The 27th Annual John K. Friesen Conference

FROM SOCIAL ISOLATION TO INCLUSION

May 16-17, 2018
Segal Centre, SFU Vancouver Campus
515 West Hastings Street, Vancouver BC
Organizing Committee

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Aman Chand, Communications Officer, SFU-GRC
Gloria Gutman, Professor/Director Emerita, SFU-GRC and Department of Gerontology
   (Program Chair and Conference Manager)
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Mark Smith, SFU Continuing Studies Liberal Arts and Adults 55+ Program
Marissa Stalman, Student, SFU Gerontology Master’s Program
Andrew Wister, Professor and Director, SFU-GRC (Conference Chair)
Welcome

The Simon Fraser University Gerontology Research Centre (GRC) and associated Gerontology Department are pleased to welcome you to the 27th John K. Friesen Conference. This year’s conference, organized and hosted in cooperation with the SFU Continuing Studies Liberal Arts and Adults 55+ Program, focuses on social isolation and how it can be addressed and prevented. The program includes a keynote speaker from the UK who will share their experience and successes in addressing the issue, expert panels and poster presentations. The objective of the conference is to provide information that will enable people aged 55+ to plan ahead and make informed choices. As well, it is designed to provide a forum for service providers, housing developers (private, public & non-profit) NGOs, and others to learn from each other about innovative and effective ways to promote inclusiveness and enhance the well-being and quality of life of older adults in British Columbia and across the country.

Andrew Wister PhD
Professor and Director, SFU Gerontology Research Centre (GRC) & Friesen Conference Chair

Habib Chaudhury PhD
Professor and Chair, Department of Gerontology SFU

Gloria Gutman PhD
Professor/Director Emerita SFU GRC & Dept. of Gerontology, Friesen Conference Program Chair & Conference Manager
Conference Program

Day 1 – Wednesday May 16

8:00am - 9:00am  Registration

9:00am - 9:15am  Welcome and Introduction

Andrew Wister, Director, SFU Gerontology Research Centre & Friesen Conference Chair
Rosalyn Kaplan, Director, Continuing Studies Liberal Arts and Adults 55+ Program

9:15am – 9:45 am  Keynote Address – Identifying, Measuring and Targeting Loneliness in Older Communities and How Campaigning Can Achieve a Step Change in Awareness

Angela Kitching, Head, External Affairs, Age UK

Abstract: Age UK’s No One Should Have No One campaign is the charity’s flagship public campaign. Age UK is the largest UK charity working for older people, its services are used by over 7 million people each year. It delivers services directly to older people, through its local partners across the UK. Our work to counter loneliness at a national and local level has a significant national impact. Based on our national research, policy and transformational services work, we have been able to successfully identify, measure and target loneliness amongst older people. But in the past year, through working with the Jo Cox Commission on Loneliness, we have also achieved a step change in public awareness of loneliness. The UK now has a Minister to combat loneliness, a commitment to a national strategy to tackle loneliness and a fund to support projects to reduce loneliness amongst all age groups. This lecture will consider what we can learn from this breakthrough year and consider what steps we must now take to achieve a meaningful change in the lives of lonely people in the UK.

9:45am - 10:30 am  Panel 1: "The Social Isolation and Loneliness Among Seniors (SILAS) Project: Final Report from the City of Vancouver Seniors' Advisory Committee"

Speakers: Eddy Elmer (Convener), Carol Ann Young, Anthony Kupferschmidt, Andrew Wister

Eddy, a member of the Seniors’ Advisory Committee and a PhD student in gerontology, will present findings from the Committee’s year-long Social Isolation and Loneliness Among Seniors (SILAS) project. This project involved an extensive literature review and series of community consultations with service providers which resulted in 23 practical recommendations for municipalities, service providers, caregivers, and others who wish to tackle isolation and loneliness in their communities. After introducing the recommendations, Carol Ann, a senior planner from the City of Vancouver and Anthony, Executive Director of the West End Seniors Network will discuss how the recommendations fit with Vancouver’s Healthy City Strategy. Andrew, former chair of the National Seniors Council of Canada, will reflect on the SILAS project and the presentations

10:30am - 10:45am  Coffee Break
10:45am - 12:00 pm   Panel 2: “Allies in Aging: A Collective Impact Initiative to Reduce Seniors Isolation”.

Speakers: Mariam Larson, Backbone Lead, Allies in Aging (Convener) Stephanie Williams, Kimberly Barwich, Claudine Matlo, Joanne Franko, Wynona Giannasi

Allies in Aging is one of nine Pan-Canadian projects funded in part by the Government of Canada's New Horizons for Seniors Program. Nearly 30 partner organizations in Metro Vancouver are working together to identify seniors who may be isolated and connect them to appropriate supports and services. Projects to be described in this symposium include leadership training, outreach, transportation initiatives, volunteer and service provider training on isolation, and advocacy. The session will open with an overview of Allies in Aging’s Theory of Change and the five elements of collective impact. The session will illustrate collective impact dynamics, outcomes related to social isolation and evaluation findings to date.

12:00pm - 1:00pm   Lunch (Vouchers in your envelope)

1:00pm - 2:15pm   Panel 3: Housing and Living Arrangements in Later Life and Their Influence on Social Connectedness
Chair: Habib Chaudhury, Chair, Department of Gerontology SFU

“National Housing Strategy Funding Overview and Support for Seniors Oriented Housing”
Andrew Middleton, Affordable Housing Consultant, Canada Mortgage and Housing Corporation

“Inclusive Environmental Design and Social Considerations”
Elizabeth Tang, Knowledge Transfer Consultant, Canada Mortgage and Housing Corporation

2:15pm - 3:30pm   Panel 4: “Retirement Communities: Abundant Opportunities That Help End Isolation”

Speakers: Sylvia Ceacero, MBA, MA, CEO BC Seniors Living Association (Convener), Marc Kinna, Marian Heemskerk, Charles and Marjorie Grierson

Retirement communities play a significant role in the enhancement of the quality of life for their residents. With programs and services that encourage seniors to stay active and involved, retirement communities help seniors immerse themselves in the social life of their community. Through the organization and participation in social gatherings and outings, sporting events, volunteering, hobbies, fitness classes, reading clubs and much more, independent living residents can find unique, rewarding and exciting opportunities to get involved, stay active and contribute in a way that is meaningful to them, create community and help end isolation.

3:30pm - 3:45pm   Coffee Break
3:45pm - 5:00pm  Panel 5: “Supporting Communities to Address Social Isolation and Increase Access to Community Supports for BC Seniors”

Speakers: Kahir Lalji, MA, CPG - Provincial Director, Healthy Aging, United Way of the Lower Mainland (Convener), Barbara McMillan, Laura Kadowaki, Annwen Loverin

In response to health and social care needs expressed by communities, the United Way, in collaboration with key partners including community-level seniors’ services agencies, all levels of government (including municipalities), academia and public partners, developed a Healthy Aging Strategy with two cornerstone provincial programs. United Way’s Better at Home and its Active Aging programs, the focus of this symposium, work collaboratively to provide senior-centred programming to combat ageism by supporting access to health, social and community care and services, and aim to reduce social isolation and social frailty. A key pillar to the development and implementation of both programs is the notion of community development - developing programs and strategies which are responsive to identified needs and gaps in service delivery within local communities.

7:00pm  PUBLIC LECTURE & AWARD CEREMONY

No One Should Have No One: Tackling Loneliness Together

Angela Kitching

Head, External Affairs, Age UK

Abstract: In January 2017, the UK announced a world first: a government Minister with responsibility to combat loneliness. Age UK, the UK’s largest national charity for older people, were involved in driving this step change. This lecture will consider what we know about loneliness, how we can challenge it in our communities and what we can learn from the UK about ‘turbo charging’ loneliness to achieve national awareness of this modern epidemic.

8:30 Presentation of 2018 Elder Abuse Awareness to Action Awards & Reception
Day 2 Thursday, May 17

7:30am - 8:00am  Registration

8:00am - 8:15am  Welcome and Recap of Day 1 – Gloria Gutman


Speakers: Brock Nicholson, Founding Member & Board Director, New West Hospice Society (Convener), Eman Hassan, Laura Cherrille, Heather Mohan, John Stark

Compassion is an emotional response to the suffering of others, accompanied by a strong desire to alleviate that suffering – a recent “buzzword” in end-of-life care theory and delivery that is hard to argue against. However, “compassion that is not tied to realistic action runs the risk of becoming empty rhetoric.” (Zaman et al., 2018). This panel will describe the Compassionate Communities/Cities model and how it is being established in New Westminster, BC to de-isolate and normalize dying, death, and loss and foster social inclusion. Speakers from the BC Centre for Palliative Care, New West Hospice Society, the City of New Westminster, and other community groups will discuss the foundations of the Compassionate Communities movement and the adoption of the Compassionate City Charter (Kellehear, 2015) as a vehicle for sustainable social action and change.

9:30am - 10:30am  Panel 7: “Building a Dementia-friendly Province: Inclusion Throughout the Journey”

Speakers: Maria Howard, CEO, Alzheimer Society of BC (Convener), Heather Cowie, Carol Ann Young, Mario Gregoria, Jan Robson

The Alzheimer Society of B.C.’s ultimate vision is of a world without dementia; until this day comes, we are committed to building a world where people living with dementia, their caregivers and their families are included, acknowledged and supported – a truly dementia-friendly province. In order to build that world, we need to move away from fear and denial of the illness, towards awareness and understanding. When we reduce stigma and build dementia-friendly environments, we are creating a B.C. where people affected by dementia can live better and remain socially engaged. Negative attitudes held by friends, family and the general public can often discourage people living with dementia from remaining engaged in their community. According to a Leger-led online survey conducted by the Alzheimer Society of Canada, 46% of respondents said that they would feel ashamed or embarrassed if they had dementia and 61% felt they would face discrimination of some kind. A key strategy for reducing stigma and prioritizing social inclusion is the Dementia-Friendly Communities initiative. Panelists will explore the different ways that this initiative encourages social engagement through the application of a dementia-friendly lens to different kinds of communities, including the Dementia-Friendly City Train the Trainer pilot program – educating city staff and volunteers to give them the tools to provide a better experience for people affected by dementia – and our foundational education for health-care providers, which encourages relationship-centred care and opportunities for inclusion throughout the entire journey of dementia. The purpose of the symposium is to demonstrate how a socially inclusive vision can drive concrete action that supports people living with dementia to remain active members of their community for as long as possible, even as their care needs change.
10:30am - 10:45am  Coffee Break

10:45am - 12:00pm  **Panel 8: Diversity and Social Isolation**
**Chair and Discussant: Gloria Gutman, Professor Emerita SFU Gerontology**

Speakers: **Sharon Koehn, Cass Elliott, Delphine Labbe, Paul Mick**

This panel will explore the additional risks for social isolation that are faced by cultural minorities and marginalized groups and persons with physical and sensory disabilities. Sharon Koehn will speak about seniors who have come to Canada as immigrants and refugees, Cass Elliott will speak about LGBT seniors, Delphine Labbe will focus on seniors with congenital or acquired disabilities, and Paul Mick on persons with sensory impairment.

12:00pm - 12:30pm  **Wrap Up and Preview of Upcoming Events**

Andrew Wister & Gloria Gutman

*** Program subject to change

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<th><strong>The BC Patient Safety &amp; Quality Council</strong> provides system-wide leadership to efforts designed to improve the quality of health care in British Columbia. Through collaborative partnerships with health authorities, patients, and those working within the health care system, we promote and inform a provincially-coordinated, patient-centred approach to patient safety and quality. Our vision is high quality and sustainable health care for all. More information is available at <a href="http://www.bcpsqc.ca">www.bcpsqc.ca</a></th>
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<p>| <strong>Canada Mortgage and Housing Corporation (CMHC)</strong> helps Canadians meet their housing needs. As Canada’s authority on housing, we contribute to the stability of the housing market and financial system, provide support for Canadians in housing need, and help to improve the well-being of the housing sector by conducting or supporting a wide range of research aimed at improving the quality of Canadian housing. In everything we do, we are committed to helping Canadians access a wide choice of quality, affordable homes, while making vibrant, healthy communities and cities a reality across the country. More information is available at <a href="http://www.cmhc-schl.gc.ca">www.cmhc-schl.gc.ca</a> or by calling 1-800-668-2642 |
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<th><strong>BC HOUSING</strong> develops, manages, and administers a wide range of subsidized housing options across the province. We partner with private and non-profit housing providers, other levels of government, health authorities, and community groups to increase affordable housing options for British Columbians in greatest need. BC Housing also helps bring about improvements in the quality of residential construction in B.C. and helps strengthen consumer protection for buyers of new homes. <a href="http://www.bchousing.org/">http://www.bchousing.org/</a></th>
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<td>AGE WELL</td>
<td>The <strong>AGE-WELL NCE</strong> (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life NCE Inc.) is a national research network in technology and aging whose aim is to help older Canadians to maintain their independence, health and quality of life through accessible technologies that increase their safety and security, support their independent living, and enhance their social participation. <a href="http://agewell-nce.ca">http://agewell-nce.ca</a></td>
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<td>Allies in Aging</td>
<td><strong>Allies in Aging</strong> collaborates to connect seniors across our communities through leadership, outreach, transportation, training and advocacy. Projects are designed to connect seniors who are 75+ with people and services to reduce isolation due to disability, low income, language or cultural barriers. <strong>Allies in Aging</strong> is a collective impact initiative in select communities within Metro Vancouver and is funded in part by the Government of Canada's New Horizons for Seniors Program.</td>
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<td>BCCRN</td>
<td>The <strong>BCCRN</strong> is a provincial non-profit society which works with agencies, service providers and others to develop a coordinated response to adult abuse, neglect and self-neglect. Further, it is mandated to do elder abuse awareness and prevention. Active in over 116 BC communities, it supports these activities with mentors, materials, education, workshops and local project grants. <a href="http://www.bccrns.ca">www.bccrns.ca</a></td>
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<td>The <strong>Canadian Association on Gerontology</strong> is Canada's premier multidisciplinary association in the field of aging. Members benefit from discounted conference fees, a free subscription to the Canadian Journal on Aging, eligibility for awards and prizes, and much more. We have an active Student Connection and special rates for students and those 65+. Learn about membership and our CAG2018 conference, Making It Matter: Mobilizing Aging Research, Practice &amp; Policy, October 18-20 in Vancouver, BC, Canada!</td>
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<td>Health Canada's exhibit will focus on providing information and resources for seniors on environmental health such as how to create a healthier home, testing your home for radon, air quality, food safety, nutrition and other popular health topics for seniors. For more info, please visit: <a href="http://www.healthycanadians.gc.ca">www.healthycanadians.gc.ca</a>.</td>
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<td>The <strong>International Association of Gerontology and Geriatrics (IAGG)</strong> is comprised of 73 national organizations in 65 countries with a combined membership 45,100. Objectives are to promote research on individual and population aging, training of highly qualified personnel, and members’ interests in international affairs. IAGG organizes a World Congress every four years, auspices workshops, expert meetings and regional Congresses, and collaborates regularly with the UN’s Programme in Ageing, WHO, UNDP and other international organizations. <a href="http://www.iagg.info/">http://www.iagg.info/</a></td>
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<td>EXHIBITOR</td>
<td>The mission of the <strong>International Network for the Prevention of Elder Abuse (INPEA)</strong> is to increase capacity through international collaboration to recognize and respond to the mistreatment of older people, so that the later years of life are free from abuse, neglect and exploitation. It engages in research, education, and advocacy and originated World Elder Abuse Awareness Day, held annually on June 15. INPEA has Special Consultative Status with ECOSOC at the UN, is active in the UN NGO Committee on Aging in New York, Geneva and Vienna and is one of two international special interest organizations formally affiliated with IAGG. <a href="http://www.inpea.net">www.inpea.net</a></td>
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<td>The <strong>International Society for Gerontechnology (ISG)</strong> promotes design of technology and environments for independent living and social participation of older persons in good health, comfort and safety. It holds biennial international conferences, publishes the quarterly journal <em>Gerontechnology</em> and, like INPEA, enjoys a collaborative relationship with IAGG as a Standing Committee. <a href="http://www.gerontechnology.info">www.gerontechnology.info</a></td>
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<td>Justice Institute of BC Community Care Licensing Officer Program</td>
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<td>The Advanced Specialty Certificate in Community Care Licensing is for current and future Community Care Licensing Officers (CCLOs). It covers all the knowledge and competencies that CCLOs need to do their jobs. The certificate comprises 30 credits of specialized and advanced curriculum that builds upon prior education and experience. Courses are delivered online, giving learners in BC and elsewhere a lot of flexibility. You can maintain your work and family commitments while you enroll in one or more courses per term until you complete the certificate. <a href="http://www.jibc.ca/cclo">www.jibc.ca/cclo</a></td>
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<td>For over 30 years, Seniors First BC (formerly BC Centre for Elder Advocacy and Support) has been committed to empowering vulnerable older adults in British Columbia to live with dignity, autonomy and safety. Serving the best interests of older adults, Seniors First BC offers information in confidence over the Seniors Abuse and Information Line, legal representation, public legal education workshops, and training to community groups and service providers. Seniors First BC also promotes law reform and systemic change for the safety of older adults; producing the B.C. Residential Care Manual: Legal Issues (available on <a href="http://www.seniorsfirstbc.ca">www.seniorsfirstbc.ca</a>).</td>
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| EXHIBITOR | Founded in 1982, the Simon Fraser University Gerontology Research Centre (SFU-GRC) specializes in research in six areas: Aging and the Built Environment, Health and Aging, Prevention of Elder Abuse and Neglect, Changing Demography and Lifestyles, Culture and Aging, and Aging and Technology ([www.sfu.ca/grc](http://www.sfu.ca/grc)). The associated Department of Gerontology, established in 1983, offers a post-baccalaureate Diploma in Gerontology, an undergraduate minor, as well as Master’s and PhD Degrees [www.sfu.ca/gerontology](http://www.sfu.ca/gerontology) |

| EXHIBITOR | The Simon Fraser University Liberal Arts and Adults 55+ Program formerly the Seniors Program, which dates back to 1975, offers more than 100 courses a year. Weekend and evening courses are open to all adults while daytime courses are reserved for adults 55+. Courses cover a broad range of subjects in the humanities, social sciences, sciences and arts. There are no entrance requirements, exams or required assignments. A certificate is available to adults 55+ who complete a minimum of 128 contact hours. Courses which normally meet for six sessions, are delivered by experts in their field who offer challenging materials with real engagement. The Program also offers several free events on topics of general interest. Normally held on Saturdays, these events take place at the downtown Vancouver campus and Surrey City Centre Library. For further information, visit [www.sfu.ca/continuing-studies](http://www.sfu.ca/continuing-studies) |
United Way’s Healthy Aging Strategy – Investing in Social Inclusion and Access to Health and Social Care for BC’s Seniors

In response to health and social care needs expressed by communities, the United Way, in collaboration with partners including community-based seniors’ services (CBSS) organizations, all levels of government including municipalities, academia and public partners, developed a Healthy Aging Strategy with two cornerstone provincial programs – Better at Home and Active Aging. Both programs provide senior-centred programming to combat ageism by supporting access to health and community care and services, and to reduce social isolation and frailty.

COMMUNITY LITERATURE TABLE

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<th>Alzheimer Society of BC</th>
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Posters

#1: The Impact that School Children Have on Residents Living in Long Term Care Homes
Authors: Lynda Foley and Amy Gordon, Park Place Seniors Living.

#2: Alone in a Crowd? Insights from Older Adults’ Stories of Relocation to Assisted Living
Author: J. Rockwell, School of Social Work, UBC

#3: Smartthings Technologies to Support Community-Dwelling Older Adults Living with Dementia and their Care Partners
Authors: D. Sheets, M. Malone, S. MacDonald, A. Smith, M. Sima, S. Hundza, School of Nursing, University of Victoria

#4: Sleep Self-Monitoring System for Elderly Using Depth Sensor and Smartphone
Authors: Maryamsadat Rasouldanesh, Shahram Payandeh, Hamid Homapour, Rohit Ranjan, Engineering Science, SFU

#5: Patient/Elderly Localization and Identification Using Bluetooth-Based Sensor Network
Authors: N. Mohsin, S. Payandeh, D. Ho, J. Gelinas, Engineering Science, SFU

#6: Sexual Orientation Marginalization and Loneliness: Age and Gender Differences
Authors: E. Elmer, T. van Tilburg, T. Fokkema, Vrije Universiteit Amsterdam, Department of Sociology

#7: Voices in Motion: An Intergenerational Choir for Community-dwelling Older Adults with Alzheimer’s Disease and their Caregivers
Authors: D. Sheets, S. MacDonald, A. Smith, M. Kennedy, C. Sima, C. Asche, School of Nursing, University of Victoria
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Learn more.
Contact Fran Granberg at fgranberg@langara.ca or Jeanette Robertson at jrobertson@langara.ca or visit www.langara.ca/gerontology

INFORMATION SESSION
June 12, 2018 | 6:00 pm
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Diploma
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For more information visit sfu.ca/gerontology
The John K. Friesen Conference Series
The series is designed to meet the continuing education needs of agencies and individuals responsible for planning, administering and providing services to the elderly. The series embraces two of John Friesen's lifetime interests – the education of adults and the special needs of an aging population.

John Friesen was one of Canada's leading contributors to the field of adult education. In his long career, Dr. Friesen served in university extension work in Canada and overseas and was involved in enhancing life in many different ways from community arts to credit unions. For his leadership role in adult education, Simon Fraser University awarded him an Honourary Doctor of Laws Degree in 1985.
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