



September 2020

THE KAMLOOPS SELF ADVOCATE NEWSLETTER

FREE



It is back to school and summer is coming to an end, but, don't worry, we've got lots to keep you entertained in this month's newsletter. Join us as we celebrate our 7th anniversary and some great awareness days.

September 7th is Labor Day. Labor Day was created to celebrate workers rights and achievements in labor unions.

It is a great month to promote mental health! September 10th is World Suicide Prevention Day. There are many people who have mental health issues and you are not alone. Be sure to check out the article from the Crisis Centre of BC to learn more.

September 17th is International Country Music Day. We think the great article from an inspirational country singer and songwriter will help you kick start this fun day.

We hope you will love the articles, the awareness days, and the jokes. Please let us know how you like the articles and if you have different ideas for our future newsletters. We've seen lots of changes in the past 7 years, but one thing that hasn't changed is our goal of raising awareness, while reducing stigma and discrimination for all. We are passionate about promoting mental health and disability awareness topics with a focus on what people can do. And, we always love reporting on success stories about people with diverse abilities.

Happy 7th Anniversary and we look forward to another great year!

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[Celebrating Disability Awareness and success stories and inclusion for all! Written by people with Diverse Abilities.](#)

[We always look for writers and people to interview.](#)

Do you have a story idea or an event you think would be interesting for our readers?

Contact us at:

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VISION LOSS

Orientation & Mobility Instruction By Ben

Ben interviewed Brianna McIlquham, one of the CNIB's orientation and mobility instructors. Find out what she does and how people get help when they have vision loss.

What is an orientation and mobility instructor?

An orientation and mobility instructor is a specialist who provides training and support to people who are visually impaired or blind on ways to navigate safely and independently.

What do you do in your job?

I teach people who are blind or visually impaired how to use a white cane to get around as safely as possible.

Do you do the same thing for each person you work with, or is it different depending on the visual impairment of the person?

It is different depending on the person, their visual condition, and their needs.

How long have you been doing this job?

I have been doing this job for 1 year now.

What is your favourite part of your job?

My favourite part of my job is seeing my clients achieve their goals.

If a person has a visual impairment, how do they get the O&M training?

They can get O&M training through Vision Loss Rehabilitation. To do this, they need to be a client of Vision Loss Rehabilitation, which they can get by a referral through their optometrist or ophthalmologist.

For more information about the CNIB and the Vision Loss Rehabilitation program, go to: <https://cnib.ca/>
Or, in Kamloops call: 250-374-8080.

An Unassuming Hero

By: Lisa Coriale

When I know Spiro is coming, I eagerly wait for his arrival. As his big white oversized company van pulls into my driveway, I am excited to see what is in store for us that day.

Whether it's using chemical reactions to create my custom wheelchair seating system or doing simple repairs to make me feel more comfortable in my wheelchair, I always feel supported by Spiro.



Spiro is a rehabilitation technician who resides in the Okanagan with his wife and three children. They live on a "large rural property nestled beneath a small mountain next to a pine forest and in amongst cherry and apple orchards." In his spare time, he enjoys simple things such as having a coffee with his wife and being outdoors in nature with his children. He is also very involved in his community.

When it comes to his work, Spiro prides himself on helping his clients achieve greater physical function and comfort. His primary role is to "construct tailored wheelchair seats and backrest cushions for his clients that perfectly match their bodies in order to offer them postural support where they need it most".

Before becoming a rehabilitation technician, Spiro was a graphic and web designer for almost 20 years. He found learning the terminology of the human anatomy and how the equipment worked to be the most challenging part of his new occupation. The longer hours and workload are also a challenge to Spiro because he covers a large geographical area. What Spiro finds most rewarding about his job is his clients and the team of people that he works with. What keeps him motivated is the feeling that he can make a large impact on someone's life. As people with diverse abilities, we can make our rehabilitation technician's job easier by being patient. Spiro feels that his clients "make [his] job very easy. They are so patient with [him] as [he] poke[s] and prod[s] and takes measurements. And they laugh at [his] jokes. Often, they ask about [his] family. [He] couldn't ask for a better group of clients."

Spiro suggests that having a high tolerance for being in new and novel situations and acknowledging that every client is unique are some of the attributes that make a successful rehabilitation technician. "I'm inspired everyday to appreciate and respect others, take no one for granted, and to be patient, kind, and caring."

Throughout my personal experience with Spiro as my wheelchair technician, I have found that he is very patient and does not rush. He is calm and listens to my needs. We can learn from one another and see that everyone has a valuable place in our lives. We should all work together and not take people that help us for granted.

Spiro Vouladakis works for Priority Posture Systems. To find out more about the company and their services, please go to:

www.priorityposture.ca



Easy Nutella Cheesecake

Taken from

<https://www.tasteofhome.com/recipes/easy-nutella-cheesecake/>

A creamy chocolate-hazelnut spread tops a crust made of crushed Oreo cookies to make this irresistible baked cheesecake.

Total Time

Prep: 35 min. Bake: 1-1/4 hours + chilling

Makes 16 servings

Ingredients

CRUST:

2-1/2 cups lightly crushed Oreo cookies (about 24 cookies)

1/4 cup sugar

1/4 cup butter, melted

FILLING:

4 packages (8 ounces each) cream cheese, softened

1/2 cup sugar

2 jars (26-1/2 ounces each) Nutella

1 cup heavy whipping cream

1 teaspoon salt

4 large eggs, room temperature, lightly beaten

1/2 cup chopped hazelnuts, toasted

Directions

Preheat oven to 325°. Pulse cookies and sugar in a food processor until fine crumbs form. Continue processing while gradually adding butter in a steady stream. Press mixture onto bottom of a greased 10x3-in. springform pan. Securely wrap bottom and sides of springform in a double thickness of heavy-duty foil (about 18 in. square).

For filling, beat cream cheese and sugar until smooth. Beat in Nutella, cream and salt. Add eggs; beat on low speed just until blended. Pour over crust.

Bake until a thermometer inserted in center reads 160°, about 1-1/4 hours.

Cool 1-1/4 hours on a wire rack. Refrigerate overnight, covering when completely cooled.

Gently loosen sides from pan with a knife; remove rim. Top cheesecake with chopped hazelnuts.

Test Kitchen tips

☐ Don't overbeat the eggs. Mixing too much air into them will make the cheesecake puff up in the oven, then collapse and crack once it's out.

☐ A high-sided springform pan is essential for this recipe. It will overflow in a pan shorter than 3 in.

☐ Your best bet for judging doneness is to use a thermometer. If it reads 160° or higher, the eggs are fully cooked and you can safely remove the cheesecake from the oven. It will appear loose and wobbly, but it'll firm up overnight in the refrigerator.

☐ Prevent the sides from peeling off by waiting until the next day to loosen the rim of the pan.

☐ For clean slicing, dip your knife in hot water, then wipe dry. Slice. Repeat as necessary.

“...and all at once, summer collapsed into fall.” – Oscar Wilde

THE KAMLOOPS SELF ADVOCATE NEWSLETTER

Sabrina Carpenter



Info taken from :

<https://www.famousbirthdays.com/>

Sabrina Carpenter About

Actress and singer who starred as Maya Hart on the Disney Channel series Girl Meets World. She released her debut EP Can't Blame a Girl for Trying in 2014, followed by the albums Eyes Wide Open (2015) and Evolution (2016).

Before Fame: She guest-starred in a 2010 episode of NBC's Law & Order: Special Victims Unit.

Trivia: She had a recurring role on the Fox series The Goodwin Games and appeared in a 2013 episode of Orange Is the New Black.

Family Life: She was born in Bucks County, Pennsylvania. She has two sisters named Shannon and Sarah as well as a half-sister named Cayla. Her mother's name is Elizabeth and her father's name is David. She dated Griffin Gluck from 2019 to 2020.

“I get inspiration from literally everything and anything. I take inspiration from people, relationships, stories, and I take inspiration from movies I see, books I read and songs I hear.”

~Sabrina Carpenter

“Music is where I started. It's kind of the base of everything.” ~Sabrina



Awareness days

Acne Awareness Month

Prostate Cancer Awareness Month

World Alzheimer's Month

Sept.4th Eat an Extra Dessert Day

Sept. 10th World Suicide Prevention Day

Sept. 17th International Country Music Day

Day



Krystian's Corner

This month I interviewed a country music singer/songwriter Cambree Lovesy about her music, anxiety disorder, and her mental health journey. I love her music. I hope you are inspired by her success. Anyone can have mental health issues and have lots of success in their life, including Cambree. We should get to know people and not judge people based on their labels or diagnoses. There are some things people can do to help their mental health. For example, going for a walk or fun exercise like Zumba.

Summer is coming to an end. September 7th is Labour Day and school returns. Reminder to motorists that the school speed limit is 30 km per hour from Monday to Friday, 8 am to 5 pm.

I hope everyone had an awesome summer break. Tuesday, September 22nd is the first day of fall. There are lots of activities in fall such as Halloween, corn mazes, apple picking, and eating pumpkin pie.



Sunday, September 20th Virtual Terry Fox Run

To register or donate click the link below:

<https://terryfox.org/Run/>

The Kamloops Self Advocate

The Kamloops Self Advocate Newsletter was founded in September of 2013 and is growing with more advertisers, supporters and readers. The newsletter is online and in print.

The newsletter serves people with diverse abilities, parents and caregivers, and anyone from the general public. Our goal is to reduce stigma and to raise awareness so there can be less judgment towards people with all abilities. We also like to have fun as well, so we have jokes and much more.

Peanut Butter Banana Smoothie

An oldie but a goodie, the peanut butter smoothie provides long-lasting energy and serves as a great way to start your day. Look for all-natural peanut butter that has no added sugar and no hydrogenated oils.

Ingredients

- 1 banana
- 1 tbsp. natural peanut butter
- 10 oz. milk of choice, such as almond, low-fat cow's milk, or flax milk

Combine everything in a blender and process until smooth. Drizzle with honey for a sweet garnish.

**Allergy warning: contains peanuts*
Taken from: <https://www.healthline.com/health/>



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Paramount
Theatre
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in Kamloops!

Info & Tickets: thekfs.ca

Thank You!

Thank you Brant Hasanen at Edward Jones for your support from the very beginning. It has been 7 years since I started the newsletter and Thank you for Believing in the Vision and Mission of The Kamloops Self Advocate Newsletter and for helping to spread disability awareness with a focus on success stories and what people can do not what they can't do. Let's celebrate how far the newsletter has been running, 7 years this September. I am looking forward to doing future business with you.

Ask about a Registered Disability Savings Plan.



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Edward Jones
MAKING SENSE OF INVESTING

Jokes

Knock, knock.
Who's there?
Dwayne.
Dwayne who?
Dwayne the bathtub, it's overflowing!

Knock, knock.
Who's there?
Robin.
Robin who?
Robin the piggy bank again.

Knock, knock.
Who's there?
Noah.
Noah who?
Noah good place we can get something to eat?

Knock, knock.
Who's there?
Avenue.
Avenue who?
Avenue knocked on this door before?

Luke comes home from his first day of school, and his mother asks, "What did you learn today?"
"Not enough," Luke replies.
"They said I have to go back tomorrow."

What's the best thing to put into an apple pie?
Your teeth.

How does an Elephant get out of a tree?
It sits on a leaf and waits till Autumn!

Why do birds fly south for the winter?
Because it is too far for them to walk.

BC Transit

Mandatory Face Covering Policy coming into effect August 24, 2020

BC Transit, in alignment with Translink and other transportation agencies, will be proceeding with mandatory use of face coverings on buses in BC Transit communities across the Province as of August 24.

Exemptions for BC Transit's mandatory face covering policy include:

- Anyone with an underlying medical condition or disability which inhibits the ability to wear a mask or face covering;
- Persons unable to place or remove a mask or face covering without assistance;
- Children under 5 years of age;
- Employees working behind a physical barrier or within areas designated for employees and not for public access; and
- Police, employees, or first responders in an emergency situation.

We recognize the advice from health professionals, including Provincial Health Officer Dr. Bonnie Henry, has been to wear face coverings when physical distancing is not possible including on transit vehicles. Customers have indicated making the use of face coverings mandatory will create a more comfortable environment.

While face coverings will be mandatory, the policy will be implemented as an educational step without enforcement. The educational position is aligned with Translink and other transit agencies in Canada.



Inspirational Country Music Singer and Songwriter Cambree Lovesy

Interviewed by Krystian

When did you start being an entertainer?

I got my start on stage when I was eleven years old in 2010. I participated in a vocal contest called Valley Voices, which gave me opportunities to perform around the community, and I instantly fell in love with being on stage and performing. From that point on, I have focused my energy on song writing, playing shows, becoming a better musician, and putting my music out into the world. It has taken me all around North America, and I'm so thankful for the opportunities I've had so far in my career. I cannot wait for live music to return because I miss being on stage!

What do you love about country music and what is your mental health journey?

I started to become passionate about country music from a young age, and as I began to create my own music, I found my niche in the country genre because of its emphasis on storytelling. Country music does a great job of telling stories through music that can connect and relate to an audience, and make people feel heard and understood. I battled anxiety during my childhood and teenage years, which reached its worst point in 2015. I was unable to do the things I loved because of my anxiety, so I reached out for support and have thankfully recovered and channeled those emotions into my passions.

Who are your musical influences?

I am influenced by an endless amount of artists from a variety of genres, but I would say my main musical influence comes from strong, female country artists. I have been particularly inspired by Dolly Parton, Shania Twain, Kacey Musgraves, and Maren Morris. I like to pull inspiration from pop and rock genres as well, which you can hear infused in my original music.

What do people love about your music and what is your favorite song that you sing and why?

I think that people can connect with my music and enjoy listening to it, because it exemplifies a range of relatable emotions. I have some songs that are super fun and sassy, which are so fun to dance to, but I also have songs that are emotionally vulnerable that tell my story through music. My favourite song that I've written and released has been "Temporary Love", because it is the most raw and real song off my debut album, "Kiss My Boots". I wrote it in my bedroom while I was trying to make sense of a situation that I was going through, and I think that people can relate to the idea it expresses of the pain that comes with falling in love with someone or something that is only temporary.

How do you keep your mental health in top shape and what do you wish people would know about anxiety and mental health issues?

I love making and sharing music because it is my way of expressing myself and using my voice to spread positivity in the world. Music has been a healing power for me throughout my recovery process, and I use it to cope with stressful situations as well. I think in order to keep my mental health in top shape, I have really had to put work into understanding my mind and balancing all of the different areas in my life. With such a busy schedule it is easy to get caught up and forget to practice self care, but making a consistent effort to prioritize my health and wellbeing has made a huge difference in my life. I think that there is a stigma around mental health that needs to be abolished in order to talk openly about it as a society. According to the World Health Organization, one in four people will suffer from a mental illness in their lifetime, so we need to have more conversations about mental health. Check in on the people in your life, especially in the state that the world is in right now. You often do not know when someone is suffering, so be kind to everyone and do not be afraid to reach out for help when you need it.

What are your other successes despite your anxiety disorder and what do you love to do for fun or as a hobby?

I currently go to school full time alongside my music career at the University of the Fraser Valley, so that has been an important part of my life for the past three years. I spend a lot of time volunteering, spending time with my friends and family, and I'm also a huge hockey fan, as I am also the game day host for the Langley Rivermen Junior A hockey team! My life is very full and I am so passionate about making this world a better place. I really appreciate you taking the time to chat with me! Thank you so much for featuring my story.

You can connect with Cambree through:

Facebook: Cambree Lovesy

Instagram: @cambreelovesyofficial

Twitter: @cambreofficial

TikTok: @cambreelovesyofficial

YouTube: Cambree Lovesy

Website: www.cambreemusic.com

KSA Kindness & Compassion

Interview with Cathy McCleod

What does kindness and compassion for yourself and others mean to you?

Kindness and compassion are not only an emotion of care and understanding but hopefully drives an individual to action. You are concerned about the challenges others are having in their life but it does not end there. You reach out with words or gestures A few examples if you are worried about hunger you can contribute to the food bank or volunteer with a local organization If a friend is suffering with illness- you bake dinner or just be there to listen

Why is it important to show kindness and compassion to others?

Can make an enormous positive impact on the person who you are concerned about. Can influence who they are, what they become or what actions they take. It is about basic humanity and what is good and positive in humans. for example in the wildfires of 2017 is was so amazing and heart warming to see how many people were willing to help/ volunteer because they knew others were suffering. It is part of what makes us a community

How can you be compassionate toward your body?

Being purposeful about what you eat, how you move and the healthy habits that you make sure to follow. Try to understand your bad habits —do you eat unhealthy food when you are anxious—the first step to understanding yourself your body and you habits in a better way.

If people don't like to exercise in the usual ways, how can they stay active and healthy?

People may say the do not like to exercise but I think it can be framed in many way. Positive movement can take many forms—a walk with your dog or a friend/dancing/games/gardening. It is a matter of seeking something that you like to do as opposed to framing as “exercise”. A mentor or a friend can be very helpful as most people do want to be healthy

The KSA has created a program to recognize and promote local businesses that are accessible and supportive of all members of the community. The businesses listed here are friendly, accessible, and great to deal with.



Ability Friendly Accessible Business Program

Fun Factor

Horzion Dental Clinic

Headhunters Salon in downtown Kamloops

5 Bean Brewbar & Café

Brownstone Restaurant

Welcome to our newest certified business, the **Brownstone Restaurant**, a downtown Kamloops landmark since 2004!

Katy Perry

Info taken from:

<https://www.famousbirthdays.com/>



Katie Perry is a pop singer who gained fame in 2008 after releasing the hit "I Kissed a Girl." Her 2010 album Teenage Dream featured five songs that topped the U.S. Billboard Hot 100, earning her the distinction of being the first female artist to achieve the feat. She was voted Woman of the Year by Billboard in 2012. In 2018, she became a judge on American Idol.

Before Fame

As the daughter of two pastors, she was not allowed to listen to anything but gospel music while growing up.

Trivia

She was featured in the 2012 3D documentary Katy Perry: Part of Me, which grossed over \$30 million at the box office. She also voiced the character Smurfette in the 2011 film The Smurfs. In 2014, she became the first person to reach 50 million Twitter followers.

Family Life

She was born to Keith Hudson and Mary Perry. She married Russell Brand on October 23, 2010 and they divorced on July 16, 2012. She got engaged to Orlando Bloom in February 2019. She is currently pregnant with her first child, a daughter. **Associated With** She has written songs for Selena Gomez, Kelly Clarkson, Britney Spears, Iggy Azalea and Ashley Tisdale. **BIRTH SIGN** Scorpio **AGE** 35 years old **BIRTHPLACE** Santa Barbara, CA **BIRTHDAY** October 25, 1984

Getting the Help you Need

By Krystian

With World Suicide Prevention Day just around the corner, Krystian took some time to interview Stacy Ashton, Executive Director of Crisis Centre of BC

What does the Crisis Centre of BC do? And how long has it been running for?

The Crisis Centre is a community of volunteers and staff who are on the other end of the crisis phone lines or online chat 24 hours a day, 365 days a year when an individual is in distress, considering suicide, or when there are no other mental health services open or available. We also provide education and training to individuals, schools, communities, and organizations that increase awareness about suicide, strengthen intervention skills, facilitate growth and recovery after a suicide experience and provide empowering tools for resiliency. We took our first calls in 1969 and have been in continuous operation ever since.

What is the helpline number for BC Wide?

Anywhere in BC 1-800-SUICIDE (1-800-784-2433)

Mental Health Support Line: 310-6789

Online Chat Service for Youth: www.YouthInBC.com (Noon to 1am)

Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

How can people prevent suicide? What should people watch out for if someone is thinking of Suicide?

Nobody is immune from thoughts of suicide, and suicide is preventable. It's important for folks to know some of the behaviours associated with suicide, including withdrawal from once enjoyable people or activities, risky impulsive activities, self-neglect in things like appearance or hygiene, extreme mood swings, changes in energy level or eating habits, and difficulty concentrating.

If you or someone you know is having thoughts of suicide, pick up the phone. If you see a friend show changes in their behaviour, withdrawal, make a joke about wanting to die, seem down and depressed, or even if you just get a feeling that something is wrong, trust your instincts. Asking directly is the best way to find out if someone is thinking about suicide: "I've noticed you've been unhappy/upset/making jokes about dying, and I am worried. Have you been thinking about suicide?"

One of the biggest barriers to getting help is shame: people who are feeling suicidal often feel alone and think people will be angry at them or dismiss how they are feeling. Asking directly means your friend or family member is no longer alone with scary, painful thoughts and feelings. From there, you can find help together - and that is really important. Don't keep this a secret. Call a mental health professional, a family doctor, a crisis line - suicidal feelings mean that a person needs help, so getting help in place is the next step.

What does World Suicide Prevention Day on September 10th mean to you?

World Suicide Prevention Day is a time when we remember those we've lost, and commit to raising awareness that the feeling of wanting to die means we are in trouble and need to find help. It's a time when we re-commit to the work of being there for people when they are experiencing hopelessness, and helping them reconnect with what's worth living for.

How can people reduce their own judgements and stigma around mental health issues and suicide?

Be open about suicide - say the word and become comfortable with it. Hopelessness is a feeling, not a fact - it can be very intense and painful, but feeling hopeless does not mean there is no hope. It just means you don't have any hope right now. If you think about suicide as hopelessness, it's easier to understand and talk openly about those feelings. When you are able to talk openly about suicide and painful thoughts and emotions, you don't have to feel ashamed about them, and you don't have to be alone with them. That's a huge gift to those around you.

Media Releases of Interest Phone Matter:

<https://crisiscentre.bc.ca/phones-matter-british-colombians-seek-a-human-voice-when-in-crisis/> World Suicide Prevention Day 2019:<http://crisiscentre.bc.ca/wp-content/uploads/2019/09/World-Suicide-Prevention-Day-Press-Release.pdf>



Love that Country Music



Fun Holiday – International Country Music Day

Taken from: <https://www.timeanddate.com/holidays/fun/international-country-music-day>

Celebrate all things country on September 17 or International Country Music Day. The unofficial holiday was created in 2003 as a way to bring together musicians and fans of the popular music genre, and to increase the number of country music aficionados around the world.

Country music is a type of music that originated in eastern and southern United States during the 1920s. A combination of several styles, country music grew out of folk music brought to America by European immigrants. Unlike the prevailing European music at that time, however, country music took on a very distinct American flavor when it came to song lyrics. Singers and musicians avoided lyrics about love and romance, and instead sang about the daily life struggles of an ordinary working class person.

Many Styles

Stylistically, country music usually includes harmonies that are

guided by instruments like the banjo, guitars and the harmonica. As country music has evolved over the years, several sub-genres have emerged. Some of these include honky-tonk, bluegrass music, rockabilly, country rock and country pop. Today country music is some of the most widely heard music in the United States and in many other parts of the world.

In the U.S., people celebrate National Country Music Day on July 4.

How to Celebrate?

Celebrate this musical holiday by listening to all your favorite country music songs.

If you have never been introduced to this genre of music, today is the perfect reason to take some time off, put in your ear phones and discover the wonderful, melodious world of country music.

Did You Know...

...that Nashville, Tennessee is considered to be the home of country music?

Fun Holiday – Eat an Extra Dessert Day

Taken from: <https://www.timeanddate.com/holidays/fun/eat-an-extra-dessert-day#:~:text=September%20is%20Eat%20an,to%20indulge%20your%20sweet%20tooth.>

September 4th is Eat an Extra Dessert Day, a day that encourages people to treat their sweet tooth with a second (or well, even a third) helping of dessert. It is unclear who created this awesome but unofficial holiday, but we think that whoever it was, deserves a big slice of cake after a huge bowl of ice cream!

Ends the Meal

Desserts are usually a sweet course served after the end of a meal. While in the past typically this meal took place at the end of the day, in modern times desserts can accompany a mid-day meal as well. Desserts are also known as sweets in many parts of the world.

How to Celebrate?

Guiltlessly indulge yourself in a little extra dessert on this day and inform everyone you know about this happy holiday. We are convinced that it will soon become everyone's favorite made-up holiday!

Did You Know...

...that the word dessert comes from the French word desservir, which means to clear the table?



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