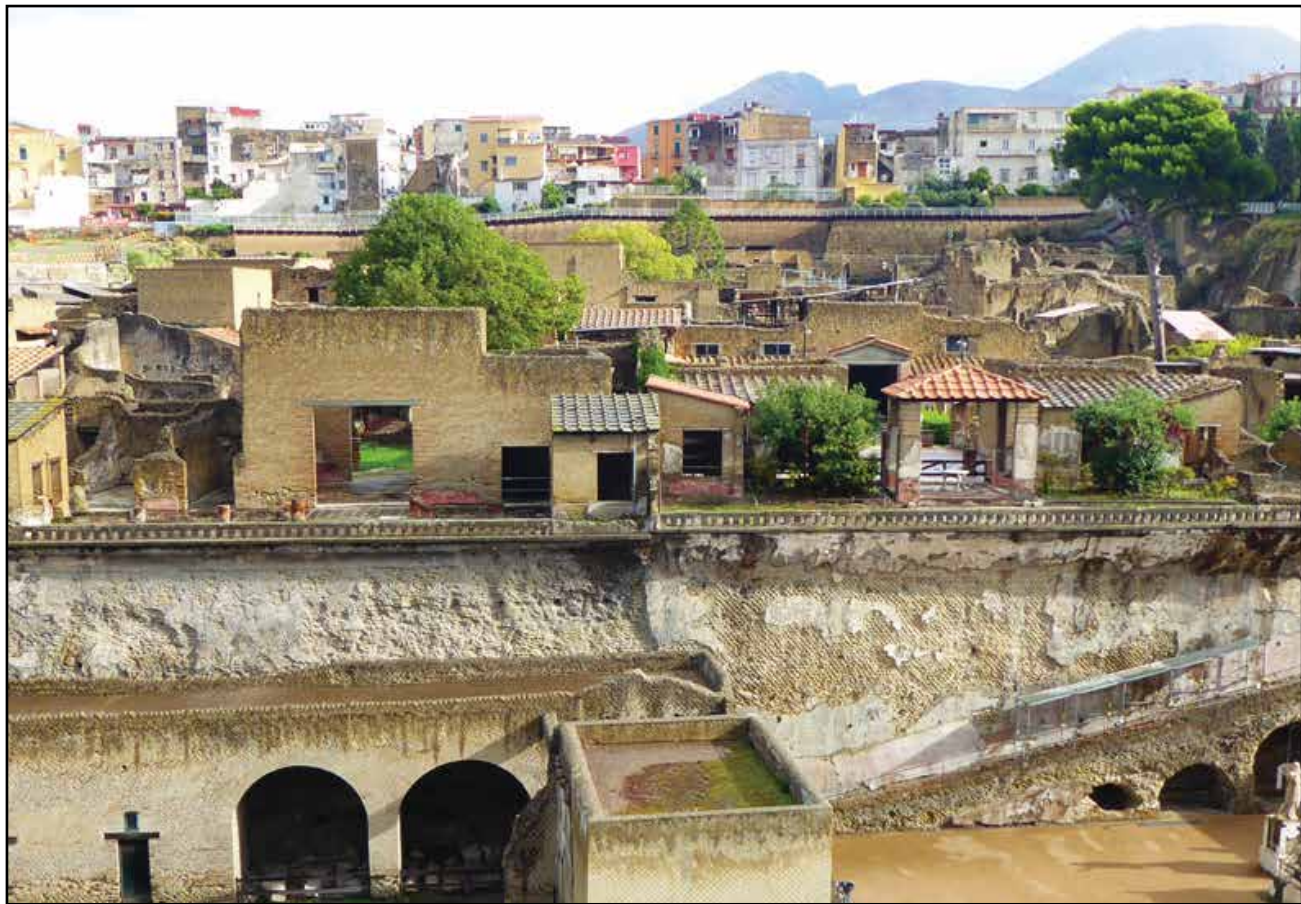


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University seeks participants for new hearing study.

Connect Hearing, in conjunction with Professor Mark Fenske at the University of Guelph, are seeking participants who are over 50 years of age, have never worn hearing aids and have not had a hearing test in the last 24 months, for a hearing study that investigates factors that can influence better hearing.

Study Parameters

Hearing problems typically result from damage to the ear and researchers have spent decades trying to understand the biology behind hearing loss. Of particular interest to Professor Fenske and his researchers is identifying how we listen. There is a current theory that divides people into two “listening groups”. People in the first group need to put more effort into their listening, while members in the second group “lock on” and aren’t easily distracted. Paradoxically, it’s the



people in the first group who will look for a solution to their hearing loss sooner than the second group, even though the level of hearing loss could be very similar.

The researchers will particularly examine listening in a range of situations, from one-

on-one, to group conversations, watching TV and wider social contexts like supermarkets and other noisy environments, and how it effects connection and socialization.

Why Participate?

It is estimated that 46% of people aged 45 to 87 have some degree of hearing loss, but most do not seek a solution right away. In fact, the average person with hearing loss will wait ten years before seeking help. 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.

You’ll be playing an important part in a study will further identify the key factors impacting hearing difficulties and better understand their influence on the treatment process.

If you are over 50 years of age, have never worn hearing aids and have not had a hearing test in the last 24 months you can register to be a part of this major new hearing study[†] by calling: 1.888.242.4892 or visiting connecthearing.ca/hearing-study




*Wingfield, A., Tun, P. A., & McCoy, S. L. (2005). Hearing Loss in Older Adulthood: What It Is and How It Interacts With Cognitive Performance. Current Directions in Psychological Science, 14(3), 144–148. † 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

Most seniors probably still remember the original Vancouver airport in Richmond. Those were the fun times going upstairs on the outside deck, leisurely watching in awe as a TCA propeller all the way from Toronto touched down and with envy watched as passengers sauntered down, waving, smiling and then entering the small terminal. Well, today TCA is Air Canada and PWA and Canadian Pacific Airlines are both history just like Wardair and so many other memories that have taken flight. Like Bob Dylan predicted, the times are a changing.

Last month the Richmond Minoru Seniors Centre took off to their new spanking new location at 7191 Granville. There is a billiards room with four tables, fully equipped wood shop, cozy fireside lounge, grand hall and cafeteria. The old facility apparently will remain standing and used as an extension to the cultural centre. However, the building, next door, that houses the two Minoru pools is slated to be demolished once the largest hot pool in Canada, two twenty-five metre pools and other spectacular amenities for the general public are up and running at what is now called the new Minoru Centre for Active Living.

However, the cost of demolishing the old pool facility is thought to be three million dollars in order create more green space which doesn't swim too well for some Richmond residents such as former CP Air flight attendant, Helen Healey who still remembers famous entertainer Harry Belafonte on one of her flights. Healey is convinced that the high ceilings in the old aquatic centre is ideal for converting it into a flight museum. Thus Richmond council is presently weighing that option and consulting with various groups before a final decision is reached.

History has been propelled politically into today's jet age of semantics quite liberally, with some small conservative exceptions, it would seem. Seniors certainly remember such political parties such as CCF. Conservative. And yet Liberal has remained so, it seems, since confederation. Thus, this bit of play on words and rhyme.

POLITICAL HISTORY, eh?

There was a time when Conservatives added the adjective, progressive, you see. A rather liberal modification. The CCF took a rather radical change and became NDP. Yet, the Liberals, somewhat conservative have kept the same name since confederation. Some of us golden agers may be party to chuckling how party politics have over the years taken flight. Be it left wing, right wing or straight down the middle.

When we were still kids, like Canada Geese, we enjoyed going outside and flying a kite. Success often depended on the winds, when you and I were still little. Back to the days long ago, St Laurent, Diefenbaker and Tommy. Follow John, Pierre and Joe Who. Remembering way back to what even a penny used to buy--like three jawbreakers, perhaps a few non political memories of those years now long gone, help to renew.

A FEW MORE NOSTALGIC RECOLLECTIONS

Do you remember the birth of Sanka coffee, Kik Cola, Fresca and the original Hires root beer? In Canada, of course, who could forget Macintosh toffee. Before plastic cards, pin numbers and computers were here.

In Vancouver many bought their records at Kellys and stationary at Wilsons or Clark and Stewart. Delicious ninety cent Aristocratic veal cutlet dinners would easily fill up our young bellies, in Vancouver, as we once knew it. The Sylvia Hotel was practically a skyscraper. The experience of dining at Eatons Marine Room was practically out of this world.

At many hotels and office buildings, humans were employed to operate elevators. How much has all this unfurled? They say change has always been inevitable. At lightning speed today its absolutely economically essential. As a curiosity, what used to be, now only in museums is often historically valuable. In any



A flight from the past photographed on film at Vancouver International Airport in Richmond.
(Photo: Dan Propp)

other context pleasantly unmentionable. We still remember when a penny was a penny. Today the mint decides it makes no 'cents' to have pennies at all. Yet some of us stubborn stoics believe yesterdays advantages were many and thus those old days often with envy recall.

A PAGE IN TIME

A bushel, a peck, what the heck, for many seniors they're foundations from our past. However, today, many of them have hit the deck. Just look how long Beta, VHS, DVDs lasted. Fahrenheit, the inch, the foot, no longer at all measure up. Remember when 5280 ft used to be a mile and 1760 yards the same.

The penny up here, there isn't any and our buck is a loonie. So much that once was, its progress that's to

blame. Oh well, what goes round comes round.

Can you imagine today's young whippersnappers when they reach our age? Fifty years or so from now are bound. Paper, possibly, may no longer exist, nor books, newspapers and dictionaries possibly available only online may even have deleted that word called page.

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By Ursula Maxwell-Lewis

Shock. Distress. Anger.

Outrage. How does one

respond adequately to the

terrorist attack on unsuspecting Muslims peacefully worshipping in the Al Noor Mosque and the Linwood Islamic Centre in Christchurch, New Zealand?

Add to that attacks on the law abiding public in any country - including Canada.

We gather in every possible way to demonstrate love, sympathy, solidarity and support for families, communities and countries impacted. But, can we do more?

I don't know, however, it does cause me to reflect and try to refocus my perspective based on my own community and experiences.

The day after the Christchurch attack I was volunteering at the Museum of Surrey.

The newly expanded MoS was a hive of activity for the annual Celtic Fest, as it had been for the Lunar Fest for Chinese New Year.

Two young women wearing hijabs leaned intently over a small weaving loom. A grandmotherly grey-haired woman was instructing them on the fine art of elementary weaving. Heads inches apart, the three were engrossed in their shared task.

Nearby a crafter, surrounded by Asian children, helped little fingers master the intricate art of Celtic Knotwork. The clearly delighted children proudly showed their 'heart' work off to their nearby parents.

Despite large crowds (including very young children), a quiet respectfulness prevailed in Indigenous Hall We Are Kwantlen exhibit. A father read aloud to his son, "We are a fact, not an artifact. We are here and have always been here." written by respected Kwantlen role model Cheryl Gabriel.

Last year I joined over 200 women at the Annual Women's Interfaith Symposium at the Baitur Rahman Mosque in Delta. Hosted by the Ahmadiyya Muslim Women's Association, featured guest speakers

CHRISTCHURCH: WORDS ARE NOT ENOUGH



Photos: Above: Weaving a friendship over a loom at the Museum of Surrey.

Below: Malaysian friend Azlina Mohindin reminds me that we have more in common than we think.

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

Lillian, Surrey

represented Islam, Sikhism, Christianity, Hinduism, the Bahá'í Faith and Judaism. A panel included Coast Salish Snuneymuxw and Cowichan First Nations Elder Roberta Price, Delta Coun. Lois Jackson and Delta Police Department school liaison program supervisor Sgt. Cathy Geddes. The focus was to discuss the role of women in raising the next generation.

After respectfully listening to each speaker explain their beliefs and customs, the women mingled over a sumptuous lunch.

"This is delicious! How can you do it all for free?" I asked an organiser as she efficiently replenished rapidly vanishing trays of steaming curries, rice and desserts.

"We budget for it annually," she replied, adding, "Thankfully the men help us out in the kitchen! Are you finding everything? Are you getting enough to eat?"

I'd told her I'd been invited by guest speaker Rev. Lori Megley-Best from Cloverdale United Church and had been made very welcome by everyone throughout the event.

As I drove away, my Malaysian tour guide friend, Azlina Mohidin, came to mind.

Azlina, a devout Muslim, shared tourism information, but we also discussed customs and religion.



One day, while exploring Kuala Lumpur, she suddenly stopped, turned to me, and asked, "Ursula, why can't we all just be friends?" Why indeed?

I still don't know the answer, but I applaud New Zealand Prime Minister Jacinda Arden's pro-active vow to change the gun laws, particularly relating to private ownership of semi-automatic rifles.

Ursula Maxwell-Lewis is a travel journalist and photographer. She has travelled in New Zealand and grieves with all those affected by this tragedy.

GROUND SEARCH AND RESCUE IN B.C.

Given the increasing profile in media of Search and Rescue (SAR) in B.C. the readers might want some insight into who these volunteers are and what they do. As a primer, SAR is seen as 3 different sectors; air and marine SAR are the responsibility of the federal government, while ground and inland water SAR is a provincial/territorial responsibility. The Air Force through 442 Squadron in Comox are assisted by volunteer air crews and planes known as PEP Air in B.C. in carrying out searches for missing aircraft. The Canadian Coast Guard assists mariners in distress with help from volunteers from Royal Canadian Marine Search and Rescue (RCMSAR). Search and Rescue on land and inland waters are carried out in joint efforts between responsible agencies such as police and ambulance and volunteers from local groups under the umbrella of the British Columbia Search and Rescue Association (BCSARA). While this may sound complex in reality all the agencies and volunteers work together 'so others may live'.

So with a focus on the Ground SAR sector, who are these volunteers? The 2,500 members within the 80 Groups in the province come from many different backgrounds. They maybe self-employed, trade workers, students, retirees, guides medical professionals, lawyers, etc.

Some people join with specific skill sets; all go through a 90 hour training course and basic first aid certification. Many go onto specialized training in such techniques as rope, swiftwater, helicopter, avalanche, and others. What is paramount is the willingness to leave on short notice to respond when help is needed.

SAR volunteerism requires a lot of dedication and time, the number of incidents each Group responds to varies depending on area but others also respond in mutual support to assist on calls. Groups in the lower mainland tend to have the largest call volumes, largely due to population and the ease to get into backcountry. Provincially there are over 1,700 responses per year, some can be resolved quickly while searches can involve over a hundred searchers for 7 or more days. SAR volunteers also assist during civil emergencies, including assisting in evacuations during floods and fires, with such responses continuing to increase. In addition to responding, SAR volunteers train and practice skills, maintain equipment, and fund-raise.

Some volunteers provide presentations within AdventureSmart, a program developed here in B.C. which is now Canada wide. AdventureSmart teaches young kids to adults on how to remain safe while enjoying the outdoors and how to make it easier to be found. Others are trained in Critical Incident Stress Management (CISM) and provide presentations to help SAR volunteers recognize symptoms and offer peer based interventions following traumatic SAR events. Some Groups are

also involved in Project Lifesaver, a program to help find people with Dementia/Alzheimers through registration and use of radio tracking equipment.

While provincially volunteers as young as 16 (with parental consent) can be registered, most SAR groups have a minimum age of 19 years old.

BCSARA supports programs and training along with providing advice to the province, and like many of the 80 Groups, apply for funding from Community Gaming Grants and other sources. Groups may also be supported by municipalities and regional districts, and private and corporate donations. Training, as well as required recertification along with specialized equipment with scheduled replacement, is expensive. Groups must also licence, insure, and maintain radio and other equipment requiring further fund raising. BCSARA continues to strive for substantial funding

from the Province for core training and personal protective equipment, to be used by Groups in conjunction with funding from other sources.

So, how could the reader help support these incredible volunteers? Certainly saying thank you when you see them in your community, or in response to social media posts about their efforts, is great. Some Groups look for resource members to help with non response activities such as finances, if you have such skills check out your local Groups websites. Donations are always welcome, as mentioned above fundraising takes volunteer's time above responding and training. Donations can be made either directly to Groups or through BCSARA which, depending on the donor's wishes, will either pass the funds to a specific Group or use for provincial initiatives to benefit all the volunteers. It is important to note that BCSARA nor any of the 80 Groups in the province solicit funds by phone. The Victoria Foundation will also assist anyone interested in donating or making a bequest to SAR. For more information on SAR, information on the 80 Groups in B.C., AdventureSmart, and or donating you can go to www.bcsara.com

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FINANCIAL NEWS

By Rick C. Singh, Hon. BA, CSA
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Budget 2019: Social programs take centre stage

With contributions from CIO Sadiq S. Adatia and Michelle Connolly, Director Tax and Estate Planning Sun Life Financial.

In last year's budget, Ottawa was cautious in the face of contentious NAFTA negotiations and a more competitive U.S. corporate tax regime. But in Budget 2019, Finance Minister Bill Morneau proposed a number of social initiatives, including measures targeting home affordability. He also said the government would offer skills training grants to help Canadians deal with a changing job market and took further steps toward creation of a national pharmacare program.

Michelle Connolly, Director, Tax and Estate Planning, says the budget stays the course in announcing strategic investing and targeted spending of increased tax revenues realized over the past year. The government goal, she says, is to help maintain economic growth over the long term (in light of headwinds). The alternative, she says, is paying down the debt and making cuts to government support and services. Says Connolly: "Budget 2019 announced strategic invest-

ment and targeted spending focussed on individual Canadians, not corporations."

Morneau presented his budget against signs of slowing economic growth in Canada and globally. However, government revenues came in higher than forecast, with the 2019 deficit projected to be \$19.8 billion. The government expects this to drop to \$9.8 billion in 2023/24. As a percentage of GDP, the government's projected debt would fall from 30.4% to 28.6% in 2023-24. Canada's net debt to GDP ratio is already the lowest among G7 countries.

The emphasis on social programs built on the government's previous proposals to improve the standing of middle-class Canadians. "We live in a world that is changing rapidly," Morneau said in his budget speech. "Canadians understand that... All they ask for is a chance to find their way in this new world, with help from the government so that they can have their best shot at building a good future for themselves, and their children and grandchildren."

What's not in the budget

While skills training could help improve the country's competitiveness, the budget did not address corporate taxes, which came into focus following a decision by the U.S. to lower its corporate rates. The status quo decision leaves Canadian corporate taxes higher than U.S. rates. "I think this was a missed opportunity to help stimulate Canada's economy," says Sadiq Adatia, CIO of Sun Life Global Investments. "Lowering taxes clearly was one of the things that may have improved the U.S. economy."

The 2019 budget initiatives are highlighted here in more detail:

- Help for homeowners: CMHC will help first-time buyers by taking up to a 10% stake in a newly constructed home or 5% of an existing home. Families with a household income of more than \$120,000 annually won't qualify, and there's a cap on the value of homes that are eligible.
- Financial aid for retraining: The Canada Training Benefit could be used to refund up to half the costs of taking a course or enrolling in a training program with a lifetime limit of \$5,000.

• Next steps for pharmacare. To make prescription drugs more affordable, the government will create an agency that would work with the provinces to develop a plan to coordinate prescription drug purchases.

• Help in retirement: Among a number of initiatives, the annual income threshold to receive the Guaranteed Income Supplement (GIS) was raised from \$3,500 to potentially \$15,000. Two new types of annuities were also introduced, which focus on addressing longevity risk and providing flexibility.

• Tightening stock options: New tax legislation will put a \$200,000 cap on employee stock grants that have received tax-preferred treatment in the past from large, established employers (likely those publicly listed).

•Promoting electric cars: Buyers of a zero-emissions vehicle under \$45,000 will receive a grant of \$5,000. The government will also support the building of new recharging and refueling stations.

As we headed into Budget 2019, the S&P 500 had been moving higher since the start of the year. Sadiq Adatia is cautious, however, pointing out that the risks triggering the extreme volatility we saw in the latter half of 2018, have not gone away.

The slowdown in global growth, including in China's bellwether economy continues. At the same time, the U.S. and China have yet to resolve their trade dispute. And in Europe, the protracted negotiations surrounding Britain's exit from the European Union continue.

Despite solid job growth the Canadian economy also shows signs of slowing. Adatia says the recent positive employment data tends to disguise a number of concerns. "While some of the measures in the budget could help," explains Adatia, "we believe the correction we've started to see in the housing market, along with high consumer debt and low oil prices, could weigh on the economy."

The U.S. is the one major economy that is performing well. But whether the S&P 500 extends its record-breaking run, could depend on the successful completion of U.S./China trade talks, and the pace of interest rate increases.

Clearly, the market wants a deal – often rallying on good US/China trade news and selling off on bad. The market also moved higher when the U.S. Federal Reserve shifted from a hawkish to a dovish stance on rate increases earlier in the year. However, if stronger economic data forces the Fed to reverse course and accelerate the pace of rate increases, Adatia says it may trigger more volatility.

The outlook for interest rates in Canada is less certain. The Bank of Canada has indicated that it wants to continue its push to normalize rates, and it could point to the strong job numbers to support its case. As noted, some of the budget measures could help stimulate growth. But with the economy slowing, Adatia says the BoC could be on hold in the months ahead.

With the market reacting to continued uncertainty, we may see higher volatility. However, says Adatia, "Investors should work with a financial advisor to develop a diversified portfolio that suits their risk tolerance, and focus on the long term."

Contact Rick Singh by email at: (rick@crsfinancial.ca) or call 604-535-3367 if you would like a complimentary review of your retirement plan.

UPCOMING EVENT

For the family historian! Join us for a FREE special program presented by accomplished genealogist Brenda Smith: An Illness in the House. Learn how epidemics and other health information and stories influence research into your ancestors' lives. Saturday April 6, 11:30am to 1:00pm. Cloverdale Library -- 5642 – 176A Street, Surrey Register at 604.598-7327 or email familyhistory@surrey.ca.

UPCOMING SHOW

Don't miss Don't Stop Believin,' the Maple Leaf Singers uplifting show featuring lots of love mixed with a good dose of rock 'n roll. You'll hear good vibes that span the decades, from the 1940s to the 2000s. Massey Theatre, May 25, 7:30 pm and May 26, 2:00 pm. Tickets \$25/\$15 available from mapleleafsingers.com and ticketsnw.ca or call 604-985-1489.

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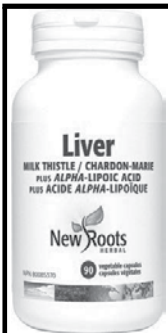
THE PHARMACIST REVIEW

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

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Everyone talks about “detox” but what does it really mean in terms of physiology and why is the liver always mentioned? The liver is one of the body’s main detox organs, responsible for processing, activating, and deactivating foods and medicines that we bring into the body. If its function is compromised, it may result in conditions such as anemia, acne/age-spots/skin issues, jaundice, hepatitis, and even vision problems, as well as headaches and depression. A balanced diet rich in a broad variety of vegetables will provide many of the crucial supporting vitamins and minerals that assist liver function, but there is still a propensity for toxic substances to build up, requiring food and supplements that have demonstrated the ability to target cleansing of the liver. That is where New Roots Herbal’s “LIVER™” steps in. The formula includes the most potent form of milk thistle (80% silymarin; a strong antioxidant flavonoid), DL-Alpha-Lipoic-Acid (minimizes cell damage; helps restore vitamin C and E levels), shizandra (for its liver-protective abilities) and 5 other herbs used traditionally to support liver function (ie. dandelion root, beet root, oriental radish root, curcumin, artichoke leave), all in standardized form. If you have any symptoms of liver dysfunction, always consult your doctor first, then come speak with one of our integrative health pharmacists at Cloverdale Pharmasave and Pharmasave Steveston Village to see if LIVER™ is the optimal product for you.

(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.)



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RENOVATING YOUR HOME? ASK YOURSELF THESE 8 QUESTIONS FIRST.



You might be surprised to learn there are many health hazards around the home, particularly when taking on any kind of renovation project— even for something as easy as painting a room. But by educating yourself and taking the right precautions, you’ll help keep you and your family safe.

Here are eight important safety questions that Health Canada encourages you to ask yourself before starting your project:

Could the products I am using be harmful? Be sure to follow all use and safety instructions on the label, including how to store and dispose of any leftover products. Remember to look for hazard symbols.

Should I be worried about lead-based paint? Your home probably contains lead-based paint if it was built before 1960. If the paint is in good condition and is not on a surface that a child might chew or that is subject to wear and tear, it's best to leave it alone or cover it with paint or wallpaper. But if the paint is cracking, chipping, flaking or peeling, or is on a surface that a child might chew or that is subject to wear and tear, you’ll need to remove it carefully to avoid kicking up lead dust.

Could my house contain asbestos? Before 1990, asbestos was commonly used for fireproofing and insulating against cold weather and noise. You can reduce your risk of exposure by hiring a professional to test for asbestos before doing any renovations or remodelling. Avoid disturbing asbestos materials yourself.

Are low-emission products available? Paints and renovation products, like flooring and particleboard, often have a noticeable smell. This odour can indicate that the product contains volatile organic compounds (VOCs). Some chemical products are labelled as “low emission,” which means they give off fewer VOCs and are safer for your health.

Should I ventilate while I renovate? Yes – ventilation can help improve indoor air quality by removing pollutants from the home and by bringing in fresh air from outside. This is especially important when renovating or when using chemical products in the home.

How should I dress? Labels on products used for renovations will include information about what to wear and precautions to take. This could include using gloves, safety goggles or masks and keeping the products away from other hazardous materials.

Can my family take part? It’s best to keep children and pets safely away from the renovation area. Pregnant women should also avoid taking part in renovation projects.

How do I dispose of leftover materials safely? As your project wraps up, continue to keep safety in mind. Read the label or contact your municipality for advice on how to dispose of any leftover chemical products.

Find more tips at canada.ca/healthy-home.
www.newscanada.com

Home Improvement “Ask Shell” with Shell Busey



Q) I have had the same interior doors in my home for a number of years and I am sick of looking at them! I can’t afford to buy new doors; do you have any suggestions on how I can spruce them up? I want more than just a fresh coat of paint!
Thanks, Bob.

A) Dark wood finish interior doors don’t hold a candle to the new styles such as colonial and heritage doors. This is how you can change the appearance of your old-fashioned doors, and make your whole house look better!

You can achieve a colonial or heritage door appearance by adding 1 ¼” crown moulding to the face of the door with small finishing nails or contact cement. First wash the doors well with my Shell Busey’s Home Cleaning Formula. Rinse well with clear water and lightly sand (using 200-grit sand paper) to remove any sheen from the existing finish. Apply crown moulding in desired pattern.

If you’re nailing the mouldings to the door, use 1” coloured nails. You’ll want to drive the coloured nails in the middle of moulding. Apply Weldbond wood glue to the back side – it glues and the nails hold until cured. If you don’t use the Weldbond glue, you run the risk of the moulding loosening on the face of your doors. Not good! NOTE: on closet doors or any door, you decide if you do both sides or not.

Fill any imperfections around moulding and nail holes with an acrylic latex caulking (ie DAP) removing excess with a dampened cloth.

Apply two coats of water-based urethane colour (Fletco Varathane Diamond Finish will work fine) using a nylon or polyester brush. Many colours are available, and some dealers will tint to your choice. There you have it: from OLD TO NEW!

A tip: always use a nylon or polyester brush (NOT pure bristle) when using water based urethane. 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.

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AFFORDING THE RETIREMENT YOU WANT

Whether retiring is part of your five-year plan or something of a longer-term dream, it's never too early or late to start thinking about how to pay for the lifestyle you want. In fact, the number one financial concern that Canadians have is saving for retirement.

According to a recent survey by the Chartered Professional Accountants of Canada, 59 per cent of Canadians believe they are either not on track or don't know if they are on track to retire. To steer yourself in the right direction, check out these helpful tips:

Map your finances. Many people believe retirement income should be based on your pre-retirement income. But really the only thing you need to gauge your desired golden years' income on are your planned expenses. If you want to travel the world and live lavishly, you'll obviously need more. But don't forget you'll have fewer of certain other expenses in retirement, too. Things like day care, commuting and saving for retirement won't eat up your income like they do now.

Trim the luxuries. Some expenses are essential, like your mortgage, food and even your kids' education. But look for little luxuries you can eliminate, like your daily latte or pricey gym membership you don't use enough anyway. Bigger treats can also have a big impact — the same survey found that of those who hadn't set aside enough funds for retirement, 73 per cent cut down on travel and 62 per cent cut down on entertainment.



Work with a pro. Over 60 per cent of Canadians have not spoken to a financial advisor about saving for retirement in the last five years. But a financial advisor can help you guide your investments to make the most of your savings. They'll even help you determine the right level of risk for you, depending on how far away your retirement is on the horizon. A chartered professional accountant can look at your spending and find areas for improvement. "Income taxes are a major expense in our lives, so figuring out how to legitimately minimize

them is an important goal in planning for retirement," says Blair East, a CPA. "I have worked with many individuals and families over a number of years, often with their investment advisors, and we have been successful in achieving lower income taxes and greater savings for retirement."

Find more information and resources to get on a path of long-term financial health at cpacanada.ca/financialwellness. www.newscanada.com

3 TIPS TO SPRING CLEAN YOUR ROUTINE



(NC) Tossing those items that don't spark joy isn't the only thing you should be thinking about. Here are three simple things you can do to tidy up and refresh your routine to save time and money:

Do a little every day. Don't let dirty dishes and laundry pile up. Lessen your to-do lists by doing a little every day. Those routine chores won't seem so overwhelming if you put in that ounce of effort each day. Best of all, your free time is going to be a lot more enjoyable without those chores weighing on your conscience.

Stay on top of finances. Take advantage of promotions at your favourite retailers and leverage rewards programs for points that you can redeem on items you need, saving room to splurge on some of the things you want.

Streamline your grocery shopping. Going without a game-plan is a rookie mistake. While lists are helpful, take things one step further by ordering items ahead online and leveraging grocery pick-up programs to eliminate extra time in-store. Finding ways to save on these services, like through the new PC Insiders subscription, will hold the fee and help you rack up the points on your next shop.

www.newscanada.com

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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.

BRIA COMMUNITIES seniors' living offers a brilliant solution to

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.

Brighten up your day; come for a tour and we'll treat you to lunch. Visit us online at BriaCommunities.ca to book a tour at your choice of location today!



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3 TOOLS THAT MAKE FILING YOUR TAX RETURN EASIER ONLINE

(NC) There are many benefits to filing online, including getting your refund faster and access to helpful online services. When you're getting started on your taxes, take advantage of the online services offered by the Canada Revenue Agency to help make your experience fast, easy and inexpensive.

Tax-filing service. When you file online, you can

use NETFILE, a secure tax-filing service that lets you securely send your tax return. You can also take advantage of services like auto-fill my return, online mail and the express Notice of Assessment. You don't need to mail in a paper return or your receipts; just keep your copies in case the CRA asks for them later. You can also use the ReFile service to make online changes to this year's and last year's returns.

Free tax preparation software. When you file online, you have access to free tax software. Not sure what benefits and credits you're eligible for? Many tax software programs will suggest them for you based on the information you enter. Math not your strong suit? Tax software does all the calculations for you.

My Account. If you're signed up for My Account this tax season, you'll be able to access your NOA,

notices of reassessment, benefit notices and slips, T1 adjustment notices, installment reminders and more. Find more information at canada.ca/taxes-get-ready. www.newscanada.com

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5 TIPS TO HELP KEEP YOUR HOME SAFE WITHOUT SACRIFICING YOUR PRIVACY



Dangers to our homes are a year-round risk, whether it's frozen pipes bursting in the winter or an intruder sneaking in while you're on vacation during the summer. Fortunately, there are many smart devices that can safeguard your property.

1. Home security system. While some systems have been found to have spying cameras and data breaches, one with secure networks and devices can protect your home from intruders, fire, flood, carbon monoxide and more. Look for a provider that keeps customer privacy at the forefront and has been in the security business for a long time, like ADT.

2. Remote lighting and electrical control. With a remote lighting control, you can turn on the lights in your house before you arrive so you'll feel safe at home, or turn them on if you're out later than planned. Cooking dinner also becomes easier when

you can remotely turn on and off small appliances like a slow cooker.

3. Interactive door lock. Forget having to hide a key or give one away. You can now remotely lock and unlock your doors and check lock status anytime from a smart-connected device. You can even receive text or email alerts when the door has been locked or unlocked, letting you know when someone is coming or going.

4. Doorbell camera. A Wi-Fi doorbell camera lets you receive a notification when the bell is pressed and you can communicate through a built-in speaker. You'll be able to see visitors clearly at night and monitor your front door at any time using an app.

5. Interactive garage door opener. Did you forget to close your garage door as you were rushing out for work? With an interactive garage door opener, you won't have to worry about this again. Use it to open and close your garage door remotely, set your garage door to close automatically whenever the system is activated, and receive a notification as soon as your door is open.

Most important is the ability to control all of the above using one app. With ADT's new control app, you can do exactly that and more.

www.newscanada.com

HOW TO INCORPORATE THE NEW FOOD GUIDE INTO YOUR COOKING REPERTOIRE

Healthy eating is not one-size-fits-all. Everyone can choose healthy foods that reflect their individual preferences, culture and food traditions using Canada's new food guide.

Here are some tips to get started.

Adapt a new recipe to your taste. This could mean including game meat in a stew or adding familiar vegetables to new dishes. Add the spices and herbs that you and your family enjoy to adjust the flavours. If an ingredient you traditionally use in a recipe isn't available, try modifying your recipe and seeing whether there is a similar, locally available ingredient you could use instead.

Turn your favourite dish into a healthier choice. Add flavour with extra herbs and spices and reduce the salt. If your favourite recipe includes some vegetables, try doubling them or adding a new one. Replace refined grains with whole grains for an easy boost of heart-healthy fibre. Try beans or lentils in your favourite curry or soup.

Include your culture and traditions.

Attend a community event that celebrates with cultural food. Or try hosting a potluck where everyone brings a traditional dish and recipe from their family background. Spend time sharing the meaning of these foods.

Get more tips online at Canada.ca/FoodGuide.
www.newscanada.com



604-596-9670

Alberni Inlet & Pacific Nat'l Park

June 11-13th: 3 days

Ferries, ships and coaching are in store on this tour over to the West Coast of Vancouver Island. Take a scenic boat tour from Port Alberni along the West Coast, through the Broken Islands to Ucluelet on the MV Francis Barclay. Explore Pacific Rim Nat'l Park, the cedar giants of MacMillan Cathedral Grove and the famous Coombs Country Market. \$875 Cdn pp Dble occ. Plus GST.



Oregon Coast: June 23-27, 2019

5 Days There is a sense of calm as you listen to the waves on the Oregon Coast. Visit the spectacular Rose Test Gardens in Portland. Included highlights; Ocean front rooms, Evergreen Aviation and Space Museums, home to Howard Hughes' Spruce Goose, a drive over the sand dunes and along the beach on a specialized giant dune buggy and touring the Tillamook Cheese Factory. If you love the Oregon Coast you will love this tour. \$1155 Cdn pp Dble occ. No GST



- **Olympic Peninsula & Washington Coastline,** July 21-24: 4 Days
- **Kettle Valley Steam Train and the Okanagan,** August 17-19: 3 Days
- **Maritimes Coastal Wonders: Sept 8-19th**
- **Butchart Gardens & Miracle on 34th St.** December 4-6: 3 Days.
- **Leavenworth and Warm Beach Theatre:** December 12-15: 4 Days
- **Panama Canal Cruise, January 5-24, 2020**



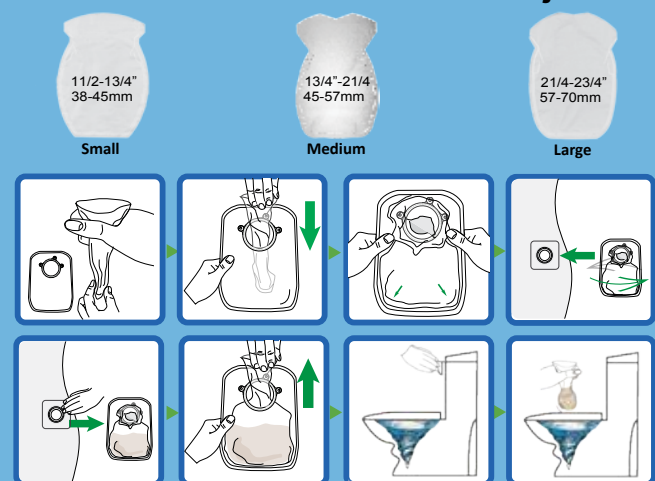
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FRENCH MODERNS AT VANCOUVER ART GALLERY

By Lenora A. Hayman
FRENCH MOD-
ERNS: MONET TO
MATISSE 1850-1950,

at the Vancouver Art Gallery until May 20, 2019, is an assemblage from the Brooklyn Museum's French Modern Art Collection. The time period is between the French Revolution of 1848 and the end of WW11. New styles emerged from the traditional models of the French Academy, Painting and Sculpture. There are 63 modern paintings and sculptures, by Cézanne, Chagall, Degas, Manet, Matisse, Morisot, Renoir and Rodin. There is only one Monet and 3 Matisse on display. The exhibition, not only includes artists native to France, but also those who trained and exhibited in France.

French Moderns is organized chronologically into 5 sections: The Academy, Breaking from the Academy, The Impressionists and their Circle, Early Modernism, and Surrealism and Abstraction.

Berthe Morisot's "Madame Boursier and her Daughter c.1873", are the artist's cousins. Berthe Morisot's work concentrated on women, at home, in the garden or park.

Jehan-Georges Vibert was a painter and a writer of comedic plays, and in the 1870,s and 1880's his paintings poked fun at the clergymen's behaviors. In Jehan-Georges Vibert's "An Embarrassment of Choices before 1873", a scarlet-robed cardinal sniffs daintily at a bouquet of flowers.

There is also a medium-sized model by Auguste Rodin, called "The Age of Bronze".

Jean-Baptiste-Camille Corot's "The Young Woman of Albano, 1872" wears the traditional clothing of the Italian town of Albano, south of Rome.

Enjoy the exhibit.

Photos:

TOP LEFT: An Embarrassment of Choices by Jehan-Georges Vibert.

TOP RIGHT: Madame Boursier & her Daughter c.1873. by Berthe Morisot.

BOTTOM LEFT: The Young Woman of Albano 1872 by Jean Baptiste-Camille Corot.

BOTTOM RIGHT: The Age of Bronze 1876 by Auguste Rodin.



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4 BAD CAR HABITS TO DITCH THIS SPRING

Spring has sprung and so have bad habits. This season, ditch your old ways and improve your car maintenance practices to avoid any that may be harming your vehicle.

Here are four bad habits OK Tire recommends changing to keep your car in tip-top shape:

1. Not getting a deep clean. Much like you would spring clean your home, your car deserves the same care. Often, we neglect our vehicles and their need for a good cleaning once winter finally ends. Winter months wreak havoc on vehicles as cold temperatures and corrosive road salt can eat away at both the interior and exterior. Don't forget to clean from the inside out this spring to avoid any damage, and top things off with a fresh coat of wax.

2. Forgetting regular maintenance. Much like we go to the dentist for check-ups, your vehicle needs the same attention with specific mileage intervals and changing of the seasons. Whether it's a fluid top-up or an engine flush, regular maintenance will keep your car running smoothly. Consider getting your drum brakes inspected, cleaned and adjusted in combination with cleaning and lubricating the "sliders" on the disc brake calipers to help deal with any salt and sand build-up that can take a toll on these components.

3. Treating winter tires like all-weather. A common misconception about leaving your winter tires on all year is that it can save you money. This is a false statement. In fact, leaving them on year-round will cost you more in the long-run. Winter tires are made from a softer rubber-polymer mix that allows the tire to



better grip the road when it's below 7°C. This different type of material will wear rapidly in warmer temperatures, causing premature wear and reducing the tread life of the tire. If you use winter tires all spring and summer, you will need to purchase a new set of winter tires come fall. A better alternative to driving on your winter tires year-round is to purchase a set of all-weather tires. Because they can handle light to moderate rain, ice and snow conditions, they might provide you with the best of both worlds.

4. Ignoring your air filter. Your cabin air filter keeps the air flow for your heating and cooling systems working efficiently. It also keeps your interior free of musty odours and allergens. Getting rid of an old air filter is essential for keeping the air flowing efficiently within the interior of the vehicle. A dirty cabin air filter can reduce the air flow within the car and cause the inside of the windows to fog up, making it difficult to see where you are going. This should be inspected and replaced, if required, at every oil change interval.

Find more information at www.oktire.com.
www.newscanada.com

SPRING CLEANING A GREAT TIME FOR STARTING SIMPLE PROJECTS

(NC) This time of year is ideal for throwing open your windows and blowing out the dust. It's also a chance to reduce clutter and clean out your wardrobe. But there is an even more important item for your to-do list this spring – preparing your will.

Many Canadians do not have a will. Yet it's the most important document you will ever write. A clear and thoughtful will can save you and your family a lot of headaches and personal disputes.

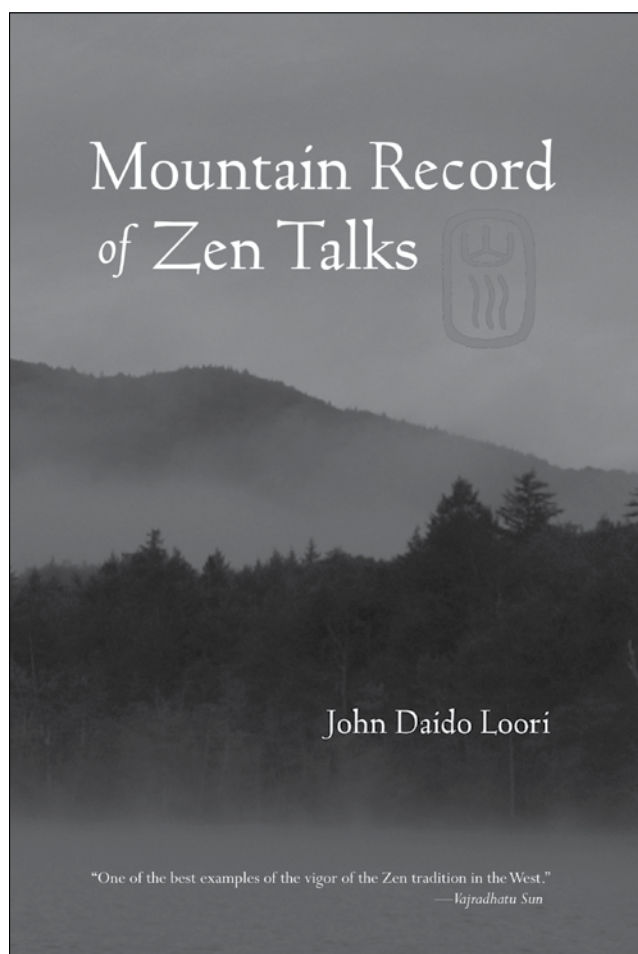
If you pass away without a will, the province where you live decides how to distribute your estate. As a result, some money or assets may end up going to people and places you may have not intended. Without a will there would be no special gifts for your lifelong friend or a bequest to your favourite community group, health charity or non-profit organization like Amnesty International.

Many people also never get around to writing a will as they believe it will be costly, but the truth is it can save money. Others also think their estate is too small to have a will, when actually the opposite is true. Probating a will can be very expensive, especially for smaller wills under \$50,000.

To receive a free information package on wills and bequests, please write to: Amnesty International, 312 Laurier Avenue East, Ottawa, Ontario, K1N 1H9.
www.newscanada.com

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AMAZING BOOKS Mountain Record Of Zen Talks



In this treasury of Zen wisdom based on his talks, the abbot of Zen Mountain Monastery in Mt. Tremper, New York, explores the eight areas of study that are the focus for training in his community: meditation, study with the teacher, liturgy, art practice, body practice, the study of scriptures, work practice, and the moral and ethical teachings. John Daido Looi also covers such topics as koans, the martial arts, and illness and healing, and he makes intriguing observations about the spirit and requirements of Zen in America.

REVIEWS:

"One of the best examples of the vigor of the Zen tradition in the West." —Vajradhatu Sun

"It's good to see such a solid book emerging from the welter of literature on this subject, and from a Westerner who has undergone long years of equally solid practice." —Middle Way

"The charm of this book lies in the refresh-

ing rearrangement of the classical koans and in their practical expression as they relate directly to the life of each of us." —Hakuyu Taizan Maezumi

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John Daido Looi
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Write as I Please

By Mel Kositsky

Sooner or later someone will come up with a better phrase than "affordable housing". That term has become meaningless in today's marketplace and its constant use by the media and politicians only adds to the confusion.

If you start with the premise that nothing is affordable these days then that phrase become meaningless. Prices for existing housing and empty land are now so high that even if they come down a little more (and they probably won't), that still won't make them any more affordable than they are today. You just have to look at the advertising in any real estate section and check the price listings for homes, whether detached residences, townhouses or condos. They are all priced way too high and are built for profit -- not for "affordability".

It depends where you are located and what you can afford before that term has any meaning. But reality suggests there is no longer any "affordable" housing areas available, especially in the Metro Vancouver area and the growing Fraser Valley. These are desirable places to live -- and more and more people are coming here -- despite the high prices. People do not want to see the price of their homes decreasing. And if you sell "high" to make a profit -- just where are you going to move to. You better have a good plan. The "profit" is soon lost in all the transactions and moving costs.

Supply of housing units has fallen behind the demand -- and that keeps the prices up -- even if building picks up this year. The biggest problem is all the red tape and various delays at all city halls in getting proposed projects built and ready to occupy. An antiquated zoning process and ancient zoning by-laws make it more difficult than ever to get projects through councils -- and the way things are done have to change. It seems "density" has now become a dirty word to some people.

In some places we are still living in the "Fifties" and "Sixties" with worries of urban sprawl and suburbia on the minds of some planners and protesters. With the Agricultural Land Reserve firmly in place there is limited land to be developed. The fact that some of it was former "green space" to some does not make it ALR land. Good planners will make good use of the green space to enhance a project -- not kill a neighbourhood. The first zoning issue that needs to be eliminated is the term "Single Family Home". Two many areas are still zoned that way and this has become too restrictive in many areas where people are trying to find a place to live. We have too many government rules and regulations that are outdated and need to be modernized to meet today's reality. Shake up the system and we might get it right. The new reality is that many of these single family homes are now filled with both legal and illegal suites -- and have been for years. Today many homes house multi-generational families and there is no reason the rules can't be changed to benefit all.

New research by Statistics Canada says one in six

adult Canadians are now living alone for any number of reasons, from the high rates of divorce, to people living longer and people wanting to stay in the family home, especially after one spouse dies -- and females live about four years longer than the average man. But the higher costs of living and other expenses make that difficult for many, which is why there is so much advertising these days by finance companies who want a share of your home, Trading in equity for fast cash is not a good plan and once these companies get their hooks in your homes -- look out! Today's seniors must beware of all the pitfalls facing them.

Spring is here and so are the hockey playoffs. It used to be a great time for Canadians but these days most of the action is in the United States. So much for hockey being the great Canadian game. There are few hopes for any Canadian franchises winning the Stanley Cup this year. The only one with any chance may be the Winnipeg Jets -- and they do not have that great of a team. Certainly they are not going to capture the imagination of the nation, but may last longer into the playoffs -- at least longer than those "laughable" Toronto Maple Leafs.

With all their talent and scoring ability the darlings of Canadian media outlets may get through the first round of the playoffs but they are a long way from becoming a Cup contender. Maybe in a few years -- but then they have been saying that for years! Die hard Toronto fans may disagree, but when you come into Vancouver and blow a 2-0 lead (as they did recently), the team obviously does not have the right chemistry to be a league champion. It needs a bit more seasoning. (Besides their best player is an American!).

Last year the National Hockey League final saw two American teams survive the long, drawn-out playoff system, with Washington defeating the new Las Vegas franchise for the famed Cup. And it was a Russian in D.C. who was the best player (and Congress did not even hold an investigation)! It almost gave loudmouth commentator Don Cherry a heart attack but at least they keep that senior working. He is not ready to be turned out to pasture and is really their most colourful announcer.

Both teams from last year will be in the hunt again, but look for Pittsburgh with Sydney Crosby to win it all again. Syd (not a kid anymore) is the best player in hockey and is probably tired of hearing about all these young superstars who "they" say are better than him now. Crosby is a leader (and Canadian) and should get his squad motivated to win another championship. It will be years before the Vancouver Canucks even make the playoffs again so you might as well choose another team to root for -- if you still enjoy the game.

April is also the start of the Major League Baseball season but this is not a year for predictions. There have been so many off season changes to teams as rosters keep changing. You need a program to identify any of the players. The new look Toronto Blue Jays will have their followers, as will the Seattle Mariners locally, but both teams seem to be rebuilding forever so no championships are in sight. Fans will get to know some new players and hopefully they will play some good baseball -- for those of us who enjoy the sport.

Do you ever wonder what's with all these news outlets lately? More and more television news programs are claiming "Breaking News" on stories that have been on their broadcasts all day long. They like to pretend they are the only ones covering the story --

when in reality it has been on some social media outlet all day. And unfortunately for viewers too much of a "news" broadcast is devoted to some video clip picked up from social media (and once one station shows it, they all do!). Especially disturbing is when they show something and put up a warning like: "The following may be disturbing or offensive to some viewers!" Really? If it is that bad why are you showing it?

It is an evening of great country music in a perfect setting for a great cause. "One Night in the Valley" is a country gala benefitting Variety, in support of B.C. children with special needs. It will be held on Saturday, April 27 at the Cloverdale Agriplex and feature such outstanding artists as Dallas Smith, a multiple 2018 winner of Canadian Country Music Awards, including Male Artist of the Year and Video of the Year. Tickets are available at onenightin.ca.

PROPERTY FLIPPING? KNOW HOW IT CAN AFFECT YOUR TAX RETURN.

Buying and selling property as a way to make a profit can be a smart move as long as you do your research and know how to report it at tax time.

When you buy property with the main intention of selling for a profit, you are engaged in the business of property flipping. This often means you buy a property, take possession, and do some renovations. After the property is improved, you sell it and any profits become part of your income.

You may choose to live in the property while making improvements. However, this does not entitle you to the principal residence exemption, if the intention was always to buy, improve and sell for profit. When buying and flipping a property, you must report any profit as business income.

Property flipping may also involve buying and selling a property before its official sale or construction—a process called an "assignment sale", when the buyer of a property assigns the legal rights and obligations of their contract of purchase and sale to a secondary buyer. You must report the money you make on all real estate transactions, including flips and assignment sales, of both pre-construction and resale homes, to the Canada Revenue Agency (CRA).

While property flipping is legal, there are specific tax rules to keep in mind:

The profits you make from flipping real estate are generally considered to be fully taxable as business income.

The principal residence exemption does not apply to property flipping.

These transactions may also be subject to GST/HST which you would be responsible for remitting to the CRA. This is particularly the case for new or substantially renovated homes.

For more information about tax considerations when buying and selling houses, visit: Canada.ca/taxes-buying-real-estate-to-sell.

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HAVE WE FORGOTTEN HOW TO EAT TOGETHER?

Kids eat together on the playground, and college students dine in shared dorm rooms, but as we get older and take on day jobs, are we still eating together?

Apparently, not so much. A recent national survey commissioned by President's Choice found that although Canadians spend significantly less time eating meals with friends and family compared to screen time, there is still a desire to spend more time at the table.

With technology becoming more accessible than ever and permeating our everyday lives, it's important we take the time to put down our devices and re-connect with those around us. Research has shown on average, almost one in three of us are spending more than four hours of our free time engaging with screens each day.

The simple act of regularly sharing a meal with friends and family can contribute to a beneficial lifestyle, including healthier eating habits, early childhood development, and stronger interpersonal relationships.

In fact, for the first time since its inception, Canada's most recent food guide released earlier this year encourages us to cook more often and eat meals with others in an effort to instill healthy eating habits.

"The act of eating together is very simple, yet the positive impacts are significant," says Uwe Stueckmann, senior vice president at Loblaw Companies. "We know that moments and memories are created while sharing meals together, conversations are created with our children, healthier meals are eaten, and we leave the table happier and more connected with the ones we love."

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Computer Tech Talk Q & A

- Q:** Can't use our family game due to W10. We want another computer to play our game only. Do you do this?
- A:** YES! Our specialty! Bring the game in!
- Q:** How can I make my computer run faster?
- A:** If not software related by adding Ram or change the OS to an SSD HD & leave your current HD for data only!
- Q:** How will I know when to change my c-moss battery in my computer?
- A:** C-moss read error, c-moss checksum error or c-moss battery failure when you boot up. C-moss batteries last from 2 yrs->8 yrs. (If not changed you'll get other messages & inaccurate time). Eg: Might say new CPU installed on your PC or Mac (It can't remember original install). We carry c-moss batteries (cheap) & recommend we install them on your m board.

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COULD YOU BE MISSING OUT ON BENEFIT PAYMENTS?

Benefit payments can make a huge difference in your life. Having a regular source of income can relieve some of your day-to-day stress and help you and your family live a better life.

Now that it's tax time, here are some tips to help you make sure you're getting the benefits and credits you're entitled to:

If you have children under 18 in your care, you could get Canada child benefit payments every month. You need to apply if you haven't already. Then just make sure you do your taxes on time every year, even if you don't have any income. You can also get payments for up to 10

years ago, if you were eligible and have the documents requested by the Canada Revenue Agency.

If you need help doing your taxes, a community volunteer may be able to do your taxes for free. Look online for a free tax clinic in your neighbourhood.

Sign up for direct deposit to get your benefit payments deposited directly into your account. That way, you'll still get your payments no matter where you are.

If you stopped getting benefits and credits, call the CRA as soon as possible and they'll help you figure out why your payments were stopped and tell you what you need to do to keep getting them.

If you know of an organization in your neighbourhood that helps those in need, like a library or community centre, know that they can request a free in-person visit from a CRA outreach officer. During this visit, the officer can answer questions on benefits and credits, distribute informational materials and more. Go to canada.ca/cra-outreach to learn more or to request a visit.

www.newscanada.com



Cozy Corner "Lets Talk"

By Janet Isherwood

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

Health & Wellness Fair

Laurel Place

Friday May 3rd 2019

11:00-3:00 PM

9688 137A Street

Surrey BC

Across from Surrey Memorial

I am always putting on or attending events that are directed to seniors. As an advocate for seniors and their issues thought I would give you some indication as to what to expect at a health fair.

I just attended the Vancouver Health and Wellness Fair and spent a most enjoyable day having many of my questions answered by attending professionals.

Laurel Place Health Fair is similar in there will be many profession people attending who can answer your health questions.

-Associated Health will be on site to demonstrate Sensory Stimulation and the benefits to those with Dementia & Alzheimer's.

- Dr. Alison Patton a Naturopath will be on site

- Rexall Canada

- Free hearing test by Nexgen Hearing for seniors within our community.

-Sonia Single, Physiotherapist

-Life Skills Therapy with Dr. Kumar

-Firma Energy Wear for support clothing

These are to name a few as well as hands on foot massages and essential oils by Doterra.

Bring mom, bring dad, and bring all their health related questions. Food and entertainment also fill the day.

Come on out and learn all about seniors.

Seniors and Medication Safety

Concern in the bathroom and kitchen.

The seniors Caregivers guide ask,

• Are they taking the correct dose?

• Do they finish all medication as prescribed?

• Have they discontinued their medication before the prescribed time?

• Have they shared their medication with someone else or more importantly has anyone shared their medication with them?

• Have they had liquor when taking medication?

• Perhaps they have forgotten to take their medication at the correct time.

• Are they taking their medication according to their Doctors direction?

Some common problems with medicine may be:

• Lids on medicine containers that are hard to open or difficulty opening blister packs

• Instructions on labels that are hard to read or hard to understand. Most prescriptions are very small print and not easy to read.

• Medications that are too large to swallow easily or inconvenient medication schedule.

Medications should be kept in a cool dry place and many should not be mixed. Medications can be effected by heat, cold, dampness and should be stored in a safe place. Note some medications should not be stored with other medications!

Playing it safe when dealing with seniors medications applies to over the counter products, and foods.

Do not--- examples are many and here are some

• Do not put mouth wash in a pop bottle

• Do not put tooth paste next to hand cream

• Careful with spray cans....do not place hair spray tins by Lysol spray tins or room deodorizer spray tins

• Keep all prescription drugs in a separate place

• Do not leave pain medication on a dish with

acid reflex medications or other none prescription medications

• Do not leave medicated creams together with hand or face creams.

• Do not under any circumstances leave mixed pills in the same container.

The same applies to food in the fridge or freezer:

• Do not put fruit juice in different containers such as apple sauce in an old butter dish.

• Keep all pet foods in their original containers

• Try to keep all foods in their original containers

• Check containers regularly for mold.

I cannot believe how many times I have gone into a fridge in a senior's home and opened a product only to discover it was filled with something different or is full of mold.

A senior may not look at a label or realize a container is filled with something different. Play it safe and check out your parent's kitchen and bathroom now. I once knew of a senior who ate all the baby food in the fridge not realizing what he had.

Reminder "How Far We Have Come"

Here are some facts about the 1500s:

-Most people got married in June because they took their yearly bath in May and still smelled pretty good by June.

-However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor. Hence the carrying of a bouquet, when getting married, is the custom today.

-Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children-last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water."

-Houses had thatched roofs-thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the dogs, cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

-There was nothing to stop things from falling into the house. This posed real problems in the bedroom where bugs and other droppings could really mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

-The floor was dirt. Only the wealthy had something other than dirt. Hence the saying "dirt poor."

-The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they kept adding more thresh until when you opened the door it would all start slipping outside. A piece of wood was placed in the

-In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes the stew had food in the pot had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

-Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man "could bring home the bacon". They would cut off a little to share with guests and would all sit around and "chew the fat."

-Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning and death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

-Bread was divided according to status. Workers

got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "upper crust."

-Lead cups were used to drink ale or whisky. The combination would sometimes knock them out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a "wake."

-England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a "bone-house" and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they thought they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the "graveyard shift") to listen for the bell; thus, someone could be "saved by the bell" or was considered a "dead ringer."

-And that's the truth...

Now, whoever said that History was boring!! ! Share this with a senior close to you.

To be in the 2019 !!!

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

cozycornernews@gmail.com

Seniors can keep on smiling with good oral health

(NC) The need for good oral health continues as a person ages, becomes chronically ill or moves to a long-term care residence. Unfortunately, many older adults, especially those who rely on others for care, have poor oral hygiene and high rates of oral disease.

Oral diseases can cause pain, discomfort, bad breath, and difficulties chewing and swallowing. They are also associated with more serious health complications like diabetes, stroke, and heart and lung diseases. Fortunately, daily mouth care can remove food debris and bacteria that grow on gums, teeth and dentures, improving oral and overall health.

Dental hygienists encourage all older adults to brush their teeth twice a day with fluoride toothpaste and clean between their teeth once a day. Denture wearers should remove their dentures at night to clean them and allow their gum tissue to breathe while sleeping. They should also clean any remaining teeth twice daily and brush and massage their gums either with a soft toothbrush or a warm damp cloth. Caregivers must help when these tasks become challenging.

Whether you're at home or in a long-term care residence, daily mouth and denture care coupled with professional oral care from a dental hygienist can help prevent oral diseases, reduce the risk of health complications, and keep you smiling.

Find more information at dentalhygienecanada.ca/seniors.

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HERCULANEUM, ITALY: THE OTHER POMPEII



By Chris Millikan

From the elegant Viking Star, we explore astonishing early civilizations from Greece to Italy. At Naples, most shipmates visit Pompeii; we head to Herculaneum.

Looking down from the viewpoint, residences seem just recently deserted. The volcano that entombed the flourishing city for over 1700 years rises ominously in the distance.

"Named for Hercules and smaller than neighbouring Pompeii, you'll discover it equally splendid and better preserved," guide Sofia explains. "Though excavations have been ongoing since 1738, much of the ancient town remains buried. Located upwind from the volcano, Herculaneum sustained little damage from the falling ash and pumice that crushed Pompeii. Instead, flowing volcanic mud filled buildings from bottom up, preventing their collapse. The mud formed an airtight seal that preserved the town."

Descending a dimly lit tunnel, we cross a small bridge to the original dock. Bleached skeletons sit and sprawl under former boathouse archways. "Herculaneum prospered from trading and fishing. Archeologists believe most of the 20,000 residents escaped by sea," recounts Sofia. "These stark remains likely represent those awaiting rescue."

Gathering on an extensive terrace, Sophia tells us its namesake was Marcus Nonius Balbus, a prominent civic patron. His commanding marble figure stands high on a pedestal. Inscriptions on the adjacent memorial list his many accomplishments.

A ramped stairway leads upward into another public square. Sophia shepherds us along the main street, onto cobbled side streets and into compact, remarkably undamaged neighbourhoods. One public water fountain sports a man's worn bearded mouth as a spout; another displays a carved relief of a gowned woman. "Residents met daily at such fountains to get water and exchange gossip," elaborates Sophia. "Some fountains flowed continuously, flushing the streets."

Businesses intermingled with large villas and small. Conical basalt stones for grinding flour identify the bakery. Imagining aromas of fresh breads and honeyed cakes, we stroll to an early eatery. "This heated marble table kept foods hot in those pots," Sofia points out. "Terra cotta jars held wines and olive oil. Nuts, figs, broad beans, chickpeas and olives filled smaller clay pots."

Inside the public bathhouse, black and white tile

floors depict a sea goddess, porpoises and octopus among ocean patterns. Traces of red, green and gold frescoes still adorn walls. "Without home facilities, citizens used public bathhouses," smiles Sofia. "Women and men used separate rooms heated by hot water circulating through wall cavities; marble benches lined their lavish perimeters. Try visualizing everyone socializing here, playing knucklebone games and relaxing in the pools."

Inside a series of villas, we notice distinctive characteristics prompting their names. The town's first human remains were found in House of the Skeleton where a cupid relief sits above a shrine for household gods. Built in the 2nd century BC, Samnite House features vivid red geometrics, the town's oldest paintings. At House of the Wooden Partition, carbonized sliding doors separated the atrium from other rooms.


House of Neptune and Amphitrite proves especially memorable. A bedazzling glass tile mosaic decorates the dining room's back wall. Geometric designs frame the exquisite figures of Neptune and Amphitrite. In an alcove opposite, shell and mother of pearl frame hunting scenes, marble theatrical masks perch above.

And a wealthy college in charge of glittering imperial events, Hall of the Augustales also stands out. Pedestals for Augustus and Julius Caesar's grand statues remain. Wonderful mythically themed frescoes embellish opposite walls of the main alcove. On one side, Hercules sits beside Juno, Queen of Gods and Minerva, Goddess of Wisdom. And on the other, he battles fiercely for Deianira's love...







Traveling 2000 years back in time at World Heritage Herculaneum inspires many new understandings of ancient Roman culture.

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Your First Dentures

When it comes time to get your first dentures made it can be quite an emotional experience. After all, you've had your teeth your entire life and you wonder whether your dentures will look good and work well.

Fortunately, millions of people wear dentures and you needn't worry. If you follow the advice of your denturist and maintain your dentures properly, you'll join the ranks of satisfied denture wearers and no one even needs to know. We want to clarify the process for you so you understand your choices and what you can expect.

Immediate Dentures

During the immediate denture procedure, an impression of your mouth is taken prior to extractions. Then your denture is fabricated for insertion by your dentist on the day of your extractions. Sounds simple but immediate dentures have their limits. Since the impression of your gums (with your natural teeth) and the bite measurement is taken before extractions there is no way to guarantee that they will be a good fit. The tissue and bone level in your mouth will change after extractions but the denture that was made prior to the extractions will not. Also, this option does not allow you to try in the denture to make sure you like the aesthetics (the look) of the denture.

Some patients choose this method because they cannot take time off work while they get

new dentures or they may have a medical condition that requires them to have an immediate denture placed at the time of extractions. If this is the route you decide to take you may need to have another denture made in the future if your immediate denture does not fit or function well.

Post Immediate Dentures

Since extractions will affect the tissues in your mouth and the jaw bone, the longer you can wait for impressions and the bite measurement the better. We usually can start to take the first impression for post immediate dentures 10 days after extractions if everything looks good and we do not see any complications. Post immediate dentures normally take approximately 3 weeks to complete. Even though this option means you go without teeth for some time, it also means your denturist has more time to craft your dentures with care, accuracy and attention to detail. However, the most important advantage and the reason most people choose post immediate dentures is because they can try-in their new dentures and make changes to the aesthetics before finished in denture acrylic.

Post immediate dentures offer greater patient satisfaction, because your denturist can tailor your dentures for optimum comfort, appearance, and function.

We make both immediate and post immediate dentures at Brookwood Denture Clinic

however, we recommend post immediate dentures when possible.

Transitional Dentures

A third option exists. You can opt for immediate dentures so you do not have to go without teeth. Later, you can transition to your final permanent dentures. You can do this quickly or a few months later if you're concerned about the costs. This method offers the best of both worlds, but it does cost more.

Maintenance

Whether you choose immediate or post immediate dentures, maintenance and follow-ups with your denturist are absolutely critical during the first year.

The denturist may need to adjust your dentures and add temporary liners every 2 to 3 months to refit your dentures while your gums heal and resorb (shrink). Bone resorption occurs when the bone that normally supports your teeth no longer receives stimulation. Bone resorption happens naturally as you age and also to denture wearers after teeth are extracted. Without proper adjustments or temporary liners, your dentures may become loose and uncomfortable.

Once gum resorption slows, your denturist will replace the temporary liner with a permanent relined or rebase. This usually occurs about 1 year after extractions and the fit should last 2 to 3 years.

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604-530-9936 | 102 – 20103 40th Avenue, Langley



Darren Sailer R.D.
Denturist



Colin Harty R.D.
Denturist

Both Darren Sailer and Colin Harty are Certified BPS Precision Denture and SEMCD (Lower Suction Denture) Clinicians. For more information about complete or partial dentures or how to care for dentures please visit www.yourdenture.com or call the clinic to set up an appointment for a complimentary consultation.



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