LEGACY BULLETIN

Legacy Senior Living - The Leo Wertman Residence | Volume 4 Issue 6 June, 2016

JUNE HEALTH & WELLNESS EVENTS

June 7th - 2:00 pm to 3:00 pm

"Foods & Nutrients for Glowing Skin" *with Holistic Nutritionist & Founder of HEAL, Mandy King.*

Learn the top foods that are causing skin problems; what nutrients help reduce skin inflammation; natural relief for rashes and other common skin conditions; and nutrients to boost overall skin health. *(Free event for senior adults & family members. Pre-registration is required by June 5th)*

June 21st - 2:00 pm to 3:00 pm

"Senior Health - It's Never Too Late to Feel Better" *with Naturopathic Physician, Dr. Reuben Dinsmore, ND*

So what is it about getting older that ages us so much? Is this process unavoidable? Dr. Dinsmore discusses how aging affects different body systems and what we can do to diminish it. *(Free event for senior adults & family members. Pre-registration is required by June 19th)*

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- *"Father's Day BBQ Dinner Buffet - June 19th*
- *"Senior Health - It's Never Too Late to Feel Better" Wellness Session- June 21st*
- *HEALTH & WELLNESS FAIR - June 25th*
- *"Talking With Your Parents About Lifestyle Options" Session - June 28th*
- *Your Financial Fitness Check - Financial Planning Consultation Services - Now Available On Location at Legacy - See Details Inside.*

Dr. Reuben Dinsmore MSc., ND

At each stage of life, we face different health challenges. But the stage of life that is becoming more and more important, health-wise? The senior years.

People are living longer than ever nowadays. Our average life expectancy in Canada is now 82.4 years, an increase of 5 years just since 1986. Advances in medicine play a big part in this improvement – however, just because we're living longer, are we still living well?

So what is it about getting older that ages us so much? And is this process absolutely unavoidable?

Let's look at how aging affects different body systems and what we can do to diminish it.

Join me on June 21st from 2 pm to 3 pm to learn more because

"It's Never Too Late To Feel Better"

JUNE HEALTH & WELLNESS EVENTS (CONT'D)

June 25th - 1:00 pm to 4:00 pm

Health & Wellness Fair - Mind, Body & Spirit

Join us in our commitment to promoting healthy and active lifestyles! Learn more about an integrated approach to achieving and maintaining a state of optimum health & well-being.

Enjoy an afternoon of:

- Health & wellness education and resources
- Wellness demonstrations and activities by our certified training experts;
- Free health screenings
- Financial Planning Fitness Check - Complimentary Consultations
- Browse on site exhibitors and vendors;
- Nutritious snacks & refreshments
- Entertainment by Willy Blizzard Duo
- Prize Draw

No charge to attend. Open to senior adults and family members. Pre-Registration required by June 22. Please call 604.240.8550.

FAMILY WELLNESS - QUALITY TIME

June 19th - 4:30 pm to 7:00 pm

Quality Family Time Is Good for the Spirit! - Treat Dad to a "Father's Day BBQ Dinner Buffet" *in our Ash Street Bistro.*

Chef Rob is preparing all your barbeque favorites - corn on the cob, rotisserie chicken, pork loin chops, the finest Wild BC Salmon, marinated hanger stead, salads, and desserts…is your mouth watering yet? **Visit our website for our full BBQ Menu.** Reservations required by June 15th to 604.240.8550.

Adult Guests: $38* Children 12 and Under $12

* Excluding wine & spirits

Stephanie Chan
Lifestyle Transitions Advisor & Owner of Home to Home Advisory Services

home to home advisory services

"Join me on June 28th at 6:00 pm and let's get the conversation started!"

Financial Planning Fitness Check With

Steven Vu
Associate Investment Advisor
CIBC Wood Gundy The Pravin Kumar Group

June 28th - 6:00 pm to 7:00 pm

"Talking With Your Parents About Lifestyle Options"

With special guest ***Stephanie Chan,*** *Lifestyle Transitions Advisor and Owner of Home to Home Advisory Services.*

As adult children, we all want the best quality of life possible for our parents in their senior years. Talking to your parents about planning for their future can be daunting. Join us and learn when and how to start the conversation.

Stephanie will share her expert tips and advice on:

- When and how to start the conversation about lifestyle options
- What you should know before the talk
- The importance of planning ahead and what to plan for
- How to Deal With Resistance
- Status Quo Versus Contingency Plan
- Advice on Being Proactive
- Professional Services Available to Assist You
- Questions & Answers

No charge to attend. Space is limited. Pre-registration is required by June 26th. Please call 604.240.8550.

Tuesdays & Thursdays 9:00 am to 12:00 pm

Financial Planning Consultation Services By Appointment *with Steven Vu, Associate Investment Advisor with* ***CIBC Wood Gundy - The Pravin Kumar Group.*** *(on location at Legacy in the Business Centre)*

Complimentary Consultation Process available to new clients– 1. Initial Meeting & Consultation 2. Financial Plan & Review - Draft Copy 3. Recommendations & Next Steps

Please contact Steven Vu at 604.499.8111 for more information or to book your appointment.

CIBC Wood Gundy | The Pravin Kumar Group

"The Retirement Dilemma - Buying Versus Renting Your Next Home"

By Steven Vu, Associate Investment Advisor, CIBC Wood Gundy - The Pravin Kumar Group

If you are a retiree considering lifestyle choices, debating whether to buy or rent your next home is very likely a top consideration on your mind. Not to worry - you are not alone.

Although this has been an ongoing discussion for many years, the decision is now harder than ever to make among new renters and homeowners.

With the recent spike in Vancouver's hot real-estate market, many are considering if they should sell their homes now and downsize. Others are wondering if it's the right time to buy when real-estate is so expensive. But one thing is for sure - everyone is still nervous and uncertain of what to do next. It is crucial to consider all the pros and cons when making the best decision for you and your family.

In partnership with *Legacy Senior Living*, our group was pleased to have the opportunity to host an information session on the topic of *Buy vs. Rent*, just this past April. To our surprise, the event was booked, and we were met with a full audience that was prepared with notes and questions to ask about all the important things that worried them.

From our open discussion, It became apparent to me the **3 main worries** that people had.

To read more, please visit www.legacyseniorliving.com

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Visit www.legacyseniorliving.com to sign up for our E-Bulletin

About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

Contact Us

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