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Thursday, November 10th 3pm-5pm

The torches are lit, the theme is set we're having a Luau you'll never forget!

Hula on over to Legacy Senior Living for an afternoon of party fun and traditional Hawaiian dance and musical entertainment.

Limbo anyone? How low can YOU go? Prizes for most limber and best Hawaiian dress.

3:30 pm to 4:00 pm

A special dance performance by the *Wailele Wai Wai Dancers*



5:00 pm to 7:30 pm

Hawaiian Buffet

** Reservations Required*

Adult Guests \$38

Children 12 & Under \$12



**Tiki Cocktail
Specials**

Don't forget your Hawaiian shirt and Hula skirt. We'll provide the leis!



RSVP by November 7th to 604.240.8550

November Events Calendar



Forgetfulness is a natural part of aging - but how do you know when it becomes a problem and what can you do to reduce your risk?

Alzheimer's Disease is just one of many causes of dementia, which currently affects over half a million Canadians. This number is expected to double in less than 20 years.

Many causes of dementia are reversible, and new treatments for Alzheimer's are showing very promising results.

Join Dr. Dinsmore November 1st for this informative session to learn more.

*Yaletown Naturopathic Clinic
218-179 Davie St.
Tel: 604-235-8068*



November 1st - 2:00 pm to 3:00 pm

Wellness Session: Dementia & Alzheimer's Disease

*Recognition, Prevention and Treatment Options with Naturopathic Physician, **Dr. Reuben Dinsmore, ND***



Join Dr. Dinsmore for a discussion on:

- How to recognize the difference between dementia and normal aging;
- Reducing your risk for developing dementia and Alzheimer's Disease;
- Current and emerging treatment models and more.

Pre-Registration is required by October 28th. Limited seating is available. Call 604.240.8550 to reserve your seat. No Charge for Senior Adults 55+ (\$30 Value)

<http://www.yaletownnaturopathic.com>

November 15th - 2:00 pm to 3:00 pm

Information Session: Charitable Giving for Seniors

*With **Chadwick Walker**, Investment Advisor with Odlum Brown Limited*



Learn how to:

- Make the most of your charitable donations;
- The benefits of donating shares versus cash;
- Research the impact of your gift;
- Spot and avoid possible scams

Whether you plan to leave a legacy or want to be more involved with causes dear to your heart, this is a session you don't want to miss.

Open to senior adults 55+ and family members. No charge to attend. Pre-Registration is required. Please call 604.240.8550 by November 13th.



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November Events Calendar



According to the Canadian Arthritis Society, over 4.6 million Canadian adults have arthritis. That's around 1 in 6 adults.

By 2036, this number is expected to grow to an estimated 7.5 million Canadian adults, which is 1 in 5 adults.

Physiotherapists are licensed healthcare professionals who can perform a number of effective techniques to help with pain arising from various conditions, including arthritis.

Physiotherapists can provide area massages, help move your joints through their proper range of motion, and recommend exercises to help improve your arthritis.

Join us November 22nd to learn more with Kim Hall, Registered Physiotherapist.

November 22nd - 2:00 pm to 3:00 pm

Wellness Session: Osteoarthritis Pain Management

With special guest **Kim Hall**, Registered Physiotherapist and Founder & Owner of Physio2U



Osteoarthritis is the most common form of arthritis, which is inflammation of the joints. This occurs when the protective cartilage and fluid inside the joint has been worn down, either through injuries, or through use over time.

Pain is often felt in the knees, hips, hands, and the spine.

Have you ever wondered if there are things you could do to help your joints? Things to do (or stop doing) to prevent pain or prevent further damage?

Join us and learn more about how physiotherapy can assist in pain management of this common form of arthritis. View actual knee and hip replacement parts and have your questions answered.

Free for Senior Adults 55+. (Value \$30) Pre-registration is required by November 20th to 604.240.8550. Limited Seating Availability.



Physio2U provides **accessible physio for all**, with in-home sessions for privacy, comfort and convenience throughout a senior's recovery.

Our staff specializes in treating seniors struggling with mobility and strength issues due to trauma, surgery, neurological, as well as chronic health issues.

To learn more, please visit www.Physio2U.ca

Kim Hall, Registered Physical Therapist & Director of Clinical Operations

Phone: 778-846-7695

200-1892 West Broadway, Vancouver

November Events Calendar

November 26th - 10am to 11:30 am

Ask the Expert Discussion Forum

“Dispelling the Myths About Retirement Living” With Panel Guests:



Stephanie Chan



Mike Tracy, RN



Veronica Da Conceicao

Stephanie Chan, Lifestyle Transitions Consultant & Owner of Home to Home Advisory Services; **Mike Tracey**, Registered Nurse & Wellness Navigator, Legacy Senior Living; **Veronica Da Conceicao**, Sales Manager Legacy Senior Living

The retirement residences of today have changed significantly from the old concept of “nursing home” yet there still exists many myths and misconceptions about retirement residences. Join us as our experts share their expertise and answer your questions on retirement living today. Pre-registration is required by November 24th. Limited seating.

An Introduction to Our Panel Members:

Stephanie Chan offers expertise and services in eldercare planning, transitions assistance, downsizing and moving services, care management and estate support services.

Mike Tracy is an experienced Registered Nurse and Manager of the Wellness Centre and Care Aide staff at Legacy Senior Living. He provides advice, wellness clinics and seminars on topics that help residents improve their health. Mike also develops customized Assisted Living Services Plans for those requiring additional personal care services.

Veronica Da Conceicao has 25 years of direct experience in the Retirement Industry including Independent Living, Assisted Living and Long Term Care. Veronica is constantly seeking opportunities to enhance the lifestyle of senior residents while allowing them to foster their independence.

Be sure to bring your questions with you! This should be a lively and informative discussion.

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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