

AS WE AGE

Celebrating Seniors

Stay safe and prevent falls

Tereza Verenca
tverenca@burnabynow.com

Every 10 minutes, a senior in B.C. is hospitalized because of a fall.

Every year, one in three seniors will have at least one tumble, with that number going up to one in two for anyone 80 years and older. Across the province, falls are

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measures.

Ashley Kwon, coordinator of patient safety and injury prevention, shared a few tips with the *NOW* about making a home safer (the home is the most common place for older adults to fall).

“You really have to think about how you use the space, and that goes for how someone else might use the space, ... then making some small changes,” she said.

In common spaces like living rooms and bedrooms, Kwon suggested clearing walkways of cables and anything that could be a tripping hazard.

Lighting is another thing to keep in mind, she added.

“It’s important to think about what happens when the lights don’t turn on, in power outages and that kind of thing. Consider things like flashlights.”

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Burnaby’s Mulberry PARC home is now a living wage employer

A company that operates retirement homes in Metro Vancouver has become the only one in its field to offer a living wage.

Last month, PARC Retirement Living, which operates the Mulberry Parc seniors’ residence on Acorn Avenue, announced it had received its living wage certification.

A living wage is the hourly amount a family needs to cover basic expenses, including food, clothing, rent, child care, transportation and small

We build community, and our workplace is a community

savings for unexpected illness or emergencies. The calculation is based on a two-parent family with two children and each parent working full time. The current living wage for Metro Vancouver is \$20.62 an hour.

“We recognize that paying a living wage is

a critical investment in the company’s long-term prosperity by fostering a dedicated, skilled and healthy workforce,” said Hilary Statton, PARC’s vice-president of operations and human resources, in a press release.

Statton noted PARC’s living wage policy applies

to all employees and people employed by contractors or subcontractors who perform regular services directly or indirectly for the company.

“Social responsibility is important to us,” she said. “We build community, and our workplace is a community. It embraces residents, employees and neighbours.”

PARC also owns and operates three seniors’ homes on the North Shore and is building another one in White Rock.

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