



## APPENDIX F ACKNOWLEDGEMENTS

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### Senior Focus Group Participants

Through a series of 10 focus groups across the province, more than 150 British Columbians – ranging in age from 50-something to 87 – helped us determine what seniors really want to know about nutrition. Some brought in their favourite recipes (several of which appear in Chapter 11). Many brought in brochures, books and website addresses where they had found good nutrition information. We learned a lot and had a lot of fun at the same time.

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A few participants wish to remain anonymous.

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Reginald Wilson  
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Rosaline Heinel  
Ruth Ogemow  
Verl Ferguson and three others.

#### Penticton Seniors' Recreation and Wellness Centre in Penticton, B.C.

Beth Descoteux  
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Jean Paterson  
Margaret Loudon  
Marie-Claire Warren

Marilyn Fredericks  
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### Vancouver 411 Seniors Society in Vancouver, B.C.

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Margaret Kocuiba  
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Ron van de Reit  
Ronald Quick  
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### Evergreen Seniors' Club in Courtenay, B.C.

Dennis R. Horgan  
Dolores McNeilly  
Isabel Petch  
James Morgan  
Jean Horgan  
Johanna Hilhorst  
Kathy Murphy  
Martha Hartley  
Mary Doubt  
Ronaye Comeault  
Shirley M. Ross  
Trudi Stevenson

### Kitsumkalum Community Hall, just outside Terrace, B.C.

Annette Bolton  
Charlotte Guno  
Fran Christiansen  
Geraldine Robinson (representing  
Rena and Gordon Roberts)  
Irene Mason  
Laura Miller  
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Sam Lockerby  
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A. H. Koop  
Alma Sales  
Anne Ehrenholz  
Anne Matthies  
David H. Epp  
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Dorothy M. Knill  
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Katie Rast  
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## Seniors' Coordinating Society in Nelson, B.C.

Anne Farrell Webb  
Carol-Joy Kaill  
Connie Walton  
Eileen Scanlon  
Froukje (Viola) Kiss  
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Janet Trickett  
Joan Reichardt  
Lillian Martin  
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## SUCCESS in Vancouver, B.C.

Au Fat  
Chu Yim Yung  
Chun Hung Tam  
Fung Yuet Sheung  
Johnny Sam  
Kowk Chin Wu  
Shang Chin Chi  
Siu Wai Lin  
Tsoi Yuk Wa  
Wong, Shau Chun  
Yin King Fan  
Yin Ling Cheung

## South Vancouver Neighbourhood House in Vancouver, B.C.

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Avtar Kaur Rehncy  
Bikkar Singh Lalli  
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Goginder K. Mann  
Gurbux S. Bal  
Gurdeep K. Cheema  
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Kartar Singh Kumar  
Kuldeep Kaur Gill  
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## For Your Information

Government programs and services for seniors:

The Health and Seniors' Information Line

In Victoria, call 250 952-1742.

Elsewhere in B.C., call toll-free 1 800 465-4911.

Nutrition information and advice:

Dial-a-Dietitian

Call to speak to a registered dietitian or visit the website.

Translation services are available in over 130 languages.

In Greater Vancouver, call 604 732-9191.

Elsewhere in B.C., call toll-free 1 800 667-3438.

Or visit [www.dialadietitian.org](http://www.dialadietitian.org).

Health Information:

BC NurseLine

Call to speak to a registered nurse 24 hours a day, or a pharmacist from 5 p.m. to 9 a.m. every day.

Translation services are available in over 130 languages.

In Greater Vancouver, call 604 215-4700.

Elsewhere in B.C., call toll-free 1 866 215-4700.

Deaf and hearing-impaired, call toll-free 1 866 889-4700.

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