

BURNABY • NEW WESTMINSTER
NEWSLEADER



As we age

Local organization Volunteer Grandparents helps provide a loving, supportive bond for children without grandparents nearby, and the benefits for participants run both ways.

PHOTO: MARIO BARTEL/NEWSLEADER

Maureen Hopper has been a volunteer grandparent to Radhika Patel for seven of her 10 years. They're preparing to go kayaking at Buntzen Lake.

Inside:

- Crossword
- Nurse in the Know
- Ask Eve

Harmony Court Retirement Community



Join the move to
Harmony Court Estate
and start living the good life!

Suites
starting at
\$1795!

Tours Available
7 Days A Week.

Call 604-527-3300
or 604-527-3323!


AgeCare.ca
Communities of
Care and Wellness

Harmony Court Estate
7197 Canada Way, Burnaby • 604-527-3300
www.harmonycourtestate.ca



TRASK DENTURE CLINIC
DENTURIST
 NOW ACCEPTING NEW PATIENTS

- B.P.S. Precision Complete and Partial Dentures
- Relines & Repairs

4616 Imperial Street Burnaby 604-437-7916

Warren Trask, RD

Cobbett & Cotton

LAWYERS

We Are Aware That You Want To Protect Your Family.

We will guide you towards the proper Will for your loved ones if anything happen to you.

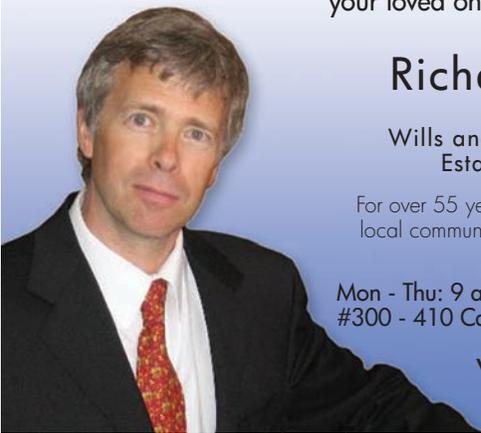
Richard F. Double

Wills and Estates • Powers of Attorney
 Estate Litigation & Civil Litigation

For over 55 years Cobbett & Cotton has served the local community and clients from all over the lower Mainland and abroad.

Mon - Thu: 9 am - 9 pm Fri & Sat: 9 am - 5 pm
 #300 - 410 Carleton Ave., at Hastings, Burnaby

www.cobbett-cotton.com
 (604) 299 6251



Out and About



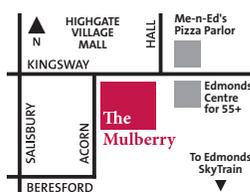
Where do you need to be today? Errands to run? Our weekly resident shuttle service takes you to and from local appointments.

Or how about a trip to White Rock for ice cream? The Mulberry residents attend the symphony, have dinner out, and picnic in the park – all in the company of good friends.

Let's go out together. Phone for your personal tour.

The Mulberry
 Retirement Residence

7230 Acorn Avenue
 Burnaby | 604.526.2248
www.themulberry.ca



Part of Pacific Arbour Retirement Communities



The Mulberry has received the industry's highest professional designation, the BC Seniors Living Association's Seal of Approval.

Voted "Burnaby's Best Retirement Residence"

As we age

Volunteer Grandparents making a real impact

By Nicole Clark
 CONTRIBUTOR

Seema Patel hit a low point in her life after the birth of her daughter, Radhika. Suffering from severe postpartum depression and coping with the loss of her mother to Lou Gehrig's disease when Radhika was only two, Patel felt as though she was in a black hole. That's when her social worker introduced her to an organization called Volunteer Grandparents.

"I thought it would be so nice if my daughter could have a relationship with someone from an older generation," said Patel.

Two and a half months later, just in time for Radhika's third birthday, she was matched with Maureen Hopper, a Burnaby nurse whose own daughter had a volunteer grandparent while growing up. Having had a child later in life, Hopper knew she wouldn't have grandchildren anytime soon, so she decided to become a volunteer.

Hopper knew as soon as she met Radhika that they were a great match.

"I couldn't have gotten a better kid. She's very loving and we have many of the same interests," said Hopper. "We've been very



MARIO BARTEL/NEWSLEADER

Maureen Hopper has been a volunteer grandparent to Radhika Patel for seven of her 10 years.

compatible right from the beginning."

Volunteer Grandparents is a Burnaby-based non-profit organization which serves the Lower Mainland. The organization was founded by social worker Marjorie Anderson in 1973 with the goal of bringing together

people of grandparenting age with children who don't have the immediate presence of grandparents in their lives, said Veronica Grossi, program coordinator. The organization offers the family match program, where volunteers over 50 are matched with a child who has no access to

natural grandparents and is aged three to 14. Volunteer grandparents can have their own natural grandchildren and must commit to spending two to four hours a week for one year with the new child. The organization also has a school-based program, where volunteers go to elementary schools for one-to-one reading time with children. The organization may be small, with approximately 35 grandparent volunteers, but has had a significant affect on the families it serves.

When Patel met Hopper, she was in an abusive relationship and felt ostracized by her community for wanting to leave her husband. Patel said that Hopper empowered and encouraged her to end the relationship, even when her friends and family told her not to.

AMERICA'S FAVORITE COMFORT SHOES

Pamper your feet this summer

Huggy Women's Duo Women's Timeout Men's

"Comfort in different widths."

Made in USA

astep ahead FOOTWEAR

"Your Favourite Shoe Store."

Metropolis @ Metrotown (Upper level near Zellers) Burnaby 604-437-5600

Woodgrove Centre Nanaimo 250-390-2821

www.astepaheadfootwear.com

As we age



NURSE IN THE KNOW

Tips for end-of-life care

Question: What is palliative care?

Palliative care provides relief to a terminally ill person through symptom management and pain management. The goal is not to cure, but to provide comfort and maintain the highest possible quality of life for as long as life remains. Palliative care also provides social, cultural, emotional and spiritual support. Palliative care may be delivered in a hospital, a hospice or at home.



Wendy Scott

You remain valuable to them. To ensure that your wishes are honored, planning is essential. Discuss your wishes with family, loved ones and caregivers. Make sure you have a will.

Q: How can family and friends help?

Try to be yourself

People are sometimes nervous about talking to individuals with life-threatening illnesses. Nervousness often revolves around whether to acknowledge or ignore the seriousness of the illness when talking to the individual. Be yourself

and be open to talking about whatever the patient brings into the discussion.

Listen carefully

Patients will likely lead conversation away from subjects that make them uncomfortable. Let the patient control where the conversation is heading and recognize hints they give that signal they no longer want to talk or need a rest.

Visiting with the patient

Ask friends to call the patient or family members before arriving to see if it is a good time to visit. If the person is in advanced stages of illness, inform visitors that short visits (20-30 minutes) are best.

Caring for the patient

Ask the patient if there is anything extra you can do for them or bring them to make them feel comfortable.

Emotional support

Express your feelings for the patient before they die. Tell them you love them or write a letter if you cannot speak with them directly.

Encourage the patient to talk about all the beneficial things they did in their life. Reminisce together.

Source: www.virtualhospice.ca

■ Wendy J. Scott (RN, BScN, MA) is the owner and director of human resources of Nurse Next Door's Burnaby/New Westminster/TriCities office. Reach her at 604-268-6262 or wendy@nursenextdoorburnaby.com.

AFFORDABLE HOUSING FOR SENIORS



BACHELOR SUITES AVAILABLE

Affordable bachelor suites available for rent in a senior-oriented building. Conveniently located in Burnaby near transportation, shopping, medical services and community centre. Subsidized rent includes heat, light and cablevision. Fabulous views and beautiful gardens along with an active social program make these suites desirable for seniors.

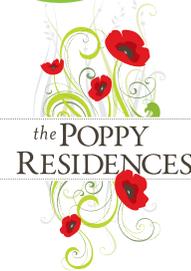
For more information and an application form call 604-527-6000, Local 281

Office Hours: Monday to Friday 8am-4pm



We call it Home

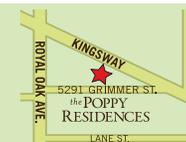
Rock and Roll Ice Cream Social
Aug 15th
Call to register.



Come and Enjoy:

- 1 Bedroom and 1 Bedroom + Den
- Suites with Balconies • 24/7 Security
- 5 Star Meals • Poppy Bus Outings
- Active Recreation Calendar
- Wellness & Social Events
- Housekeeping • Guest Suite
- Access to the Legion Club 83 Activities
- Near Metrotown and services

Call Eve or Cheryl for your personal tour.



5291 Grimmer St., Burnaby
604.568.5563
thePoppyResidences.com



Denture CLINIC Henry NG

R.D. Denturist
Dental Mechanic Since 1979

Complete Denture Service
Partial & Implant Denture
Reline - Repair - Soft Liner
Free Consultation, Senior Discount
ALL Dental Plans Accepted
Conditionally Guaranteed

604
522-1848
442 - 6th Street
NEW WESTMINSTER
(Bus #106)

5412 A
Imperial Street
BURNABY
(Royal Oak Skytrain)



Making lives better
one visit at a time.

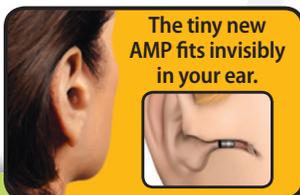
BURNABY & NEW WESTMINSTER
Call 604-268-6262

www.nursenextdoor.com

Nurse Next Door™
Home Healthcare Services

Introducing AMP, the invisible hearing aid you can afford.

You've never seen anything like it. AMP is designed to fit snugly inside your ear canal, where no one can see it. It's comfortable and easily removable, so you're in control of your hearing. And at \$550 each + no HST, you're in control of your budget, too. If you've been waiting for a more affordable alternative to custom hearing aids, it's time to discover AMP, the hearing aid for people who aren't ready for a hearing aid.



The tiny new AMP fits invisibly in your ear.



Susan Thacker, M.A.
Audiologist, Aud(C), CCC-A
26 years experience

Experts make the difference.

Not hearing all that you should?

Hearing screenings and complete diagnostic assessments available.

Need a hearing aid?

Styles, brands and price ranges to suit your style and budget.

Purchase with confidence

100 day, 100% satisfaction guarantee on all hearing aid models.

Musician hearing protection We can help!

Various solutions and options available.

Play. Protect. Perform.

Custom earmolds for iPod, noise protection, swim and sleep.

We welcome all 3rd party insurance including DVA, WCB and NHIB

Complimentary Hearing Tests



Expert Hearing

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

To learn more about hearing, hearing loss and tinnitus, visit www.experthearingsolutions.com

Burnaby North Hearing Services
604.444.9115
255 - 9600 Cameron St.
In Lougheed Plaza

Port Moody
604.461.4327
340 - 221 Ioco Road
Heritage Mountain Shoppers Village



BBB Rating A+

© TM Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and Expert Hearing



Mayor Wayne Wright with residents Joan, Ray, and Betty during the BC Seniors Week events held at Thornebridge

649 - 8th Avenue, New Westminster, B.C.



SENIORS RETIREMENT COMMUNITY

Live Life to the Fullest
The independence you want with the services you need

For information or to book a tour please call:
Debbie Clarke at 604.524.6100

www.thornebridge.ca



No one can see how well you hear

Lyric

The contact lens for your ear.

Invisible. Effortless. 24/7.

Lyric is the first completely invisible, extended wear hearing aid. It requires no handling at all and remains in the ear up to four months. The hearing care professional positions Lyric deep in the ear canal for outstanding sound quality. www.phonak-lyric.com

PHONAK life is on

Find out if the Lyric is right for you. Please call our office for an appointment with a Registered Audiologist.



#514 - 2525 Willow Street (at Broadway) Vancouver, B.C.
willowinfo@widhh.com www.widhh.ca 778-329-0870

OTHER LOCATIONS

Kitsilano:
2125 West 7th Avenue,
Vancouver
604-736-7391
info@widhh.com

Tri-cities:
260 - 2755 Lougheed Hwy,
Port Coquitlam
604-942-7397
tricitieinfo@widhh.com

As we age

More 'grandparents' needed

CONTINUED FROM PAGE A12

"Maureen opened our eyes to female power. She taught us that healthy self esteem frees you from the judgement for others," said Patel.

"She gave me the courage to leave him."

The idea of female empowerment has been passed on to Radhika, who wants to be a doctor or veterinarian, said Patel, adding that Hopper has opened Radhika's eyes to many things she may have not otherwise experienced.

Radhika, who is now 10 years old, says she loves skiing and kayaking with her "Granny." They live a seven-minute drive from each other and enjoy time

"My Grannie is really special and she's really kind. I love her."

Radhika Patel

"Radhika is such a sweet girl. I have gotten far more out of this than her, she has been such a joy to be around," said Hopper.

"I have a hard time being out of town a few days because I miss her."

Hopper encourages those of grandparenting age to become volunteers with the organization, which has a waitlist of families hoping to be matched with a grandparent.

Radhika feels lucky she has Hopper in her life and has only positive things to say about her granny.

"My Granny is really special and she's really kind. I love her."

together at least once a week. Patel says Hopper is there for all holidays and birthdays, and also goes to watch Radhika perform traditional Hindu dances.

The Inn Crowd

by Barbara Olson

Across

1. "There once ___ ..." (limerick words)
5. Musical scales, e.g.
11. Sales agent, in brief
14. Airline to Haifa
15. Twin-blade razor
16. Young' ___ (tots)
17. Canadian W.W. I flying ace
19. They're "ah"-inspiring?
20. Pays bills on-line
21. Hamburger's article
22. "... hot in here ___ it just me?"
23. Ready to bake, as bread dough
24. *Corner Gas* writer and star
26. Stan's nickname on *Barney Miller*
28. Queen's rule
29. Mounted Police, for short
32. Dwindle in strength
34. Sneering pessimist
37. Cartoon lightbulb
39. Homey lodging, or what is found in the four longest puzzle answers
42. Emperor with a fiddle
43. Latish lunch hour
45. Lose on purpose?
47. Non-elective coll. course
48. Cul ___
51. Kerfuffles
53. Swedish five-time Wimbledon champ
56. Philatelist's interest
60. ___-chef
61. "... girl ___ boy?"
62. University in Wolfville, NS
63. Bach's "Mass ___ Minor"
64. Former *As It Happens* cohost
66. Costa ___ Sol, Spain
67. Like B.C.'s Fraser Valley, eg.
68. King of Stratford?
69. End to many languages
70. Flies by the seat of one's pants
71. Other than

Down

1. Sicamous-born NHLer Shea ___
2. "I was with him," for one
3. Rooms in a *casa*
4. Just-out, in adspeak

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15							16		
17			18								19		
20					21				22				
23					24				25				
			26		27		28						
29	30	31		32		33			34			35	36
37			38		39		40	41		42			
43				44		45			46		47		
			48			49	50		51		52		
53	54					55			56		57	58	59
60					61			62					
63				64			65						
66				67							68		
69				70							71		

5. Horse bettor's hangouts, briefly
6. Cry in Québec
7. Focus of the Braidwood Inquiry
8. Needing more kneading, perhaps?
9. Quints' name
10. Drink hot tea
11. Liquor smuggler
12. Make an ex?
13. Hissed "Hey!"
18. Informal "Catch my drift?"
22. Delivery person
24. ___ fide (authentic)
25. Half a mint?
27. Elbow in the ribs
29. Grande opening?
30. Part of 29-Across: Abbr.
31. Have blurred vision
33. Fairy tale finisher
35. Foul temper
36. French fowl served *au vin*
38. Monkey-see-monkey-doers
40. Meas. from corner to corner
41. Pepsy's last word, often
44. Certain web messenger
46. Title role in a Puccini opera
49. Captain's call, with "all"
50. Pony pen
52. Well-balanced
53. Flipped LP
54. Maritime comedienne Cathy
55. Synagogue head
57. Challenge to ___ (fight like a knight)
58. King with the golden touch
59. Military "Father"
62. Mars' Greek counterpart
64. Ovine whine
65. Priest's robe

ANSWERS IN THE CLASSIFIEDS