



September 10, 2025

# Tri-Cities Seniors' Action Society Staying Connected

Contact: [tcseniorsactionsociety@gmail.com](mailto:tcseniorsactionsociety@gmail.com)

Ken at 604-949-0599



The Tri-Cities Seniors' Action Society is inviting YOU to their latest FREE event—

## Connecting Generations Forum

Wednesday, October 1<sup>st</sup>, 2025

9:00 am to 3:30 pm

As you may know, Wednesday, October 1 is National Seniors Day in Canada—and coincides with the United Nations International Day of Older Persons. This is an opportunity to celebrate the contributions of older adults in Canada.

Register Here: <https://bit.ly/4g8ghOY>

The program will include keynote speakers on the topics of Leadership and Building Community, Family Ancestry and Heritage, sharing of Intergenerational Projects, Frauds and Scams, and Staying Connected, Healthy and Fit.

Lunch will be provided for attendees. The **TCSAS Annual General Meeting** will be held during the Lunch Break. Visit our many exhibitors that focus on seniors' products and services. **Draw prizes** will be given out throughout the day to registrants and by exhibitors. **Location: Westwood Plateau, Coquitlam**

**Get Involved...Participate...Register NOW**



## Keeping You and your Immune System Healthy

Keeping up to date with your immunizations as an adult is the best way to protect yourself from certain diseases and helps you stay healthy throughout your life. When you get immunized, you help protect others, too.



The immune system becomes weaker in a natural way with age and leaves older people at risk of a more severe form of disease. This is why health authorities recommend vaccination of older individuals.

You're not going to let a silly little thing like age get in the way of living life to the fullest. 65 is the new 40 and your bucket list is filled with exciting and fun 'TO DOs'. All that healthy living is paying off. You not only have the time to enjoy retirement, but you also have the energy. But what you can't see in the mirror is that your immune system is struggling to keep up with you. To make sure your body keeps pace with your life, it's wise to add vaccination to your 'TO DO' list; giving your immune system a much-needed boost and you the protection that you need to keep doing what you do.

Here is a short 1 ½ minutes YouTube video for you: <https://youtu.be/QvPxxCMTF60?t=2>

## Recommended Vaccinations for Seniors (50+)

Every year:

- [Influenza vaccine](#) – free—get your shot in November
- High Dose Fluzone recommended for those over 65 years and with weakened immune systems. (Cost is \$75 to \$90) Some health care plans cover it.

**Immunization recommendations for adults begin with the**  
**[National Advisory Committee on Immunization \(NACI\)](#).**

Every 10 years:

- [Tetanus, Diphtheria \(Td\) vaccine](#) – free
- A booster dose of the [Td \(tetanus and diphtheria\)](#) vaccine is recommended every 10 years. This vaccine is free. Usually combined as TDaP (Diphtheria, Tetanus, Pertussis)

At least once in adulthood:

- [Pertussis \(whooping cough\) vaccine](#) – free for adults who have not been fully immunized or whose immunization history is unknown.
- It is recommended adults get a booster dose of the pertussis vaccine (given as the [TDaP vaccine](#)) once in adulthood. Most adults will have to buy this vaccine.

Once you turn 50:

- [Shingles vaccine](#) – Shingrix®, is recommended for those 50 and older. Is given in

two doses, with 2 to 6 months between doses. \$150-\$175 each. You need to buy this vaccine; some health plans cover the cost of this vaccine.

At 50 years or older:

- [Prenar 20](#) (\$150) is administered in 50+ yr old adults
- Recommend both vaccines with Prenar 20 first and 8 weeks later the Pneumovax 23 vaccine.
- [Pneumococcal conjugate \(PCV 23\) vaccine](#) – Pneumovax 23 free

At 65 years and older:

- [RSV vaccine](#) - you need to buy this vaccine; some health plans may cover the cost. (\$230-\$250)

### International Travellers

Before you travel to other countries, plan ahead to get all the vaccines you need. Talk to your health care provider or visit a travel health clinic preferably 6 weeks before you travel. This is important because some vaccines may take several weeks to become fully effective, and others may require more than 1 dose. You will need to buy most vaccines for travel.

The vaccines you need are based on:

- Where you are going
- The type of travel and length of your trip
- What vaccines you've already received

Here are some examples of vaccines that may be recommended or, in some cases, required for travel to certain countries:

- [Hepatitis A vaccine](#)
- [Polio vaccine](#)
- [Meningococcal quadrivalent vaccine](#)
- [Meningococcal B vaccine](#)
- [Japanese encephalitis vaccine](#)
- [Typhoid vaccine](#)
- [Cholera and travellers' diarrhea vaccine](#)
- [Yellow fever vaccine](#)

For more information on travel vaccines see: [Travel immunizations for adults](#).

### **NACI recommends immunization to protect against these diseases:**

- [Influenza](#)
- [Herpes zoster \(shingles\)](#)
- [Hepatitis A](#)
- [Hepatitis B](#)
- [Human papillomavirus \(HPV\)](#)
- [Meningococcal](#)

Click on each link for  
more information

- Measles
- Mumps
- Pertussis (whooping cough)
- Pneumococcal
- Rubella
- Tetanus
- COVID-19

## ADULT IMMUNIZATION:

VACCINE	WHO SHOULD RECEIVE IT?
Tetanus	everyone, every 10 years
Diphtheria	everyone, every 10 years
Pertussis	everyone, once in adulthood during each pregnancy
Influenza	everyone, annually people 65 years of age and over, annually people at high risk, annually people at risk of spreading disease such as essential service providers
Pneumococcal	people 65 years of age and over people 18 to 64 with a high-risk condition or situations putting them at increased risk
Hepatitis B	people with medical, occupational or lifestyle risks
Hepatitis A	people with medical, occupational or lifestyle risks
Meningococcal	people with high-risk conditions and people living in communal residences, including military personnel
Measles	people who were born after 1970 and who did not receive the vaccine or get the disease
Mumps	people who have not had the vaccine or the disease
Rubella	people who have not had the vaccine or the disease
Varicella	people who have not had the vaccine or the disease
HPV	females and males 9-26 years of age (may be administered to females or males 27 years and older at ongoing risk of exposure)
Herpes zoster	people 50 years of age and older, including people who have had a previous episode of shingles
Travel vaccines	varies by destination - consult a travel health clinic, your health care provider, local public health office or <a href="https://travel.gc.ca">https://travel.gc.ca</a>

**Reference:** Canadian Immunization Guide, <https://www.canada.ca/en/public-health/services/canadian-immunization-guide.html>



### Vaccines are not just for infants and children.

At any age, immunization provides the longest-lasting, most effective protection against disease.

Ask your health care provider or local public health office about immunization for you and your family.

Keep up to date with your recommended vaccines.

#### For travel vaccines

visit <https://travel.gc.ca/travelling/health-safety/vaccines> or contact your local health clinic or public health office.

## Protect Yourself

## Protect Those Around You



## Blood Vessel Health & Brain Health

[From McMaster University, Optimal Aging Portal](#)

High blood pressure, high cholesterol, and diabetes can all impact your brain health.

### Key points from this topic

- Check your blood pressure and manage high blood pressure
- Ask your doctor if you should be assessed for diabetes
- If you have diabetes, there are non-medication and medication approaches to achieve a healthy HbA1C
- Assess your cholesterol and reduce high cholesterol for your heart health.



The good news is that if you're eating right and exercising, you've taken the first steps to maintain blood vessel health. If, after eating right and exercising, these factors are still not well controlled, you may need to work with your doctor and use medications as prescribed.

Talk to your health care team about checking your blood pressure, and whether you should be evaluated to check your cholesterol and blood sugar. Many pharmacies also have programs to help with high blood pressure and diabetes; check with your local pharmacist to see if they offer services for these conditions.

### Blood vessel health

Because damage to the blood vessels in the brain can cause dementia or strokes, it's very important to maintain good blood vessel health. You can do this by monitoring and controlling blood pressure, cholesterol levels, and diabetes. Managing these factors can decrease your risk of developing dementia, having heart attacks or strokes, and may play a key role in protecting brain health.

### High blood pressure (hypertension)

High blood pressure or hypertension can be associated with strokes and increased risk of vascular dementia. Managing high blood pressure can reduce your risk of dementia. High blood pressure is generally defined as a blood pressure over 120/80 mm Hg. You may hear your health care provider refer to 'systolic' or 'diastolic' blood pressure; these refer to the top and bottom numbers of your blood pressure. The top number is called the 'systolic' blood pressure, and the bottom number is called the 'diastolic' blood pressure.

### Blood pressure targets

For most people, the top number (systolic) should be less than 140 and the bottom number (diastolic) should be less than 90. However, for some people with diabetes, the target might be less than 130/80 mm Hg. For others who might be at higher risk of heart disease, or for some older adults or those who are frail, the targets might be different.

According to the Lancet Commission report on dementia prevention, the evidence around dementia risk reduction says you should aim to maintain a systolic blood pressure (top number) of 130 mm Hg or less in midlife from around 40 years old.

Talk to your doctor about the best blood pressure target for you in order to balance the benefits of managing your blood vessel health, while ensuring that you are not running into adverse effects of your blood pressure getting too low.

### **Managing high blood pressure**

There are **non-medication** things that you can do to help manage high blood pressure, including some of the other lifestyle factors that we've mentioned above, such as:

- Diet
- Exercise
- Reducing alcohol consumption, as well as
- Stress reduction



**Medications** – known as anti-hypertensives – are often needed if non-drug approaches can't bring the blood pressure to a reasonable target. Sometimes people might need more than one class of anti-hypertensive drug. At this time, anti-hypertensive drug treatment for hypertension is the only known effective preventive medication for dementia. (Although there is some new research on medications for diabetes that is also showing promise.)

You can learn more about high blood pressure, choosing a blood pressure monitor, and tracking your blood pressure on the [Hypertension Canada](https://www.hypertension.ca/) website.

### **Diabetes and hemoglobin A1C test**

Diabetes can impact your blood vessels, and increase your risk of blood vessel damage and dementia. Conversely, good management of your diabetes can help to reduce your risk of dementia.

A **hemoglobin A1C (HbA1C) test** is a blood test that shows what your average blood sugar (glucose) level was over the past two to three months. Your A1C test result is given in percentages. The higher the percentage, the higher your blood sugar levels have been:

- A normal A1C level is below 5.7%
- Prediabetes is between 5.7 to 6.4%. Having prediabetes is a risk factor for getting type 2 diabetes. People with prediabetes may need retests every year.
- Type 2 diabetes is above 6.5%
- If you have diabetes, you should have the A1C test at least twice a year.

**The A1C goal for many people with diabetes is below 7%. For older adults with multiple medical conditions the goal is to keep the A1C less than 8%.**

It may be different for you. Ask what your goal should be. If your A1C result is too high, you may need to change your diabetes care plan.

*It's important to balance the benefits of maintaining a good A1C level with the risks of low blood sugars or the side effects of multiple medications.*

### **Managing diabetes**

There are **non-medication** things that you can do to help manage diabetes, including some of the same lifestyle factors that we've mentioned above, such as diet and exercise.

Many people may also require medications to manage their diabetes if non-drug approaches can't bring the blood sugars or HbA1C to manageable levels.

You can learn more about diabetes on the [Diabetes Canada](https://diabetes.ca) website.

### **High cholesterol (dyslipidemia)**

There is less evidence with respect to the role that high cholesterol (also known as dyslipidemia) might play in dementia. Currently, the recommendations are more related to heart health, rather than brain health.

Diet, exercise, and weight management are non-medication approaches to high cholesterol. If those are not effective in lowering your cholesterol, then there may be a role for cholesterol-lowering drugs like statins or others.

Unlike anti-hypertensives, there is currently no evidence that statin medications reduce the risk of dementia on their own.

## **The Importance of Self-Care as we age**

(From McMaster University Optimal Aging)

International Self-Care Day, on 24 July each year, is an opportunity to raise the profile of self-care and its role in our overall health and well-being. As we age, it becomes increasingly important to prioritize self-care to maintain optimal physical, mental, and emotional well-being. Self-care isn't just a luxury but a necessity that allows older adults to lead happy and fulfilling lives. Here are four ways to incorporate more self-care into your daily routine.



### **Stay active and eat healthy**

Caring for our bodies is crucial at any age and becomes even more essential as we age. Engaging in regular physical activity tailored to your abilities, such as walking, swimming, or gentle yoga, can boost cardiovascular health, strengthen muscles, and improve flexibility. In addition to exercise, eating a balanced diet with plenty of fruits, vegetables, whole grains, and lean proteins is essential for nourishing your body.

### **Keep your brain active**

Keeping the mind active and engaged is vital for cognitive health. Engage in activities that challenge your brain, such as reading, solving puzzles or crosswords, learning a new skill or hobby, or engaging in stimulating conversations. Stay socially connected with

friends, family, and community groups to foster mental well-being and combat feelings of isolation or loneliness. Embrace technology to connect with loved ones, join online communities, or access educational resources that pique your interest.

### Get a good night's sleep

Getting enough restful sleep is crucial for overall health and rejuvenation; however, research shows that the amount of sleep we get may decrease as we age, and the quality of that sleep may also change. While the amount of sleep a person needs each night will vary, getting adequate sleep is important to overall health. Try establishing a calming bedtime routine by incorporating things like gentle stretching to promote relaxation.

### Nurture your interests and passions

Engage in activities that bring you joy and fulfillment, whether pursuing a favourite hobby, listening to music, spending time in nature, or practicing mindfulness and meditation. Prioritize self-reflection and acknowledge and express your emotions.

Self-care is not age-specific; it is a lifelong journey that becomes increasingly vital as we age. These four strategies can help older adults cultivate a holistic approach to self-care. Embrace these practices, tailor them to your needs and abilities, and enjoy the transformative power of self-care in enhancing your overall well-being, enabling you to savour life's precious moments to the fullest. Remember, it is never too late to start taking care of yourself.

### Featured Resources

- **Video Blog Post:** [Exercise: Powerful Medicine for Health and Aging](#)
- **Blog Post:** [5 health conditions that can benefit from exercise](#)
- **Blog Post:** [Boost your brain health with exercise targeting both your body and your brain](#)
- **Blog Post:** [3 evidence-based strategies for reducing loneliness and social isolation](#)
- **Blog Post:** [“Sweet dreams are made of these?” 3 strategies that aim to improve sleep](#)
- **Blog Post:** [Public libraries: Community hubs responding to the needs of older adults](#)





## Do I Still Need This Medication?

Medications can improve the lives of people who suffer from chronic conditions, such as diabetes, high blood pressure, high cholesterol, cancer, mental illness and chronic pain. **However, taking too many prescription medications can be risky.**

Taking more than five medications is called **polypharmacy**. **The risk of harmful effects, drug interactions and hospitalizations increase when you take more medications.**

- **2 out of 3 Canadians (66%)** over the age of 65 take at least **5 different prescription medications**.
- **1 out of 4 Canadians (27%)** over the age of 65 take at least **10 different prescription medications**.

Currently, one in two Canadian seniors use at least one potentially inappropriate (also known as risky) medication, which can lead to health risks, including falls, fractures,



hospitalizations and premature loss of independence. People over the age of 65, women and people taking multiple medications are especially at risk.

Yet this doesn't need to be the case. The goals of the [Canadian Deprescribing Network](#) are to eliminate the use of risky medications for Canadian seniors and to ensure access to safer drug and non-drug therapies. By providing the general public and health care professionals with useful information and resources on medication safety, we hope to change perceptions around medication use for a healthier Canada.

### Why deprescribe?

Medications save lives: people suffering from chronic conditions take medications to help control their symptoms and lead meaningful lives. However, for each medication, it is important to consider both the benefits and the potential risks.

Over time and with age, some medications can become unnecessary or even harmful. What helped improve health at one stage in life may not be of benefit now, and may even cause harm because of side effects and drug interactions. Potential medications harms include falls, memory problems, hospitalizations and death.



The body is always changing, as are our life circumstances. Our medications should reflect these changes. That's why it's important to make appointments at regular intervals with your health care provider specifically to review your medications. Why was the medication started? Is there a plan for monitoring potential side effects? When should you consider reducing or stopping the medication?

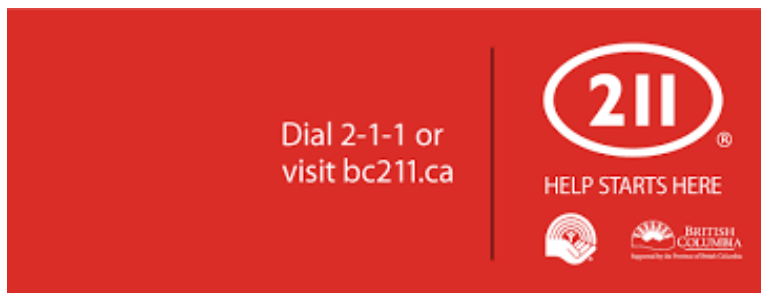
- **Deprescribing** means reducing or stopping medications that may not be beneficial or may be causing harm. The goal of deprescribing is to maintain or improve quality of life.
- Deprescribing involves patients, caregivers, healthcare providers and policy makers.

**DEPRESCRIBING MUST ALWAYS BE DONE WITH THE HELP  
OF YOUR DOCTOR, NURSE OR PHARMACIST.**

## Information at your Fingertips--free. Call or text 2-1-1

[bc211](#) is a British Columbia, non-profit organization that provides a free, confidential, multilingual service that links people to resources for help, where and when they need it. bc211 provides information about and referral to a broad range of programs and services, including:

- basic needs like food and shelter
- mental health and addictions support
- legal and financial assistance
- employment and training
- housing and homelessness
- transportation
- support for seniors, and much more.



bc211

***Help is available 24/7 by calling or texting 211.***

Referral specialists navigate community and government resources to identify the most appropriate services to address a caller's needs. Interpretation is available in over **160 languages** to better communicate with callers, and connect them to services that can help.



Click on the "**Become A Member**" graphic. Share the TCSAS Membership Form with a friend, neighbour, or family. We are a "**voice**" for older persons.



## ***A CONVERSATION WITH SENIORS ADVOCATE, DAN LEVITT***

***JOIN THIS SPECIAL SESSION WITH DAN LEVITT, BC SENIORS ADVOCATE, WHO WILL SHARE INSIGHTS AND UPDATES FOR BC SENIORS FOR THE COMING YEAR.***



***VENUE: DANIA HOME SOCIETY***



***ADDRESS: 4175 NORLAND AVENUE,  
BURNABY, BC V5G 3S7***



***DATE: THURSDAY, SEPTEMBER 18, 2025***



***TIME: 11:00 A.M. – 3:00 P.M***

**HOSTED BY:**



Burnaby Seniors' Resources Society

**REGISTRATION DEADLINE**

**MONDAY, SEPTEMBER 15<sup>TH</sup>, 2025**

**BY PHONE: 778-357-0525**

**BY EMAIL:**

**[burnabyseniorsresourcesociety@gmail.com](mailto:burnabyseniorsresourcesociety@gmail.com)**



## Living with Asthma?

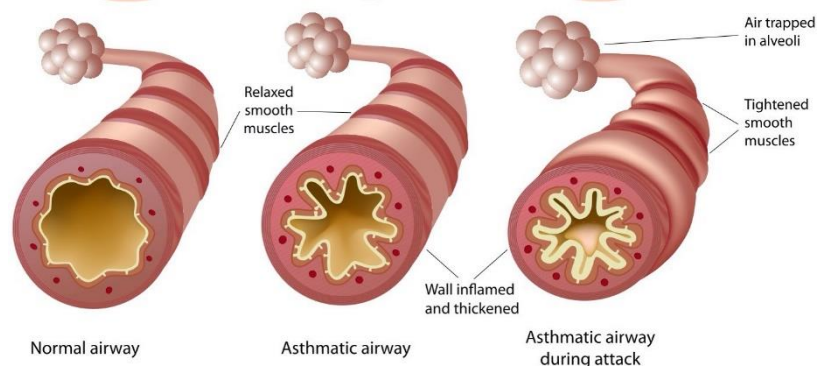
Asthma is a chronic lung disease where airways become inflamed, swollen, and narrowed, making it difficult to breathe. Common symptoms include coughing, wheezing, shortness of breath, and chest tightness, which are often triggered by allergens, infections, or irritants. While there's no cure, asthma is manageable with treatments like fast-acting bronchodilators and controller medications, alongside lifestyle changes such as avoiding triggers and maintaining a healthy weight.

Asthma Canada is pleased to provide this comprehensive guide to living with asthma as an older adult, developed to provide Canadians with current and accurate information on asthma management. This booklet is designed for older adults to best understand asthma so they can ask the right questions to get the best care possible.

[Asthma Canada Seniors Booklet \[English\]Download](#)

And a number of our community members who share their asthma stories (maybe we can incorporate one/shorten): <https://asthma.ca/community-stories>

Over 4.7 million people in Canada are living with asthma, including **~900,000 adults over 65**



## Coffee Chat with Zoe Royer, MP Port Moody-Coquitlam

Great turnout of TCSAS members to hear the Member of Parliament, Zoe Royer, talk about the Dental Plan (you need to reapply for the program [HERE](#)), seniors' housing, concerns over USA tariffs, and more. The Izba Bistro was a place to socialize with other seniors and make new acquaintances. Please join us for free coffee at the next Coffee Chat. It's a great opportunity to socialize, meet some new and old friends, and hear a guest speaker.





## The Essential Role of Vaccines in Healthy Aging

*'Immunization protects against infectious diseases that may accelerate decline, write Lucie Marisa Bucci, Jane Barratt, Shelley Deeks and Craig Thompson'*

As populations age, vaccines have become one of the most underused tools to protect older adults, not just from infection, but from a cascade of health consequences that undermine independence, accelerate decline, and reduce quality of life.

Diseases like influenza, pneumococcal disease, and shingles can quickly escalate in older adults, leading to frailty, ICU admission, or even death. Beyond the immediate illness, these infections often trigger a cascade of events, exacerbating chronic conditions, increasing frailty and decreasing independence ultimately cutting lives and the quality of those lives short unnecessarily.

The severity of infections in older adults reinforces the importance of vaccination, but emerging evidence shows that vaccines do more than prevent infections, they may also reduce the risk of serious chronic conditions like heart disease, stroke, and dementia.



Ken getting a vaccination from his pharmacist friend, Ajit, at Wilson Pharmacy in Port Coquitlam

Infections like influenza, RSV and herpes zoster (shingles) can trigger cardiovascular events due to inflammation and stress on the heart and blood vessels. Preventing these infections may also help reduce hospitalisations, disability, and premature death related to chronic disease.

This new evidence underscores the public health importance of vaccination for older adults as an essential strategy for supporting healthy ageing, particularly as people live longer and face greater risk of multiple chronic diseases.

Maintaining health by preventing infections and managing chronic disease in later life also brings significant socio-economic benefits, which are often overlooked or underappreciated. Many older adults lack strong support systems leaving them more vulnerable to financial hardship, loneliness and social isolation if they become ill.

Reducing the risk of serious disease, both infectious and chronic, helps ensure that older adults remain independent and active contributors to society through volunteering, caregiving, community engagement, and continued participation in the workforce.

Despite these advantages, millions of older adults, globally, are not benefitting from vaccines. Barriers due to cost and vaccine availability, public programme eligibility – when programmes exist, public awareness and hesitancy are but a few factors known to

impact vaccine uptake. To complicate matters, domestic immunisation policies and programmes have traditionally prioritised childhood vaccinations over adult vaccination.



However, we now have access to vaccines that are more effective in older adults, inducing stronger immune responses. In addition, well established multigenerational vaccination strategies (i.e., cocooning, vaccinating adults and older adults that cohabitate) offer added protection to those most vulnerable to outbreaks and pandemics.

The perception that vaccines for older adults are less critical than those for children is increasingly untenable in a post-pandemic world. Vaccinating older adults strengthens population resilience by reducing vulnerability to future outbreaks or pandemics and chronic diseases.

Preventing severe illness in this age group also eases pressure on emergency services and primary care systems, while lowering hospitalisation rates, freeing up beds, staff, and resources for other critical needs.

To ensure older adults fully benefit from the protection vaccines offer, we need a policy shift that prioritises quality of life, not just disease control. This means moving beyond reactive systems toward proactive strategies that reduce hospitalisations, prevent functional decline, and mitigate compounding harms of severe infections and chronic diseases.

Adult immunisation must be fully integrated into national programmes, with barriers removed, access improved, and public awareness strengthened. Such a shift is both evidence-based and essential in an ageing world.

## Cannabis and Older Adults

**Did you know that older adults are now the fastest-growing age group of cannabis users?** Since cannabis legalization and increasing views that cannabis is more helpful than harmful, a lot of attention has been paid to how cannabis can help manage health problems associated with aging, such as chronic pain, sleep issues, low mood and anxiety.

But if cannabis is strong enough to help, it's also strong enough to harm.

Learn how cannabis affects older adults differently, the potential risks, including interactions with other medications, and how to talk to your doctor about cannabis use, whether it's for recreational use or to manage health conditions.

Take our 20-minute interactive lesson '*Cannabis and Older Adults*'. [Start Lesson](#)

Download a summary handout with includes questions to ask your healthcare provider.

[Download](#)

Read a brief overview. [Read](#)

# Health and Wellness Fair for Seniors

*Presented by the Glen Pine 50Plus Society*



## Healthy Living – Happy Aging!

A vibrant event empowering seniors to live healthier, happier lives.  
Explore services, resources, and activities designed just for you.

### Your Wellness Starts Here

Discover tools, tips, and services to help you live well at every stage.

#### What to Expect:

- Connect with local health and wellness experts
- Explore products, services, and community resources
- Enjoy demos and activities
- Free tea, coffee and cookies
- Tons of prizes to be won

### Event Details

Saturday, October 4, 2025

10 a.m. – 2 p.m.

Glen Pine Great Room

**Free Admission**

### Special Presentations:

11 – 11:30 a.m. – RCMP: Frauds and Scams

12:30 – 1 p.m. – Alzheimer Society of BC

*Special thanks to Presenting Partner, Aspira Retirement Living (Astoria and Mayfair Terrace)*





# CELEBRATE • Staying Informed

## Talk to your local pharmacist!

Talking to your local pharmacist is important because they are your accessible healthcare professional who provides crucial support for medication safety and effectiveness, offers advice for minor health concerns, administers vaccines, helps manage chronic conditions, and provides personalized counseling to optimize your health outcomes. They are a valuable member of your healthcare team, helping you understand your medications, prevent interactions, and make informed decisions.

Here's why you should talk to your pharmacist:

### Medication Safety and Effectiveness:

Pharmacists assess your medications to ensure they are appropriate, effective, and safe for you, checking for potential adverse reactions or harmful interactions with other drugs, foods, or health products.

### Patient Education and Counseling:

They will explain how to take your medications correctly, the expected benefits of the therapy, and what to watch out for, empowering you to manage your own health.

### Management of Minor Ailments:

You can speak to your pharmacist about minor illnesses and concerns, potentially saving a trip to your doctor and getting quick relief.

### Vaccinations and Injections:

Many pharmacists are trained and authorized to administer vaccines and other injections, providing a convenient way to receive these important health services.

### Chronic Disease Management:

Pharmacists can assist with managing chronic conditions by providing counselling and strategies, helping you set health goals, and monitoring your progress.

### Comprehensive Health Services:

Your pharmacist can also offer services like blood glucose monitoring, travel health advice, diabetic counseling, and advice on compression stockings.

### A Trusted Healthcare Partner:

Pharmacists are a readily available, trusted, and knowledgeable part of your healthcare team, working alongside other professionals to ensure you receive the best possible care.

### Convenient Access:

They serve as a point of contact for your healthcare needs, providing access to essential health information and advice whenever you need it.



## Prevention is Key this Flu Season

### Make sure to get vaccinated

As we age, we know that eating healthy foods and being physically active will contribute to our overall health and well-being. However, we sometimes tend to pay less attention to other healthy choices that could be life-changing, for example, getting the vaccination for Influenza that is appropriate for us.

Older adults are at greater risk of influenza during the autumn season. What's worse, the flu can aggravate pre-existing health conditions and even require hospitalization.

According to the World Health Organization, influenza vaccination is the 3rd priority intervention to achieve healthy aging after the prevention of falls and the promotion of physical activity.

As we age, there is a natural weakening of the immune system, which increases the risk of Influenza related complications.

Many older adults are living with a chronic condition, such as cancer, heart disease, pulmonary disorder or diabetes, which can put increased stress on the immune system, making them much more susceptible. Diabetes, cardiovascular disease and respiratory conditions are just some of the chronic diseases that can be worsened from the flu.

The flu is highly contagious and can spread up to 6 feet away. People with the flu are contagious one day before developing symptoms and up to 5-7 days after.

The seasonal flu vaccine is the most effective way to reduce the risk of a severe flu infection and prevent hospitalizations and other serious complications.

Get vaccinated to help protect yourself and prevent the spread of flu to others!

## Factors that can increase your risk

### DIABETES

If an adult has diabetes, the flu can:

- Heighten the risk for severe flu-related complications
- Impair blood glucose levels and increase risk of diabetic ketoacidosis (a serious complication that may occur resultant of abnormal insulin activity)
- Increase the risk of hospitalization by 3x and admittance to the ICU by 4x

### CARDIOVASCULAR DISEASE

Cardiovascular disease can include heart attacks, heart failure, inflammation of the heart, stroke & blood clots. In these cases, the flu can:

- Trigger serious cardiovascular complications within a few days following a flu infection
- Increase risk of heart attack 6-10x
- Increase risk of stroke 3-8x and admittance to ICU by 4x

### RESPIRATORY DISEASE

If an adult has a respiratory condition, the flu can:

- Trigger asthma attacks, worsen asthma symptoms, which can also lead to pneumonia and other acute respiratory diseases
- Decrease lung function and increase susceptibility to infection
- Result in worsening asthma and COPD



Always consult your healthcare provider about what choice is best for you. Supported by an education grant from Sanofi Pasteur.

**NACI recommends that you ask for High Dose Fluzone Influenza vaccine** if you have suffered from one or more of the following: arthritis, asthma, cancer, chronic pain, depression, diabetes, heart disease, high blood pressure, respiratory, emphysema or chronic obstructive pulmonary disease (COPD), or a mood disorder other than depression and stroke. Talk to your physician or pharmacist.



## Food for Thought: The Role of Nutrition in Healthy Aging

The way we eat throughout our lives impacts the way we age. Science has proven that a well-balanced and varied diet full of nutritious foods like fruits and veggies, whole grains, legumes, nuts, and lean proteins; and limited in sugar, salt, saturated or solid fats and alcoholic beverages, is critical to good health.



This means we all have the power to maximize and improve our health, add vitality to our years, reduce the risk of disease, and increase our health spans—the number of years we live in good health. And research shows that it's never too late to make improvements. Without proper nutrition our bodies can't stay healthy, fight off disease, or deal with illnesses that we already have. Poor nutrition weakens our immune systems and leaves us vulnerable to infections, and slower recovery and wound healing. It also causes unhealthy weight changes and muscle loss that can lead to frailty, falls, broken bones, disability, loss of independence, and disease complications. It can also lead to nutrition-related diseases and conditions.

The latest Dietary Guidelines address nutrition at various life stages and provide important recommendations on achieving a well-rounded diet. The guidelines emphasize that the foods and beverages we consume have a profound impact on our health—now and in the years to come—but MOST Americans don't follow a healthy dietary pattern. They also highlight the fact that our nutrition decisions add up “bite by bite” and are important at every age.

Although this 6 1/2 minute video is from an American source, it mainly pertains to us here in Canada also. [Food for Thought: The Role of Nutrition in Healthy Aging \(CC\)](#)

Eating well is an important part of staying healthy. Learn how food impacts your health and find resources to help you meet your nutrition goals. HealthLinkBC has more resources and information for you [HERE](#). The Province of BC has information for you on Healthy Eating [HERE](#).



## Tri-Cities Seniors' Action Society Membership

Click on the “**Become A Member**” graphic. Share the TCSAS Membership Form with a friend, neighbour, or family. **We are a “voice” for older persons.** For **only \$10 a year** you will stay informed and be invited to our numerous free in-person and virtual Zoom events, free lunches, and chances for numerous prizes. And come to our October 1 event or our next Coffee Chat. Are YOU registered for our October 1? Do it NOW.



## TCSAS AGM & Election of the TCSAS Board

**WHEN:** **October 1**, lunch time, during the Forum

**WHERE:** St. Clare of Assisi Parish Hall

### AGENDA:

1. Brief History of the Tri-Cities Seniors' Action Society
2. Our latest triumphs and initiatives
3. Election of 9 TCSAS Board Directors—Do you want to volunteer?
4. Door Prizes & Swag items



## Useful Canadian Government Contact Information

### Government of Canada

National **Emergency** Number for Canada is **9-1-1**.

[www.canada.ca](http://www.canada.ca) 1-800-O-Canada (622-6232)

### Employment Insurance

Individuals: 1-800-206-7218 Employers: 1-800-367-5693

### CPP, Disability, OAS, GIS

1-800-277-9914

### Immigration, Citizenship & Passport Canada

[www.cic.gc.ca](http://www.cic.gc.ca) 1-888-242-2100

### Service Canada

[www.canada.ca/en/services/benefits](http://www.canada.ca/en/services/benefits) 1-800-622-6232

### Local Service Canada Centre

2963 Glen Drive, Suite 100, Coquitlam

### Canada Revenue Agency

[www.cra.gc.ca](http://www.cra.gc.ca) 1-800-959-8281

### Canadian Anti-Fraud Centre

1-888-495-8501

### Veteran Affairs

[www.veterans.gc.ca](http://www.veterans.gc.ca) 1-866-522-2122

### Crisis & Suicide Prevention Services Canada

Connect with a counselor now by phone Call Toll-free 1-833-456-4566 (24/7/365)  
or Text 45645 (1 pm to 9 pm Pacific Time)

Your Life Counts Online Response [www.yourlifecounts.org](http://www.yourlifecounts.org)

<https://CrisisServicesCanada.ca>

### Programs and Services for Seniors

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>



Government  
of Canada

Gouvernement  
du Canada

Canada

## Useful British Columbia Contact Information

### Suffering from Mental Stresses?

**Seniors Distress Line:** Seniors in British Columbia can call **604-872-1234** for telephone support from a trained volunteer at the Crisis Centre on topics specific to older adults. Topics may include suicide, retirement, stress, relocation, loss of a loved one, physical or mental health issues, emotional support, or help working through a problem. The Seniors Distress Line is available **24 hours a day, 7 days a week and in up to 140 languages.**

### BC Schizophrenia Society

[Helping provide families with a reason to hope and the means to cope. \(bcss.org\)](http://bcss.org)

**Mental Health Support Self-Assessment & Online Counsellors**<https://ca.portal.gs/>**Mental Health Support Line****Crisis 24 hours****310-6789****988 suicide crisis help-line launched across Canada!**

People having suicidal thoughts or other mental health distress can now call or text 988 to reach a trained responder 24 hours a day, seven days a week - no matter where they live in the country.

**Help is available** Speak with someone today**9-8-8: Suicide Crisis Helpline**

Languages: English and French

Phone 9-8-8: or Text 9-8-8:

24 hours a day/7 days a week



**1-800-SUICIDE (1-800-784-2433)**: For individuals who are or know someone who is having thoughts of suicide. The service is available **24 hours a day**, 7 days a week and in up to 140 languages. Operated in partnership with **Crisis Line Association of BC**. Thinking of suicide? Call Crisis Intervention & Suicide Prevention Centre of BC at **(604) 872-3311** Or contact HealthLink BC at **Crisis Intervention and Suicide Prevention Centre of BC | HealthLink BC**  
Contact the local **Vancouver-Fraser CMHA Branch**.

**Pathways Serious Mental Illness Society**604-926-0856 **Home - Pathways Serious Mental Illness Society (pathwayssmi.org)**Visit the Government of Canada's **Wellness Together** portal.**Health Service Navigator** **Call 8-1-1**

**8-1-1** is a free-of-charge provincial health information and advice phone line available in British Columbia. The **8-1-1** phone line is operated by **HealthLink BC**, which is part of the Ministry of Health. By calling **8-1-1**, you can speak to a health service navigator, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian, a qualified exercise professional, or a pharmacist. Any one of these healthcare professionals will help you get the information you need to manage your health concerns, or those of your family.

Our navigators are available any time of the day or night, every day of the year.



**BC211 Help Line Services** Call or Text 2-1-1  
<http://www.bc.211.ca/>

BC211 is a non-profit information and referral service providing 24/7 access to information on social, community, health, and government services. They make finding community support services easy and accessible for everyone!

BC211 Services include: Counselling, Addiction, Mental Health, Victim Services, Financial Assistance, Housing, Transportation, Legal and Advocacy, Victim Services, Older Adults, Indigenous Peoples, Immigrants and Refugees, & more.

Asking for help isn't always easy.

Dialing 2-1-1 will connect you with a 211 Navigator who can help find the right support in your community. It's FREE, confidential, and available in 150+ languages.



**Seniors Abuse & Information**

The **S**eniors **A**buse and **I**nformation **L**ine (SAIL) is a safe, confidential place for older adults and those who care about them to talk to someone about situations where they feel they are being abused or mistreated, or to receive information about elder abuse prevention.

**seniors  
first  
BC**

- **Toll-free: 1-866-437-1940 or 604-437-1940 in the Lower Mainland.**
- Available 8:00 am – 8:00 pm daily (excluding holidays).
- Website: [Seniors Abuse and Information Line](#)
- Call the Police non-emergency number for suspected crimes, risk of danger or physical harm.
- **Call 9-1-1 if in physical danger.**



**VictimLink BC**

- VictimLinkBC is a toll-free, confidential, multilingual service available across B.C. and the Yukon 24 hours a day, 7 days a week and can be accessed by **calling or texting 1-800-563-0808** or sending an **email to [211-VictimLinkBC@uwbc.ca](mailto:211-VictimLinkBC@uwbc.ca)**. It provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services.

**Call or Text Toll-free: 1-800-563-0808**

**Send an Email to [211-VictimLinkBC@uwbc.ca](mailto:211-VictimLinkBC@uwbc.ca)**



## Looking for a Family Doctor?

The **Fraser Northwest Division of Family Practice** has created a central waitlist for patients in the areas of Coquitlam, Port Coquitlam, Port Moody, Anmore, Belcarra, and New Westminster. Sign up to get on the list for a family doctor or nurse practitioner: [Finding a Family Doctor | Divisions of Family Practice \(divisionsbc.ca\)](#)

### Find a Family Doctor



## Caregiver Wellness

Understand why caregiver wellness is so important. Learn what you can do to help yourself and find support. Click on this [LINK](#).

Or the Family Caregivers of BC at this [LINK](#).

Click [HERE](#) to learn more about resources for caregivers.

Here are **some more resources** to support your caregiver journey:

[Family Caregivers of British Columbia | Support and Resources for You \(familycaregiversbc.ca\)](#)

[Caregiver Resources – Canadian Centre for Caregiving Excellence \(canadiancaregiving.org\)](#)



**Call the B.C. Caregiver Support Line (FCBC)**  
**1-877-520-3267**



## Where you can get help:

- **Food Hampers for Seniors** If you know seniors in need of prepared food hampers or ingredients for meals for a week, then please call Ken at 604-949-0599. All information will be confidential. **We are here to help our community.**
- **SHARE Society** <https://sharesociety.ca/> or Call: 604-540-9161  
Program & Services are still on-going. The Food Bank is to help you get through this.
- **SHARE Food Bank Depot** 2615 Clarke St., Port Moody Phone: 604-931-2451  
Hours: Mon 9am-2pm Tues 9am-6pm Wed-Fri 9am-2pm
- **BC Bereavement Helpline** 604-738-9950
- **Canadian Mental Health Association** Call: 1-833-456-4566 or Text: 45645  
<https://www.crisisservicescanada.ca/en/> Anxiety? Stress?

- **Tri-City Transitions Society** Call 604-941-7111 Provides counselling supports, workshops and groups to women of all ages. Offers services through our Victim Services program to those impacted by domestic abuse which includes elder abuse as well as operate an emergency Transition House program for women fleeing domestic abuse. Office hours are 9:00 am to 4:30 pm. We run a 24/7 crisis line through our Transition House Program – 604 492 1700.  
<https://www.tricitytransitions.com/>
- **Battered Women's Support Services.** Call: 1-855-687-1868 or <https://www.bwss.org/> or if you are in danger, call 9-1-1.
- **Kids Help Line** Call: 1-800-668-6868 <https://kidshelpphone.ca/>
- **BC Centre for Disease Control** Supporting the Psychosocial Well-being of Health Care Providers: <http://www.bccdc.ca/Health-Professionals-Site/Documents/COVID19-Psychosocial-Supports-HCW.pdf>

## How you or your family or neighbours can help:

- **Food Bank Donations** **Demand is very high.** The Food Bank needs canned meats, canned tuna & salmon, canned fruit, rice, & other non-perishable items--or better yet--**Cash**, as this is better for the Food Bank buying power.

**2615 Clarke St., Port Moody**

Please do NOT bring out-dated food products.



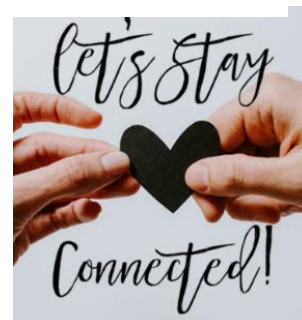
- **Donate Blood** Our hospitals need blood supply for regular operations.  
<https://blood.ca>  
or Call: 1-888-236-6283  
Challenge your family members.



## Please Stay Connected

Research shows the following health risks of social isolation and exclusion:

Increased chance of premature death; Reduced sense of well-being; More depression; Dementia; More disability from chronic diseases; Poor mental health; Increased use of health and support services; Reduced quality of life; Caregiver burden; Poor general health; and Increased number of falls.



**Keep in touch with family, friends, & neighbours. Be nice. Smile.**



**Take time to say Hi to your neighbours—and do a good deed.**



**BUY CANADIAN**