



Health *by Stealth*

This free video series was produced by the Squamish Men's Shed Society and can be found at www.squamishmensshed.ca
This series is also available on the Men's Shed Association of British Columbia website www.bcmensshed.ca

TOPIC	SPEAKER
<p>Healthy Aging An overview of Quality of Life through the life course including physical, biological, social, mental and spiritual health.</p>	 <p>Kahir Lalji Kahir is a community champion and non-profit leader. He obtained a Master's degree in Gerontology from Simon Fraser University and is currently the Executive Director of United Way of Lower Mainland (UWLM). He also serves as UWLM's Provincial Director of Population Health. He was formerly the Provincial Director of the Better at Home program with UWLM.</p>
<p>Glaucoma and AMD Dr. Bart McRoberts will speak on Glaucoma, sometimes labelled as the "silent thief of sight" and on Age Related Macular Degeneration (AMD) – the leading cause of significant visual acuity loss in people over age 50. Dr. McRoberts will address the causes, treatment and prognosis of both diseases.</p>	 <p>Dr. James Bart McRoberts Dr. McRoberts completed his Optometry studies at the University of Waterloo in 1974 and is part of a private group practice in Squamish and West Vancouver. He was the past President of the BC Association of Optometrists and also served as the Registrar of the College of Optometrists.</p>
<p>Better at Home Program The Better at Home Program is province wide program funded by the Government of BC and managed by the United Way of Lower Mainland to help seniors remain independent at home and stay connected with their community.</p>	 <p>Christina Rupp Christina Rupp is the Coordinator of the Sea to Sky Better at Home Program with the Sea to Sky Community Services in Squamish. She spent her career supporting and improving the lives of others, having served in positions with Whistler Community Services and the Helping Hands Society as the Manager of the Squamish Food Bank.</p>
<p>Stopping Adult Abuse This presentation speaks to the signs and risk factors of adults who may be experiencing, or have been impacted by abuse, neglect and self neglect. The abuse can be financial, physical, sexual or psychological.</p>	 <p>Ken Kuhn Ken is the Regional Mentor for Fraser Valley West for the BC Community Resource Response Networks (BCCRNS) to promote Elder Abuse awareness. Ken made it his retirement mission to "pay it forward" on Elder Abuse issues.</p>
<p>Funeral Planning 101 If a death occurred to someone I love, would I know what to do? It's a question that we may face one day.</p>	 <p>Mark McKenzie Mark has been part of the Squamish Funeral Chapel, owned by his parents, George and Mildred, since 2012. He obtained his MBA from Lindenwood University in St Charles, Missouri and serves as the Chapel's Community Relations Director. The McKenzie family have been in the funeral profession since 1946.</p>

For more information contact info@squamishmensshed.ca

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New Horizons for Seniors Program

Squamish Men's Shed Society acknowledges the homelands of the Indigenous Peoples of BC, and honour the many traditional keepers of the lands on which we live and work.