

Health Fair 2015

Sat, May 9, 2015

St. Agnes' Anglican Church

SHAPE OF THE DAY

Time	Event	Presenter	Location
8:30	Registration/coffee		Social Hall
8:55	Welcome/Overview		Church sanctuary
9:00	Hearing Loss	Daryl Houghton	Church sanctuary
9:45	Stretch Clinic	Registered Massage Therapists' Association	Church sanctuary
10:00	Mental Health	Dr. Arvind Kang	Church sanctuary
10:45	Break		Social Hall
11:00	Yoga session 1 begins	Khatun Damji	Church sanctuary
	Booths open	Various organizations	Social Hall
	Hearing screening begins	Hear at Home	Rice Room
11:20	Yoga session 2 begins	Khatun Damji	Church sanctuary
1:00	Booths close		Social Hall

8:30-1:00 pm

530 East 12th Street, North Vancouver

Email anglican.lutheran.health@gmail.com for information

HEALTH FAIR 2015

St. Agnes' Anglican Church, 530 East 12th Street, North Vancouver BC V7L 2K4



Daryl Houghton **Keynote Speaker**

Daryl Houghton is a well-known representative for Phonak, a hearing aid manufacturer. He has extensive experience in the field of hearing loss and assistive listening devices. He will discuss the identification and implications of untreated hearing loss. He will demystify the questions around hearing loss and explain the cause and treatment of this issue prevalent in a large percentage of the population.



Dr. Arvind Kang **Keynote Speaker**

Dr. Arvind Kang, MBBS, FRCPC, FRCPC (Geriatric psychiatry), is a geriatric psychiatrist and a clinical associate professor at UBC, Faculty of Medicine. She is the clinical manager of the Older Adult Mental Health services and works at the HOpe Centre in Lions Gate Hospital. She also works in the community as part of the older adult mental health team. She worked as a general practitioner in Newfoundland and completed her residency at the Memorial University of Newfoundland. She did a Fellowship in geriatric psychiatry and trained in sleep medicine at UBC. She now works in general and geriatric psychiatry. She is involved in teaching of medical students, residents and fellows. She has been recognized for being an innovative clinician and for excellence in teaching.

Dr. Kang will talk about mental health in all communities, the need for transparency and reduction of stigma for those suffering with mental health as well as those who have family members or friends with mental health issues.



Canadian Hard of Hearing Association

Dedicated to improving communication skills and the quality of life for the hearing impaired.

SERVICES

What we offer to hard of hearing individuals and the people in their lives:

- * Sound Advice daytime workshop, September through June. The best place to begin to learn about hearing loss
- * Evening educational presentations with guest speakers and experts (all welcome, fully accessible)
- * Consultations on Technical and Hearing Issues
- * Information about hearing aids, technology, coping strategies, self-advocacy, community resources
- * Speaking engagements to community groups
- * Input into disability initiatives and projects on the North Shore

Hugh Hetherington Tel: (604) 926-5222
 Webmaster chha_nsb@telus.net
 Mike Hocevar President

Canadian Diabetes Association

Vision: A world free of the effects of diabetes.

Mission: To lead the fight against diabetes by:

- * Helping those affected by diabetes to live healthy lives
- * Preventing the onset and consequences of diabetes
- * Discovering a cure

In the ongoing fight against diabetes, here's how we help:

- The CDA's programs, education and services support people living with diabetes in their daily fight to live as well as possible with diabetes;
- The CDA's world-leading Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada represent the best evidence-based direction for health-care professionals;
- The CDA's funding ensures Canadian researchers remain at the forefront of diabetes breakthroughs. Since 1975, the CDA has invested more than \$125 million in leading-edge diabetes research; and,
- Advocacy efforts have led governments to develop policies that respect the rights of people living with diabetes and access treatments they need to live healthy lives.

360-1385 West 8th Avenue, Vancouver, BC
 Tel: (604) 732-1331 or 1 (800) 665-6526 ext. 250



Canadian Mental Health Association

CMHA The Canadian Mental Health Association (North and West Vancouver Branch) offers clinically directed services for adults, youth and their families. Services and programs include;

- * STEPS Youth Recreation Program - a youth recreation program supporting young people who experience anxiety and depression
- * Homeless Outreach - connecting homeless individuals with income supports, housing and with other community resources
- * Bounce Back - a facilitated program designed to help adults experiencing symptoms of mild to moderate depression, low mood, stress and/or anxiety.
- * Employment Services - supported job search coaching through WorkBC
- * Counselling and Support - short-term, low-cost, confidential, one-to-one support for youth and adults living on the North Shore. Sessions are conducted by clinically supervised Masters Level Counselling Psychology students.
- * Supportive Housing - in partnership with Community Psychiatric Services, our houses provide rehabilitation, recovery and stabilization to men and women on the North Shore.

CMHA is committed to client-centred care, providing specialized and professional services that engage and support people during key transitions times and issues with their Mental Health and Addiction.

Canadian Mental Health Association, North and West Vancouver Branch

211-260 West Esplanade, North Vancouver BC V7M 3G7

Tel: 604-987-6959 ext 229

<http://www.northwestvancouver.cmha.bc.ca/>



Hear at Home

Hear at Home Mobile Hearing Clinic is dedicated to providing high quality service and products by qualified Registered Hearing Instrument Practitioners. From your grandchild telling you about their day at school, to a conversation in a busy restaurant; we depend on our sense of hearing to understand and communicate. Hear at Home's utmost goal is the satisfaction of our clients; our only wish is to improve your hearing or that of someone you love, with affordable hearing aids and through compassion, understanding and exceptional service.

We believe that by testing individuals in their own environments we are able to make an assessment of individuals and "their real life listening needs." Our service is unique in bringing professional hearing help services right to your door.

Contact:

Jennifer Abbott
 BC Licensed Hearing Aid Practitioner
 149-1233 Lynn Valley Road
 North Vancouver, B.C. V7J 0A1
 Tel: (778) 340-1101
www.hearathome.com



Heart & Stroke Foundation of BC & Yukon

Our vision:

Healthy lives free of heart disease and stroke.
Together we will make it happen.

Our mission:

- **Prevent disease**
 - Give children and youth the best start for a long, healthy life
 - Empower Canadians to live healthy lives
- **Save lives**
 - Enable faster, better cardiac emergency response and treatment
 - Enable faster, better stroke response and treatment
- **Promote recovery**
 - Enhance support for survivors, families and caregivers

Our values:

- A passion for health
- Making a difference
- Learning every day
- Being extraordinary together
- Embracing diversity

We achieve our mission through:

- Investing in life-saving research
- Advocating for healthy public policies
- Partnering with stakeholders
- Engaging Canadians to make health last
- Ensuring health equity

www.heartandstroke.bc.ca/

HOpE Centre

The HOpE Centre vision embraces the belief that recovery is possible and focus upon improving the lived experience of those with Mental Health issues. We strive to deliver services, support, and programs promoting recovery oriented practice within our system of care. We believe in a foundation of care with the supporting pillars of Family & Client Centred Care, Trauma Informed Practice, and Cultural Competence.

Services available:

- ✱ Psychiatric inpatient services
- ✱ Adult community mental health services
- ✱ Kelty Patrick Dennehy Resource Centre
- ✱ Blenz Coffee shop owned and operated by CMHA

1337 St. Andrews Avenue
North Vancouver, BC
Tel: 604-984-5000



Khatun Damji

Khatun is a registered yoga teacher (RYT). She teaches general yoga and chair yoga to seniors. She is also a certified PCY (Pain Care Yoga) teacher for chronic pain resulting from previous illness, injury, and emotional pain. She provides workshops in Gentle Yoga for Chronic Pain in West Vancouver and in other requested locations.

Why is Yoga so fulfilling for me?

I suppose the answers are the same as from many people around the world who practice yoga. Yoga is a single comprehensive system which reduces stress and promotes relaxation; increases flexibility, balance, and strength; strengthens bones; lifts mood; reduces blood pressure; promotes oxygen supply, and many more benefits. Yoga is a path that is universal. It is a method.

If you are new to yoga, welcome to the ancient science of yoga. If you are already practising yoga, there is a lifetime's learning from it if you so desire. Yoga is a method of strengthening mind-body connection, and developing spiritual growth. It is a way of quietening the mind through physical movements and breath.

The effect of wellness on mind, body, and spirit is felt sooner by some, and perhaps not so quickly by others. As one 90 year old woman practitioner said: "don't ask what it does for you, just do it and feel it".

604 922 6418.
www.lifespringnutrition.ca

Natural Health Living

As a Natural health consultant I am offering a combination of different natural healing modalities to balance the state of health and well-being in my clients. My goal is prevention of illness and chronic disease as well as management of disease with individualized nutritional, supplement and herbal treatment plans, with Ayurvedic medicine as well as homeopathic remedies. For nutritional, supplement and herbal treatment plans the whole person as well as specific health concerns (e.g. diabetes, heart disease, arthritis) will be considered. Homeopathy is an individualized energy medicine that can work on many levels. Lower potency remedies can balance nutrient deficiencies, detox, optimized organ functions and can be used for first aid purposes. A constitutional remedy in classical homeopathy will strengthen the vital force and can solve a multitude of health concerns at once. Herbs are like special foods with therapeutic properties. Even herbs carry energy as their therapeutic action is also dependant on the person's personality or energetic nature. Ayurveda differentiates between three primary life forces in the body, the so-called doshas. When out of balance those doshas can be causative in disease processes. Ayurveda can balance those doshas with lifestyle advise including oil massages, nutrition and targeted herbs.

Dr. Ute is a Registered Herbal Therapist, homeopath a Doctor of Natural Medicine and a registered member of the Examining Board of Natural Medicine Practitioners (EBNMP™). All EBNMP™

DNM® members adhere to the World Health Organization's Benchmarks for Training in Traditional / Complementary and Alternative Medicine.

Ute Adolphs
 Natural health consultant - DNM® (Doctor of Natural Medicine), PhD, RHT (Registered Herbal Therapist), homeopath (HMC)
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Philips Lifeline

Lifeline is the medical alert button worn as a waterproof bracelet or pendent. With the press of a button help is sent by trained Lifeline Associates 24 hours a day. Our “auto alert” button can recognize that a fall has occurred even if the wearer is unable to push the button. North Shore Lifeline in partnership with Vancouver Coastal Health and Lions Gate Hospital provides support for seniors who choose to age in place so that they can live more confidently in the comfort of their own homes.

Contact:

North Shore Lifeline Tel 604-873-5266
 Community Representative: Kathy Welch
 604-787-8907
www.lefeline.ca



Phonak

Our philosophy:

All our efforts focus on people. In our close cooperation with hearing care experts around the world, we want to give our customers the confidence to lead active lives. We produce modern technology and versatile products that offer a life without limitations.

Contact:

Daniel Paccioretti
Daniel.Paccioretti@phonak.com

Daryl Houghton
Daryl.Houghton@phonak.com

Phonak Canada
 80 Courtneypark Drive West, Unit 1
 Mississauga, ON L5W 0B3

Cell: 604 837 5004
 Toll Free: 1 800 876 1167 x4846
 Fax: 604 525 5064
 Email: daryl.houghton@phonak.com
www.phonakpro.ca



Registered Massage Therapists' Association of BC

(RMTBC) is non-profit Association for Registered Massage Therapists in British Columbia. RMTs in BC are trained in:

1. The assessment and diagnosis of soft tissue and joints of the body
2. The treatment and prevention of injury, pain and physical disorders

RMTs are dedicated to treating your symptoms of pain and dysfunction, including the underlying causes. Massage therapy can provide relief for many common conditions such as headaches, whiplash, pregnancy, arthritis, osteoporosis and sports injuries to mention a few as well as many other common conditions related to soft tissue and joint dysfunction.

Registered Massage Therapists' Association of British Columbia

180, 1200 W. 73rd Avenue
Vancouver, BC V6B 6G5

Tel: 604-873-4467

Cell: 604-317-9005

Email: info@rmtbc.ca

www.massagetherapy.bc.ca

North Shore Chronic Disease Services

Our Vision: Using a client-centred approach our multidisciplinary team of health care professionals assist clients in living well with chronic conditions by providing education, self-management support and connections to other available programs & services in the community.

Our Mission: To support North Shore clients in the prevention and management of chronic diseases by increasing awareness, reducing barriers to care, improving continuity of care across services, and providing self-management support in order to help prevent complications and avoid unnecessary emergency visits and hospital admissions.

Our Team at Today's Event: Sharron O'Brien, a Registered Dietitian who provides nutritional counselling services for all types of diets and ages, can answer your nutrition questions and provide you with relevant information and resources. Speak to Sharron or Christina Kwan, a dietetic intern, to learn about our Healthy Heart, Eating & Exercise program for prevention and management of high cholesterol, blood pressure and weight, and the Bodysense program for weight management. BCIT Student Nurses, Elnaz Boloogh, Kim Stefanison and Emily Oates, will work alongside Sharron to help assess your personal risk of diabetes and offer blood pressure checks.

Our Clinical Programs & Services include:

- Asthma Education, BREATH Respiratory Rehabilitation, Cardio-metabolic/Cardiac Rehab Program, Chronic Disease Nurse Coordinator, COPD Education, Pre-diabetes & Diabetes Programs (English and Farsi), Diabetes Foot Care Clinic, Nutritional Counselling Program & Tobacco Cessation

West Vancouver Community Centre
2nd Floor, Room 241 - 2121 Marine Drive, West Vancouver
Tel: (604) 984-5752
www.healthconnectbc.ca



North Shore Older Adult Mental Health Team

The North Shore Older Adult Mental Health Team’s Mission is to provide community based mental health services to improve quality of life of Older Adults (and their caregivers), who are vulnerable due to a combination of psychiatric, medical and social factors and therefore require the service of a interdisciplinary team, including consultation and support to collateral service providers and/or caregivers.

We see individuals age 65 and over living in the community who require an interdisciplinary team and meet one or more of the following criteria:

- ✱ A cognitive or progressive memory disorder with associated behaviour management problems
- ✱ A recently developed serious mental illness and physical and functional decline
- ✱ A severe and persistent mental illness with cognitive, physical, or functional decline
- ✱ A mental illness co-occurring with misuse of alcohol, prescription medications, or other drugs

#350-145 West 17th St.
North Vancouver, BC
Tel: 604-982-5600

North Vancouver City Fire Department

The North Vancouver City Fire Department (NVCFD) is committed to protecting life, property, and the environment. With 54 dedicated members to serve the City's approximately 48,000 citizens, the NVCFD works to ensure the safety of all who work and live in the community.

For information on the various services provided by the City's Fire Department, including preventive measures and treatment tips to safeguard you, your family, please visit <http://www.cnv.org/fire>

Contact Info
Emergency Services
Tel: 9-1-1

Non Emergency Services
Tel: 604-980-5021
Email: fire@cnv.org

1110 Lynn Valley Rd, North Vancouver, BC