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Mid-October 2017

HEALTH EDITION



**KEEPING YOUNG
WORKERS
SAFE AND SOUND**

WorkSafeBC banks on
education/awareness

03

Photo by Chung Chow

Jack Thomas studies at the Nimbus School of Recording Arts, but life was forever altered by an injury at his summer job in high school.

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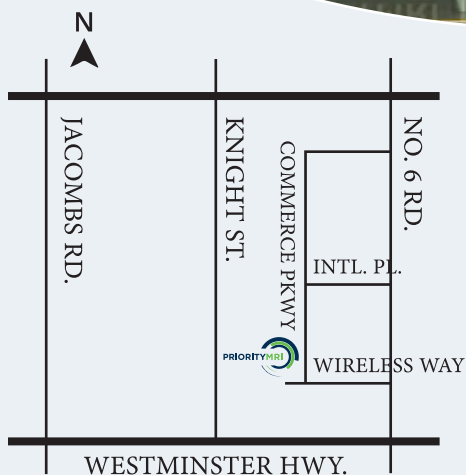
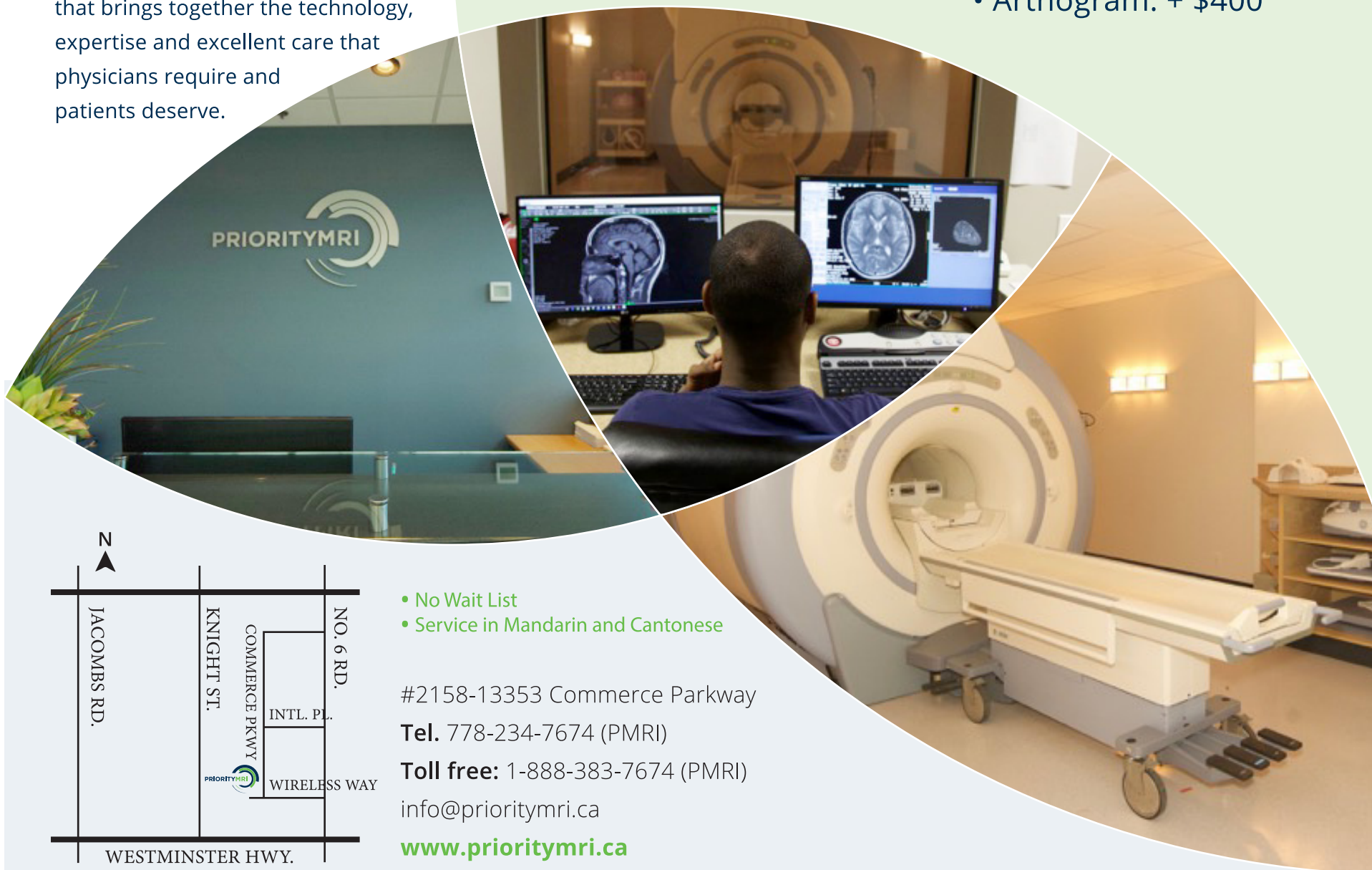
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Young workers need to return home safe and uninjured

By **LORRAINE GRAVES**
@LGsentinel

Young workers are the most likely to be injured on the job, according to WorkSafeBC's Trudi Rondou.

"You can look at the stats on paper; on average, 14 young workers are seriously injured every week in BC. The reality is, that's half a classroom full of young people every week," she says. That is why WorkSafe has a new two-pronged approach to young worker safety.

The first prong of the program educates the young workers.

Jack Thomas, 19, is part of that program. He talks to other young workers about his summer job, between Grade 11 and 12 when he 17.

"Sept. 4, 2015, I was working at my recycling job and I was doing some conveyor belt work. It turned on while I was working with it. It tore my right arm off at the elbow. I was in the hospital six days, then at the rehab centre for just under a month. I would kill to have at least my elbow back," he says.

WorkSafe's Rondou says in most cases, young workers had a feeling something was wrong and didn't seem quite right.

"So we wanted to focus on that empowerment. Listen to your gut," says Rondou.

Thomas says he wished he hadn't told himself "that it was ok to do something when I knew it wasn't safe. I would have taken a step back and



Photo by Chung Chow

Today, Jack Thomas studies at the Nimbus School of Recording Arts, but life was forever altered by an injury at his summer job in high school.

asked myself if it was worth it."

I wish I could have just told myself that it was ok to say no to my boss."

If something at work is dangerous, first speak with your boss. If that doesn't work, phone WorkSafe BC anonymously, she says.

"Our officers are experts at keeping that anonymity," says Rondou.

The second prong in the campaign tasks employers with the responsibility to teach and keep teaching young workers how to do their job safely from the get-go, and to make it part of the work attitude each day.

WorkSafeBC looked for companies to work with.

"We really wanted employers who

were role models and industries where young people were employed," Rondou says.

Clint Mahlman is executive VP and COO for Richmond-headquartered London Drugs.

"My role is to remind owners and managers that it doesn't happen on its own," Mahlman says. "With young workers, it's not going to be the first question they ask. We need to make this part of the daily conversation about how work is conducted in a safe manner."

Mahlman also says safety has to become a value, and not just an expectation that workers are safe.

Why London Drugs?

When Rondou discovered that London Drugs had a practice of sending letters to young workers' parents, letting them know what the chain is doing for their kids' safety, she says she thought it was "a wonderful way to go above and beyond."

"Workplace safety doesn't just happen on its own," says Mahlman.

Safety education for young workers is part of Rondou's job as WorkSafeBC's Senior Manager for Industry and Labour Services.

It is also a job she cares about personally; Rondou has two kids of her own new to the workforce.

Mahlman too has his heart in the program.

"I've got kids of my own, so I'm very sensitive to the safety issues that can impact young workers," he says.

Mahlman also knows too well what can happen when you're green.

"Working in a saw mill, it was 'Here's your tools, boys. Go clean up.' My hand got pulled into a chain. I had a hand-crush injury. I very quickly saw that no one told me about lock-out procedures," he says.

A serious injury changes the lives of more than just the young worker.

"I put my mom through quite a bit. I wouldn't be here without her," says Thomas.

Consequently, Mahlman suggests a third prong to the program.

"Safety should be part of daily conversation with parents, aunts and un-

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Oval home to range

By **DON FENNELL**
@DFSentinel

The crown jewel of the 2010 Olympic Winter Games is teeming with activity.

As a group of figure skaters concentrate on landing their jumps, on the adjacent ice rink a hockey game is nicely underway.

Nearby, several teens practise their hoop skills as a few seniors stroll by on their way to engage in a game of table tennis.

And upstairs, people of all ages are

sweating through another challenging workout.

It's all part of a typical day at the Richmond Olympic Oval, which following the Games, has transformed into a 32,000-square-metre, multi-use recreation paradise.

But none of this was by chance. This was a carefully-planned vision of city council.

"What you see at the oval is really quite close to the original plan," says Richmond Mayor Malcolm Brodie.

"We had to come up with in a very

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Photo by Chung Chow

Christa Norgren (left), personal trainer, and Isana Lei, Oval member.

of year-round health and fitness options

OLYMPIC OVAL

From Page 4

short period of time," he says. "We were criticized for sending our staff to places far away to do the background work, but we felt we had to because you can't just envision and build a centre like that by reading a book."

Today, the oval has about 6,000 members of which 80 per cent are Richmond residents. Featuring state-of-the-art training facilities, it is a unique facility capable of hosting a wide variety of summer and winter sports, health and wellness programs, cultural events and community activities.

A recent economic impact study by KPMG found that the oval has also been a major boost to the local and regional economies, generating more than \$300 million to date through its construction and ongoing operation. The oval, which attracts nearly one million visitors a year (the fourth-largest tourist attraction in Metro Vancouver), supports 400 full-time equivalent jobs.

The oval has helped Richmond to become an experienced host. Originally home to long track speed skating during the Olympics, it has since hosted many international events ranging from badminton to basketball and martial arts to volleyball. Its roots, though, remain firmly



Photo by Chung Chow

Richmond Olympic Oval has a range of health/fitness options.

planted in the community.

Programs are designed to challenge and empower participants of all ages with the tools needed to live better and longer lives. A knowledgeable staff, including fitness instructors and trainers, is on hand to help ensure all needs are being met. Nutrition services are also available.

It all begins with the Richmond Olympic Oval Fundamental Movements School, helping a child get an active start in life, become a better overall athlete, or increase their sport-specific performance.

Each week, participants enjoy fun and high-energy games and skill-building activities to develop, refine and master fundamental movement skills such as running jumping and throwing. Instructors are all accredited by the National Coaching

Certification Program.

Using the Long-Term Athlete Development model, Playground to Podium helps each individual develop their skills through cutting-edge programs. The approach is based on early childhood physical literacy, biological windows of development, and enjoyment at every level through many sports from badminton to volleyball.

The Richmond Olympic Oval is also home to high-performance programs and services designed to fuel sustainable Canadian sport excellence on the local and international stage. Unique in Canada, the training centre includes eight Olympic cages with lifting platforms, bumper plates, 33 Olympic bars, competition grade kettle bells, push sleds and other tools to train athletes of all ages and abilities.

"If you think about a community-

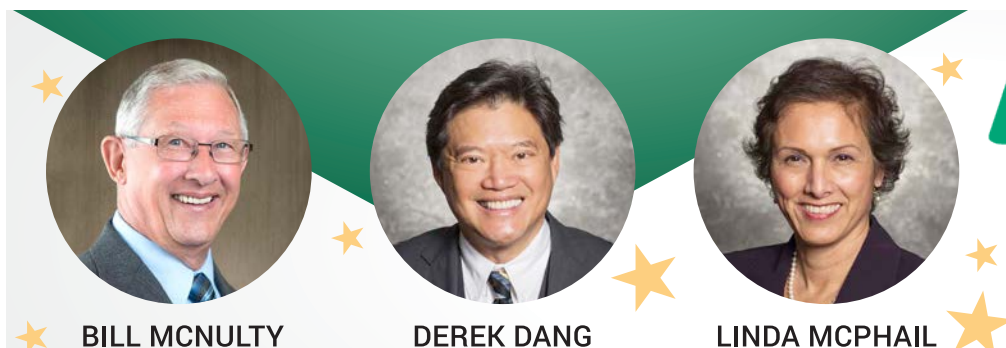
level athlete graduating into a provincial program, then graduating into a national team program, or an athlete who say is going to play in university in Canada or the states, we're starting to prepare those athletes for those transitions," says Andrew Clark, manager of fitness and high performance at the oval.

The approach is collaborative, integrating with other sport coaches, medical practitioners, and administrators to provide the training services, facilities and equipment required for each athlete to realize success.

"So if we have a young 12- or 13-year-old synchronized swimmer, for example, coming to the oval they may do their technical work at one of the local pools and strength and conditioning with us," Clark said. "Or say we have a soccer athlete who gets a scholarship to the states. Stepping into the weight room at a higher level may be something they'll do for the first time, whereas someone who's trained here already knows how to take care of their body because they've learned that over the last five or six years."

"What's fairly unique about the oval is that when you look at the composition of athletes training here, we're working with athletes from almost every sport," he said. "And diversity is one of the things we are able to accommodate well, providing services to cater to all those fitness needs."

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Asphalt paving advisory

July 7 to November 30, 2017

The City of Richmond has contracted Lafarge Canada to grind and pave the following locations in Richmond from July 7 to November 30, 2017:

Pavement spot repairs

- 11351 No. 1 Road
- 11800 No. 2 Road
- 12031 No. 2 Road
- 11511 to 11711 Steveston Highway and 11393 Steveston Highway

City block paving locations

- Minoru Boulevard (Lansdowne Road to Ackroyd Road)
- Railway Avenue and Blundell Road intersection
- 11000 Block No. 5 Road
- 9000 Block No. 1 Road
- 10000 Block No. 1 Road
- 13000 Block Steveston Highway
- 6000 No. 5 Road
- No. 3 Road (Westminster Highway to Ackroyd)
- No. 5 Road and Bridgeport Road intersection
- Steveston Highway (Mortfield to No. 4 Road)
- Steveston Highway (10471 to Shell Road)
- 9000 Block Westminster Highway – East bound lanes
- Alderbridge Way (No. 3 Road to Garden City) – spot repairs only

Work hours will be 7:00 a.m. to 8:00 p.m. on weekdays, and 7:00 a.m. to 8:00 p.m. on weekends. Night time work hours will be from 7:00 p.m. to 5:00 a.m. (typically).

Traffic will be reduced to single-lane and there may be temporary lane closures. Delays may occur. The use of an alternate route is strongly encouraged.

This work is weather dependent and dates are subject to change without notice.

Questions may be directed to Wasim Memon, Contract Administrator, at 604-276-4189, or visit the City's paving program webpage at www.richmond.ca (City Services > Roads, Dykes, Water & Sewers > Construction Projects > 2017 Paving Program).

City of Richmond | 6911 No. 3 Rd. Richmond BC V6Y 2C1 | Tel: 604-276-4000

www.richmond.ca

The Richmond Sentinel: who we are and what we're all about

By MARTIN VAN DEN HEMEL

@MartinvandenH

Welcome to our Health Edition, where we tackle health from different angles, including the safety of young workers, advances in sports concussion protocols and arthritis research, as well as local health and fitness options.

Since February, we have strived to provide local residents with something different to read, while giving them a bit of the familiar too in terms of what they've come to expect from a down-to-earth traditional community newspaper.

By now, hopefully most of you have seen and read a copy of The Richmond Sentinel, if not delivered by Canada Post to your mailbox, then at a local library, community centre or mall.

While we're the new player in town, we bring a much-missed old one back to Richmond.

Though our name is The Richmond Sentinel, at our heart both literally and figuratively, we're infused by the values of The Richmond Review, which closed to the disappointment of many in July of 2015.

Many of our staff members are former Review employees.

Award-winning sports reporter

Don Fennell, supremely

talented photogra-

pher Chung Chow,

and Jaana Bjork,

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ager when it

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all eagerly

agreed to

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this journey

to build a new

independent

non-profit news-

paper from scratch.

(Also joining us are vet-

eran newspaper marketing

consultant Don Grant, a long-time

Steveston resident, and fellow long-

time local science reporter Lorraine

Graves.)

We're all committed to creating

something the community can be

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OUR COMMUNITY NEWS

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RICHMOND SENTINEL
OUR COMMUNITY NEWS

 Richmond

Healthy fun at the pumpkin patch

By LORRAINE GRAVES
@LGsentinel

Fresh air is healthy. Fresh fruits and vegetables are healthy. Pumpkins are healthy, so it follows that pumpkin patches are very healthy.

Sure it's a place to have healthy fall fun but, more importantly, it's a place to make memories. For over three decades, Richmond Country Farm's Pumpkin Patch on Steveston Highway has made memories for the families of the Lower Mainland.

Running Oct. 7 to the end of the month, it's more than just a place to pick up a Hallowe'en pumpkin.

The patch offers hayrides with live musicians to lead the sing-along on the way to the corn maze and pumpkin fields.

City children who have missed the delight of playing on straw bales can climb, jump and hide to their hearts' content in the hay barn while being serenaded by skilled professional musicians on the stage in the heart of the farm.

The stage performers are award-winners in their serious, professional lives. They easily slip, incognito, into their pumpkin patch roles and names for the month of October. For instance, Barndance Bev has been a regular on *Once Upon a Time* and has a one-woman show coming up at Gateway this year.

Rooster Rev has managed the en-

tertainment at the patch for 28 years. She says the roster of musicians varies throughout the month because they have serious gigs they need to work around. For instance, the fiddle player in past years has been a national award winner and host of country music awards. These highly-skilled musicians and performers revel in delighting small children with corny humour and pumpkin-themed songs.

"The [patch's] owners are wonderful people," says Rooster Rev. "They've been doing it for about 30 years. It started out with just one wagon and a horse pulling some people. It was a very short ride. It's definitely come a long way."

Today there are animals to see on the way in, though "It's not a petting zoo," cautions Rooster Rev.

Visitors are often greeted at the entrance with a real rooster crowing, a pumpkin queen waving her wand and occasionally a wandering pumpkin princess. On weekends with good weather, there are also a train to ride and a place to purchase snacks. Rooster Rev suggests riding the train first so you don't have to cart a pumpkin along.

After a sing-along ride on the hay wagon, there's a corn maze, and an actual field to wander about in while children, big and small, choose the perfect pumpkin to take home. Boots are usually advised for all be-



Too many pumpkins to choose from.

Photo by Chung Chow

cause rain can make the fields muddy.

Each child receives a fresh apple upon returning from the ride to the pumpkin. Some kids hang out and enjoy the band complete with dancing corn and pumpkin.

Youngsters can dance; they can watch; they can sit or, more deliciously, the adults can sit and enjoy the band while the kids wear off more energy playing within watching distance in the nearby hay barn.

After the pumpkin patch, there's still the farm market where there's home-grown corn as well as a host of other healthy fresh fruits and vegetables.

At the very least, families go home from the patch with glowing cheeks, an apple, a pumpkin, a tune in their heart and many memories for the years ahead.

For times and prices see: country-farms.ca/the-nursery

•LGraves@richmondsentinel.ca

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YOUNG WORKERS

From Page 3

cles. You need to have kitchen table conversations where you ask, 'What is your employer saying about safety?'"

"Make sure what you're doing is safe and if it isn't safe you don't have to do it," Thomas says.

The entire corporate sector needs to up its game, Mahlman says.

"It's often not the obvious large, industrial accidents," he says. "We forget the service industry is the largest employer in BC, and they employ young workers. There are other dangers that can be just as devastating, whether it be scalding, slip and fall in a restaurant, or cut injuries in grocery retail, or servers that slip."

We have to change our thinking, he says, for instance, we should stop thinking of cuts as a normal part of the food service industry.

After his workplace injury, how is

Thomas doing today?

"Words can't describe how happy I am to be learning and doing what I love."

While he'd "give anything to have my arm back," he says he had to relearn how to drum, how to play the bass, cook food, drive, write.

"I was right handed before so had to learn to write with my left. I just relearned how to tie my shoes and cut my nails and it's been two years."

Rondou says of those 14 young workers injured every week in BC, "these are not cuts and bruises. These are life-altering injuries."

"People should have a high expectation of returning home safely and not injured," says Mahlman.

Thomas now knows how he would have done things differently.

"Workers everywhere need to know when it's ok to say no. If I can help save one life, one broken hand, one limb or anything, I am happy with that"

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Magnetic Resonance Imaging aids diagnoses

By LORRAINE GRAVES
@LGsentinel

A Magnetic Resonance Imaging scan, better known as an MRI, allows physicians to see what's happening inside your body in three dimensions using only a magnet, radio waves and computers.

From there, highly-skilled doctors interpret the slice-by-slice pictures the computer generates. MRI scans are part of the menu of imaging techniques available to doctors today.

Each technique has strengths and weaknesses. For instance, X-rays offer two-dimensional, shadow pictures while MRIs offer three-dimensional images of not just bones but soft tissue as well.

Among the different kinds of medical scans, only Ultrasound and MRI use no ionizing radiation. Ultrasound uses sound we can't hear to create echo pictures, similar to radar. MRI uses a magnetic field and radio waves to see what's happening under the skin.

A doctor decides which type of imaging is best.

An MRI might be best to find a tear in soft tissue or some kinds of tumours. For a bone problem, an X-ray might be the better choice.

"Fractures definitely don't need an MRI," says Brian Di Stefano, CT and MRI supervisor at Richmond Hospital's Diagnostic Imaging Centre.

There are two MRI units in our community.

The MRI unit at Richmond Hospital does all the normal scans in addition to providing special, bariatric



Photo by Chung Chow

Brian Di Stefano is CT and MRI supervisor at Richmond Hospital's Diagnostic Imaging Centre

services. That means their scanner donut has a larger hole in it to accommodate people who weigh up to 450 pounds [approximately 200 Kg]. "We're the go-to scanner for a lot of these bariatric patients," says Di Stefano.

The other MRI scanner is owned and operated by Priority MRI.

While it can offer a shorter wait for non-emergency scans, they are not covered by MSP.

Dr. Syed Haider, managing director, says there's special pricing for seniors, veterans and students to make them more affordable.

For those of us who got our medical education watching ER or Grey's

Anatomy, what's different in real life?

According to Di Stefano, doctors don't do the scan; highly trained technicians do.

It takes about 30 to 45 minutes instead of seconds, and a radiologist has to review the images, write a report and send it to your physician before you get the results.

Richmond Hospital has been able to drop MRI wait times for non-emergency patients by hiring more staff so the scanner can operate even outside normal business hours.

With the private pay MRI, you will still need a medical referral.

"You can't walk in off the street and say, 'Here's my money and I need an MRI exam right now.' It doesn't work that way anywhere in Canada. You must be referred by family physician or specialist," says Haider. At that point, he says, an appointment can be booked within a day or two. It then takes a similar amount of time for the radiologist to write the report.

Unlike a private scanner, a hospital-based scanner takes the patients with the greatest medical need first.

"A knee scan can take half an hour to 45 minutes to do," Di Stefano says. "Now throw in an ICU patient, vented, who has 17 different lines running to them. You've got to safely move that patient from their ICU bed to an MRI-safe table, run all these lines through a little hole in the wall so pumps stay out other room. The half hour scan it takes for a walking, talking patient turns into an hour and a half or two hours for a very sick person."

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Seafair staying ahead of the concussion curve

By **DON FENNEL**
@DFSentinel

When Cody Kusch successfully lobbied Seafair Minor Hockey to introduce a concussion management protocol in 2010, knowledge about the type of traumatic brain injury was only in its infancy.

Seven years later awareness has grown, but clearly there is still a lot more to learn.

"More appropriate measures have been put in place, but the true management within the respective associations still falls on the volunteers to ensure that proper concussion management and certification is being completed and carried out," says Kusch, who is vice-pres-

ident of the local youth sports group.

"I believe community concussion clinics should be in place, so that more players have equal access to the best care available. At least, the hospitals should all have a concussion clinic attached to their facility."

Since Seafair introduced its concussion management protocol, Hockey Canada has also adapted and now implemented "contact to the head" penalties, regardless if there is intent or not.

A minor or match penalty is assessed to the player who commits the head contact. And B.C. Hockey has mandated that all its member associations now have a concussion management protocol

in place. At the same time, all volunteers must complete on an annual basis concussion management training on-line before they can volunteer.

Despite these advances, however, Kusch says there has not been a clear reduction in the number of concussions over the past seven years.

But he says this may be due to the fact that more people are now coming forward to admit that their child is experiencing a suspected concussion "whereas in the past, without legislation and mandates, the families were not self-reporting as accurately," he says.

"So even though the number of concussions has not reduced, it may actually have



Photo by Chung Chow

Seafair vice-president Cody Kusch is advancing a concussion management protocol to help keep young hockey players safe.

reduced if every family was truly self-reporting where needed," Kusch suggests.

Kusch's next push is to educate all the public schools

with these changes in protocol, noting that Seafair itself will be making changes to its

See Page 13

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CONCUSSION

From Page 12

own current concussion management flowchart to ensure that the education piece is not lost.

“And I will continue to follow up with the families to ease their concerns when their child experiences a suspected concussion,” he says.

Following Seafair’s lead, Kusch is encouraged that the mindset of many other organizations regarding concussions has also shifted positively.

He says now having data in the 10- to 18-year-old age group has resulted in many important findings, including an algorithm of electroencephalogram (EEG) tests that are able to predict with 95 per cent accuracy whether a child has experienced a concussion and the length of time need-

ed for return to play. “We have helped many other minor sports associations in Richmond and beyond with respect to establishing their own concussion management program,” Kusch says.

Parachute Canada (a national, charitable organization dedicated to preventing injuries and saving lives) and other provincial and national sport governing bodies have also reached out to Seafair for feedback with respect to development of their practical resources. The Return to Learn flowsheet and Return to Play protocols are two concussion management tools currently being used by many local associations to ensure proper and consistent management of concussions, and that the athlete is at the forefront of safety.

Also, vestibular ocular motor screening has been used in recent years at Seafair to test more

accurately with baseline testing, and as a result, a Harvard University study—with the largest pre-season participation—was achieved through Seafair’s baseline testing program.

“They are no longer recommending baseline testing as they feel that some of the questioning in the younger child population was inconsistent,” Kusch says. “Now that EEG testing is very accurate, they feel that this is a more valuable source of diagnosing a concussion’s existence, through algorithm testing.”

But Kusch says one challenge is that educating parents and families needs to be managed by someone, as not all healthcare professionals are trained to the same degree. Seafair currently uses a flowsheet designed in conjunction with the UBC Brain and Research Centre that Kusch says needs updating.

•dfennell@richmondsentinel.ca

Tenors’ Walters has soft spot for hospital

By DON FENNELL
@DFSentinel

Fraser Walters’ relationship to Richmond Hospital dates back to his days growing up in the city. A member of the Juno-award winning Tenors, the former local developed a deep appreciation for the hospital as a 21-year-old student-athlete studying music at UBC.

A few hours after a soccer game, he came down with a serious heart issue (atrial fibrillation) that all but ended his collegiate soccer and track careers.

“I will never forget the care I was provided by the doctors, nurses and staff at Richmond Hospital,” he says.

Consisting of Canadians Walters, Victor Micallef and Clifton Murray, the Tenors have been thrilling audiences around the world with their powerful songs and outstanding harmonies.

The sold-out Starlight Gala Oct. 14 at River Rock is Richmond Hospital Foundation’s signature black tie gala that’s raised more than \$5 million.

•dfennell@richmondsentienl.ca

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Community Cares Month is our annual month-long series of events and promotions during September in English, Cantonese and Mandarin, uniting members of our diverse community to donate to improve patient care at Richmond Hospital. Local health care needs are year-round, and donations to Richmond Hospital Foundation are gratefully received all year long. To make a gift, call 604.244.5252, or visit our website at www.richmondhospitalfoundation.com

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Despite arthritis,

By LORRAINE GRAVES
@LGsentinel

It had been a tough year for Steven Colón.

First his wife had a heart attack. She needed a lot of help, but at least Colón could rely on his career.

Then he was diagnosed with psoriatic arthritis, a severe autoimmune disease that attacks his joints, skin and digestive tract. At that point, Colón started to worry about the future.

Could he continue to support his family at a job he loved, as a funeral director?

And he was right to worry, according to Dr. Diane Lacaille of Arthritis Research Canada (ARC), "Arthritis and musculoskeletal conditions are the number one cause people have to quit working in Canada, so it's very costly."

Thankfully, ARC offered hope for Colón, with an experimental program called Making It Work.

"Usually work falls in between the cracks," Lacaille says. "Health care professionals, don't ask about work."

Not long after his diagnosis, Colón saw a client at a funeral with bent, withered hands and thought, is that what's in store for me?

The shock of a life-altering diagnosis often breeds a feeling of loss of control.

ARC's online Making It Work program, headed by Lacaille, looks to give that sense of control back.

"We're empowering people to make the changes they can to stay at work, while also thinking ahead of time to what problems may come up. It's about what changes you can make so your work is better adapted to your arthritis," she says.

Making It Work consists of a number of online modules. Colón worked through each section over a two-week period.

At the end of each module, Colón participated in an online group meeting with other arthritis patients in the program. Each meeting was facilitated by a vocational counsellor.

"They are like a sounding board. I would bounce ideas and they would provide me with feedback. And a lot of it was validation as well," Colón says.

One of the program's modules helped Colón examine the role fatigue plays in his life, and how to manage it.

"The program helped me realize and confirm what I felt and helped me find approaches how to deal with it. I learned to do things earlier in the day, in my particular case," he says.

Other program modules look at such things as when and how to tell others that you have arthritis and what adaptations you will need at work.

Making It Work also looked at the physical demands and Colón's needs on the job to see what can be altered to keep his joints as healthy as possible.

Stress at work, how to identify and manage causes, are other topics in the program, as are understanding your medications and knowing your rights as an employee with arthritis.

"Making It Work taught me about medications and how to talk with my doctor. Luckily the program provided me with everything I needed at the time. They helped me, along with my doctor, knowing what I had, how it affected my system and what approach I could take. I learned how to let my employers know this is what I have," says Colón. "The Making It Work program helped shape my thoughts, what I wanted to say, and how to say it"

The program also looks at the ergonomics, the physical situation and the required motions, in a job. Each participant needs different alterations.

See Page 17

funeral director is making it work

ARTHRITIS

From Page 16

"I sent in pictures the way I would sit in my office," he says. "I have picture of how I would lift a casket and they provided me with ideas on correct seating at my desk and how to lift caskets safely."

"The program is not designed to keep people working at all costs but it is designed to find ways to keep people, who want to work, able to do their jobs now and to keep doing their jobs in the future," says Lacaille.

Colón says that, working in a job that requires care and kindness, he appreciated all the more the empathy of each person he encountered at ARC.

"The Making It Work program helped me navigate the waters, put-



Photo by Chung Chow

ARC research coordinator Pamela Rogers, looks on as Steven Colón reviews the Making It Work program on screen.

ting things in a way that not only I could understand, but in a way my employers at the funeral home could understand too," he says.

Now, equipped with a greater

sense of control, and with his disease well-managed by medication, Colón says the future looks brighter for him and for other arthritis patients.

"The first thing I would say is don't

give up. Find a good rheumatologist. Learn about the illness you have and if the program is available, join the program right away because it's going to answer almost all the questions you're going to have about your illness and provide the support you're going to need to stay employed and supporting your family."

Making It Work it is still in its research phase.

ARC hopes to release the program to wider use this coming year so is taking names for the wait list. But, for Colón, the results are in. His future as a funeral director looks more secure thanks to his physician, modern medicine and what he's learned through Making It Work.

For more information or to put your name on the wait list Makingitwork@arthritisresearch.ca

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Kenny Holston via
flickr.com

There are many
fitness offerings at
Steveston Community
Centre and the
Japanese Canadian
Cultural Centre.

Steveston residents focused on fitness

By MARTIN VAN DEN HEMEL
@MartinvandenH

More and more people are pursuing a healthy lifestyle in Steveston, and that's evident by the growing popularity of programs offered at the local community centre.

Donna Bishop, fitness coordinator at the Steveston Community Centre, said the centre offers many different types of programs and services to meet the demands of all age groups who live, work and play in the scenic waterfront community.

"Steveston is an overall fit community," Bishop

says. "Whether it's 35 people participating in the 9:15 a.m. total body conditioning class, a yoga class or the run group jogging toward Garry Point, the community demonstrates a passion for an active, healthy lifestyle."

In particular, seniors fitness classes have become increasingly popular, and has seen an increase in the number of registrants in programs including the Parkinsons Wellness Recover program which is held twice per week.

The community centre isn't resting on its laurels, but continues to search out new, effective and potentially-popular offerings based on changing trends, while also maintaining traditional programs, Bishop says.

"We recently added TRX units (performance training using gravity and the user's body weight) in our group-cycling space to run high-intensity interval training sessions," Bishop says. "Steveston Community Centre reviews fitness programming seasonally for trends and customer feedback, and continues to strive to meet the needs of our close-knit, yet growing community."

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55+ years: Cooking Club

Monday Oct. 16 from 10 a.m. to noon

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Chronic Kidney Disease

Friday, Oct. 20 from 1 to 3 p.m.

At this FREE presentation from Vancouver Coastal Health, learn about kidney function, common causes of chronic kidney disease, risk factors and how to keep healthy longer.

Meditation Made Easy

Wed. Oct. 25 from 10 to 11 a.m.

Learn basic meditation techniques and simple breathing exercises in this chair-based class. \$10 per session.

Advance Care Planning

Friday, Nov. 3 from 1 to 3 p.m.

Registration is required for this free class, where participants learn how to start the process of discussing important medical and health-care topics, and dealing with myths and realities.

Celebrate Canada 150 Luncheon

Thurs. Nov. 16 from noon to 2 p.m.

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Tennis Social

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Drop-ins (space permitting) are welcome on Thursdays for a fee. Participants practice and learn the basic moves that make up current line dancing today. No dance experience is necessary.

Line Dancing Intermediate

Every Thursday up to and including Nov. 30 from 3:15 to 4:15 p.m.

Drop-ins (space permitting) are welcome for a fee. Improve beginner moves and learn more advanced ones in this social and physically active class.

JJ's Restaurant Lunch Trip

Wednesday, Oct. 18 from 10:30 a.m. to 3:30 p.m.

Culinary students from Vancouver Community College serve up a gourmet lunch at VCC's restaurant. For \$15, participants at Steveston Community Centre receive transportation to and from the restaurant, with plenty of time provided to shop at Gourmet Warehouse. (Price is for transportation only.)

Dickens Sweets and British Museum Trip

Thursday, Oct. 26 from 10 a.m. to 3:30 p.m.

Friday, Nov. 24 from 10 a.m. to 3:30 p.m.

This sweet Chilliwack desintation features all things British, including a grocery store, museum, bakery, sweets shop. Price of \$21 is for transportation only.

Tsawwassen Mills Shopping Trip

Wednesday, Nov. 15 from 10 a.m. to 2:30 p.m.

Shop and explore the Lower Mainland's newest shopping centre, at more than one million square feet of retail, restaurant and leisure activity space. Price of \$14.25 is for transportation.

General Swap Meet

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Fire-rescue, paramedics team up on Cambie Road

By **DON FENNELL**
@DFSentinel

Richmond Fire-Rescue and local paramedics have a history of collaboration. So working under one roof seem like a natural next step.

The new Fire Hall No. 3 and North Ambulance Station marks the first such combined initiative in a major urban centre in B.C.

"The opening of the Cambie Fire Hall marks a key milestone in the City of Richmond's continuing campaign to upgrade our public safety infrastructure," says Mayor Malcolm Brodie. "It is the fourth of five new Richmond fire halls built within just over a decade, which represents a major investment in ensuring we remain a safe community. We're also delighted to share this facility with BC Emergency Health Services (BCEHS) as it will further enhance public safety in Richmond."

BCEHS executive vice-president Linda Puini is equally bullish on the partnership.

"This modern facility will support the critical role BCEHS paramedics play in providing patient care to the community, and enhance our working relationship with Richmond Fire-Rescue," says Puini. "The increased space also makes this one of the largest ambulance stations in the Lower Mainland, providing large

new crew quarters and a quiet room that will help paramedics decompress after responding to a call."

BCEHS has signed a 20-year lease with the city, allowing the two agencies to share a single purpose-built facility and co-share some common spaces, and provide a number of operational and financial efficiencies. In addition, it provides the potential for joint training activities.

At the public grand opening from 11 a.m. to 4 p.m. Saturday, Oct. 14, attendees will be able to take part in self-guided tours and fun family activities, enjoy free safety demonstrations by firefighters and paramedics, explore a variety of fire and ambulance vehicles, meet members of the BCEHS paramedic bike squad, and view Richmond Fire-Rescue's on-site training facility and specialized mechanics shop.

A brief official opening ceremony will take place at 11 a.m., followed by dedication of the public art installation created by artist Daniel Laskarin. Parking is limited so event attendees are encouraged to walk, cycle or take public transit to the event.

The new \$20.7 million fire hall replaces the 55-year-old Bridgeport Fire Hall.

At 2,415 square metres, the new three-storey building is larger than the standard Richmond fire hall and "built for expansion," says Brian



Photo by Don Fennell

Brian MacLeod of Richmond Fire-Rescue inside Fire Hall No. 3 on Cambie Road.

MacLeod, community relations officer at Richmond Fire-Rescue.

It also houses Richmond Fire-Rescue's new training facility and specialized mechanics shop, and is sustainably designed to be post-disaster rated ensuring it remains operable in an emergency.

One unique feature is state-of-the-art rapid opening bay doors to help speed response in emergencies, a significant advantage over the traditional roll-up model.

"It allows the trucks to get out way faster," says MacLeod.

B.C. Ambulance Service paramedic Roger Mah says the added space makes a big difference. The bay has space for up to six ambulances, making it one of the biggest stations in the Lower Mainland.

It's also one of the busiest.

"I started at the old version of this station almost 29 years ago and it was busy then," says Mah. "Now we have a population of 220,000. That's a lot of people, and with that we also have had a shift in demographics and a very active seniors society."

See Page 25



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Richmond: A city full of life

By DON FENNELL
@DFSentinel

Richmond is full of life.

Every morning and evening too, young and old blend at various popular exercise spots throughout the city. They engage in a myriad of activities, from soccer to swimming and tai chi to walking.

Being physically active is all in a day's work. Or at least a big part of it for the majority of the 200,000 people who call this West Coast suburb home.

Richmondites are proud to hold the distinction of living longer—with an average lifespan of 85.7 years—than anywhere else in Canada. And they're not about to give up the title without a fight.

Why are Richmondites so energetic? It's a subjective question, but Mayor Malcolm Brodie believes the City of Richmond puts a healthy emphasis on providing recreation opportunities for everyone.

While the Richmond Olympic Oval is an obvious jewel among the community's impressive array of recreation facilities, Brodie says, "We have a lot of different facilities, and programs that are affordable."

And despite experiencing fairly rapid growth, he says the city has paid attention to the needs of the people in terms of active living and aging successfully.

"I'm proud and pleased with the progress we've made," Brodie says. "It's not just a matter of having (facilities and programs) for people in their teens and 20s, who are their prime, but also for tiny tots to seniors so that everyone can get involved. Isolation among seniors is always a big issue and we take active steps to combat that situation."

A longtime advocate for sport, Coun. Bill McNulty sees Richmond's affinity for being a healthy community as multi-faceted.

"Physically, all the amenities are there—geography, community facilities and sports groups that promote well-being," he says. "But to me, healthy also means spiritual, cultural and mental [health]. As a blend of many nations, we welcome and embrace people from around the world and we're blessed with various opportunities for worship. As a city we have a very positive attitude."

According to Statistics Canada, by 2021 the number of people across the country, aged 65 years or over, will surpass the number of children 14 and under. This will be a first in the history of the Canadian population.

With a population that reflects the trend, Richmond is positioned well to manage this rapidly-emerging transition.

One of the more obvious physical examples will be the anticipated opening next year of the Minoru Centre for Active Living. Poised to become the hub of Richmond's recreational, social and cultural life, the 10,219-square-metre complex being built on the site of the former Minoru Pavilion will include facilities for aquatics, fitness and sport as well as 3,065 square metres dedicated to seniors. The space for seniors is double the current Minoru Place Activity Centre.

Heather Muter, co-ordinator of senior services for the City of Richmond, is "incredibly proud" of the investment the city and its partners have made for older adults. She says about 65,000 people visited the Minoru Place Activity Centre last year, or an average of 500 per day. She anticipates the number will grow quickly once the new dedicated seniors space at the Minoru Centre for Active Living opens. It will include expanded food services, featuring nutritious meals, as well as both a billiards room and a woodworking shop.

See Page 25



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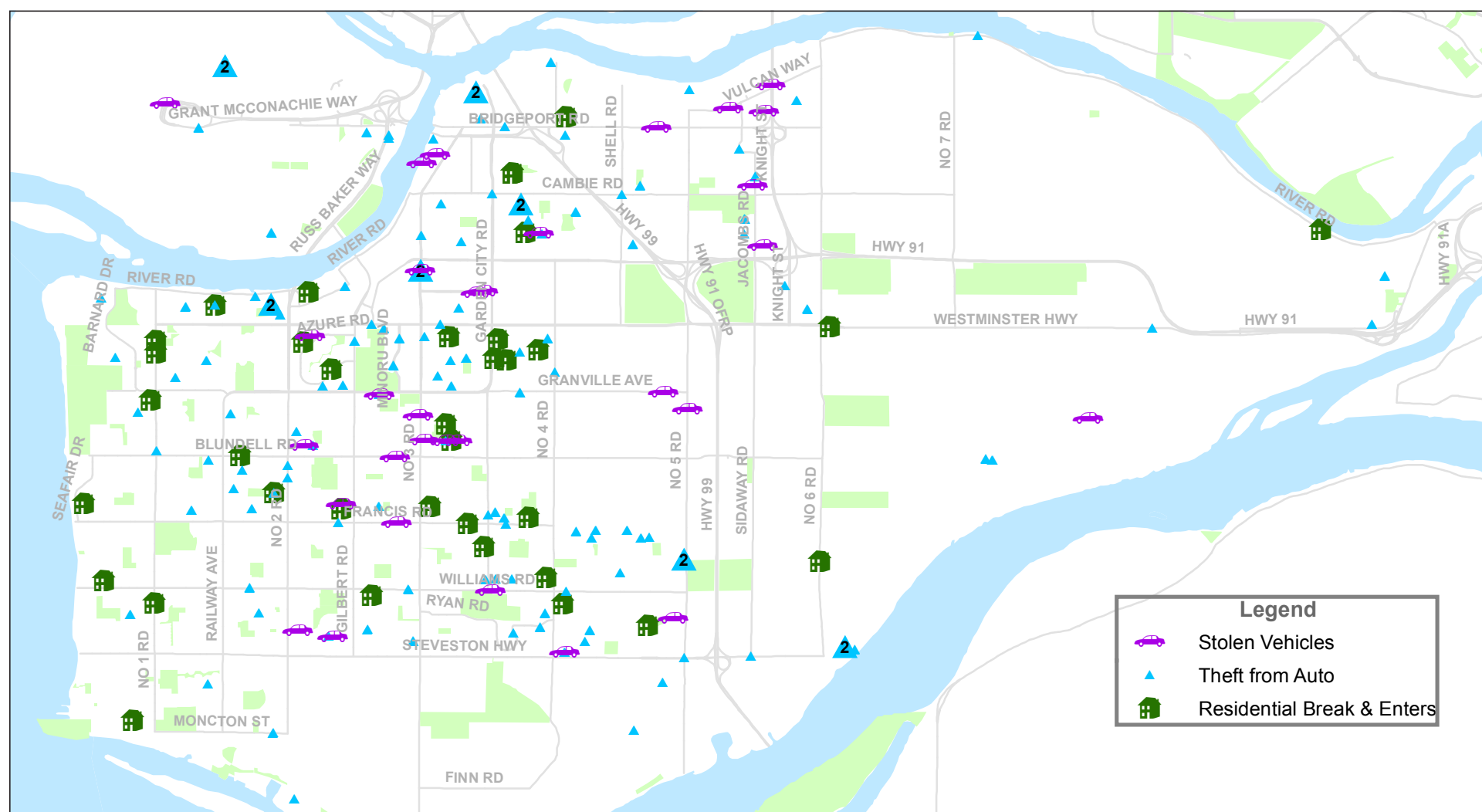
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RCMP

Crime Map September 1- 30, 2017



Does sipping water amount to distracted driving?

By DENNIS HWANG

Distracted driving is well-known as one of the leading causes of motor vehicle crashes.

It is also something entirely preventable.

Distracted driving is most commonly associated with cell phone usage but actually spans several type of electronic devices.

For the purposes of this article, there is a summary of permitted and non-permitted uses for non-novice and novice drivers available at tinyurl.com/DistractedDrivingBC.

This is known as Use Electronic Device while Driving.

If you are in violation of this, the fine amount is \$368. If you are a non-novice driver, there is a complete ban on any electronic device usage.

Recently some interesting situations have come to light and have spread to social and conventional media. They include behaviours not typically associated to cell phone usage.

For example:

- a bowl of noodle soup presumably being consumed by the driver
- a woman applying makeup while driving

- a man shaving while driving
- a person driving with a dog situated on their lap
- smoking cigarettes
- drinking water

In these cases, the police will evaluate the situation and circumstances to determine if a violation has occurred guided by whether something has prevented the full attention of the driver driving safely and how that behaviour may impact the safety of others.

Such behaviours do not fall under the Use Electronic Device While Driving legislation but may fall under a sec-

tion which deals with the attentiveness of the driver.

Under the BC Motor Vehicle Act, Sec. 144(1)(a) Drive Without Due Care and Attention may be appropriate.

The last two points about smoking cigarettes and drinking water are puzzling and were part of a list recently shared frantically on WeChat.

Our primary concern is the safety of all users on our roadways.

Please give it careful thought as to whether or not an activity affects your driving behaviour and how that contributes to the safety of society as a whole.



Minoru track is a beehive of activity particularly on sunny mornings, when people can be seen walking to stay fit.

Photo by Chung Chow

RICHMOND

From Page 23

At the opposite end of the age spectrum, there is a wide selection of programs for youth in Richmond that reflect a community-wide commitment to physical literacy.

Physical literacy is also an important component of the education system. Richmond School District trustee Ken Hamaguchi

says Richmond is fortunate to have great facilities which in turn support a host of well-organized, community-based athletic programs.

In addition to the civic facilities and programs, he appreciates that more students are participating in school-based physical literacy. He says the benefits of adopting a healthy lifestyle are wide-ranging.

"But sport is just one piece of healthy living," he continues. "And

I think kids today are generally more knowledgeable about other areas, like nutrition."

When it comes to health and fitness, Richmond has a lot to offer: an extensive park (789 hectares) and trail (73 kilometres) system, quality fields (including several artificial turfs), swimming pools and 10 ice rinks—programs and services that promote personal growth and enhance quality of life.

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FIREHALL

From Page 20

And you can't get away from the fact that when you're older you're open to more serious medical problems, so our call volume goes up."

Between 2014 to 2016, the call volume in Richmond increased by 10 per cent from 12,800 to 14,200.

The new facility also features a public art installation that reflects the purposes of the fire hall and ambulance station.

Based on the "Fire Triangle," Daniel Laskarin's art comprises three interweaved/interlocked triangular panels standing on a raised circular platform. The three panels form a three-sided pyramid, each perforated with water-jet cut text: FIRE-RESCUE, AMBULANCE and COMMUNITY.

During the past decade, Richmond has built three other new fire halls at Hamilton, Sea Island and Steveston and completed major renovations and seismic upgrading on another. A fifth new hall, Brighthouse No. 1, is now under construction and scheduled to open later this year.

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Photo courtesy City of Richmond

START YOUR HOLIDAY SHOPPING EARLY!

Vendor and Craft Fair

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Classifieds

FREE Richmond classifieds to advertise your lost & found items, volunteer opportunities, pets, sale items, events and free stuff!

To post your FREE classified please email us at production@richmondsentinel.ca. Deadline: Thursday, Oct 19 for the November issue (25 words max.)

Volunteers

THE GULF OF GEORGIA CANNERY SOCIETY seeks volunteers for their winter Cannery Farmers' Market, Starting Oct. 15. Runs every other Sunday until April 22, 2018. For more info: canneryfarmersmarket.org. Contact: Carina Harris at carina.harris@gogcannery.org 604.664.9261

RICHMOND'S ANNUAL HOMELESS CONNECT DAY, Oct. 19. Before then, please drop off the needed items at the Thrift Shop on Chatham and 2nd Ave, telling them it's for this program. Heavy coats & sweaters, woolen socks, warm boots & wool caps, long underwear, sweat pants, warm blankets, waterproof coats, hats, shoes, pants, etc., handheld hair dryers to warm up. Please contact St. Alban's if you can help with distribution on Oct 19. office@stalbansrichmond.org. 604-278-2770 ext. 106

Events

RICHMOND ART GALLERY presents, *Eternal Return* featuring new artworks by Barb Choit, Kevin Day, Lucien Durey, Alanna Ho, Anchi Lin. Until Nov. 19, 2017. www.richmondartgallery.org

ST. JOSEPH THE WORKER PARISH - 32nd Annual Fall Fair on Oct. 21. Features giveaways, auctions, games, raffles, and lots of indoor family fun! 10 a.m. to 3 p.m. (Williams & Railway)

THE ARTHRITIS PATIENT ADVISORY BOARD will be hosting ROAR 2017 on Saturday, Oct. 21 from 9:30 a.m. to 12:30 p.m. at the Vancouver Public Library Central Branch, Alice MacKay Room, 350 West Georgia Street. ROAR is an interactive educational public forum

Events

SUPPORT THE FOOD BANK, ONE DAY ONLY: Guess who painted the picture? It may be a well-known local artist or it may be your nephew. You will never know until you buy a 10" x 10" original for \$100. Proceeds split between the Richmond Food Bank and the artist. Sunday, Nov. 4. 10 a.m. to 3 p.m. South Arm United Pioneer Church. No. 3 Road and Steveston Hwy.

ANSWERS

CROSSWORD

Across

- 1 Canning
- 3 Spring
- 6 Autumnal
- 8 Turkey
- 9 Harvest
- 12 Cranberry
- 14 Chlorophyll
- 15 LowBush
- 17 Dry
- 19 Thanksgiving

- 10 Everbearing
- 11 Deciduous
- 13 Shorter
- 16 Equinox
- 18 Potato

Down

- 2 Grape
- 3 Spud
- 4 AutumnalEquinox
- 5 Blueberries
- 7 Monkshood

SUDOKU

2	9	4	5	6	1	8	7	3
5	1	7	4	3	8	9	6	2
6	3	8	9	7	2	4	5	1
1	6	3	8	2	5	7	9	4
9	4	5	7	1	6	2	3	8
8	7	2	3	9	4	6	1	5
3	8	1	6	4	9	5	2	7
7	5	9	2	8	3	1	4	6
4	2	6	1	5	7	3	8	9



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SENTINEL

From Page 6

proud of, both in print and digitally (richmondsentinel.ca).

The Review earned a stellar reputation for its commitment to the community, under the strong leadership of publishers Mary Kemmis and Lois Hourston and the many others who came before them, dating back to the earliest work of pioneering Review editor Ethel Tibbits in the early 1930s.

That community dedication, of course, was routinely expressed through The Review's team of writers, sales consultants and circulation staff and demonstrated by the team's active involvement in the

community. Those values endure with the like-minded team at The Sentinel, and are reflected every day in the stories the Sentinel publishes, but also in the way we take leadership by offering to sponsor and participate in local events. That includes the inaugural Community in Motion event organized by Richmond Cares, Richmond Gives, which raised nearly \$30,000 last summer, and our ongoing supporting for the great research done at the Arthritis Research Centre on No. 3 Road.

We hope you like what you read, and tell your neighbours about us.

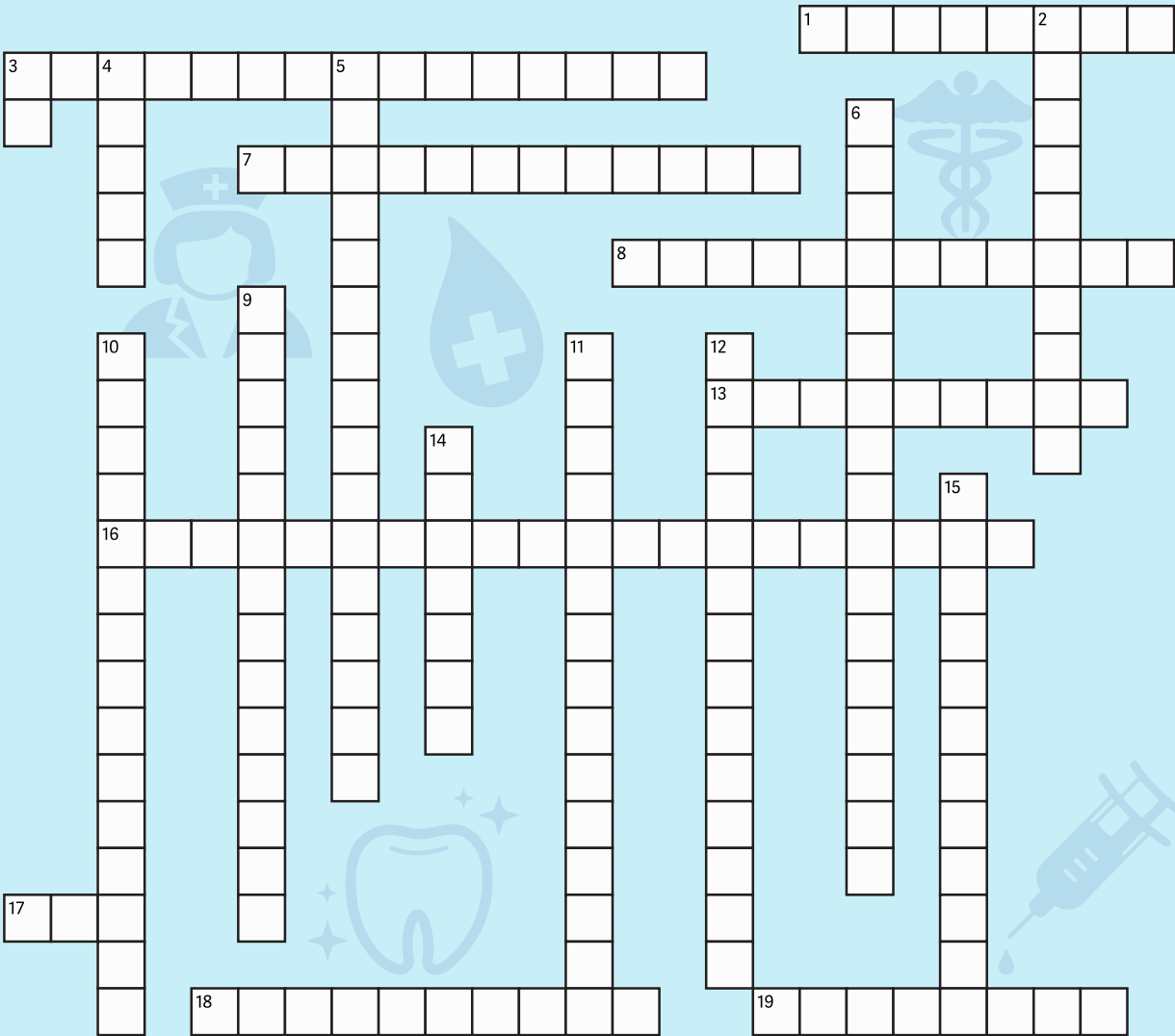
EXTRA!EXTRA! The Sentinel is here to serve.

•martinv@richmondsentinel.ca

Fun & Games

ALL ABOUT HEALTH CROSSWORD

Answers will be posted in the next issue in November.



ACROSS

- 3 Name of doctors' symbol
- 6 What does RN stand for?
- 8 Originally from Latin name for cowpox, now used for all jabs
- 9 Reason for red on barbers' poles
- 11 Inflammatory disease, affects all ages

DOWN

- 12 LPN designation
- 14 Once called Nuclear Magnetic Resonance imaging, initials now
- 16 Medical professional who checks for drug interactions
- 18 Jabs to get in Oct. to protect self, community



SUDOKU

The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9.

		6						2
	8			5		3		
7			3		4	6	5	
	9			3		7		1
			5		1			
2		3		8			6	
	6	8	1		5			3
		2		4			8	
3						1		

DOWN

- 1 Name for painting in the fresh air
- 2 Short form for prescription
- 4 Famous anatomy book
- 5 Proper name for local hosp
- 7 RN who can make house calls
- 10 edwaittimes.ca/WaitTimes.aspx is app for MetroVancouver's
- 13 Current name for a GP
- 15 Despite name, they do more than just clean teeth
- 17 Comfort care for chronic or terminally ill
- 19 Word from "with woman," trained maternity professional
- 13 Fresh air, healthy food, only open Oct.

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