
- Wound Care



- Scooters
- Power Chairs
- Wheelchairs



- 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

Do Hearing Aids Damage Hearing?

We know loud sounds or noise can damage hearing. So what about hearing aids? If hearing aids amplify sounds, can they make hearing worse?

Hearing aids do amplify incoming sounds. They help people hear and communicate easier. Hearing aids can also deter further hearing loss by stimulating the auditory centers in the brain – the auditory cortex.

Hearing aids are only potentially dangerous to our hearing if they are not prescribed and setup correctly. Any loud noise can potentially damage hearing: loud music, construction equipment, sirens, and numerous other loud sounds, including hearing aids that are not setup properly. As long as hearing aids are selected and fit by a qualified audiologist or hearing instrument practitioner, risk of hearing damage is very rare. Hearing care professionals accurately assess hearing,



identify hearing deficiencies, and select and fit hearing aids to treat hearing loss.

Purchasing hearing aids is not just about finding the best device for your hearing loss. A proper hearing aid fitting is essential in order to optimally benefit from hearing aids. Purchasing hearing aids is an investment – both in

the devices themselves and in the hearing care professional who properly fits them to your specific needs to maximize your benefit. Purchasing hearing aids online without professional assessment or hearing aid setup can result in limited or no benefit, or worse, permanently damaging your hearing.

Talk to your hearing care professional and make educated, informed, decisions about your hearing health!

Tosha R. Hodgson, BA, MCISc, Aud(C), RAUD, RHIP
Reg. Audiologist & Hearing Instrument Practitioner
Rockwell Audiology • www.rockwellaudiology.com

Est. 2011

Solid Service
Quality Products
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100% Locally-Owned | 100% Manufacturer-Independent | 100% Client-Focused

Lifely worth hearing

Professional Hearing Care
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204 - 3334 30th Avenue Vernon V1T 2C8
www.rockwellaudiology.ca

Registered under the College of Speech and Hearing Health Professionals of BC.

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Interior HomeCare Solutions

Our health care team offers compassionate home care, you can trust
www.interiorhomecare.ca

103-1315 Summit Drive, Kamloops

250.851.2911

3907 27 Street, Vernon 250.542.9717

See our ad on page 49

Hearing Clinics

NexGen Hearing

Helping people with their hearing health
www.nexgenhearing.com

7-3495 Pleasant Valley Rd., Armstrong

778.442.2000

201-5100 Anderson Way, Vernon

778.475.4007

See our article and ad on page 55

Rockwell Audiology

Get to know your Audiologist
www.rockwellaudiology.ca

204-3334 30 Avenue, Vernon

250.545.2226

See our article and ad on page 53

Medical Supplies

Lakeside Medical Supplies

Serving the North Okanagan Shuswap
www.lakesidemedical.ca

245 5 Street SW, Salmon Arm

110-4416 27 Street, Vernon

1.877.777.2431

See our ad on page 52

Motion Vernon

Mobility and Accessibility experts at your service. Wide selection of medical equipment for purchase or rent
<https://motioncares.ca/location/vernon>

3-3100 35 Avenue

250.542.0677 Discovery Plaza

See our ad on page 51

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 website for area HELP Centres in North Okanagan Shuswap www.redcross.ca/help Okanagan Service Area Office

124 Adams Rd., Kelowna, BC V1X 7R2

250.765.3465 Mon-Fri 9am-1pm

Medical Alarm Systems

Interior Health Lifeline Program

Personal emergency response system, links elderly or medically at risk to 24 hour emergency help at the touch of a button. Service area throughout the North Okanagan Shuswap

www.lifeline.ca

4000 25 Avenue, Vernon

250.558.1334

1.800.994.8414

Orthotics, Bracing, Footwear Modification

Okaped Inc.

Supporting you

www.okaped.com

101-3605 31 Street, Vernon

250.260.1868

See our article on pg. 46, ad on pg. 47

Pharmacies

Askew's Pharmacy & Wellness Centre

www.askewsfoods.com/uptown-sa

2701 11 Avenue NE, Salmon Arm

250.832.7655 Pharmacy

250.832.7622 ext 316 Wellness Centre

See our ad on page 5

I've been diagnosed with hearing loss. Now what?

You have hearing loss and need hearing aids. What now?

It's common to struggle with accepting the diagnosis. It might be scary, upsetting or even seem expensive. However, treatment can improve your quality of life and can be a positive experience.

Getting your first hearing aids

Technology has advanced dramatically and hearing aids are more effective than ever.

To recommend a specific model, your hearing health professional will conduct an assessment to address lifestyle needs outside of your hearing abilities such as social life, hobbies, budget and more.

Once selected, you're booked in for a fitting. This will introduce you to your new devices, ensure comfort and program them to your prescription.

There are several follow-up appointments to educate you on important hearing aid care and fine-tune the program(s) based on your feedback. For best results, the hearing aids must be worn regularly.

It can be overwhelming for patients as they adjust. To make the transition comfortable, the process can move as slowly or quickly as you need.

Once you are happy, you can get back to life with support from your hearing clinic.

The next steps

The best part about completing the fitting and programming stage is integrating your new hearing aids into your day-to-day life.

Hearing aids become a tool for success to improve your quality of life and confidence.

NEXGEN HEARING
a HearingLife company

www.nexgenhearing.com

Experience the difference BETTER hearing makes.

ARMSTRONG 778.442.2000

7-3495 Pleasant Valley Road

VERNON 778.475.4007

201-5100 Anderson Way

NEXGEN HEARING
a HearingLife company
nexgenhearing.com

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NO MONEY DOWN
FOR 21 DAYS



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GUARANTEE**

WorkSafe BC and other Provincial WCB Networks, VAC, MSDPR, and FNHA/NIHB accepted
Registered under the College of Speech and Hearing Health Professionals of BC

Pharmacies

continued..

Hogarth's Clinic Pharmacy

Still The Biggest Little Drug Store in Town
www.hogarths.ca

3310 32 Avenue, Vernon
250.545.3660

See our ad on page 57

Pharmasave

Visit our LiveWell Pharmacists for all your health and wellness needs. Salmon Arm and Vernon locations

www.pharmasave.com

See our ad on page 11

Health Facilities**Interior Health Authority**

www.interiorhealth.ca

- **Interior Health Crisis Line**

1.888.353.2273 24/7

- **Interior Crisis Chat**

<http://www.interiorcrisisline.com/crisischat>

- **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 Clinic

825 Thompson Avenue
250.679.1400

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 Tue 7:30-11:30am by appointment, X-ray services, Foot Care Clinics Lumby, Cherryville

2135 Norris Ave., Lumby
250.547.9741

- Concept Physiotherapy & Massage
250.260.1550 book appointment

Pleasant Valley Health Centre

Home Health Services, Lab, Health Unit

3800 Patten Drive, Armstrong
250.546.4700

Shuswap Home & Community Care

B-2770 10 Avenue NE, Salmon Arm

Breathe Well Program

250.832.6643 Mon-Fri 8am-4pm

- **Harmony Haven Adult Day Program**

Respite for CareGivers, social, physical,



Braun Denture Clinic

- Complete Dentures
- Partial Dentures
- Immediate Dentures
- Relines • Repairs

250.549.4745

114-3400 Coldstream Avenue, Vernon

emotional wellness for clients
2770 10 Avenue NE, Salmon Arm
250.803.4525 Entrance, Parking at rear

North Shuswap Health Centre
2-3874 Squilax Anglemont Road
Scotch Creek

Check Online Calendar, Call For Appt.
Foot Care, Public Health, Bi-Weekly Lab
Services - Blood, ECG's
<https://www.nshealthcentre.ca>
250.955.0660 Mon-Thur 9am-4pm.
Fri 9am-2pm.

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.
Requires an appointment - call ahead...
3105 28 Avenue, Vernon
250.541.1097 Mon-Sun 9:30am-8:30pm

Hospitals

• **Shuswap Lake General Hospital**
601 10 Street NE
Salmon Arm
250.833.3600

• **Vernon Jubilee Hospital**
2101 32 Street
Vernon
250.545.2211

Walk In Clinics

Hours correct as of August 2022. For wait
time and information for clinics on the
Medimap system, go to www.medimap.ca

Enderby

• **Enderby Community Health Centre**
Monday to Friday 8:30am to 4:30pm
707 3rd Avenue
250.838.2450

Lake Country

• **Turtle Bay Medical Clinic**
Mon-Fri- 8am-4pm. Closed Sat & Sun
<http://www.evolvealliedhealth.ca>
802-11850 Oceola Rd., Lake Country
778.480.6890

Salmon Arm

• **Mount Ida Medical Centre**
Monday to Friday 9am-5pm
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

Walk-In Clinics continued...

Hogarth's Clinic
Pharmacy Ltd.  



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250-545-3660 | www.hogarths.ca

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Flu, COVID, Travel
Vaccinations –
check hogarths.ca for details

Fill your prescription & request delivery online
Download The App – Go to hogarths.ca



Walk In Clinics continued...

- **Shuswap Providence Clinic**
Family, Maternity, Urgent Care
Mon to Fri 9am-5pm. Closed 12-1pm
2991 10 Avenue SW, Salmon Arm
(Walmart)
250.832.3377 call to book an appt.

VERNON

- **Primacy-North Okanagan Medical Clinic**
Monday-Sunday - 9am-5pm (every day)
*hours can vary - call ahead
www.primacy.ca/locations/nomc/
5001 Anderson Way Superstore 2nd Flr.
250.545.8338
- **Sterling Centre Clinic**
Monday to Friday Noon-7pm
Saturday, Sunday, Holidays 9am-1pm
www.sterlingclinic.ca
101-3210 25 Avenue 778.475.8311

Health Guides

BC HealthGuide Handbook

No longer available in English, in the meantime, you are encouraged to search the Healthlink website for medically-approved information on more than 5,000 health topics. Access to our services by phone. You can speak to health service navigator who can connect you with a registered nurse, registered dietitian or pharmacist, or help you a health resource in your community

Dial 8-1-1

Dial 7-1-1 TTY

www.healthlinkbc.ca/more/resources/bc-healthguide-handbook

BC First Nations Health Handbook

An online companion document to the BC Health Guide, provides information on unique health care services available to First Nations and how to access. See website - right hand side of page

Dial 8-1-1

Dial 7-1-1 TTY

www.healthlinkbc.ca/more/resources/bc-healthguide-handbook

Insulin was just the beginning

And there's been many other advancements since the discovery of insulin over 100 years ago.

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That's why we can't wait another 100 years to end diabetes.

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diabetes.ca/donate

**DIABETES
CANADA**

Cannabis for Seniors

With legalization sweeping the world, seniors are exploring medical cannabis more than ever before. Several of the conditions seniors suffer from are also conditions for which cannabis is known to be effective: arthritis, neurodegenerative diseases, pain, depression, cancer & the side effects of chemotherapy/radiation, insomnia, low appetite, glaucoma, menopause, anxiety, fear, brittle bones, end-of-life care and more. However, there is still much stigmatization against this plant and it's important to access proper education to avoid unwanted side effects and receive the most effective benefits.

THC and CBD are the two most popular cannabinoids found in the cannabis plant, though there are many, many more that are currently being researched and have many beneficial effects on the body.

CBD supports the immune system, promotes bone growth and is an antioxidant, antipsychotic and anticonvulsant. CBD does not impair cognitive abilities, it may even enhance them by increasing energy, focus and memory. THC improves sleep with its sedating effects, relieves stress and improves appetite. THC can impair cognitive abilities and at higher doses can cause a high, stoned or euphoric effect. Many seniors do NOT want this intoxicating effect and in fact, may experience anxiety just thinking about it. Low doses of THC, especially when accompanied with CBD, greatly reduces the occurrence of impairment. CBD and THC have many benefits in common, including analgesic properties, anxiety reduction, antidepressant, anti-inflammatory, and muscle-relaxing properties. The synergistic effects of these two cannabinoids are enhanced when they are combined.

There are some situations where avoiding THC may be warranted; for example, if you are taking a pharmaceutical that may interact with THC, if you are subjected to regular drug testing or if you have a family history of psychosis, schizophrenia, or bipolar disorder. Otherwise,



therapeutic use of both THC and CBD can be done safely and effectively.

While cannabis does have side effects, most dissipate over time or can be remediated through dose adjustment. THC side effects include: paranoia and anxiety, dry mouth, dry eyes, hunger, sleepiness, short-term memory loss, racing heart, blood pressure may decrease due to vasodilation. CBD is found to be quite safe with very few side effects including: diarrhea, dizziness, sleepiness, reduced appetite.

Be aware of any interactions with any pharmaceuticals that you may be taking, talk to your doctor, pharmacist or cannabis coach.

When you begin working with cannabis, remember the motto to "Start Low and Go Slow". Begin with EXTREMELY small doses of THC (1-2mg) and CBD (2.5-5mg) slowly add more until you feel relief.



Terese Bowers, Certified Cannabis Wellness Coach
www.terese.ca | info@terese.ca | 250-551-6395

The information shared is for educational purposes and should not be seen as medical, nursing, nutrition or legal advice and is in no way meant to take the place of your health professionals.

Canadian Wildlife Museum

An amazing educational experience that the entire family can enjoy



The Canadian Wildlife Museum is located just minutes north of the city of Vernon B.C., just off Highway 97. The vision for the Canadian Wildlife Museum started in October 1993. Master Taxidermist Ken Schultz worked on this project for 28 years. Some of the scenes in the museum took as much as six months full time labor to create and complete, for just one scene alone. Most of the larger mammal scenes took from one to two months labor to complete. The amazing artwork is not just in the mounted animals but also in the natural, detailed bases that the scenes are situated on. The setting is a rustic cedar wood atmosphere with natural bird and nature environmental background sounds. The excellence in taxidermy workmanship shows itself in the hundreds of outstanding wildlife displays that you will view in the museum. The museum is two floors of wildlife displays. There are over 350 mounted specimens including over 120 birds of prey and over 115 different species of Canadian wildlife. There are 45 viewing stations and

160 written descriptions for the over 220 different scenes of wildlife. There is also a large butterfly and moth collection. Nowhere in Canada will you find a more outstanding selection of mounted Canadian birds and animals. The Canadian Wildlife Museum offers an outstanding arrangement of Wildlife Displays, most of which, the average person would never see in the wild. There is also a Gift Shop which is well stocked with many very unique wildlife and nature related novelties, souvenirs, clothing, rocks, jewelry, gifts, and much more. The Canadian Wildlife Museum has been a lifelong passion to build and create. 28 years of hard work, dedicated enthusiasm, patience, and finally a place where nature scenes come alive, to be shared with all who have an interest in the beauty of wildlife and nature. The scenes in the museum are designed to teach visitors about wildlife and allow a close up encounter with Canadian birds and animals that few people would be able to approach in the wild.

CANADIAN WILDLIFE MUSEUM & GIFT SHOP

canadianwildlifemuseum.com

250-545-9740
7774 Pleasant Valley Road,
Vernon, B.C.

Professional



Consumer

Better Business Bureau

Promotes marketplace fairness, honesty
www.bbb.org

500-1190 Melville St., Vancouver V6E 3W1
604.682.2711 Mon-Fri 9am-4pm

Canadian Anti-Fraud Centre

Are you a target? Frauds use telephone, mail, internet to reach countless potential victims. See website for details, how to report spam

www.antifraudcentre.ca

1.888.495.8501 Mon-Fri 7am-1:45pm PT

Consumer Protection Authority

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

www.consumerprotectionbc.ca

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

National Do Not Call List

Gives consumers a choice to reduce the number of telemarketing calls by registering your residential, wireless, fax or VoIP telephone number. M-F 8:30am-4:30
www.lnnte-dncl.gc.ca

1.866.580.3625 **1.888.362.5889** TTY

Scams & Fraud

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

www.rcmp-grc.gc.ca

Financial

BC Assessment Authority

Produces independent, uniform and efficient property assessments on an annual basis for all BC property owners
www.bcassessment.ca

• **300-1631 Dickson Avenue, Kelowna**
• **805 Renfrew Avenue, Kamloops**
1.866.825.8322 Mon-Fri 8:30am-4:30pm

BC Securities Commission Investor Education

Useful information to be an informed investor: know yourself, your advisor, your investment, and the warning signs of investment fraud. Subscription service, seminars, and more. Language support for Mandarin, Cantonese, Punjabi, Hindi
www.investright.org

1.800.373.6393 Mon-Fri 8am-5pm

Credit Counselling Society

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

375-1855 Kirschner Road, Kelowna
250.860.3000 **1.888.527.8999**

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250.832.8011 SASCU Credit Union
Salmon Arm, Sicamous, Sorrento

SASCU Insurance

• **250.833.4450** Salmon Arm
• **250.838.7707** Enderby
250.833.4466 SASCU Wealth
See our ad on page 65

Insurance

ICBC Seniors Insurance

Discount available for ICBC basic insurance for 65+ registered owners and operators, pleasure only. Also Experienced Driver savings, Disability and Antitheft device discounts. New to BC? Your good driving record could pay with savings on AutoPlan insurance. See web or visit an AutoPlan broker for details www.icbc.com/insurance/costs/pages/discounts-and-savings.aspx

Johnston Meier Insurance Agencies

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250.838.7333 Enderby

250.832.8103 Salmon Arm

250.545.5311 Vernon

See our ad on page 63

Legal

Access Pro Bono Society of BC

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

Canadian Bar Association, The

Dedicated to protecting the rule of law, the independence of the judiciary and the Bar, improving law, the justice system, and access to justice. Equality, diversity and inclusiveness, committed to reconciliation with Indigenous People of Canada
www.cbabc.org **1.888.687.3404**

Clicklaw

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

Community Legal Assistance Society

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

Dial-a-Law

A library of scripts prepared by lawyers. 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

Lawyer Referral Service

Access Pro Bono enable members of the public to consult with a lawyer for 30 minutes at no charge www.lrsbc.org
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Legal Services Society

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

www.legalaid.bc.ca

Arthur Channer, Alan Gaudette
Barristers & Solicitors

- Salmon Arm Provincial Court
550 2nd Avenue NE, Salmon Arm
250.545.3666 Tuesday 8:30-11:30 am
- **Suite E, 3105 31 Avenue, Vernon**
250.545.3666 Mon & Wed 8:30am-3pm,
Thurs 12:00-3pm
- **3001 27 Street** (Vernon Courthouse)
Thur & Friday 8:30am-11:30am
- **Family LawLINE**
LawLINE lawyers give brief 'next stop' advice about family law issues such as custody, access, guardianship, child support, spousal support, property division, family agreements, adoption and court procedures. Mon-Tue-Thur-Fri 9 am to 3 pm, Wed 9 am to 2:30 pm
<https://familylaw.lss.bc.ca/call/family-lawline>
1.866.577.252
- **My Law BC** Action plan to your legal issue. Choose a pathway, answer questions, and get your action plan.
<https://mylawbc.com>

Nixon Wenger LLP

Full service law firm proudly committed to our community for over 50 years

www.nixonwenger.com

301-2706 30 Avenue, Vernon
250.542.5353 1.800.243.5353

See our ad on Outside Back Cover

See our article on 'Hotchpot' on page 22

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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Unique statutory role to protect the interests of those who lack legal capacity to protect their own interests. Protect the legal, financial, personal and health care interests of adults who require assistance in decision making. Administer the estates of deceased and missing persons
Covid protocols in effect

www.trustee.bc.ca

1345 St. Paul Street, Kelowna

250.712.7576 Mon-Fri 8:30am-4:30pm
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

1.866.437.1940 (SAIL) Seniors Abuse & Info Line. M-F 8am-8pm, Wkends 10-5:30

Language interpretation avail. M-F 9-4

1.855.306.1443 TTY

Johnston Meier Insurance Agencies Group



www.jmins.com

Vernon 250-545-5311 Toll Free 1-888-755-8553
Salmon Arm 250-832-8103 Toll Free 1-888-288-2141
Enderby 250-838-7333 Toll Free 1-888-838-7302

Visit our website for a location near you!



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/CMHA 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 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

Emergency only: dial 9-1-1

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
- **1980 11 Avenue NE, Salmon Arm**
250.832.6044
- **1125 Paradise Avenue, Sicamous**
250.836.2878
- **3402 30 Street, Vernon**
250.545.7171

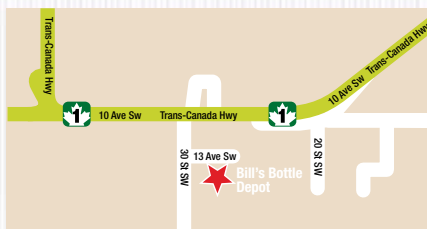
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Full cash refund for all beverage containers

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- 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

Police Based Victim Services

For adult victims of crime including family members and witnesses.

- Vernon, Armstrong, Enderby, Lumby, Falkland
250.547.1616

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, Past 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

• Community-Based Victim Assistance Program

For Women, Children and Men
Vernon Courthouse, 3rd Level

3001 27 Avenue, Vernon

250.542.3322 M-F 8-noon, 1-4:30pm

250.542.1122 Archway Society for Domestic Peace. See article on page 66

• 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 Crisis Line 24/7

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Salmon Arm and Enderby



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Investing, Estate Planning and Life Insurance

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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.

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archwaysociety.ca



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4,000 sq ft of outstanding displays, 350 mounted wildlife specimens including 120 Canadian birds of prey, 115 different Canadian species. Check website for summer hours, special tours available. Master Taxidermist Ken Schultz. Follow us on Facebook and Instagram <https://canadianwildlifemuseum>
7774 Pleasant Valley Road, Vernon
250.545.9740
See our article and ad on page 60

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 250.679.8847

Friends of Fintry Provincial Park Society

Research, restoration of buildings and grounds, building archives, fund raising. Large campground, boat launch
www.finity.ca **250.542.4031**

Historic O'Keefe Ranch

Est. 1867, historic site and museum, open May-October. Tours, exhibitions, unique displays. Seniors 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

Museum and Archives of Vernon

Connect with the culture & heritage of the North Okanagan through a variety of exhibits, engaging programs, eclectic events. Experience the past through re-created streetscape, learn more about Indigenous Sylix People, explore downtown Vernon on a mural tour, or delve the extensive archives. For more info, visit...
www.vernonmuseum.ca
3009 32 Avenue, Vernon 250.550.3140
See our article and ad on page 14

North Okanagan Community Concert Assn.

Home of classical music in the North Okanagan. Full concert 2022-2023 series at Performing Arts Centre. Tickets at \$150 for all 5 concerts, or \$40 for single tickets See website for performances and dates
www.nocca.ca

Okanagan Symphony Orchestra

Concert events in Vernon, Kelowna, Penticton. See website for 2022-23 performances, locations, dates
<http://okanagansymphony.com>

250.763.7544**250.549.7469** Vernon Ticket Seller**Powerhouse Theatre**

Fall, Winter and Spring productions on website. Check for 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 15***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**

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

3800 33 Street, Vernon**250.542.9355**

• 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****• 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** Kamloops Live Box Office**1.866.374.5483****Leisure****Allan Brooks Nature Centre**

Provides a first hand opportunity to see and learn about the Okanagan's unique, diverse natural heritage

www.abnc.ca**250 Allan Brooks Way, Vernon****250.260.4227** Tue-Sat 9-3:30 April-Oct**BC Fishing Licences**

Basic annual licence for 65+ \$5

Basic annual licence for disabled \$1

<https://www2.gov.bc.ca> - search for Freshwater Fishing. See licensed vendors

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 ...

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<http://bcparks.ca>

1.800.689.9025 Call Centre

- Campsite Fees for Seniors

<http://bcparks.ca/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 website for Zone 5 & 8 contacts. Games in Abbotsford, **Aug. 22-26, 2023**

www.55plusbcgames.org

778.426.2940

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Destination for farm food and family fun.

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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 2:00-5 pm May to October.

Check web site for Winter Market dates from November-April

Uptown Askew's, Salmon Arm

www.wildflightfarm.ca

250.838.7447 Wild Flight Farm

Armstrong Farmers' Market

Fresh local produce, local meats, cheeses, honey, preserves, handcrafts, baked goods, bedding plants, organics, Saturdays 8am-12:30pm, late April-Oct.

IPE Grounds, **3375 Pleasant Valley Road**

www.armstrongfarmersmarket.ca

Celista Hall Farmer's Market

Wed 9am-1pm June 29-Sept 14. North Shuswap Community Hall grounds.

Produce, crafts, baking, live music, ready-to-eat food

www.Facebook.com/CelistaHallFarmersMarket

250.955.6483 Diane

Chase Farm & Craft Market

Fridays 10am-2pm May to October 7

200 Shuswap Avenue - next to RCMP

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

778.689.4876 Joe

Enderby Farmers Market

Fridays - 8am-noon, until October 21

Cliff Avenue downtown

Outdoor Winter Market 10am-noon

November 4, 18, December 2, 16

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.

Beer, Wine & Spirits

www.demillesfarmmarket.com

3710 10 Avenue SW, Salmon Arm

250.832.7550

See our ad on Inside Back Cover

Lake Country Farmers' Market

Friday 3-7pm Swalwell Park June-Sept

Fresh local produce & foods, handcrafts

www.lakecountryfarmersmarket.webs.com

250.826.7100 Shayne

Lumby Public Market - Every Sat May to

Oct 8th. 9am-1pm, Oval Park, Glencaird

www.LumbyandDistrictPublicMarket.com

250.549.0744 or **250.547.7942**

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-1pm, until October 22nd

Hudson Ave between Ross & Alexander

<https://shuswapfood.ca/farmersmarket>

Scotch Creek Farm & Craft Market

Sundays - late June to Labour Day

9:30am-1:30pm. Local produce/crafts...

The Hub field
4113 Squilax-Anglemont Road
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 Oct., Mon & Thur 8am-1pm
 Kal Tire Place parking lot
3445 43 Avenue
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.
 Public skating discount for those 65+
www.kaltireplace.ca
3445 43 Avenue, Vernon
250.550.3257 Mon-Fri 8am-4pm

Kingfisher Interpretive Centre
 Volunteer driven community based salmon
 hatchery & environmental education centre
www.kingfishercentre.org
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. See map on website
www.aschamber.com **250.546.8155**

Okanagan Science Centre
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 55+ discount. Open everyday 10am-4pm
www.okscience.ca
2704 Highway 6, Vernon **250.545.3644**

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 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



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Honey Farm & Meadery, Tours 'n Tasting
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 wannabe RV owners to gain valuable knowledge on RV operations, safety and maintenance. Also travel tips, health on the road, destinations, full-time RV living, more. **2023 Seminar dates are June 23-26**
www.rvda.bc.ca/rv-owners-lifestyle-seminars
778.490.0013 Joan - RVDA

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 Piccadilly Mall Board Room, Salmon Arm. 7 pm, 1st Tue of month Oct. 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

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www.sovereignlake.com
250.558.3036
1.877.768.5253
250.260.5335 Snow Phone

Star Country Squares

Join us for Fun, Fitness & Friendship.
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 Vernon Rec. Centre (Halina Activity Room)
250.540.9877 call or text Roxy

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info@tourismvernon.com
<https://www.tourismvernon.com>
250.542.1415 **1.800.665.0795**
 See our ad on page 69

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 Mon-Thur except holidays. Passenger fares only - with valid I.D.
www.bcferrries.com
1.888.223.3779 Reservations
 Mon-Fri 7am-10pm, Sat/Sun 7am-7pm

Friendship Force International

Provides opportunities to explore new countries and cultures through home hospitality, local hosts. Experience different views. Discover common ground
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
778.753.3735 Valet Parking (suspended)

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www.drivebc.ca
1.800.550.4997 BC Highways Conditions

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The Art *of the* Scam

A scam has a certain art to it, a social science that is deeply rooted in people that they don't even realize is there. I'll take you through some of the science used by scammers.

1. Fear/Confusion

This is the most common exploit. Once they have you scared or confused the chances increase significantly that you will make a mistake. It's one instinct that they know they can use every single time. Confusion with technology is beyond common, and not just the older population; I have seen people of all ages and walks of life get scammed.

2. The "helpful" voice on the line

This is the next step, making you believe that they truly want to help you. They'll do everything for you if you just trust them. Trust should be earned, not given freely. Would you let a random person on the street dig through your purse or wallet? Of course not! Treat your computer with the same level of security.

3. The "if you don't help me, I'll get into trouble" scam

This is truly classic and preys on something most people don't realize is so deeply rooted in our subconscious that

it's actually very easy to exploit. We want to help people. Our parents teach us this since we're born. This is especially true of people in positions of authority, we want to help them. Again, it goes back to trust, a title does not make someone trustworthy. Many will even throw out that it's their first day or week working and they don't want to get fired.

These are just a few of the tricks used in a scam, if you wrap them up into a single call with the right person they are the ultimate combination of deception. Most scammers will ask you for gift cards. I've had to deal with the CRA and I can promise you they do not take Google gift cards. Microsoft or a subcontractor will never, ever call you out of the blue. Check out canada.ca/be-scam-smart for more tips. If you do get scammed, talk to the police as soon as possible. Talk to your friends and family, I know it's embarrassing, but scammers thrive on silence. If it can happen to you, it can happen to anyone. Share your story with anyone who will listen. Finally get a tech professional into your home to make sure no backdoors have been put into your systems. Trust is fine, but always balance it with skepticism. It never hurts, and if it sounds too good to be true then it probably is.

Jeffrey Reade *Owner/Operator*
That Tech Guy IT Services
Kamloops
<https://bctechguy.ca/>
250-318-7977



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Activity Centres

Armstrong Seniors Activity Centre

Activities for 50+ include dance, carpet
bowling, snooker/pool, cribbage, stick
curling. Income Tax & Volunteer Driver
programs
www.facebook.com/PattersonAvenue/
2520 Patterson Street 250.546.1118

Canoe Senior Citizens Association

9am coffee - Mon and Fri., Bingo Mon
noon, Crib Tue night, Yoga, Pancake
breakfast 3rd Sat of the month
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,
Srs. Luncheon Buffet Wed noon-Sep-June
1101 George Street, Enderby
250.838.7541 Seniors Centre
250.838.6755 Sue

Falkland Seniors Branch 95

Social activities, monthly lunches, bake
sales. Hall rental with kitchen \$50
5706 Highway 97, Falkland
250.308.2562 Janice, President

Fifth Avenue Seniors Activity Centre

Cards, crib, billiards, keep-fit, table tennis,
darts, line dancing, sing-a-long. Hot lunch
specials wkdays, pancake breakfasts,
Birthday Lunches Sept-June TBA, Tai Chi,
Texas Hold'em, Chair Yoga, Mah Jong,
www.5thaveseniors.org

170 5 Avenue SE, Salmon Arm

250.832.1065 Mon-Fri 9am-4pm
Summer Hours Tue, Wed, Thur 10am-2pm

Halina Activity Centre

An evolving 50+ activity centre, offering
an ever-growing list of activities - Bingo
(on site & on-line), Bridge, Billiards, Bus
Tours, Canasta, Crafts, Crib, Carpet
Bowling, Dancing to live music, Pattern
Dancing, Darts, Floor Curling, Lunch &
Learn, Square Dancing. Cafe Centre,
Hall Rentals www.halinacentre.com
www.facebook.com/halinaactivitycentre
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
<https://www.lakecountry.bc.ca/en/living-in-our-community/seniors.aspx> *cont'd...*



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Located on the southern edge of British Columbia's beautiful Okanagan Valley is an extraordinary habitat popularly referred to as Canada's pocket desert. This semi-arid, antelope-brush ecosystem is one of Canada's most rare, fragile and endangered ecosystems. It is also home to one of the highest concentrations of rare and at-risk species in Canada.

Over the past century, 70% of this habitat has been destroyed and today it is estimated that less than 9% remains undisturbed. In the early 1990s a group of concerned citizens eager to protect this invaluable natural treasure formed the Osoyoos Desert Society. In 1998, the Society opened the Osoyoos Desert Centre, a 67-acre nature interpretive facility where visitors learn about desert ecology, habitat restoration and conservation of endangered plants and animals in the South Okanagan.



By Jayme Friedt,
Managing Director, Osoyoos Desert Centre

One of the Centre's most special feature is a 1.5 km boardwalk that meanders through the antelope-brush habitat offering an elevated view of the plant and animal life that exists there including Spadefoots, Behr's Hairstreak butterflies, Nuttall's Cottontail, Western Bluebirds and of course, antelope-

brush, several species of sage and the prickly pear cactus to name a few. The Centre also has an interpretive building with many educational displays and a native plant demonstration garden. Visitors can also browse through our Gift Shop, enjoy a snack in the outdoor picnic area, or relax at one of the kiosks and take in the spectacular views.

Osoyoos Desert Centre is located 3 km north of Osoyoos at 14580 146th Avenue. Hours vary throughout the spring, summer and fall. Please check the website at www.desert.org or call 250-495-2470 for more information.

WALK THIS WAY
ON OUR NEW BOARDWALK

Take a tour along our new 1.5 km boardwalk and experience the extraordinary beauty of one of Canada's rarest ecosystems.

250.495.2470 | Visit our website www.desert.org

9830 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 Rd., Anglemont
250.682.6235 Jim 778.765.1506 Tony

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

2600 10 Avenue NE, Salmon Arm
250.832.4044

• **Shaw Centre**

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

Schubert Centre

Vernon's Hot Spot Community Centre Health & Wellness Drop-In, Scrabble, whist, crib, bridge, canasta, 500, floor curling, dancing, crafts, Tai Chi. Hall rental, Bus Tours, Catering, Coffee Shop, Thrift Store. Meals on Wheels
www.schubertcentre.com

3505-30 Avenue, Vernon 250.549.4201

See our ad & article on pages 16, 17

Sicamous & District Activity Centre
 Activities and opportunities to have fun and socialize - with nutritious meals! Open to all ages. Activities include drop-in chair aerobics, Wii bowling or golf, darts, table tennis. Hall rental available (seating for up to 150), handicap accessible
seniorctr@cablelan.net
1091 Shuswap Avenue 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
1148 Passchendaele Road
www.sdis.ca **250.675.5358**

Vernon Parks & Recreation
 See website for information on program registration, access seasonal Active Living Guide, Pool & Skating Schedule & Rates
<https://www.vernon.ca/parks-recreation>
3310 37 Avenue
250.545.6035 General Inquiries
250.545.4896 Pool & Arena Schedule

Whitevalley Community Resource Centre
 Seniors Drop-In Centre (Lumby)
 Dogwood Lounge, Saddle Mountain Place Mon-Wed-Fri 9am-1:30pm. Activities include knitting, agility, bingo, cribbage, crafts, intergenerational programs, wellness presentations, discussions on health & healthy eating. Nutritious, affordable hot meals available
www.whitevalley.ca/seniors/
1751 Glencaird, Lumby
250.547.8866, 250.547.8821

VERNON'S

WATER STORE

180-4400 32nd St
 Vernon BC
 250-558-3595
vernonwater@telus.net

Your Water Store with a Twist
 Drop-in and check out all of our different products

- Mother Nature's own Alkaline Water
- Reverse Osmosis Water
- The best Ice in town made from our RO Water
- Eco-Spray Kitchen Cleaner & Car Wax
- Ebesse Zozo Hot Sauces
- Armstrong Apiaries Local Wildflower Honey
- Fresh Free Range Eggs
- Ghostriders Smokehouse Sauces

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





Resources

Charities, Foundations

Before You Give...

Canada Revenue Agency (CRA) has a useful resource called 'Giving to Charity: Information for Donors'. Facts about tax savings, donation receipts, charities regulations, how to be an informed donor. <https://www.canada.ca/en> - Search for 'Giving to Charity' Mon-Fri 9am-5pm
1.800.267.2384 **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

Registered charity dedicated to protecting and enhancing the quality of life for domestic, farm & wild animals
www.sPCA.bc.ca
www.foreverguardian.ca - for estate gifts
1.855.622.7722 Call to make a donation
See our ad on page 79
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 click on 'donate'
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 article and ad on pages 12, 13

Fresh Outlook Foundation

Inspiring community conversations for sustainable change. Hosts HEADS UP! Community Mental Health Podcasts and Virtual Summits
www.freshoutlookfoundation.org
1101 21 Avenue, Vernon V1T 1G4
250.300.8797

Heart & Stroke Foundation

In Memoriam, In Honour, general donations
www.heartandstroke.ca
 200-885 Dunsmuir St., Vancouver V6C1N5
 778.372.8000 1.888.473.4636
 See our ad on page 25

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 Hospice Society

Palliative/end-of-life care for patients quality of life, also their family and friends
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

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 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 Mon-Fri 9am-5pm

Terry Fox Foundation, The

Working together to outrun cancer
www.terryfox.org
 160-8960 University High Street
 Burnaby, BC V5A 4Y6
 1.888.836.9786

United Way Southern Interior BC

Local giving. Local results. Serving the Okanagan, Columbia, Shuswap and Similkameen
continued...




Forever Guardian
your legacy of love

Your everlasting love will always protect them.

As a Forever Guardian, you can create lasting change for animals facing cruelty and hardship. Contact us today to learn more about how you can leave a gift in your will.

Charitable Number: 11881 9036 RR0001



BCSPCA
 SPEAKING FOR ANIMALS

Clayton Norbury
 cnorbury@spca.bc.ca
 1.855.622.7722 ext. 6059

foreverguardian.ca

<https://unitedwaysibc.com>
 Interior Savings & Credit Union building
200-4301 32 Street, Vernon V1T 9G8
250.549.1346 Call for appointment
1.866.GIVE7UW

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

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 7

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/driving-safely/senior-drivers/>

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

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
4705A 29 Street, Vernon
250.275.3117 *See our ad on page 81*

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 website 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 website
<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

Liberal Arts and 55+ Program. Tuition
 discount for those 55+. Open Learning
 offers distance learning You can complete
 online & distance courses and programs
 anytime, anywhere
<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

www.tnrl.ca/using-the-library/
 100-465 Victoria Street, Kamloops
 250.372.5145

Meal & Food Programs

Cherryville Food & Resource Society

Monthly food hampers that support low-income families, singles, seniors, those with disabilities. Weekly drop-in service. Organic community gardens. See website www.cherryvillefoodandresources.ca
 158 North Fork Road, Cherryville
 778.212.8900 Thursdays 10am-3pm

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 North Okanagan Shuswap. 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.
 1101 George Street, Enderby
 250.838.6755 Sue

Literacy Society

of the North Okanagan

Helping the community with its
 literacy needs...

Ask about our learning programs for children and
 digital support for adults.



VOLUNTEERS NEEDED!

www.literacysociety.ca

250.275.3117



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**250.275.8814****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**www.familyresource.bc.ca/services/good-food-box/ See website for details**681 Marine Drive NE, Salmon Arm****250.832.2170** Mon-Thur 9-5, Fri 9-1• **Seniors' Resource Centre**www.seniorsresourcecentre.org**320A 2 Avenue NE, Salmon Arm****250.832.7000****Lake Country Food Bank**

Food assistance to low income families.

Hampers Tue-Wed 9:30-11:30am; 1pm-2:30pm. New intakes- call for appointment

or complete online application. Donations

can be made Tue-Thur 9am-3pm

www.lakecountryfoodbank.org**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

250.766.4220**250.766.3227** Marg - arrange pick-up**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 <https://schubertcentre.com/meals-on-wheels/> To subscribe or volunteer, call **250.549.4201** Schubert Centre See our ad on page 16

Salvation Army Food Bank

Mon & Fri 9-12, Tue & Thur 9am-11:30, 12:30-2:30pm. Food Hampers-call for appt.

<https://tsasalmonarm.faithlivesites.com>**1-441 3 Street SW, Salmon Arm****250.832.9194****Salvation Army Food Bank**

Only authorized Food Bank in Vernon.

Mon-Fri 9:30am-noon, 1:30-4pm

<https://vernonhouseofhope.com>**3303 32 Avenue, Vernon****250.549.4111** need help? call or visit**Shuswap Second Harvest (Food Bank)**

Wed 4:30-6 pm, Friday 1:30-3pm

Volunteer information - see website

www.shuswapsecondharvest.ca**360 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**

- **Armstrong:** Wednesday noon full course meal at the Legion, \$10, pre-registration **250.546.8455** Legion, ask for Marilyn
- **Sicamous:** Tues. and Thur. noon, full course meal at Eagle Valley Haven, \$7 www.facebook.com/wheelstomeals/ **250.836.2437** Phoebe, Reservations, Meal delivery - \$8

Programs & Groups

Better At Home

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

• **Shuswap Better at Home**
 See our ad on page 85 for service area
www.shuswapbetterathome.ca
250.253.2749 Central Intake

• **NexusBC Community Resource Centre**
 Vernon, Armstrong, Lumby, Cherryville
<https://nexusbc.ca/programs/better-at-home>
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 Services, Vernon
 Socializing and Care-Giver respite. Community Care referral needed
Gateby Care Centre, 3000 Gateby Place
250.545.4456 ext. 35244

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](#)

Harmony Haven Adult Day Program

Community Care Health Service. Respite for CareGivers, opportunity social interaction



SENIORS' RESOURCE CENTRE

- Blue Bottle Program
- Caregivers Support Group
- Foot Care Clinics
- Friendly Check-in
- Housing Info
- Community Volunteer Income Tax Program
- Meal Programs
- Rides to Medical Appointments
- Shopping Programs
- Day Away Program
- 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

2-2770 10 Avenue NE, Salmon Arm
250.803.4525

HOPE 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

Drop in, chat with the guys, have a coffee.
 Meets Mon-Sun 8:30am-1:30pm
www.mensshedvernon.ca
7158 Meadowlark Road, Vernon

Neighbourlink Shuswap

Together Creating Practical Ways of Serving anyone with hardship. Services include Re-Purpose Furniture program, Networking community resources, free legal referral, Second Harvest Food program. Mon-Wed-Fri noon to 3:30 pm
[Facebook.com/NeighbourLink-Shuswap](https://www.facebook.com/NeighbourLink-Shuswap)
250.832.3272 Salmon Arm

North Okanagan Friendship Center

Indigenous non-profit society. We provide culturally appropriate health and social programs and services

- Seniors Outreach - info and access for those 60+ for social recreation, housing, health and safety - Maggie, ext. 111
www.vernonfirstnationsfriendshipcentre.com
2905 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
NB. *Salmon Arm office permanently closed. Delivery of services has been transferred to March of Dimes Canada.*
jnayda@marchofdimes.ca
250.515.0845

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 Blind Bay, Copper Island, Kamloops Desert Hills, 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 website for details of services offered
 email: VictimLinkBC@bc211.ca
www.victimlinkbc.ca
1.800.563.0808 24/7 Call or text



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 evrc@telus.net
 Resource Centres located in Sicamous and Malakwa.

We can help!



Resource Centres

Cherryville Food & Resource Society

Supporting those in our community with senior, youth & family programs. Info & referral, one-on-one support and more
www.cherryvillefoodandresources.ca

158 North Fork Road, Cherryville
250.547.0089 Monday 9-2, Tuesday 8-12,
 Wednesday and Friday 8am-2pm

Copper Island Seniors Resource Centre

Providing info, coordination of services for seniors of South Shuswap. Foot Care, Medical Clinic, Dental Hygienist, Income tax preparation, Psychologist, Mobile Lab, Better at Home
<http://sshss.ca>

10-2417 Golf Course Drive, Blind Bay
250.675.3661

Elderby and District Community Resource Centre

Working for a Healthier Community
www.edcrc.ca

1110 Belvedere Street
250.838.9446 Mon-Thur 10am-4pm

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.

evcrc@telus.net Facebook

1214 Shuswap Avenue, Sicamous
250.836.3440

See our ad on page 84

Family Resource Centre Counselling and Family Service

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

www.vernonfrc.ca

201-3402 27 Avenue, Vernon
250.545.3390 Mon-Thur 9am-4:30pm
 closed noon hour



**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:

- Light Housekeeping
- Friendly Calls and Visits
- Grocery Shopping and Delivery
- Transportation
- Resource/Referral and More

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

Volunteers
Needed!



Shuswap Better at Home

For Salmon Arm, Sicamous, Enderby, Chase, North and South Shuswap and their surrounding rural areas, Adams Lake, Neskonlith, Splatins and Little Shuswap Secwepemc communities.

Tel: 250.253.2749 • Email: sbahintake@outlook.com
www.shuswapbetterathome.ca

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

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, affordable housing, 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-Fri 8am-4pm

See our article on pg. 20, ad on pg. 21

Seniors' Resource Centre

Meal services: Better Meals, grocery shopping. Programs: Caregiver Support Group, Day Away, Foot Care, Community Volunteer Income Tax, Friendly Check-In, Senior Advisor, Good Food Box

www.seniorsresourcecentre.org

320A 2 Avenue NE

Salmon Arm

250.832.7000

See our ad on page 83

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 Mon-Thur 9am-5pm

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, 0-6 & After School program, Good Food Box, Volunteer opportunities

www.whitevalley.ca

2114 Shuswap Avenue, Lumby

250.547.8866

Service Organizations**Army, Navy and Air Force Veterans**

Non-members welcome!

<http://anafvetsunit5.ca/>

2500 46 Avenue, Vernon 250.542.3277

Archway Society for Domestic Peace

We are leaders in empowering women, children and families to live with dignity and respect, free from domestic and sexual violence

<https://archwaysociety.ca>

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 66

BC OAPO - Vernon Seniors' Branch 6

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

- Monashee 50+ Club, Lumby OAPO #117

- Vernon Seniors' Branch #6

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

[Facebook.com/vernon seniors branch 6/](https://www.facebook.com/vernon seniors branch 6/)

250.545.0384 Margaret Coughlan

See our ad and article on page 10

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

Mission to support & enhance the well-being of young people through positive mentoring relationships. See website for what and how to donate
www.bigs.bc.ca
1.800.404.4483 Kamloops/Kelowna

CARP

A New Vision of Aging. Canada's largest advocacy association promoting equitable access to health care, financial security, freedom from ageism
www.carp.ca
1.888.363.2279

Canadian Blood Services

Provides lifesaving products & services in transfusion & transplantation, safeguard life essentials in blood, plasma, stem cells, and organ tissues. Click on 'Book Now' to find a location near you
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
604.630.4201 Leslie Gaudet, President
 • **Health & Wellness Workshops**
 45-60 minute workshops available free of charge to any seniors group 10 or more
<https://seniorshelpingseniors.ca>

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 Mon-Fri 9am-4pm

Mothers Against Drunk Driving

No alcohol. No drugs. No victims.
www.madd.ca
1.800.665.6233 Call for support
 • Western Region Chapter Services Manager
1.877.676.6233 Tracy Crawford
 • MADD Central Okanagan Chapter ...



Mr Shades Media
 LIVE Streaming  &  LIVE
 Arts & Culture
 Local Sports
 Community
 Entertainment
 Concert Announcements & Reviews
 GIVE US  SUBSCRIBE ON 

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...

<https://legionbcyukon.ca/find-a-legion-branch>

1.888.261.2211 BC/Yukon Command

Salvation Army House of Hope

Worship services Sundays 10:30 am

www.vernonhouseofhope.com

3303 32 Ave., Vernon 250.549.4111

- **Thrift Store** Mon-Fri 10am-6pm

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 website for meeting information

www.bcyukon-al-anon.org

604.688.1716 Mon-Wed-Fri 10am-1pm

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 website for local meeting info

www.bcyukonaa.org

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

- **1.855.339.9631** Enderby, Revelstoke, Salmon Arm, Sicamous, Sorrento, Skwlax

BC Lung Foundation

Expect that in-person Better Breathers' meetings will resume autumn 2022

<https://bclung.ca/peer-support>

1.800.665.5864

BC Responsible & Problem Gambling

When gambling isn't fun anymore, help is available all day, every day. See website for free, confidential, individual, and/or group counselling for problem gamblers, their families. www.bcreponsiblegambling.ca

1.888.795.6111 24 hour Helpline

BrainTrust Canada

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

www.braintrustcanada.com

11-368 Industrial Avenue, Kelowna

250.762.3233 1.888.762.3233

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

250.718.7039 Kelowna

250.675.3793 Salmon Arm

250.558.5026 Vernon, Armstrong,

Enderby, Salmon Arm, Sorrento

www.tcfcanda.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+, 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 6-7pm, Kalano Club, **2108 Vasile Road 250.801.9943**

- Kamloops, Mon. 7-8pm, Desert Gardens **554 Seymour Street** - far right door

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 10am-Noon at People Place www.ldabc.ca

250.542.5033 Nadiene

102-3402 27 Avenue, Vernon

Mental Illness Family Support Centre

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

<https://cmhavernon.ca/family-support-services>

300-3402 27 Avenue, Vernon

250.260.3233

Mesothelioma.net

Cancer support group dedicated to providing all the latest in research and aid. Has compiled fact-checked and physician approved information regarding this disease, how it affects the body, and how it can be treated www.mesothelioma.net

1.800.692.8608

Mood Disorders Association of BC

Treatment, support, education, 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 every addict has the chance to experience our message in his/her own language & culture, find the opportunity for a new way of life. See website for Thompson Okanagan meeting information www.bcrna.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 *continued...*

www.parkinson.bc.ca/resources-services/support-groups/

1.800.668.3330 ext. 228 Provincial Office

Prostate Cancer Foundation BC

<https://prostatecancerbc.ca/home/support-groups>

- Kamloops Support Group

250.376.4011 Larry Reynolds

- Kelowna Support Group

250.762.0607 Bren Witt

www.kelownaprostate.com

- Vernon Support Group

rpiasta@gmail.com Ray Piasta

Quit Now

Free, quit smoking program delivered by the BC Lung Association to help you to quit smoking or reduce tobacco and e-cigarette use. QuitNow has all the support services you need

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 8:30am-4:30pm

Stroke Recovery Association of BC

After Stroke BC is here to support you and your family. We will work to understand your needs and goals, and connect you to people, resources, services in your community. Our weekly virtual Stroke Recovery Program runs Fridays 11am-12:30pm. To speak to an After Stroke Coordinator, or to register for our programs, please email or call...

afterstrokebc@marchofdimes.ca

1.888.313.3377 ext. 6201

See our ad/article on page 43

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
www2.gov.bc.ca Search: Bus Pass Program
1.866.866.0800 Mon-Fri 9am-4pm. Press option 2, then 2, then 1

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**

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

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 *continued...*

www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc
1.800.661.2668 Automated service 24/7
1.800.663.7100 Health Insurance BC

VIA Rail Canada

Travellers 60+ save 10%, save another 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

• **Freemason Volunteer Drivers** provide transportation to Kelowna Cancer Centre
 Transportation from Kelowna airport, pick ups in Enderby, Vernon, Armstrong, Lake Country. Mon-Fri 24 hour notice required
<https://freemasonry.bcy.ca/textfiles/cancer.html>
1.800.299.0188 Freemasons

• **Gizeh Shriners of BC & Yukon**

For BC children requiring specialized procedures, accommodation, transportation, associated medical treatment. See website for details
www.bcshriners.com
1.800.661.KIDS Mon-Fri 9:30am-2pm

• **South Shuswap Rides**

Volunteer drivers take people, who no longer drive, to appointments in Salmon Arm, Kamloops, Vernon and Kelowna. Donations welcome to cover costs. Electric car. Volunteer drivers needed
 Call **250.463.4341** Mon-Fri 9am-5pm
<https://southshuswaprides.ca>

Web Resources

BC Transplant

With compassion, collaboration and innovation, we will save lives and offer hope through organ donation, transplant and research. 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

Dial 2-1-1 information and referral
604.875.6431 **604.875.0885** TTY

Canadian Institute of Stress

Science of Stress, Change and Productive Wellbeing. <http://stresscanada.org>

Great Senior Living

Living Options, Health & Wellness, numerous articles on abundance of topics. Making fitness a part of your daily routine. Beneficial exercise and activities exist for every age group and health & fitness level
<https://www.greatseniorliving.com/health-wellness/senior-exercise>

Seniors BC

A website for all older adults in the province to find resources for planning and living a healthy and active life as they age. Senior's families and caregivers will find great information here also. Healthy Aging, Financial & Legal matters, Elder Abuse Prevention, Fall Prevention, Health & Safety, Housing, Seniors' Guide, Transportation, Advance Care Planning, Home and Community Care
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.
<https://www.canada.ca> search for Programs and Services for Seniors

Before you criticize someone, you should walk a mile in their shoes. That way when you criticize them, you are a mile away from them and you have their shoes.

Jack Handey



2022-23

OLD AGE SECURITY & CANADA PENSION CHEQUE DATES

- | | | |
|------------------------|------------------------|------------------------|
| ■ Sep. 28, 2022 | ■ Oct. 27, 2022 | ■ Nov. 28, 2022 |
| ■ Dec. 21, 2022 | ■ Jan. 27, 2023 | ■ Feb. 23, 2023 |
| ■ Mar. 29, 2023 | ■ Apr. 26, 2023 | ■ May 29, 2023 |
| ■ Jun. 28, 2023 | ■ Jul. 27, 2023 | ■ Aug. 29, 2023 |

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.



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
- **Armstrong-Spallumcheen Parks & Rec.**
<https://rec.canlansports.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 M-F 8:30am-4:30pm
- **Enderby & District Chamber of Commerce**
<https://www.enderbychamber.com>
702 Railway Street
250.838.6727
- **Enderby & District Volunteer Fire Dept**
407 George Street
- **Enderby & District Museum & Archives**
www.enderbymuseum.ca
901 George Street (City Hall complex)
250.838.7170 Tue-Sat 10am-3pm

Falkland, Town of

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

<https://falkland-bc.ca>

- **Falkland Museum & Heritage Park**
Open daily early 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
- **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 M-F 8am-4:30pm

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
- **Shuswap Recreation Society**
www.salmonarmrecreation.ca
2550 10 Avenue NE 250.832.4044
- **Shaw Centre**
3 NHL ice surfaces, elevated walkway,
meeting rooms, restaurant, exhibition space
<https://www.salmonarmrecreation.ca/arena-info>
2600 10 Avenue NE 250.832.4044
- **Salmon Arm Chamber of Commerce**
www.sachamber.bc.ca
101-160 Harbourfront Drive NE
250.832.6247

Sorrento (unincorporated)

The Heart of the Shuswap. See website for attractions, tours, events, activities
www.sorrentocentre.ca 1.866.694.2409
1159 Passchendaele Road

Vernon, City of

www.vernon.ca

- **City Hall, 3400 30 Street**
250.545.1361 Mon-Fri 8:30am-4:30pm
- **Tourism Vernon** (Mobile Visitor Team)
www.tourismvernon.com
250.542.1415 Tue-Sat 8:30am-4:30 pm
1.800.665.0795 See our ad on page 69
- **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 Mon-Fri 8am-4pm

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 website 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

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 website for all programs/services and details
www.rdno.ca

9848 Aberdeen Road, Coldstream
250.550.3700 Mon-Fri 8am-4:30pm
1.855.650.3700

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 Visitors Centre

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 Skwlawx to the Little Shuswap

www.lslb.ca <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

743 Chief Neskonlith Drive, Chase, BC

250.679.3295 Mon-Fri 8:30am-4:30pm

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

Working together toward independence

www.splatsin.ca

5775 Old Vernon Road, Enderby

250.838.6496

Okanagan Nation Alliance

Alliance of eight Okanagan bands

Grand Chief Clarence Louie

www.syilx.org

101-3535 Old Okanagan 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/latest-news-and-updates

1.887.952.7277 RAPP 24/7 Hotline -

Report all Polluters and 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 a cell

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

www2.gov.bc.ca/content/environment/climate-change

1.800.663.7867 Service BC

Members of Legislative Assembly

- Greg Kylo, MLA Shuswap**
greg.kylo.MLA@leg.bc.ca
202A-371 Alexander Street NE
PO Box 607, Salmon Arm V1E 4N7
250.833.7414 1.877.771.7557
- Harwinder Sandu**
MLA Vernon-Monashee
harwinder.sandu.MLA@leg.bc.ca
B-2920 28 Avenue, Vernon V1T 1V9
250.503.3600
1.866.870.4189

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

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...



It is my honour to represent the people of the Shuswap in Victoria.
 Please call my office if you are in need of any assistance.



Member 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

www.servicebc.gov.bc.ca

1.800.663.7867 Mon-Fri 7:30am-5pm
7-1-1 TTY

• **250-455 Columbia Street, Kamloops**

250.828.4540 Mon-Fri 9am-4:30pm

• **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.

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

305-478 Bernard Avenue, Kelowna

250.861.7500 Mon-Fri 9am-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.canada.ca/en/revenue-agency/services/child-family-benefits.html

Canada Border Services Agency

General border services information; for in-depth information, speak to an agent Mon-Fri 4am-5pm PT

www.cbsa-asfc.gc.ca > 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-5pm PT

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 8-4

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 'Income & Securities Programs'

1.800.277.9914

1.800.255.4786 TTY

Indigenous & Northern Affairs Services

• Indigenous Services

• Crown Indigenous Relations & Northern Affairs

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

<https://www.canada.ca/en/indigenous-northern-affairs.html>

1.800.567.9604 Mon-Fri 7am-3pm

1.866.553.0554 TTY

Parks Canada

National parks protect representative natural areas of Canadian significance for public understanding, appreciation and enjoyment. Pet friendly places to stay, etc.

www.pc.gc.ca

1.888.773.8888 Information Services

1.877.737.3783 Reservation service

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

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

See my 'Greeting' on page 6

Passport Canada**106-471 Queensway, Kelowna**

Mon-Fri 8:30am-4pm

<https://www.canada.ca/passport>**1.800.567.6868** M-F 7:30am-8pm ET**1.866.255.7655** TTY**Service Canada**

Full service centres offering a mix of information and transactional services

• **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 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 Service provides free and confidential psychological support

that is available 24/7, 365 days a year.

Service is for all Veterans, former RCMP members, their families, and caregivers

Reach a mental health professional 24/7

1.800.268.7708 **1.800.567.5803** TTY

- 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 Weather, Alerts, Marine, Air Quality, Analyses and Modelling, Past Weather, About Weather, Canadian Centre for Climate Services

www.weather.gc.ca

- Consultations services are available **1.844.505.2525** for Marine Weather **1.844.508.2626** for Climate Weather

Weather Information - One-on-One

Telephone consultation service with an Environment Canada professional. Weekdays 5am-9pm, Weekends and Holidays 6am-6pm

1.888.292.2222**Weather Information - Plan Your Trip**www.hellobc.com/plan-your-trip/climate-weather**Hello Weather** Weather Information Local conditions, forecast, air quality

- **1.833.794.3556** Enter Code **08051** for Salmon Arm weather information
- **1.833.794.3556** Enter Code **08027** for Vernon weather information



MEL ARNOLD
Member of Parliament
Here To Help With Federal
Government Programs

- Citizenship, Immigration
- Seniors, CPP, GIS, OAS
- CRA, EI and more

MelArnold@parl.gc.ca
1-800-665-5040

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