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TODAY'S SENIOR NEWSMAGAZINE



Photo By Dan Propp Article Page 3

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University hearing study seeks participants.

Connect Hearing, with hearing researcher Professor Kathy Pichora-Fuller at the University of Toronto, seeks participants who are over 50 years of age and have never worn hearing aids for a hearing study investigating factors that can influence better hearing. All participants will have a hearing test provided at no charge and if appropriate, the clinician may discuss hearing rehabilitation options including hearing aids. Qualifying participants may also receive a demo of the latest hearing technology. The data collected from this study will be used to further our understanding of hearing loss and improve life-changing hearing healthcare across Canada.

Why participate in the hearing study?
 Hearing problems typically result from damage to the ear and researchers have spent decades



trying to understand the biology behind hearing loss. More importantly, researchers now realize the need to better understand how hearing loss affects your everyday life*. In this new hearing study, Professor Pichora-Fuller and her team are trying to find out how people learn to live with hearing loss and how new solutions could help these people take action sooner and live life more fully.

It is estimated that 46% of people aged 45 to 87 have some degree of hearing loss¹, but most do not seek treatment right away. In fact, the average person with hearing loss will wait ten years before seeking help². This is because at the beginning stages of hearing loss people often find they can “get by” without help, however as the problem worsens this becomes increasingly harder to do. For some people this loss of clarity is only a problem at noisy restaurants or in the car, but for others it makes listening a struggle throughout the entire day. By studying people who have difficulty hearing in noise or with television, we hope to identify key factors impacting these difficulties and further understand their influence on the treatment process.

If you are over 50 years of age and have never worn hearing aids, you can register to be a part of this new hearing study[†] by calling: 1.888.242.4892 or visiting connecthearing.ca/hearing-study.

* Pichora-Fuller, M. K. (2016). How social psychological factors may modulate auditory and cognitive functioning during listening. *Ear and Hearing*, 37, 925-1005. † Study participants must be over 50 years of age and have never worn hearing aids. No fees and no purchase necessary. Registered under the College of Speech and Hearing Health Professionals of BC. VAC, WCB accepted. 1. Cruickshanks, K. L., Wiley, T. L., Tweed, T. S., Klein, B. E. K., Klein, R., Mares-Perlman, J. A., & Nondahl, D. M. (1998). Prevalence of Hearing Loss in Older Adults in Beaver Dam, Wisconsin: The Epidemiology of Hearing Loss Study. *Am. J. Epidemiol.* 148 (9), 879-886. 2. National Institutes of Health. (2010).





ACCORDION TO DAN

Though April showers may come your way, 'yahoo', 2019 is March-ing along. The darkness is lifting, we're seeing a lot more daylight, hurrah. Anybody still remember that Al Jolson song about the red, red robin comes bob, bob, bobbin' along? It's time to hopefully wave goodbye to the winds of last December, the furnace working overtime, and perhaps recalling other happy time lyrics such as 'the flowers that bloom in the spring, tra-la', thanks to Gilbert and Sullivan.

For seniors, memories are very important. As technology keeps moving so fast these days it's a bit of a challenge sometimes to keep up. Cleaning up the garage recently it was a real discovery to find a few precious home-made cassette tape recordings of Jack Cullens old Owl Prowl on CKNW. Fortunately, there was also a cassette recorder kicking around that still works perfectly.

Recently, at a thrift store I picked up a treasure, a book that everyone who enjoys local nostalgia should read—'Red Robinson—The Last Deejay', by Robin Brunet. All of us remember Red way back starting in the 1950s. It was Jack Cullen who inspired him. What a great read!

The following bit of rhyme and song, churned out with a non computerized piece of lined paper and pencil, plus a double double at a fast food restaurant, might reprise a memory or two.

LOCAL REFLECTIONS

The Seattle World Fair in nineteen sixty and Expo in Vancouver in sixty-six. The British Empire Games, Bannister and Landy in 1954 in Vancouver, wow, have times moved in a jiffy. Some of us were young whippersnappers back then and now old hicks.

No more fifty cent burgers at White Spot or twenty-five cent custard puddings at The White

Lunch. By a time warp it feels like we are caught. Who would have 'thunk it', who would have had a hunch. Do you still remember songs like 'How Much is That Doggy in the Window'? How about that classic building - still standing - that housed the offices of The Vancouver Sun. Where did those times go? The shrine Circus at the PNE. The shoot the shoots splash filled ride. The original parade that began on Burrard, oh me, oh my. There are so many good memories floating inside! The old flag and those days after the war. The Austins, Vauxhalls and how everything used to be. So many more ma and pa corner run stores. All those waves of many yesterdays today keep reflecting on our shores.

Back around nineteen fifty, Teresa Brewer had a huge hit out called 'Put Another Nickel In'. I was thinking about that song one morning while slurping a coffee at a convenience store. Many of the regulars were showing up and buying lottery tickets. That's a huge business today in BC, what a difference from the days old WAC Bennett. The only lottery then was still 'hush hush' and 'illegal', The Irish Sweepstakes. With Teresa Brewers famous song still revolving, one felt compelled to bang out the following, while sitting at their counter with a coffee.

PUT ANOTHER LOONIE IN

Put a few more loonies in that government lottery, so we can win. All we want from you is winning, winning, winning. Getting closer, closer, closer. You give us such an appetite. Who knows, maybe it will be me, a millionaire, wouldn't that be out of sight.

Hope one of these days we'll hit that big score and thank the owner at this convenience store. Then tell our boss go fly a kite and no more face that daily rush hour fight. Like royalty, travel not just business class to all those resorts, everything in first class luxury. Until then keep playing that lottery and maybe someday real win big, yes sir-reeeee and in the meantime just keep dreaming dreaming...dreaming...

FROM MUNDANE TO COLLECTIBLE

A cassette tape is not collectible yet but down the road for future generations it could turn into some-

thing to whimsically study with awe. Similarly, tomorrow's driverless car will evolve from the role of wow, what will they think of next, to ho hum and eventually back down the collectible road and regain the same novelty stature as a cassette tape.

HOW THE LATEST INNOVATION CAN CHANGE STATURE

From Gene Autry, Hop-a-long Cassidy and Roy Rogers. Comic books like Little Lulu, Bugs Bunny or Dick Tracy. The good old days of the Brooklyn Dodgers. Sponsors, slogans such as 'look sharp, feel sharp'. Those old-time memories can drive us crazy. From Joe Lewis to Rocky Marciano, when we were glued to our tube radio or hand-made crystal set. Today they can bring back many nostalgic appetites. Put us into a state of bliss at collectible sales some seniors can get, recalling long time gone championship fights.

We might see a genuine Marconi radio receiver or wind up record machine. Listening to a record of Toscanini conducting or to Caruso can be powerful stuff. Hearing the New York Philharmonic can take us way back to how things once had been. We might be amused seeing an original 1949 TV by RCA.

Now, close your eyes and try to imagine a collectible sale fifty years from now. Folks might be going 'bananas' viewing a green screen computer called a 64 Commodore, 'iphones', eight track recorders, and even film cameras, holy cow! There might even be a dated Time Magazine cover featuring the first successful commercial driverless car. Wow, what a score! There might be even more amusement checking out a digital camera card with less than half a megabyte of memory plus beta, vhs, cds, and dvd technology. How about Sylvania, Westinghouse flash bulbs to create enough light. The final straw, an old BC Ministry of Highways sign with a 'sorry for the inconvenience' apology.

Please visit www.Nostalgicroads.Weebly.com
Search for Song CD's by Dan Propp via cdbaby.com and also www.soundcloud.com
Plus books via www.amazon.ca



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Most popular handyman jobs for spring

As the weather warms, it's an ideal time to tackle home renovation projects. Here are the top jobs worth hiring a handyman for this spring:

Deck and patio repairs. If you have one of these outdoor spaces, it's a safe bet that you're planning on spending a lot of time out there over the summer. Since decks see so much action, they require proper maintenance and upkeep. Fixes can include warped or rotten wood, popped up nails or loose handrails.

Power washing. A small task that is often overlooked is maintaining the overall cleanliness of the outside of your home. Have the exterior, back deck and driveway power washed to easily freshen it up.

Window washing. From snow and rainstorms to heat waves, there's a lot of muck that can build up on your windows. A professional will get those hard-to-reach places clean and make your windows and your sills sparkle.

Caulking and weather-stripping. Weather-stripping and caulking can have a significant impact on keeping cool air in and hot air out—and vice versa come winter. If there's a significant leak it will also help save money on your energy bills.

Updating doorbells and locks. Keeping your home secure is always a priority. With so many new smart locks and doorbells available, consider an update that allows you to keep an eye on your home from afar. From video doorbells to smart security cameras[KM1], it's one less thing to think



about when away from home.

Updating the backsplash. This small job makes a big impact. It's a great way to inject some personality and make it look like you've done a lot more to the space than you have. If you want to go all out, have your handyman also paint your kitchen cabinets for a quick and easy kitchen makeover.

Find the perfect handyman for your spring jobs at homestars.com.

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Protect yourself from new banking risks

Financial technology is constantly evolving, and the nonstop influx of new digital banking options is proof of that.

Financial technology, or fintech, refers to any kind of technological innovation used to support or provide financial services, such as online transactions through your tablets or smartphone. These innovations are bringing about major changes in the

financial industry and giving rise to a range of new business models, applications, processes and products.

Although fintech apps can give you easy access to your personal finances, there are also some risks involved. For instance, your banking information — such as your debit or credit card number, user name, or personal identification number (PIN) — could be stolen.

That's why it's important to be very careful about sharing your personal and banking information online. In fact, did you know that by providing your banking or credit card information to a fintech

app, you may risk violating your financial institution's user agreement?

This means that no matter what security features a fintech app has in place, your financial institution may hold you responsible if your personal information is stolen and used without your knowledge or approval.

Here are a few tips to help you protect your personal, banking and credit card information when using fintech apps:

Check your bank's user agreement before you share your personal, banking or credit card information.

Check your financial institution's fraud protection policy to confirm who is responsible for any unauthorized transactions.

Make sure you understand what security measures are in place and how your personal information may be used.

Check your credit report regularly for any applications for credit or transactions you did not make. You can have a fraud alert placed on your credit report file to tell lenders to contact you and confirm your identity before they approve any applications for credit.

If you suspect that your information has been compromised, change your passwords immediately. Review your bank account and credit card statements and look for anomalies, and immediately report any unauthorized transactions to your financial institution.

You should also order and review your credit report.

Find more information at Canada.ca/money
www.newscanada.com



BIG BLOOMERS — 5 BEAUTIES FOR YOUR GARDEN

If you're heading to the nursery this spring, look for large-blooming plants that provide a big splash of colour. Here are five recommendations from the garden experts at Harrowsmith magazine.

Peonies. Although they have a short blossom time, each plant produces masses of large, often fragrant blooms, suitable for cutting and bringing indoors. Peonies are relatively free of pests and diseases. They are extremely winter hardy and when they are not in bloom, they produce clean, strong, dark green foliage that stands up to the summer heat.

Hydrangeas. The Endless Summer series of hydrangea, which flowers from late July through early October, provides great value. All hydrangeas hold their flowers over the winter so you can leave them intact as fodder for foraging songbirds during the winter months. The spent flowers gather snow when it falls softly, adding some winter interest to your garden. Prune plants in spring.

Lilacs. Common lilac (*syringa vulgaris*) is the workhorse of lilacs and is winter hardy even on the coldest part of the prairies. Blooming from mid-to late-May each year, it is the first of many lilacs to produce colour each spring and is fragrant and suitable for cutting. Give it lots of space, as it can grow up to three metres (10 feet) high and almost as wide. If you plant it with French hybrid lilacs, Preston lilacs and the Japanese tree lilac 'Ivory Silk,' you can enjoy up to six weeks of blooms.

Sunflowers. When it comes to big flowers and lots of them, you really can't beat sunflowers. In addition to being attractive, sun-loving and fast-growing annual plants, they attract myriad pol-



linators, from honeybees to a wide variety of native bees. When the flower heads have matured, the seeds attract songbirds by the dozen.

Dahlias. If you have a sunny position in your garden, try some dinner-plate dahlias for a real wow-factor. Bloom season occurs around the middle of summer through late fall. While dahlias are technically an annual and will die with a killing frost, they are easy to overwinter indoors. Dig the tubers up after the tops have been hit with early frost and lie

them in the sun for a day or two. Knock the dirt off each root and place them in a kraft paper leaf bag with dry peat moss or vermiculite to insulate them. Store in a cool, dry place like the basement. Inspect monthly, discarding any rotting tubers.

Find more gardening tips and ideas at harrowsmithmag.com.

www.newscanada.com

TRAVEL TIPS FOR A SUCCESSFUL VACATION

Booking a trip soon? Here are some helpful travel tips from Ontario's travel regulator, TICO that can help you plan a memorable holiday:

Bring the right documentation. By law, Ontario travel agents must disclose all the travel documentation required for each person travelling. This may include visas for certain countries. Before you book the dates of your trip, make sure your passports and other documents are not expired. If renewals are necessary, factor in the time it will take to get them ready in time.

Make copies. Before you leave, make photocopies of your documents and leave a copy behind with a family or friend in case of emergency. Some documents you may need include tickets, itineraries, passports, insurance policy, identification, credit cards and in some cases, international health certificates and list of vaccines

Keep your receipts. Your Ontario-registered travel agency must provide you with receipts/invoices that include all the details of the travel services you purchased. Make sure you keep copies of these receipts. If you purchased travel services online, keep copies of all transactions, correspondence, confirmations and anything else related to your online booking. It's also a good idea to keep details about the description of



your hotel and the services and amenities. Keep all original documents including returned cheques, credit card slips and credit card statements in case you need to refer back to them.

Know the terms and conditions. Before confirming your travel services online or with your travel agent, make sure you read and understand the terms

and conditions of the services that you are buying. Your travel agent is required to disclose the terms and conditions with you, but it's up to you to review them, particularly those that relate to cancellation, changes to bookings, and refunds.

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FINANCIAL NEWS

By Rick C. Singh, Hon. BA, CSA
CRS Financial Group Ltd.

DON'T CELEBRATE A LARGE TAX REFUND – ELIMINATE IT!

Every year, many Canadians celebrate the arrival of a tax refund. It feels like an unexpected bonus, a pleasant surprise among all the bills in the mail. In reality, however, a tax refund simply means that you paid the Canada Revenue Agency (CRA) too much tax throughout the year. You get your overpayment back as a tax refund, but until you deposit that cheque you are essentially making an interest-free loan to the government.

KEEP YOUR MONEY IN YOUR HANDS

Fortunately, there is an alternative. If you inform the government that you will be making non-payroll RRSP contributions, for example, they will authorize a reduction in the taxes that are deducted at source by your employer. You can use this additional cash flow in a number of different ways – without making any dent at all in your take-home pay.

What you do with this additional cash flow depends on your situation and your goals. For financial security, debt elimination followed by wealth accumulation should be a priority over spending the “found” money. If you have debt, target the debt with the highest interest rate first, then your mortgage.

THERE ARE MANY GREAT WAYS TO USE YOUR ADDITIONAL CASH FLOW, CONSIDER:
REDUCE YOUR DEBT BY:

Paying down your credit card or consumer debt – If you are carrying a balance on your credit card, the high interest rates can erode your savings. Reduce the cost of credit by paying down debt with the highest interest rate first.

Paying down your mortgage more quickly – Whether you have a traditional mortgage or a flexible mortgage with a line of credit, the value of reducing your principal sooner can be substantial. You can save thousands in interest costs and pay off your mortgage faster.

Review the terms of your mortgage contract and make use of all options available without incurring prepayment penalties.

INCREASE YOUR SAVINGS BY:

Maximizing contributions to your RRSP- Contributions and deductions that generate the tax reduction can be directed back into your RRSP contribution for the next year. The earlier you contribute, the longer you can take advantage of the tax-deferred compounding of investment income.

Contributing to an RESP – A Registered Education Savings Plan (RESP) allows a contributor to save money for a beneficiary's post-secondary education on a tax-deferred basis.

The earlier you begin to contribute to an RESP, the more you will be able to take advantage of compounding investment income and also maximize government grants. A contribution of \$2,500 can earn a \$500 grant per beneficiary per year until the end of the year in which the beneficiary turns 17 and up to a maximum grant of \$7,200.

Contributing to an RDSP – A Registered Disability Savings Plan (RDSP) is available to assist families in planning for the long-term financial security of their relative with disabilities. Early contributions to an RDSP benefit from compounding investment

income and can also benefit from available government grants and bonds.

Topping up your TFSA – Contributions to a Tax-Free Savings Account (TFSA) allow the investment growth to accumulate and be withdrawn tax-free. Because the TFSA withdrawals are added back to your available TFSA contribution room in the year following the year of withdrawal, there is flexibility in using the assets for mid to large purchases.

Establishing an emergency fund – It is important to have easy access to emergency money in order to cover unexpected events such as job loss, an illness or a major home repair.

In other words, by putting the money that already belongs to you back in your pocket – and without adding a single cent of extra cash – you can be on your way to financial independence sooner.

PUT ONE OF THESE STRATEGIES TO WORK:

It's not just RRSP

contributions that entitle you to lower taxes deducted at source. The CRA allows you to claim child care expenses, alimony, maintenance or support payments, employment expenses, and interest expenses and carrying charges on investment loans, among other tax deductions, to reduce the taxes you pay throughout the year.

To learn more about how to keep more of your money in your hands contact Rick Singh at CRS Financial. Rick can be reached by email at rick@crsfinancial.ca or phone at 604-535-3367.

Is this a scam?

Red flags

From spam emails to fake government workers asking for personal information on the phone, scams are all around us. Some are more obvious than others, but do you know how to protect yourself from the sneakier ones?

Here are some warning signs for both online and offline scams:

Wire transfer. Many scams involve a request to wire money electronically using a money transfer service like MoneyGram and Western Union, or using cryptocurrency such as Bitcoin. Remember that sending a transfer through these services is like sending cash — once the amount is picked up, it's almost impossible to get your money back.

Unsolicited friend requests on social media. Don't accept friend requests from people you don't know. Does their profile look fairly empty or have posts that are very generic? Do they seem to be promising more than friendship? These are some red flags that point to a scam. Delete that request. Check your privacy settings to ensure your profile is protected.

Spelling mistakes. Be skeptical of emails, messages or websites that contain misspelled common words, grammar errors that make it difficult to read or expressions that are used incorrectly. Email and web addresses should also be examined closely to see if there are subtle mistakes or differences.

It's just too good to be true. Everybody loves a great deal. But shocking offers, unbelievable discounts and unreal rates may signal that the offer isn't quite what it seems. Ridiculously low prices usually equal cheap products or counterfeit goods. Free offers may require providing your credit card for shipping. Small tactics like these can lead to big profits for scammers.

Unsolicited calls. You might get a call from someone claiming that you have a virus on your computer, or that you owe taxes or there has been fraudulent activity in your bank accounts. Know that legitimate organizations will most likely not call you directly. Don't take any chances. Hang up and call the organization yourself using the number from a trustworthy source, such as the phone book, their website, or even invoices and account statements.

Find more information at www.competition-bureau.gc.ca/fraud.

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THE PHARMACIST REVIEW

By Fred Cheng, R.Ph. and Christine Cheng, R.Ph.

Breathe Easy with Resprit™

We get frequent requests for a quick-acting syrup that clients can use during the allergy season to relief congestion and runny nose. Omega Alpha's Resprit™ is a smart, synergistic blend of mainly 8 traditional Chinese medicinal herbs that could do just that. Many clients learnt of its usefulness during last year's smoky summer. Taken twice daily, it could offer relief, even to chronic sufferers, after just a few doses. My mom and wife often make me clear soup from Luo Han Guo fruit because of my double lung surgeries, taking advantage of its soothing, decongestive effects on the lungs, not to mention its delicious natural flavour; its also thought to aid longevity. Frittilaria is great to reduce phlegm and suppress coughs. Peppermint leaf is often used in a tea for aiding digestion and improving cold symptoms. Skullcap has been used for years to treat hay fever, and mild infections; it is also used to support liver health. Honeysuckle can have similar anti-bacterial effects. Chrysanthemum is a soothing herb for colds and is often found in teas and treats. Yuan Zhi has a calming effect on the mind and body. Mulberry is rich in Vitamin C and thus offers immune-enhancing effects. Resprit™'s mild cherry-menthol flavour compliments the sweet, cool taste of the natural herbs quite well. Resprit™ can offer relief to some after just one dose, and repeated use could lead to further improvement in symptoms. It is a viable option for anyone with sinus congestion or runny nose, regardless of the cause, and can definitely help someone suffering from a cough, cold, or seasonal allergies breathe easier. Keep in mind that all natural products have potential of side-effects and interactions, so consult a pharmacist or physician who knows about them before risking anything.

(Christine and Fred Cheng are a passionate, charismatic sister-brother pharmacist team at their unique, family-owned and operated Pharmasave stores in Cloverdale and Steveston Village, B.C.)

5 SAVVY RENOVATIONS TO MAKE YOUR KITCHEN LOOK LIKE NEW

The kitchen is the heart and focal point of any home. But if yours is looking a little tired, a few simple renovations can change the feel of the entire space.

Whether you've just moved in, have been meaning to update for years or are experiencing life changes, remember that a kitchen uplift doesn't have to come with a huge price tag. These small-scale projects could be the change your kitchen needs:

Brighten it up.
Adding LED lights below your cabinets will brighten your backsplash and counter and provide a warm glow. Place your favourite containers below to act as focal points – those copper canisters that are hiding under the island and the marble coasters you couldn't resist can now all be on display.

Swap the old with the new.
The backsplash is the first thing you see, so replacing it can be enough to give the space a whole new look. Try a unique shape or colour to change things up, like turquoise or patterned tiles, hexagon-shaped tiles or even a full slab of stainless steel.

Rework what you have.
People often think new cabinets are necessary for a kitchen reno, but a lot can be done with what you've got. Repainting the cabinets and switching out the knobs to chic new handles will do wonders for a makeover.

Don't hide away.
Try adding some open shelving in an unused spot, such as above the sink or window, or next to the cabinets. Display your most beautiful dishes and add some decorative pieces to give the space a modern, airy feel.

Add new materials into the mix. Changing the island to a butcher-block counter adds warmth and practicality.

Taking on a renovation can often feel overwhelming. But if you talk to your contractor about budgeting and spreading out payments through services like The Home Depot Project Loan, it can be easier than you think. The service allows you to finance any home projects, big or small and is available at locations across Canada.

www.newscanada.com

Home Improvement "Ask Shell" with Shell Busey



Q) We bought a new home (to us) in Tsawwassen. The home is built on a crawlspace about 4' high and easy to get around. We store a few things down there, but nothing large. But that's not my question, here it is. When my husband walks across the floor in the dining room it makes the china cabinet rattle and dishes clatter. We went down in the crawl space to see if there might be something we could see moving but nothing was evident to the naked eye. You could feel the movement in the floor beams with your hands. Is there a serious problem or should we do something about it? It is very annoying when we have guests over.

Linda in Tsawwassen

A) This is a very common question but before I get to it, let me address your crawl space storage. Crawl spaces are not the best storage areas unless you do the following:

- 1: First vacuum the floor clean
- 2: Seal the concrete with a concrete sealer (this will stop future dust concerns)
- 3: Put all storage items in plastic tubs, NOT cardboard boxes. The reason is, when they get damp, cardboard boxes can cause mold and bad odours.
- 4: All plastic tubs should be sitting on treated 2x4's to allow air to move around them.

Now the bounce problem. Your floor joists (beams you called them) will have cross x bridging OR solid blocking between the joists because they are required by the building code. These do not eliminate the bounce but rather address twisting joists and in a lot of cases, never get nailed on the bottom end of the x after the sub floor has been applied.

Purchase 1" x 3" kiln dried strapping, the longest you can carry in your car or truck. 8 foot lengths are fine, as long as you can get them down into the crawl space. Now, fasten them to the bottom of the joists using wood screws (not drywall screws) putting 2 screws 1 1/2 inches (#8) side by side in each joist, at 12" on centre. Always random your butt joints on your joists at least by two joist spaces. Do not put all butt end joints of 1x3's on the same joists. Continue throughout the whole floor area.

What this is doing is forming a solid box structure making your floor much more rigid and eliminates bounce. It's just that easy!

DENTURE TIPS

Did You Know?

Good health depends on many things, including digestion. Digestion begins in the mouth, so if your dentures teeth are worn and smooth on the biting surfaces, you cannot chew efficiently, which can lead to digestion issues.

For a FREE denture evaluation, call Ed or Don at

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How to find the perfect pair of eyeglasses

While buying a new pair of eyeglasses may not rank as a major life purchase, it can sure seem like a big deal to decide how your face will look for the foreseeable future. After all, this is your chance to create a fresh look for yourself, and the right frames can make all the difference.

Whether you're going for cool, fashionable, professional, smart or all of the above, here are four tips to help you find the perfect glasses:

Contrast is king. When selecting a frame, try to counter your facial features to create balance. For instance, round frames often pair well with square or angular faces, while square frames contrast well with round faces and softer features. Similarly, if the top half of your face is wider than the bottom, you want a bottom-heavy frame, and vice versa.

Frame to your eyes. When trying on a new frame, your eyes should sit at the horizontal centre of the lens and vertically in the top third. Remember, the closer your eyes are to the corner of the lens, the better your glasses will look on you. When your eyes sit in the inner corner, it can make you appear cross-eyed. But too far out and your frames will look too small for your face.

Consider your prescription. It's not all about the frames. While many eyewear prescriptions are valid for up to two years, your eye health situation can change quickly, so it's always wise to book a com-



prehensive eye exam before investing in a new pair of eyeglasses. Also keep in mind that stronger prescriptions can cause your lenses to get thicker. You'll likely want to invest in high-index lenses if you're looking for thinness, style and comfort.

Make sure they fit. While style is important, comfort is paramount when you're going to be wearing your purchase for over 16 hours a day over the next two years. To avoid buyer's remorse, ensure your glasses don't slip down your nose

from being too loose or leave red marks or indentations from being too tight. You also don't want your glasses touching your cheeks or eyelashes.

Find a qualified eyecare professional at myeyecexam.ca.

www.newscanada.com

3 clear reasons to see an eyecare professional

(NC) As many as 2.2 million Canadians are living with uncorrected vision, according to Essilor. If you've gone longer than two years without an eye examination, here are three reasons to book an appointment with an eyecare professional immediately.

Screen time strain. Research shows that 72 per cent of adults spend seven or more hours in front of three different electronic devices per day, and 90 per cent of them reported at least one eye-related problem linked to digital devices last year.

While it's common to experience negative side-effects from excessive screen time, many of us put off getting an eye exam until it significantly impacts our ability to perform day-to-day activities. But with our eyes under constant strain from smartphones, tablets and computers, it's now more important than ever to schedule a regular eye exam.

A window to your overall health. Did you know that a regular, comprehensive eye exam can lead to early detection of many health issues and illnesses, including diabetes, cancer, thyroid disease and even high blood pressure? Yes, your eyes provide a window to your overall health and taking care of them could be life-saving.

Your vision won't correct itself. While a toothache will make most people sprint to their dentist, almost half of us admit that even significant vision issues — such as double vision, regular eye pain, blurred vision, dry eyes and headaches — aren't motivation enough to book an eye exam. Considering that 75 per cent of vision loss can be treated or prevented through proper eyecare, including a routine examination, there is absolutely no reason to delay.

Find a qualified eyecare professional at myeyecexam.ca.

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Critter Care Wildlife Society
20th Anniversary Gala
April 27th 2019

Join us at our annual fundraiser to celebrate our natural heritage and to help us save BC wildlife.

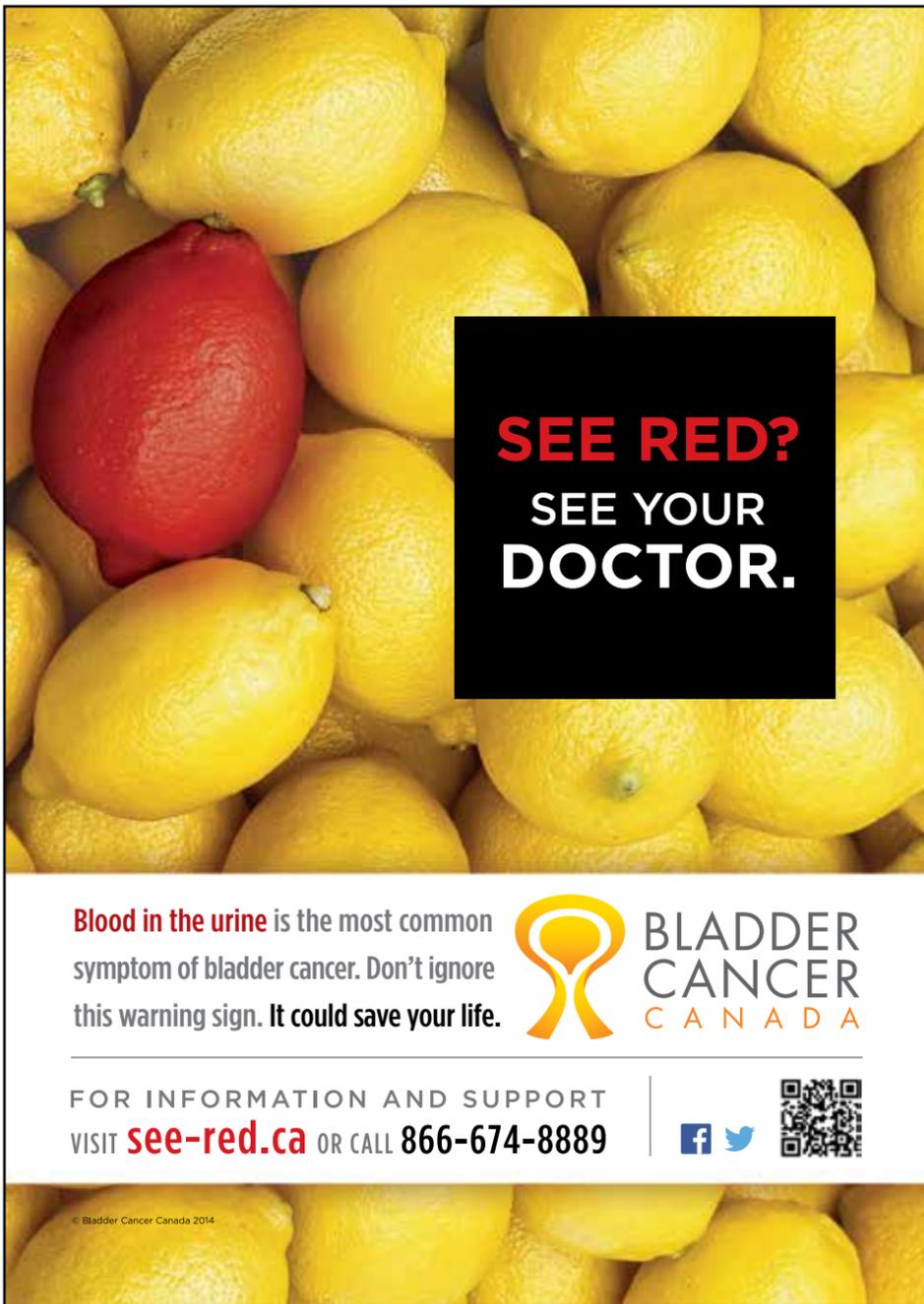
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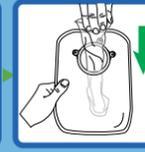
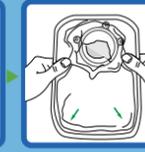
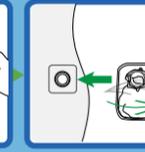
1 1/2"-1 3/4"
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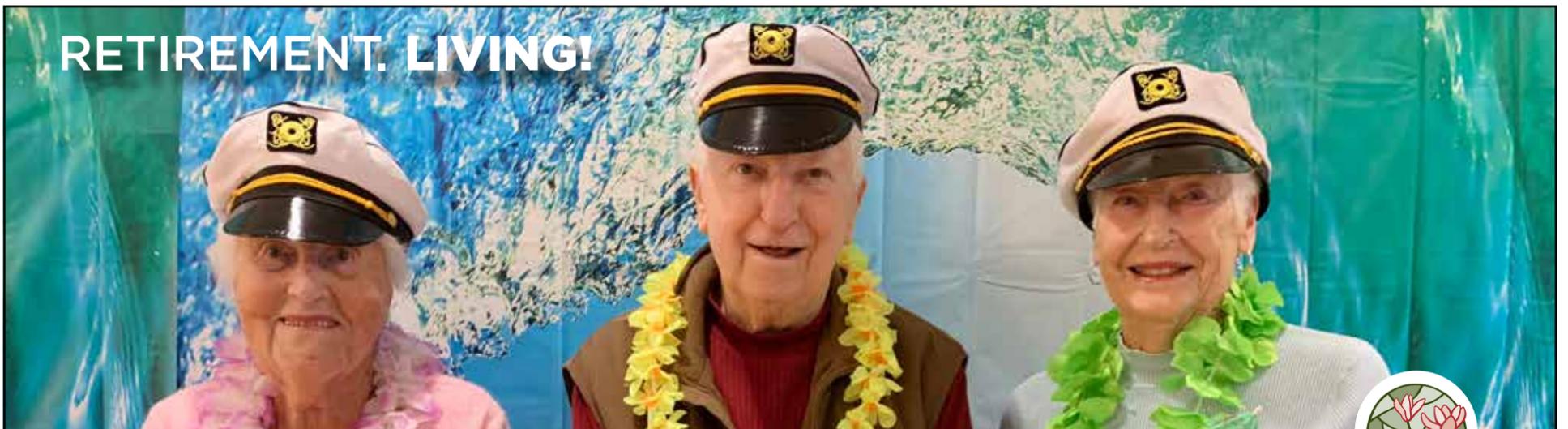






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All Aboard for Brighter Days!

Launch into the best days of your life with these tips on how to stay buoyant when the weather is dark and dreary.

LIGHTEN UP Vitamin D from the sun can elevate your mood. Make a point to open your curtains and soak up as much daylight as you can.

KEEP ACTIVE Take a daily walk, perhaps to a mall or a community centre with an indoor track. Join a senior-friendly fitness centre.

EAT WELL Sometimes comfort foods can slow you down; stick to lean proteins, vegetables, and complex carbohydrates like whole-wheat bread and brown rice.

STAY CONNECTED Engage in social activities and connect with others, this is the key to staying upbeat especially during the winter months.

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dreary days. Enjoy bright, spacious suites, delicious meals prepared fresh by our *Red Seal* chefs, and fun fitness activities. Best of all are the friendships you'll make while you dine together, dance to live music, and drive on delightful adventures in the Bria bus.

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IRISH VIBES AT HOME AND ABROAD



Ireland's Consul General in Vancouver, Frank Flood, Alison Metcalf, Head of Tourism Ireland for North America,

Australia and New Zealand, and other Tourism Ireland partners were on hand at Vancouver's Four Seasons hotel recently to promote the Emerald Isle. This reminded me that readers may be unaware that the Consulate General of Ireland in Vancouver opened at Canada Place last October. The Consulate is open by appointment on weekday mornings. The Contact number is 604 696 3263.

Everyone I spoke to was cautiously optimistic that a deal can be reached to keep the Republic of Ireland and Northern Ireland borders open and free when Britain leaves the European Union on, or before, March 29.

Having driven unhindered (disregarding the rental car side mirror I obliterated while lost in Castledawson) between the two Irelands, I join the locals in fervently praying for a sensible solution. Turning the clock back 20 years is absolutely unthinkable.

Now, let's set politics aside and accent the positive.

St. Patrick's Day is March 17 and this Emerald Isle "shaped by sea and stone" has much to offer.

The award-winning Causeway Coastal Route between Belfast and Londonderry is brilliant for driving or hiking. You might, as I did, bump into the Game of Thrones crew relaxing at Bushmills Inn. I'd been exploring the coast and Carrick-a-Rede, the toe tingling bridge which was once a rope bridge used by fishermen.

On my list for my next visit will be The Gobbins, a two-mile path incorporating cliff-hugging bridges plus a tunnel which apparently takes travellers below water level. Names like Thunder Cave, The Devil's Steps, Smuggler's Cave, the Tubular Bridge and the Man of War (basalt rock reputed to look like a man-o-war heading out to sea) have my feet itching to return. I'm picturing the dramatic scenery with an invigorating sea wind whipping across from the not-so-distant Scottish coast.

Rail enthusiasts should enjoy meeting up with the



Photos: TOP: Frank Flood, Consul General for Ireland in Vancouver, Ursula Maxwell-Lewis, Alison Metcalf, Head of Tourism Ireland for North America, Australia and New Zealand
Bottom RIGHT: Celtic Cross near Magherafelt, Northern Ireland

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And lord and behold I can eat and chew after 15 years.

So, if you are in this same boat, give him a chance, you will be pleased.

Lillian, Surrey

Railway Preservation Society of Ireland and the Modern Railways Society of Ireland at the Whitehead Railway Museum. An engine here 'starred' in The Great Train Robbery and a Thomas look-alike engine delights the children. Volunteers say it takes all night to ready a steam train for an excursion to Dublin or Portrush, but if you book early it can be done.

A note of interest to book lovers: Jonathan Swift, author of "Gulliver's Travels", was Dean of Dublin's St. Patrick's Cathedral (built in 1212) from 1713 to 1745. Other Dublin-born classical authors include James Joyce (1882) "Ulysses" and Bram Stoker (1847) "Dracula".

These are just a few ideas to whet your Irish appetite. For more information go to www.TourismIreland.com and meet the locals at www.BandBIreland.com

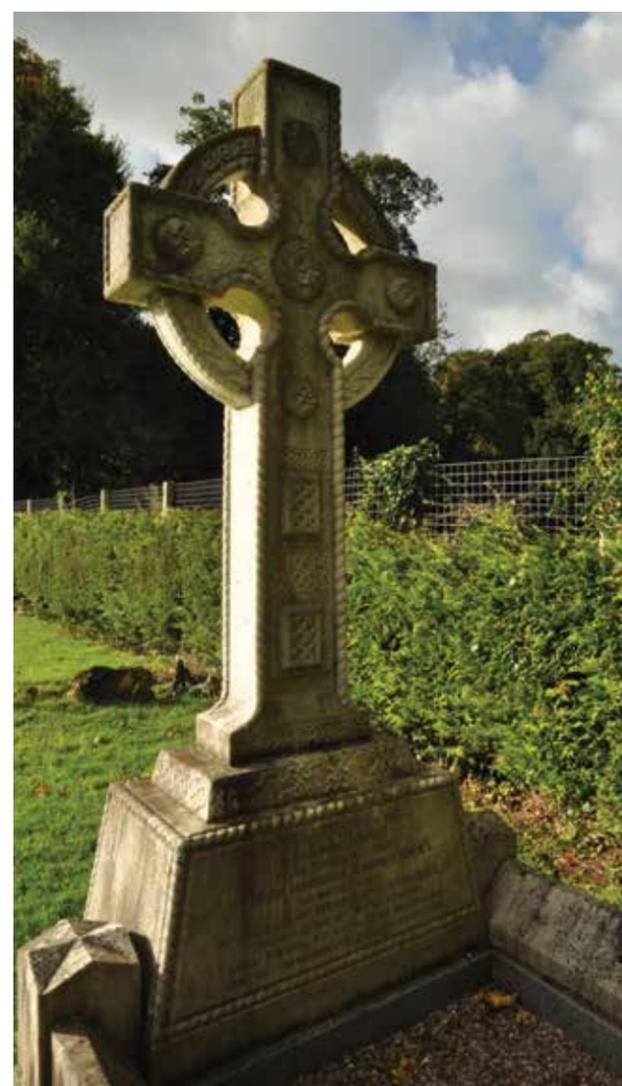
Closer to home you can tune up your Irish vibes by celebrating Celtic Fest at the Museum of Surrey, 17710-56A Ave., Cloverdale, on Saturday March 16 from 1 pm to 4 pm. No passport required for this popular free family event, so get there early and enjoy the music, dancing, and children's crafts.

If you haven't checked out Dinosaurs Unearthed now's the time to do it before the exhibit closes on March 31 to make room for the incoming LEGO exhibit.

On March 23 from 10 until noon bake your own Easter Bread in the pioneer kitchen wood stove at the Historic Stewart Farm, 13723 Crescent Rd, South Surrey. \$26 per person. Call 604-592-6956 to book.

Finally, on Monday March 10 remember to 'spring forward' to return to Daylight Savings.

Ursula Maxwell-Lewis is a British Columbia writer and photographer. Contact her at utavel@shaw.ca





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Maritimes Coastal Wonders
featuring the Cabot Trail, Sept 8-19: 12 Days

Join Bob and Teresa as they host this Collette Vacations tour of the Maritimes. Highlights: Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Prince Edward Island, Anne of Green Gables Museum, Hopewell Rocks, Fundy Trail & Lunenburg. **Book before March 8, 2019** to save \$100 pp. **\$5,759** Cdn pp dble occ. **\$7,169** Single. Price includes, Round trip air from Vancouver, Hotel Transfers, taxes and fees. accommodations. Limited seats so book early.



- **Alberni Inlet & Pacific Rim Park: Vancouver Island**
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- **Kettle Valley Steam Train and the Okanagan**,
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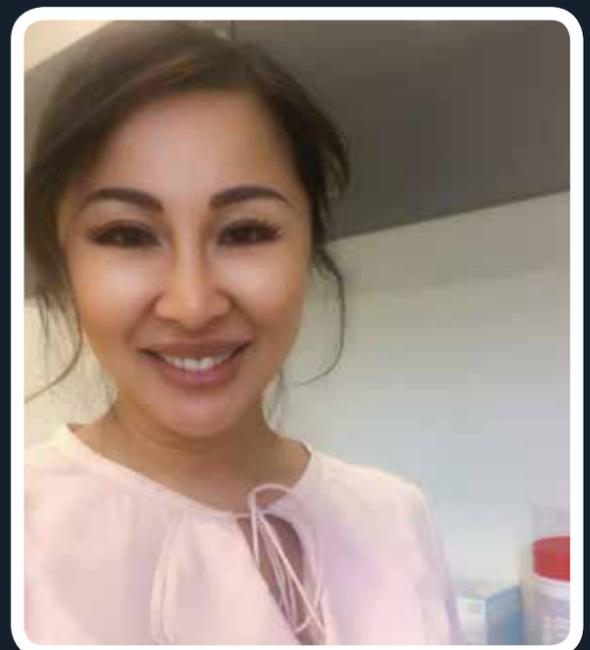
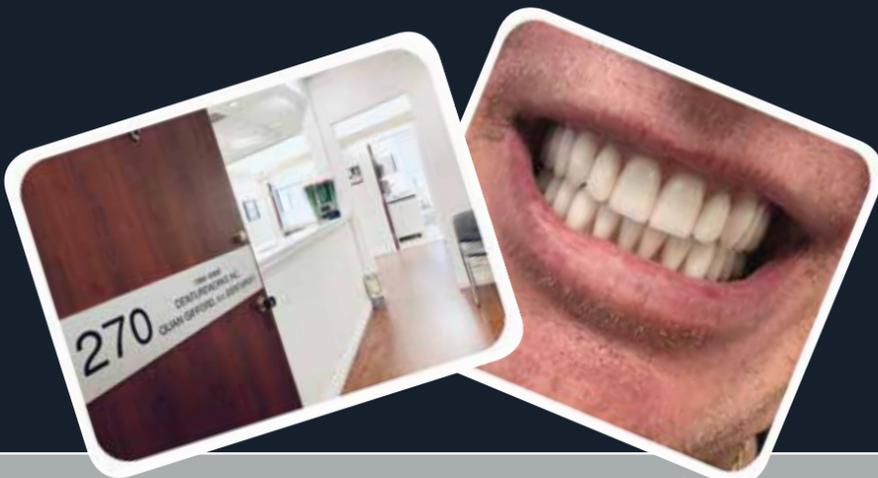
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DINE OUT VANCOUVER- ALWAYS A DELIGHT.



After Christmas, when our wallets are thinner, the annual Dine Out Vancouver 18 Jan- 3 Feb with its reasonably priced 3-course meals for \$25, \$35 and \$45 is always fun.

My friends and I visited C Prime Modern Italian Steak & Wine Restaurant in the Century Plaza Hotel at 1015 Burrard St. Vancouver, Tel. 604-684-3474. Their Dine Out Menu was \$35. I was pleased they also offered a flight of 3 BC VQA wines for \$20 to pair with each course.

For our first course, Anne, Lili and I each had a stuffed Portobello mushroom filled with spinach and goat cheese which was delicious, paired with the Okanagan Lake Breeze Pinot Gris, which was fresh with grassy notes.

Charlotte said her calamari squid with lemon aioli was tender, matched with Mission Hill Estate Series Sauvignon Blanc with lemon grass and lime zest flavours.

Our medium-rare 6oz Wagyu sirloin steaks with

oven-roasted vegetables and sweet potato purée were tender with a buttery, soft flavor. The Burrowing Owl Estate Merlot with black cherry and dark chocolate notes paired well.

Wagyu is a generic name for beef in Japan: Wa (Japanese) and Gyu (Japanese for beef). Four main breeds are used in Japan, Japanese Black, Japanese Brown, Japanese Shorthorn and Japanese Polled (an Aberdeen Cross). Kobe beef is a type of Wagyu, from the Tajima breed and it can only be raised in the Hyogo province of Japan.

Lili's Arctic Char with cauliflower purée and BC mushrooms was nice and moist.

Arctic Char is a cold-water fish, native to alpine lakes and arctic and subarctic coastal waters. No other freshwater fish is found as far north. It is the only fish species in Lake Hazen on Ellesmere Island in the Canadian Arctic.

The chocolate mousse cake with salted caramel and Bourbon gelato was beautifully presented with a

glass of Gehring Brothers Minus-9 Ice Wine with apricot and honey aromas.

The cheesecake with blueberry compote and blueberry gelato was creamy and was paired with the Mission Hill Vidal Ice Wine with apricot, melon and caramel notes.

Thank you Exec. Chef Bruce Woods, the sommelier, server Patricia Vyskocova and staff for a wonderful evening.



Photos:

TOP RIGHT: Charlotte Roza, Lenora Hayman, Anne Tickle, Patricia Vyskocova & Lili Bouchard.
TOP LEFT: Stuffed Portobello Mushroom. **BOTTOM RIGHT:** Chocolate Mousse Cake.



Before

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LET'S TALK ABOUT IT!

By Dr. Michelle Willis ND
Integrated Health Clinic

How Looking Better Helps your Health

I always try to teach my patients how to attain health by eating good food, drinking clean water, enjoying exercise and making decisions that support their emotional & spiritual wellness.

But over the last few years I have seen the great benefit of looking better. It was a bit of a shocking revelation as I previously had viewed aesthetics as being a shallow line of work!

It all started when I purchased a laser to treat Incontinence. The added bonus was that it was also great at making skin look younger and healthier.

I started to see the impact of looking younger – when I watched my patients look at themselves after I finished lasering them. The joy & happiness that they exude is really quite incredible.

It's like a whole cascade of blissful neurotransmitters get released!

I now believe in supporting people's beauty as I'm quite sure it improves their health, just a little

bit.

When we look in the mirror and love what we see this sets off positive emotions. Positive thoughts create positive neurotransmitter release – like serotonin (the happy hormone).

When we are out and about and receive a compliment this also helps our mood. I've always like this Mark Twain quote,

“ I can live for 2 months on a good compliment”

The laser treatment that I offer is called 3D Smoothlifting by Fotona.

It is a 3 step laser treatment that tightens your skin from the inside out & increases your own innate production of collagen. This creates a subtle, very natural, younger look over a 2 month period. The treatment tightens the entire face & neck and lasts 18 months with a healthy diet and lifestyle.

The other beauty of my laser is that I can tighten skin anywhere on the body!

Helping people improve their quality of life so they can experience as many positive emotions & moments as possible is what I enjoy.

If you are interested in learning more I invite you to a free lecture on Aesthetic Treatments offered by Naturopathic Doctors.

Dr Karen Mcgee ND, Dr. Alanna Rinas ND & Dr. Michelle Willis ND will be speaking on :

March 7, 2019

7:00 pm-8:30 pm

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Are you earning tips at your job? Here's important information for tax time!

If you're a server in the food and beverage industry, hairdresser, valet, taxi driver or anyone else who earns tips as part of your work, there's important information you need to know before you do your taxes.

In Canada, the law is clear about tips – all of this income is taxable and must be reported. It is your responsibility to track and report any amounts received and make sure those amounts are included as income when you file your income tax and benefit returns.

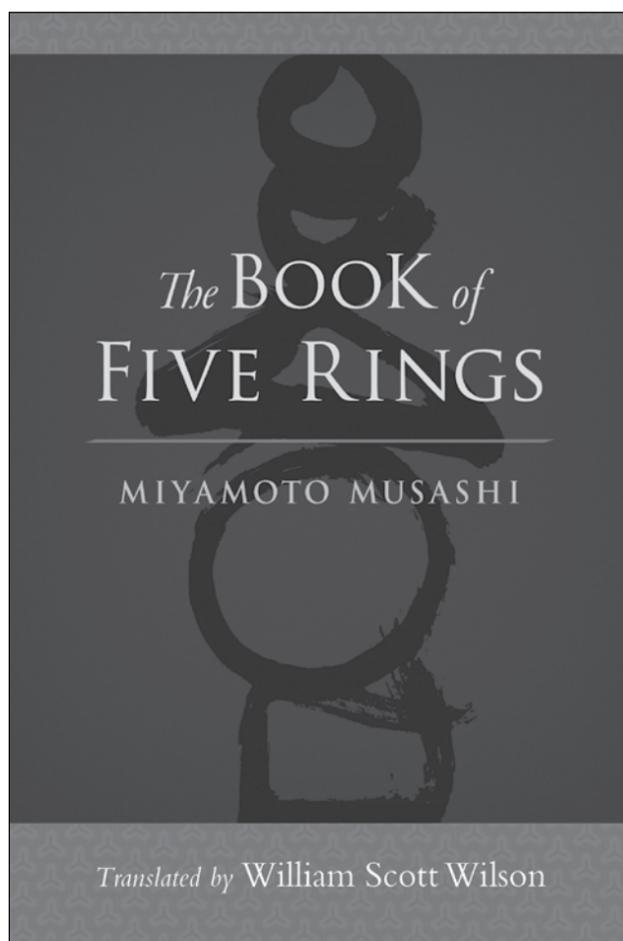
There are several benefits to reporting tips on your tax return. For example, it can boost your total income, which can help you qualify for a higher amount when applying for a loan or mortgage. It can also help you qualify for earned income for the purposes of RRSP contribution limits, meaning you will be able to invest and deduct more. You can even choose to pay CPP or Québec Pension Plan contributions, which will increase your pension amounts when you retire.

To make reporting and filing your taxes easier, find a method that works for you to keep track of all your tips received throughout the year, such as a calendar, mobile app or agenda. Some amounts may be tracked by your employer and already included with your wages, so ask them if you're not sure. For tips earned within the province of Quebec, check out the Revenu Québec website.

If you didn't fully declare your tips on a past tax return, the Voluntary Disclosures Program at the Canada Revenue Agency may give you a second chance to correct your tax affairs. Find more information about the Program and on how to track and declare your tips and gratuities at canada.ca/tips-and-gratuities.

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AMAZING BOOKS The Book of Five Rings



When the undefeated samurai Miyamoto Musashi retreated to a cave in 1643 and wrote The Book of Five Rings, a manifesto on swordsmanship, strategy, and winning for his students and generations of samurai to come, he created one of the most perceptive and incisive texts on strategic thinking ever to come from Asia.

Musashi gives timeless advice on defeating an adversary, throwing an opponent off-guard, creating confusion, and other techniques for overpowering an assailant that will resonate with both martial artists and everyone else interested in skillfully dealing with conflict. For Musashi, the way of the martial arts was a mastery of the mind rather than simply technical prowess—and it is this path to mastery that is the core teaching in The Book of Five Rings.

William Scott Wilson's translation is faithful to the original seventeenth-century Japanese text while being wonderfully clear and readable. His scholarship and insight into the deep meaning of this classic are evident in his introduction and notes to the text. This edition also includes a translation of one

of Musashi's earlier writings, "The Way of Walking Alone," and calligraphy by Japanese artist Shiro Tsujimura.

Available in Bookstores, Online and Digital.

The Book of Five Rings

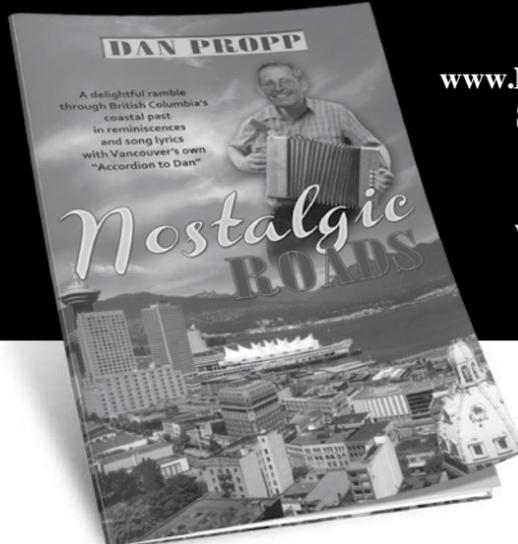
Miyamoto Musashi

Translated by William Scott Wilson

Illustrator Shiro Tsujimura

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Straight from the Horse's Mouth

By Mel Kositsky

This is the season for breeding and foals. At this time of the year dreams are made in the horse racing industry.

Professional matchmakers have been busy all winter figuring out which mare should go visit which stallion in order to produce the best possible race horse. Speed and stamina are essential and that is why the entire breeding industry has become such big business. Champion race horses are retired from the track much too early these days -- mostly because they are too valuable as studs -- and owners and syndicates do not want to chance an injury or worse - a loss or bad performance in a prestigious race.

But in springtime hope takes over. Modern multi-media has made it possible for breeding operations large and small to show photos and video clips of new foals -- expensive dreams of well-bred colts and fillies who will attempt to cap-

ture prestigious races like the Kentucky Derby, Queen's Plate or a Breeders' Cup. Unfortunately, as the horses mature, some colts become geldings and are destined for everyday racing, which of course, helps keep the sport alive.

The harness racing season at Fraser Downs in Cloverdale is fast coming to a close. With only 10 racing days left in March and a further six in April, it won't be long before the horsemen have to head to other tracks in Canada and the U.S. in order to make a living. The final day of the season is slated for April 20, which is a Saturday afternoon, unless the provincial government authorities extend the season to make up for the days of racing lost to the bad weather in February. Of course on "snow days" it is only government run operations like schools and universities who still get paid. It is lost revenue for operations like race tracks, who have a limited schedule to start with. Hopefully there will be some "make up" days granted this spring or fall.

Thoroughbred racing will start Sunday afternoon, April 21 at Hastings Racecourse. The 52-day season runs until Sunday, October 20.

The run up to the Kentucky Derby has already started as the three-year-olds in training attempt to earn a starting spot at Churchill Downs on the first Saturday in May. The annual "run for the roses" will probably not produce another Triple Crown winner this year, but so far fields have been competitive. Horses called Game Winner, Coliseum, Improbable and War of Will are highly regarded candidates. But the imagination of the media and the \$2 bettor will probably be captured by longshot Harvey Wallbanger.

The bay colt upset a talented field at odds of 25-1 in the Holy Bull Stakes with an exciting

stretch run along the rail at Gulfstream Park in Florida. It was quite the "last to first" effort and if trainer Ken McPeck can keep him going right to the May derby, the extra distance and long Kentucky track stretch may be to his advantage. He has already proved he can race on that surface, having won his maiden race at Churchill as a two-year-old. Harvey Wallbanger just may replace "Mint Juleps" as the drink of the day!

One of the biggest races of the year will take place at the end of March as some of the world's best thoroughbreds gather in Dubai for the World Cup festival at Meydan Racecourse. On March 30 (Saturday morning here), the Dubai World Cup meeting is set to enhance its status as the world's richest day of horse racing. Total purses for the card, which will feature six Group 1 races and three Group 2 races, will increase to \$35 million US. The Group 1 Dubai World Cup, sponsored by Emirates Airline, goes for \$12 million, with \$7.2 million in purse money going to the winner. It is the pinnacle of the UAE racing season and the biggest sporting, social and entertainment occasion on the Dubai calendar.

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MINOR RENOVATIONS THAT MAKE A MAJOR DIFFERENCE

Renovations can be a daunting task. If your goal is to increase your property value, smaller upgrades can provide a higher return on your investment.

Here are some budget-friendly projects for key areas of your home that can boost your property value:

Kitchen. You don't need a complete remodel to increase the value of this space -- it can be as simple as focusing on one thing, such as cabinets or countertops. Refacing old cabinets by adding a fresh coat

of paint, a new finish or updated knobs can bring new life to your kitchen. Adding new granite countertops is an easy way to modernize an older kitchen. Make sure to choose a countertop that fits with the price point and aesthetic of your home.

Bathroom. The bathroom is where most of us begin and end our day; modernizing it is a great way to increase your property value. New floors or shower tiles will give the illusion of a complete makeover. Updating the vanity, sink or mirror are also inexpen-

sive options. Smaller bathroom projects like these can have high appeal to future buyers.

Windows. These are often overlooked in renovations. However, upgrading windows is a great idea for both aesthetic and energy-saving purposes. In cooler climates you can purchase windows with insulating properties, and in warmer climates you can purchase those that reflect sunlight.

Deciding on the right budget to suit your needs can be hard, but worrying about the financing shouldn't hold you back. For an easy way to finance these renos, check out The Home Depot Project Loan, available across Canada.

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SCAMS THAT TARGET SENIORS

Many fraudsters target their scams at seniors, believing that they are more vulnerable and easier to trick. This isn't always true of course, but seniors remain one of the most targeted groups, so it pays to be cautious.

Whether you're a senior or are hoping to keep your parents safe, learn some of the most popular scams and how to protect against them.

Emergency scams. The typical scam starts with a grandparent receiving a phone call from someone claiming to be their grandchild, who says they're in trouble and need money immediately. Worried grandparents will act quickly out of concern and have their money or financial information stolen.

To guard against these scams, anyone receiving this type of call should take time to verify the story by asking questions and calling the child's parents or friends to find out about their whereabouts.

Door-to-door scams. With this trick, door-to-door salespeople use high-pressure tactics to convince homeowners to buy a product or sign up for a service they don't want or need. These aggressive pitches can be for charitable donations or home maintenance services. In many cases, the product or service is never received while in others they are of poor quality or not as represented.

Seniors can protect themselves against these scams by not feeling pressured to make a quick decision and taking time to do some research on the seller and the products first. It's a good idea to ask for photo ID, get the name of the person and of the company or charity they represent.

Tax scams. There are a couple of variations on this scam – an email, text or phone call supposedly from the CRA claims the receiver is entitled to an extra refund and all that's needed are their banking details. Another version is a call that says the receiver owes CRA money right away, or else the caller will file a police report. In either case, it's not a government agency calling.

Here, it's important to remember that the CRA will never use aggressive or threatening language, ask for payments via prepaid credit cards or gift cards, or collect or distribute payments through e-transfers.

Find more information at www.competition-bureau.gc.ca/fraud.
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A: Yes, could be a virus, hardware or software issue.
- Q: My iPhone 6 has a broken screen. Can you replace it?**
A: Yes, no problem. We'll quote you first.
- Q: My laptop is overheating!**
A: Could be your fan's not working, over clocking or something as simple as leaving the laptop on a bed preventing proper air flow. Bring it in & we'll let you know.
- Q: What's the difference between 32 & 64 bit operating systems?**
A: 64-bits are sturdy & can handle up to 2TB of Ram (W10 can take 2TB max Ram) 32-bits can only take up to (max) 4GB Ram. 32 & 64 bit depend on your CPU strength.

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"Lets Talk"

By Janet Isherwood

A place for seniors and their families to speak out, share stories and ask questions.

"Special Article "HEARING & YOU"

Have you ever asked yourself "What is hearing loss?" Well hearing loss is a sudden or gradual decrease in how well you can hear. It is one of the most common conditions affecting older and elderly adults.

Approximately one in three people between the ages of 65 and 74 has hearing loss and nearly half of those older than 75 have difficulty hearing.

Having trouble hearing can make it hard to understand and follow a doctor's advice, to respond to warnings, and to hear doorbells and alarms. It can also make it hard to enjoy talking with friends and family. All of this can be frustrating, embarrassing, and even dangerous.

Signs of hearing loss in adults may include:

- speaking louder than necessary in a conversation
- Constantly asking for words to be repeated
- straining to hear
- misunderstanding conversations
- favoring one ear
- thinking that people always mumble
- turning the television or radio up louder than usual
- having difficulty hearing on the telephone
- withdrawing from social contact
- ringing or buzzing in the ears (tinnitus)
- appearing dull and disinterested
- being slow to respond
- Find it hard to follow conversations when two or more people are talking.
- Need to turn up the TV volume so loud that others complain.

About half the people who are 85 and older have hearing loss. Whether a hearing loss is small (missing certain sounds) or large (being profoundly deaf), it is a serious concern. If left untreated, problems can get worse.

Hearing loss can affect your life in many ways. You may miss out on talks with friends and family. On the telephone, you may find it hard to hear what the caller is saying. At the doctor's office, you may not catch the doctor's words.

Sometimes hearing problems can make you feel embarrassed, upset, and lonely. It's easy to withdraw when you can't follow a conversation at the dinner table or in a restaurant. It's also easy for friends and family to think you are confused, uncaring, or difficult, when the problem may be that you just can't hear well.

If you have trouble hearing, there is help. Start by seeing your doctor. Depending on the type and extent of your hearing loss, there are many treatment choices that may help. Hearing loss does not have to get in the way of your ability to enjoy life.

I spoke with Cindy Campbell, Social Media Manager for NexGen Hearing and she kindly shared this article for you.

The New Voice for Hearing Loss

As though on cue with National Hearing Awareness month in Canada, Tony Parsons stepped out of retirement in 2018, to become the official voice for NexGen Hearing, a BC hearing aid retailer with 50 clinics in the province. Tony's story is an interesting one.

Tony Parsons: a lesson worth hearing
—as told by Tony Parsons

Like so many other seniors, I've admittedly been reluctant to acknowledge the shortcomings that go with the aging process. You know what we're like, after all we hear just fine! It's not our fault if everyone else mumbles. I hear what I want to hear and that's good enough for me. That's when some friends convinced me to try the free hearing test at NexGen Hearing in Kelowna.

Audiologist Colin VanBergen and his team made the whole experience a pleasure and after the test I came to know that I do indeed have a rather significant problem with my hearing. Since then, I have seen an ENT surgeon and have gradually obtained knowledge. Both hearing professionals have patiently schooled me on some of the aspects of my hearing loss.

Today I'm now wearing hearing aids and yes, I admit now that I needed them years ago. Consonants and I are becoming friends again and oddly enough... my wife doesn't seem to mumble anymore! Much to my surprise they are so helpful, discreet and quite comfortable. I spent years and years as a broadcaster with a hearing device jammed in one ear so I could stay in touch with the director of my nightly newscast. Maybe that had something to do with my hearing issue, one I steadfastly denied.

I've also learned about NexGen Hearing and what makes them different, as they have an established purpose to go far beyond just product sales. They truly care about people and their quality of life. That's rare.

Since then, I've come to know about the educational side of their business and the information and support they can and do provide. I have since been approached by Marke Hambley, President of NexGen Hearing, asking that I consider a role in the company. Today, I am delighted to say that I have committed to speaking out about hearing loss as the official spokesperson for NexGen Hearing and the Hear 4U Foundation. The first commercial endorsement I have ever accepted, I might add!

The dog ate my hearing aids

Oh, and by the way, I've become so comfortable wearing my new hearing aids that recently I stepped into the shower still wearing them. Yikes! I realized it just in time, and yanked them back to safety. Then I came close to losing them again. I had carelessly left them on a small table near the TV that I was watching and much to my horror Morley, one of my dogs, tried to make a meal of them. Another rescue mission and thankfully no damage! How would I explain that to my Audiologist!?

Considering that 1 in 4 Canadians suffer some form of hearing loss, I urge you to not delay as I did. Call NexGen Hearing and take advantage of their free Hearing Test!

A hearing assessment for Tony Parsons
—as told by Colin VanBergen, M.Sc. Aud, RAUD

After a comprehensive assessment, it turns out that Tony's wife wasn't mumbling. He has a high frequency sensorineural hearing loss in both of his ears. It is of a mild degree on his left side, but there is a severe degree of loss on the right side. This high frequency hearing loss has prevented him from hearing specific consonants sounds: "s, f, sh, th, t, k".

He is still hearing people, but quite often finds that it sounds like they are 'mumbling.' Tony also has frequent difficulties understanding people when in a group situation or in a noisy restaurant. It's likely that his hearing ability has been deteriorating very slowly and gradually over many years. This has resulted in a lack of awareness regarding the amount of hearing that Tony has lost. While his wife has been commenting to him for many years about his hearing difficulties, he hasn't felt that it had deteriorated enough to be concerned about.

Since the initial consultation and referral to an ENT specialist, Tony has now been fitted with Oticon Opn™ 1 hearing aids. There are two primary functions to these advanced hearing aids that specifically address the problems that most hearing impaired people experience.

The first function is to increase clarity (reduce 'mumbling') by amplifying the high frequency consonants that Tony is unable to hear without the hearing aids.

The second function is to reduce as much background noise as possible when Tony is in a noisy setting. While hearing aids have been quite good at improving the clarity of speech in quiet situations, they have always struggled to help people hearing better in noisy settings.

The Opn™ 1 hearing aids have made significant strides in allowing people to maintain active and social lifestyles. These hearing aids are specifically designed to enhance speech while at the same time reduce more background noise than other hearing aids.

The Opn™ 1 hearing aids are essentially micro-computers that far surpass the processing capabilities of most desktop computers. Its processor chip is 50 times faster than anything Oticon has ever built.

The new Velox platform is a 11-core processor which allows the hearing aid to execute 500 million instructions per second and 1,200 million operations per second. It uses 64 frequency channels for higher signal and frequency resolution, fundamental to providing superior sound fidelity.

Brain hearing technology

With the extreme improvement in processing power, the Opn™ hearing aid no longer needs to focus the device on sounds from the front in order to reduce background noise. Opn™ is able to separate speech from noise and lets the listener focus on what's important. The Opn™ works in harmony with the brain to process sounds exceptionally fast. Based on data from independent research centres which compared the Opn™ to Oticon's previous top-of-the-line hearing aid, Oticon is boasting that the Opn™ is 30% better for speech understanding in noise, reduces listening effort by 20%, and allows the listener to remember 20% more of their conversations.

On top of the improvements in background noise reduction, these hearing aids are also part of the newer generation of discreet hearing aids that allow for direct wireless streaming from iPhones, iPads, and TVs.

The iPhone can also be used as a remote control for hearing aids. Now Mr. Parsons can enjoy a much improved lifestyle!

If you're concerned about a possible hearing loss, schedule an appointment for your free hearing test today! Contact the NexGen Hearing clinic nearest you at 1.877.606.6671 or visit nexgenhearing.com.

It is so important to look after oneself in our later years and I hope this article has helped you. We have another special article come in the months ahead, so keep watch.

Look forward to speaking with you all again next month. Let's talk, email your comments to: cozycornernews@gmail.com

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WORLD HERITAGE RHODES: INTO THE MEDIEVAL DAYS OF YORE



By Rick Millikan

Following a spectacular morning excursion investigating the Acropolis of Lindos, we add a self-guided walkabout inside the walled city of Rhodes. Hopping off the coach at the customs office, we pass through St. Catherine's Gate and into the glorious days of yore.

Rhodes retains a 14th century luster. High walls encircle splendid gothic churches and homes of early squires, smithies and merchants who had served the Crusaders. Medieval masons refortified the original Byzantine wall and created their residences, complete with arched gateways, sculpted coats-of-arms and paved courtyards.

They also built the central Knights of St. John Hospital to care mainly for Holy Land pilgrims. Now an Archaeological Museum, we enter and immediately notice ground level archways at one time connecting storehouses. Crossing the sparse courtyard, we climb a wide staircase to an early infirmary. The rooms exhibit artifacts highlighting the noble knights' lifestyles and zealous struggles to retain the Holy Land.

Crossing Knight's Street, we glance inside Our Lady of the Castle Cathedral. Crusaders revamped this former Byzantine church to fit their needs. Then, when Suleiman the Magnificent conquered Rhodes, his Ottoman craftsmen converted their cathedral into a mosque and replaced the bell-tower with a soaring minaret.

Stone inns still line the cobbled street. Remaining above each arched doorway, emblems represent the language once spoken within. Contingents of English, Italian, Spanish, French and German knights were welcomed in these 'Inns of Tongue.'

The street ends at the formidable Palace of the Grand Masters, Knights of St. John headquarters. Mussolini restored and embellished it as his residence during WW II. The Palace evolved into a museum with twenty-four rooms of treasures, including magnificent Grecian mosaic floors from Kos, Roman statuary and shiny medieval armor.

Exiting southward, Chris and I walk to the lofty Medieval Clock Tower Roloï. For a small fee, we ascend outdoor stairways and climb the tower ladder to Rhodes' highest, most heavenly viewpoint. We see our ship moored at the edge of the walled city. And amid leafy green trees below stands rosy-red domed Suleiman Mosque and Almshouse. Suleiman constructed these buildings just after his huge army defeated the Crusaders in 1522.

Along Socrates Street, stalls overflow with jewelry, pottery, clothing and embroidery. Veering onto a series of quiet lanes, our route passes a Muslim Library, another Ottoman mosque, Crusader and Byzantine churches and a famed Turkish bathhouse.

From Hippocrates Square, Aristotle Street takes us to the original Jewish quarter. Sea creatures and three large seahorses decorate a little fountain in Hebrew Martyrs Square. This park memorializes 1,000 plus Jews sent from Rhodes to Auschwitz.

Finding a Taverna in Hippocrates Square, we sip strong Greek coffee popularized by former occupying Ottomans. A Greek acquaintance taught me the custom of reading coffee dregs. Placing the saucer atop my cup, I swirl and flip it. Thumping it three times, the cup releases the grounds onto the saucer. The gritty message: 'life is good.' Having no 'grounds' for complaint, we saunter directly back to the ship.

On a previous visit to Rhodes, we headed to a hot sandy beach below the city walls. Refreshed by crystal blue waters, we strolled along the shore trying to imagine the Colossus of Rhodes. This Wonder of the World first towered over Mandariki Harbour in 280 BC until devastated by a 244 BC earthquake. A bronze stag and doe now stand on its former platforms, honouring the legendary deer that stomped out Rhodes' poisonous snakes.

Rhodes remains a wonder filled World Heritage site. Today's stroll through four splendid periods of history proves extraordinary. Laden with treasured memories and priceless insights, we return to our cozy cabin.



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Do You Have Loose Dentures?

Many denture wearers believe loose dentures are normal and just something they have to put up with. Consequently, they use denture adhesive, ignore the issue, and don't visit their denturist. This is unfortunate, as regular denture maintenance improves comfort, fit and oral health.

A cause of loose dentures is bone resorption. It occurs naturally as you age and after teeth have been extracted. The ridge that supports your dentures gradually recedes, which leads to ill-fitting dentures and a sunken appearance.

The first line of defense against bone resorption is maintenance. You should have your denturist check the fit, bite and the condition of your dentures every year. At that time, your denturist may suggest either a relines or rebase to improve comfort and fit or replacement if your bite is not correct or the denture teeth are worn. It is recommended that denture wearers replace their dentures every 5 to 7 years.

Relines

During a relines procedure, your denturist takes an impression in your denture, removes some of the denture material and rebuilds it with new acrylic to fit the new shape of your gums. Relines not only make dentures fit securely and feel more comfortable, but can also extend their useful life.

Rebases

A rebase differs from a relines. It is a more extensive replacement of all the pink denture acrylic and is often necessary for dentures when they have undergone multiple repairs or they are very thin or discoloured.

Soft Liners

If your denturist determines you have significant "bone resorption" and your dentures cause daily discomfort, they may recommend a soft liner. Soft liners can help alleviate irritation, chafing and nerve pain caused by dentures rubbing on the gums.

Soft liners are made of a medical grade silicon material to provide cushion and is added into the underside of your dentures. Since they are softer than normal liners, they also adhere well to the gums and increase stability. A soft liner may prevent or reduce ulcerative sores and sensitive, tender gums. Your denturist can usually fit a soft liner within a day.

Dental Implants

Some patients struggle to keep their dentures snugly in their mouth. Your denturist may recommend dental implants to stimulate and preserve your jaw bone level and to secure your denture.

Dental implants provide the added benefits of full function, ideal aesthetics, and improved confidence. Fortunately, dental implants are now a viable solution for most denture wearers.

Lower Suction Dentures

If you are not a candidate for implants, your denturist may recommend a Lower Suction Stabilization Denture. This technique increases stabilization and suction on complete lower dentures and can even work on patients with advanced resorption and instability of the lower mandibular ridge.

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