



The Fine Art of Aging Event Program

A family physician-led
conference for older adults

Friday March 7, 2025
8:30AM – 12:45PM



**Delbrook Community
Recreation Centre**

851 West Queens Road,
North Vancouver, BC
V7N 4E3

Talk Descriptions

Opening Keynote “The Future of Aging”

Arbutus Room, 9:05am

In the keynote, BC Seniors Advocate Dan Levitt will discuss the challenges older adults face across the province, opportunities for change, and the role of the Office of the Seniors Advocate. He will also share insights from recent studies on seniors' issues conducted by the office.

Your Heart and Brain: Prevention Matters!

Arbutus Room, 10:15am

Join Dr. Lee Ann Wills to learn about heart health risks like high blood pressure, diabetes, and cholesterol. Discover how they affect your well-being, why managing them matters, and tips for prevention with your healthcare team's support.

Don't Wait 'til it's Too Late: Estate Planning Essentials

Fir Room, 10:15am

Join experienced estate planning and probate lawyer Mike Beishuizen as he covers the fundamentals of estate planning and wills, along with advanced techniques involving trusts.

Cognitive Decline: Is it Real or Imaginary?

Maple Room, 10:15am

Join Dr. Dana Haaf for an informative session on cognitive decline, its risk factors, and how to distinguish it from normal aging. Learn how your healthcare team can help, and discover steps to protect your brain as you age.

Strategic Healthy Aging

Arbutus Room, 11:30am

Aging gracefully means taking care of yourself, balancing quality with quantity, and enjoying life. Join Dr. Matt Blackwood and Dr. Hector Baillie as they share insights on aging well.

Unforeseen Tomorrow: The Essentials of Incapacity Planning

Fir Room, 11:30am

Estate planning lawyer Mike Beishuizen discusses incapacity planning, including key documents and potential complications. Being proactive ensures you maintain control over financial and healthcare decisions if you lose mental capacity in the future.

Conversations That Matter: Empowering You to Plan for the Care That You Want

Maple Room, 11:30am

Does this sound familiar? Your healthcare provider shares information and asks if you have questions, but you're not sure what to ask. Dr. Ingrid McFee and Umilla Stead from Vancouver Coastal Health will share key questions to help you understand your health and engage with your care providers. Whether you're healthy or managing a condition, knowing your health and communicating with providers can help you plan for the care you need.

8:30AM-9:00AM **Welcome!** - doors and registration open - light refreshments available in each room

9:00AM-9:05AM **Arbutus Room** - Opening Remarks

9:05AM-10:00AM **Arbutus Room** - Opening Keynote *"The Future of Aging"* - Speaker: **Dan Levitt**, BC Seniors Advocate

10:00AM-10:15AM **Short break and move to presentation rooms** - light refreshments available in each room

10:15AM-11:15AM
Arbutus Room
Your Heart and Brain: Prevention Matters!
Speaker: **Dr. Lee Ann Wills**, Family Physician

Fir Room
Don't Wait til it's Too Late: Estate Planning
Speaker: **Mike Beishuizen**, Lawyer, Westcoast Wills & Estates

Maple Room
Cognitive Decline: Is it Real or Imaginary?
Speaker: **Dr. Dana Haaf**, Family Physician

11:15AM-11:30AM **Short break and move to presentation rooms** - light refreshments available in each room

11:30AM-12:30PM
Arbutus Room
Strategic Healthy Aging
Speakers: **Dr. Matt Blackwood**, Family Physician and **Dr. Hector Baillie**, Community Internist

Fir Room
Unforeseen Tomorrow: The Essentials of Incapacity Planning
Speaker: **Mike Beishuizen**, Lawyer, Westcoast Wills & Estates

Maple Room
Conversations that matter: Empowering You to Plan for the Care That You Want
Speakers: **Umilla Stead**, Regional Team Lead, RPACE, and **Dr. Ingrid McFee**, Medical Director, North Shore Palliative Care Program, VCH

12:30PM-12:45PM **Across all presentation rooms** - Closing Remarks

