



Proudly Presents New Westminster's 2nd Annual



Month Celebrations March 2012

Queen's Park Healthcare Foundation, in partnership with the Greater Victoria Eldercare Foundation, invites you to celebrate New Westminster's 2nd annual Embrace Aging Month in March. Make connections and discover valuable resources to help you navigate the journey of aging.

Whether you're a senior, caregiver, Baby Boomer or beyond these free workshops are for you. After all...we're all aging! Attend the whole series and discover a wealth of useful information to help you Be Well; Be Secure; Be Connected and Be Enriched.

EMBRACE AGING WORKSHOPS AT CENTURY HOUSE

All workshops will be held at Century House, 620 Eighth St, New Westminster on Thursday afternoons from March 1st to March 22nd. Attendance is free but you must pre-register to reserve your seat by calling 604-519-1066 and stating which talks you want to attend.

Thursday, March 1, 2012

Topic: Delegating Authority

Time: 1:00pm – 3:00pm

Presenter: Allison Catherwood, Associate with McQuarrie Hunter LLP

Session Description: Powers of Attorney and Representation Agreements: What are they? How do you make one or both? What powers and responsibilities do the Attorneys or Representatives have? Find out about new legislation which came into force September 1, 2011 and how it has changed the making of Powers of Attorney and Representation Agreements and its effect on those documents made prior to this new legislation.

Thursday, March 8, 2012

Topic: Connecting With The Person

Time: 1:00pm – 2:15pm

Presenter: Gwendolyn de Geest, RN, BSc, MA

Session Description: Participants in this session will discover that they are empowered in caring for their aging parents and also in caring for themselves. Gwendolyn will cover living with Dementia, maintaining a healthy brain, understanding the Dementia journey, communicating effectively and person-centered care.

Thursday, March 8, 2012

Topic: Services and Resources for Seniors

Time: 2:30pm – 3:45pm

Presenters: Kelly Friesen & Hina Lal, Seniors Services Society

Session Description: Bring your questions and join a lively Q & A about the services and resources offered by the Seniors Services Society throughout the local area.

Thursday, March 15, 2012

Topic: Fire Safety Prevention in the Home

Time: 1:00pm – 2:15pm

Presenter: Kathy Ius, New Westminster Fire and Rescue

Session Description: Test your knowledge of the myths and the truths about fire, fire safety around the home, smoke alarms, mobility challenges, escape plans and lifelines. Know what to do and know your neighbours so they know you!

Thursday, March 15, 2012

Topic: Financial Fitness for Over 50

Time: 2:30pm – 3:45pm

Presenter: Greg Nakano, CFP, G&F Financial Services

Session Description: Join Greg to learn about retirement planning tips and tax savings strategies for the 50+ crowd.

Thursday, March 22, 2012

Topic: What You Need To Know About Personal Safety & Home Security

Time: 1:00pm – 2:15pm

Presenter: Cst. Bruce Ballingall & Shelley Cole, New Westminster Police Crime Prevention Team

Session Description: This dynamic team will present an informative and interesting program addressing personal safety and home security. Included will be information on the top ten scams that are presently circulating in the Lower Mainland and when and why to call the police.

Thursday, March 22, 2012

Topic: Caring From A Distance

Time: 2:30pm – 3:45pm

Presenter: Wendy J. Scott, RN, BScN, MA

Session Description: With 13% of the Canadian population currently over the age of 65, many families are likely to be in a long distance caregiving situation either now or in the future. Family members thousands of miles apart are often forced to deal with long distance care issues. Nearly half a million Canadians have moved to care for someone with long-term illness or to be cared for by a relative or friend. Find out about your options and be prepared!



The Queen's Park Healthcare Foundation raises funds for the residents of Queen's Park Health Centre. For further information about Queen's Park Healthcare Foundation, please contact Jacquie Buchanan, Executive Director at 604-517-8661 or visit www.qphf.org

Embrace Aging Month in New Westminster is presented by Queen's Park Healthcare Foundation in partnership with Greater Victoria Eldercare Foundation. Thank you to our community partners and supporters and to our venue host Century House.

