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# TODAY'S SENIOR® NEWSMAGAZINE

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**FOR SENIORS - BY SENIORS  
WITH NEWS YOU CAN USE**



Old postcards help us remember what used to be. (Photo: Dan Propp)

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- ANOTHER SATURDAY NIGHT
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# ACCORDION TO DAN

Here it is, June 2019, and the tourists will soon be coming up here and wishing their relatives 'wish you were here,'

e-mails. Back in the ancient nineteen sixties, they'd be sending postcards by mail. Each one cost about a nickel to purchase and postage maybe four or five cents. A stay in a Vancouver Island hotel possibly twelve to fifteen bucks a night, burgers at fast food restaurants less than a loonie. An imperial gallon of gas, around four bits.

It was in 'them those' grammatically incorrect early nineteen sixties, I tried to squeeze out a living of sorts, photographing, publishing and selling postcards to stores. They cost about a penny and a half to print. Minimum run was six thousand of each. The stores usually paid two and a half pennies wholesale and retailed for a nickel. Today, just a stamp is a dollar or more! It was truly a scenic experience that, in retrospect, provides plenty of nostalgia. With the old clunker and a two and a quarter by three and a quarter inch speed graphic camera, 120 roll back and plenty of Kodak film, a tripod and plenty of photographic passion, off 'we' went. Thus this song.

## POSTCARDS OF YESTERDAY

The Thornton Motel in Ucluelet, the original classic Wickaninnish in Long Beach. The Sleepy Hollow Motel in Courtenay as in memory one knew it. All those yesterdays gone by help us teach what it was like in the nineteen sixties driving that well used V-eight. More often than not, only six spark plugs were firing plus a not so slowly leaking radiator, truly a challenge to navigate. However, the thrill of photographing scenic postcards of Vancouver Island, the scenery was so inspiring!

Island Hall in Parksville, and of course Cathedral Grove on the way to Port Alberni. Those images of Campbell River, The Link and Pin logging museum, and Sayward. Wow, plus the rhythm of Burl Ives and Johnny Cash with a built in eight track recorder playing, what a sound, what a journey. I sure miss those old postcard days, that bellows camera, 120 roll back, Kodak film, and how!

## REPLENISHING A BIT OF OLD VANCOUVER

Those of us who spent many hours in darkrooms, with trays, an enlarger and the magic of photographic chemicals would buy some replenisher to whatever Kodak, Ilford or Ansco developer needed a bit of 'replenishing'. The best one can do these days to develop what used to be is banging away on a computer, though, heaven knows, I sure miss the sound of that Underwood manual typewriter ribbon and that carriage.

## VANCOUVER, PICTURING IT AS IT USED TO BE

Lasseter's Den on Commercial Drive and Broadway. Nick's Spaghetti House, next to the original York Theatre. The Town Pump in Gastown, seems like yesterday. The Bunkhouse on Davie and the Riverqueen. Sure wish they could still be there. On Smythe the Aristocratic's veal cutlets for ninety cents and also on Granville Mr. Mikes steaks for a buck nineteen. The huge baked custard bowls at the White Lunch, hardly any new construction developments. Now so much replaced with concrete conglomerates and 'concrete progress' that has replaced what once had been.

The atmosphere was more original, often family run, original and lacking much of today's graphic pretense. I miss those magic downtown neon lights, downtown theatre row. In those times, towns and cit-

ies seemed to have their own unique atmosphere or essence. Back to how it used to be, some of us would prefer to go. We miss the original Smitty's Pancake House-with whipped, warm butter, on Dunsmuir. I still remember living in the Eveleigh Hotel, close to Bentall Towers. Nothing fancy, mind you, but thirty-six dollars a month, truly a bargain though of course, nothing like the Georgia or the Devonshire, for sure. So many fond memories the old Vancouver still empowers.

## PAST POLITICS

With all the news that's blowing our way these days its a bit of a challenge being able to separate the trees from the forests. Going out a bit of a limb, it might be kind of fun to explore a few roots of the past. Being a bit of a sap for puns, like that song in Oklahoma, when it comes to world events and what some seniors recall over the years, it seems like today as in Kansas City, we've gone about as 'fir' as we can go.

## POLITICAL HISTORY ON BOTH SIDES OF THE BORDER

The roots of our leaders are interesting such as in Canada Robert Stanfield came from a family that manufactured underwear. In the U.S., Jimmy Carter stemmed from a peanut background, WAC Bennett, our premier of British Columbia was in hardware, The Kennedys by the liquor industry they were bound and the Bush legacy pumped by oil.

Politics, it appears, is like a tree. The roots are planted by history's soil. The branches, the leaders, stem from irony. The leaves by which they often govern sway. Be it left, right or somewhere in between middle, reflect on how we embark and the price we daily pay. Oh my, the changes over the years some of us seniors have seen.

## THE MUSIC OF YESTERDAY

Those of us who were in elementary school during the early nineteen fifties remember what drove us. Like on our tube radios, knock, knock whose there, we remember the Happy Gang and the announcer saying, "Well come on in!" Most of us still remember Maypole dancing, the old flag, the Austins, Vauxhalls, the British atmosphere and of course the coronation of Queen Elizabeth. Warm fuzzies still effect many of us who remember how it used to be. At the same time much of the entertainment from America still influenced us. We sang Home On The Range and some of us even wore Davie Crocket hats, growing up with that Philco, Admiral, RCA, or Westinghouse seven-teen or twenty-one inch screen in the living room. Thus a bit of musical reflection.

## LIKE MAGIC THOSE SONGS STILL SEEM

Tony Bennett and of course, 'I Left My Heart In San Francisco' and we can envision those cable cars, just listening to that tune. 'When the moon hits your eyes' to the Dean Martin show we go and 'Three coins in the fountain' we remember Sinatra's distinctive croon.

Of course, the chairman of the board singing Paul Anka's 'My Way', all those giants of entertainment we never forget. From Patty Page singing 'How Much Is That Doggy In The Window' and Teresa Brewer's 'Put Another Nickel in that Nickelodeon'. They still put us into a time groove, you bet. We likely remember what we were doing when that song was number one. Our ups and downs, where we were in life's routines. What we lost, what we won. Hear them today and many "yesterdays" say hello, it seems.

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## TIPS TO STAY SAFE DURING BBQ SEASON

As the weather warms up, we turn to our barbecues to grill delicious foods and enjoy the season. Here are some tips from Health Canada to keep you and your guests happy and healthy this summer:

**At the store.** Buy cold food at the end of your trip. Raw meat may contain harmful bacteria, so keep it separate from other items to avoid cross-contamination. Put packages of raw meat in plastic bags to keep juices from leaking onto other foods.

**In the fridge.** Always refrigerate perishable foods as quickly as possible, especially in warm weather. Keep raw meat on the bottom shelf, away from other foods.

**In the cooler.** If it'll take you longer than a couple of hours to get home after shopping or when bringing food up to the cottage, pack perishables in an insulated cooler with ice packs. Keep the cooler out of direct

sunlight and the internal temperature at or below 4°C (39°F). Try using separate coolers for food and drinks so that food stays colder longer.

**At the BBQ.** Inspect your barbecue brush and the barbecue grill before each use. The metal bristles on the brush can become loose over time and stick to the grill, then stick to food and be accidentally swallowed, possibly causing serious throat or digestive injuries.

**Avoid cross-contamination.** Use separate utensils, cutting boards and dishes when handling raw and cooked meat. For example, do not place cooked meat on the same plate used to bring raw meat to the grill. Raw juices can spread bacteria to your safely cooked food and cause food poisoning.

**Keep it clean.** After washing your hands with soap and water for at least 20 seconds, sanitize all cooking equipment and work surfaces with a mild homemade

bleach solution. Mix 5 mL of bleach with 750 mL of water in a spray bottle. Spray the solution on and let stand briefly, then rinse with clean water and air dry or use clean towels.

**Cook thoroughly.** You can't tell if meat is done and safe to eat by looking at the colour alone. Use a digital food thermometer and check the below Government of Canada food safety website for the safe internal cooking temperatures for beef, poultry, pork, and other foods.

**Store leftovers.** Put food in shallow containers so that it cools quickly. Discard any food left out for more than two hours. On hot summer days, don't keep food at room temperature for more than one hour.

Find more information at [canada.ca/foodsafety](http://canada.ca/foodsafety).  
[www.newscanada.com](http://www.newscanada.com)

## Quick tips for caring for your lawn this season

Just like all living things, plants need food. This includes your lawn. Turf fed three to four times a year develops a deep root system to resist heat, drought and wear. It also develops thick, green top-growth to naturally resist weeds, disease and insects.

Look for a fertilizer with higher nitrogen (N) and potassium (K), the first and last numbers on the bag. These are the nutrients that help promote a stronger root structure, disease resistance, and hardiness that will help your lawn during the hot summer days. These nutrients provide grass with the ability to withstand drought in hotter summer temperatures, and to survive the winter and bounce back in spring. You can find more helpful information about the right way to fertilize at [greenerworld.ca](http://greenerworld.ca).

Healthy lawns provide kids and pets with a safe, soft place to rest or play, and play a significant role in cooling the environment around your home .... something to think about as you get back to the garden this season.

[www.newscanada.com](http://www.newscanada.com)

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### FINALLY I CAN EAT!

After 5 sets of dentures and a lot of money I saw the ad in the paper that read bite, chew, look good too.

Focusing in hard to fit dentures and I thought why not. Nothing else worked over the years. And to my surprise I found someone who cares and was patient.

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

## SAVE ON ENERGY USE WITH THESE EASY TIPS

With the air conditioner running on full blast, summertime energy bills can quickly add up. Fortunately, there are many ways to save on those kilowatts – from simple life hacks to energy-efficient renovations and upgrades for your home. Here are a few you could benefit from:

**Install a skylight.** A skylight is a surprisingly affordable and beneficial addition to any room in your home. In the summer, you can open your Velux programmable venting skylight to allow hot air, odours and toxins to escape, reducing your need for air conditioning. Known as the stack effect, your skylight can work with your vertical windows to circulate the air within the space and create a healthier indoor environment.

**Harness the sunshine.** In Canada, we spend much of the year in darkness, but when summertime comes around and there are long days of sunlight, you can take advantage and reap the benefits of solar power. This doesn't mean you need to install some panels on your roof – you can use solar power in smaller ways that still make a difference to your energy bills. For example, you can try solar-powered security lights, decorative patio lights and outdoor path lights.

**Get out your green thumb.** Did you know that planting trees around the perimeter of your home can

make the air around it noticeably cooler? The shade from strategically placed trees can reduce your cooling costs by anywhere from 10 to 30 per cent. Deciduous trees are better for saving on summer cooling costs – place them on the south and west sides of your home for best results.

**Get smart(er).** Today's technologies can let you do a whole host of things around the house. Some can help you make your home more efficient and save on your energy bills. Try installing a programmable thermostat that automatically lowers at night when your home is coolest, or that you can switch off remotely when you're away longer than expected. Even skylights have gotten smarter, with indoor climate sensors and the ability to be controlled remotely using your smartphone – allowing you to create a cool, comfortable oasis in your home.

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## GO FROM REGULAR HOUSE TO SMART HOME IN 5 EASY, AFFORDABLE STEPS

In today's tech-savvy world, staying up-to-date with the latest trends can make life more convenient — especially at home. In fact, a recent Statista study found that the number of smart homes in Canada will rise to 31.5 per cent by 2022 from 13.9 per cent in 2018.

The benefits include savings, safety, convenience and control over what's happening in your home. And it's easier than you might think. Here are some tips to get started:

Get a virtual assistant. With Amazon Echo, Google Home or other virtual assistant technology, you get anything done simply by asking — from changing a

song to dimming the lights or turning down the heat. Stay cozy on the couch and let your VA do the work for you.

Control your climate. Nest offers an array of smart products like thermostats, cameras and more to keep your home and family comfortable and environmentally responsible. Products like the Nest Thermostat E can help you save an average of 10 to 12 per cent on heating bills and 15 per cent on cooling bills.

Boost existing technology. Roost battery 2.0 is a Wi-Fi-enabled battery that can transform your regular smoke detector into a smart device. Simply plug it in and the battery sends an alert to your smartphone when smoke is detected. With a battery life of up to five years, you can set it and forget it.

Plug in with peace of mind. WeMo smart plugs give you control over all your devices, including lights and appliances. Say goodbye to the days when you would ask yourself, "Did I unplug the iron?" With smart plugs, you can have peace of mind from anywhere.

Use a reliable ISP. If you've acquired the pieces to create a smart home, don't forget about the most important component — reliable internet. By connecting your smart devices to a dependable network, you can control your smart devices securely and seamlessly. Check out Shaw's BlueCurve Home app, which allows you to set custom profiles and control all your Wi-Fi-enabled devices in one spot — perfect for helping you managed your new connected life.

[www.newscanada.com](http://www.newscanada.com)

## KEEP BUG BITES AT BAY THIS SUMMER

This is not your typical "how-to" guide to avoid mosquitos. Most guides recommend doing everything and anything to avoid bug bites, even if it means staying cooped up inside until the summer is over. Fortunately, if you're tired of sticky bug repellents and homemade remedies that fall short, there's a new solution.

Show the bugs who's boss this summer with WindRiver No Fly Zone, Canada's first mosquito-repellent clothing, available exclusively at Mark's. Just imagine wearing your barrier to mosquitos, instead of spraying it. The clothing is treated with the active ingredient permethrin for long-lasting mosquito protection that lasts through 70 washes.

No longer do we need to defer adventures as dictated by uninvited pests. Embrace the short but sweet Canadian summertime and reclaim the outdoors.

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## IS YOUR BASEMENT MAKING YOU SICK?

Mould and mildew are often found in Canadian basements. If you suspect dampness issues are affecting you and your family's health, you could be right.

According to Health Canada, there is a relationship between indoor mould, a damp environment and increased eye, nose and throat irritation; coughing and phlegm build-up; wheezing; shortness of breath; asthma symptoms; and, allergic reactions.

Fortunately, there are ways to make your basement and home a healthier place for you and your family. This is especially important since research shows we now spend over 90 per cent of our time indoors.

The first step is to install a high-quality subfloor. This is because concrete continually releases moisture, and if trapped this can lead to mould.

"Many people think subflooring is an option in a basement. But to create a livable space, a subfloor is a necessity," explains Bryan Baeumler, contractor and HGTV host. "I recommend DriCore, a one-step engineered subfloor solution that is specifically designed for concrete using air gap technology to protect against mould and to keep basement floors feeling warm and comfortable for the entire year."

Besides protecting your home from mould and mildew, DriCore subfloors can help you save on heating bills and cushion floors for added comfort when standing. They can be used under any finished floor-



ing. They even protect against nuisance floods, like from a broken appliance, as water will channel underneath the subfloor. Installation is also easy, taking half a day to complete a 500-square-foot room.

Find more information at [dricore.com](http://dricore.com).  
[www.newscanada.com](http://www.newscanada.com)



## FINANCIAL NEWS

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

**Leaving an inheritance outright to a spouse has some implications if there are children from a previous marriage. You can look after both interests by naming your spouse as a successor annuitant, and children as irrevocable beneficiaries on your RRIF or other investments.**

There are times when leaving an inheritance outright to a spouse may not be the best choice. For example, you may want to ensure that children from a previous marriage receive an appropriate bequest after your spouse passes away. Or you may be faced with a situation in which your spouse is physically or mentally incapacitated- or financially irresponsible.

In these cases, enacting a straightforward strategy called the "Registered Retirement Income Fund (RRIF) successor annuity or Joint Life option" allows you to retain greater control over how your RRIF is handled after your death.

Recently I had to advise one of my clients who is on his second marriage and had previously designated his children as beneficiaries on his investments. However, he got remarried and wanted to make sure that his new spouse is looked after financially after he passes away as he is considerably older than his new wife. He also wants to make sure that his children

from his first marriage will still be able to inherit the remaining assets from his RRIF investments when his second wife passes away. I was able to use a little know strategy of naming his spouse as a successor annuitant on his RRIF and named his children as irrevocable beneficiaries.

### How does it work?

When you name your spouse as your RRIF beneficiary, the RRIF can be transferred to your spouse on a tax deferred basis on your death. With some contracts your spouse will assume complete control of the RRIF as the successor owner, and the contract will continue. This means that your spouse will begin to receive an income stream and will be able to exercise their rights under the contract, including the right to change the beneficiaries, adjust the payment stream or cash in the investments.

When you name your spouse as the successor annuitant or Joint Life, he or she also assumes control of the RRIF as the successor owner on a tax deferred basis. However, by designating irrevocable beneficiaries, who are not your spouse, you can preserve the tax deferral and give your irrevocable beneficiaries a say in the management of the assets that will ultimately pass to them.

Naming irrevocable beneficiaries effectively restricts your spouse's ownership rights, and your spouse will need the written permission of the irrevocable beneficiaries to change the beneficiaries, increase the income stream or cash in the investments. Meanwhile, if the successor annuitant or Joint Life (your spouse) predeceases you or no longer qualifies as your spouse at the time of your death, the death benefit will be paid directly to the irrevocable beneficiaries.

These features make the RRIF successor annuitant or Joint Life option an attractive solution in certain specific situations outlined in more detail below.

### Married with Children from a previous marriage

You may want to provide an income stream to your

spouse after your death, but at the same time ensure that children from a previous marriage receive any assets remaining in the RRIF upon your spouse's death. Naming your spouse as the successor annuitant or Joint Life and your children as irrevocable beneficiaries means your spouse will receive the periodic payments after your death, but will need the kids' consent to cash in the policy, increase the income stream or change the beneficiary designations- thereby protecting their residual interest.

### Spouse is Financially Irresponsible

Perhaps you are concerned that your spouse may cash in the entire policy and, as a result, fall short in meeting future living expenses.

Naming your spouse as the successor annuitant or Joint Life and designating irrevocable beneficiaries means that the irrevocable beneficiaries would have to authorize any withdrawals or changes in

payments. The irrevocable beneficiaries can ensure that the income stream changes to match your spouse's needs, and that the investments aren't cashed in and spent.

To find out more about estate planning for your RRIF contact your investment advisor, or contact Rick at 604-535-3367 (Suite 50, 1480 Foster St. White Rock, BC V4B 3X7) or email: rick@crsfinancial.ca for more information on when to consider using the RRIF successor annuitant or joint life option, and irrevocable beneficiaries.

## Home Improvement

"Ask Shell"

with  
Shell Busey



## OPTIMIZING THE LIFESPAN OF YOUR NEW BBQ

If you purchase one of the finest in luxury cars is it service free? Does it never require replacement brakes or tires? Is it indestructible with neglect? Of course not. As long as the environment of a bbq includes intense heat, moisture and corrosive drippings there will be wearing parts that you will want easy access to in years to come.

You have just invested in a high quality BBQ that requires regular cleaning and maintenance. The warranty does not cover damage due to lack of maintenance or grease fires, among other limitations. Lack of maintenance will pit the metal and will compromise the integrity of your BBQ, prematurely destroying your investment.

When you first bring your new BBQ home:

- If you are assembling it yourself, take special note of every bolt hole illustrated on your assembly instructions. Proper placement will ensure it goes together right the first time.

- Over-tightening your hex-bolts as you assemble will result in a squashed look to your BBQ frame. Snug is good enough.

- Always read the manual before you begin using your grill. Pay particular attention to the clearance to combustibles and leak testing.

- Place the sear plates in correctly! Refer to your manual if unsure.

- Position gas supply lines to avoid melted hoses and gas leaks.

- Always remove your warming rack before operating your rear burner! The heat of the rear burner will destroy the rack and this is a user error, not a warranty issue.

- If you have an infrared burner on your BBQ, impact or contact with cold liquid can cause the surface to break. Never throw water into the grill to control flare-ups.

- Never use PLASTIC handled brass bristle brushes to clean your BBQ. The plastic melts when used on a hot grill, and the brass bristles can remain on the grill and enter your food!

Propane Models: Always have all valves in the OFF position before you turn on your propane tank. In addition, turn your propane valve open SLOWLY. Failure to follow either of the above will result in the regulator locking out at low BTUs and therefore low heat. If your BBQ is not getting hot enough to cook on properly, this may be your problem. To reset the regulator disconnect it from the tank for approx. 5 minutes, reconnect, and follow the correct procedure.

Article continues in next month with How to Clean and Maintain your BBQ...

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50	\$ 19.53	\$ 35.10	\$ 60.75	\$ 118.35	\$ 15.66	\$ 27.00	\$ 42.75	\$ 80.10
55	\$ 28.71	\$ 59.18	\$ 104.85	\$ 206.55	\$ 24.28	\$ 43.65	\$ 74.70	\$ 146.25
60	\$ 45.36	\$ 100.35	\$ 183.60	\$ 364.05	\$ 36.75	\$ 72.45	\$ 127.80	\$ 252.45
65	\$ 77.58	\$ 173.70	\$ 327.60	\$ 652.20	\$ 58.95	\$ 114.75	\$ 214.20	\$ 425.25
70	\$ 138.15	\$ 307.13	\$ 575.10	\$ 1,140.30	\$ 104.60	\$ 222.75	\$ 396.90	\$ 790.65

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## THE PHARMACIST REVIEW

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

### PEEL AWAY YOUR GUT WOES

The secret to a gentle, effective way of healing your stomach and gut could lie in the skin of Mandarin oranges. “MS+’s” standardized active ingredient is the ripened ovary wall (“peel”), or “pericarp” of the Mandarin orange, *Citrus regiculata*. Produced by Tait Laboratories Inc, the formulation is vegan-friendly. The medicinal properties of orange peel have been used in traditional Chinese medicine for thousands of years (where the peel is known as “chenpi”). It is a great source of anti-oxidants and bioflavonoids. Anti-oxidants help prevent and reverse effects of harmful chemicals that we ingest or that accumulate from our bodies’ own biological reactions. Bioflavonoids are touted to benefit a wide variety of conditions including circulation, ringing in ears, and eye degeneration due to its overall anti-inflammatory nature. Together, the anti-oxidant and bioflavonoid properties of a mandarin peel concentrate can repair gut damage from, eg. spices, alcohol and gluten, thereby reducing gas-siness, bloating, and pain. The pericarp also has mild analgesic properties. MS+ can be used as a short-term, acute remedy, or as a long-term repair and maintenance supplement. You could sense benefit in as little as a few days. MS+ is quite well-tolerated; some people have even reported that it gives them healthier skin and better energy as positive side-effects.

Whether you suffer from sensitivities, irritable bowel syndrome, leaky gut, food poisoning, antibiotic side-effects, etc., a mandarin orange pericarp extract such as MS+ could be the answer to your problems. So peel away your gut troubles with a visit to speak with one of our integrative health pharmacists at Cloverdale Pharmasave and Pharmasave Steveston Village. We have been here for over 35 years to help you safely and effectively combine the use of natural supplements with prescription options.

(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.)

## TIPS TO HELP YOU ENJOY A STRESS-FREE COTTAGE WEEKEND

Escaping the city for a few days sounds like relaxing time, but not sticking to a regular schedule can be taxing for many of us, especially those with chronic health conditions. To make sure your time away leads to you feeling refreshed and not like you need a vacation from your vacation, check out these tips:

**Sleeping.** Fun times, late-night chats and parties can keep us up into the wee hours of the morning by the lake. But going to sleep at different times on weekdays and weekends can affect our sleep habits, making it harder to fall asleep and wake up come Monday. Poor sleep can then affect your immune system and put you at a higher risk for disease. At the cottage, try to stick to a schedule as much as possible, and avoid too much caffeine or alcohol both of which can affect your sleep.

**Eating.** Binging on hot dogs and hamburgers can feel good while you’re eating, but pausing your healthy eating goals on cottage weekends can negatively impact your metabolism and you may have a harder time maintaining a healthy weight. To avoid temptation, do some mindful meal prep on Thursday and bring ingredients for the same kind of nutritious meals you would eat at home. Pack healthy snacks that keep you full for longer, like trail mix, Greek yogurt and veggies.

**Medication.** If you’re on a regimented medication schedule for a condition like diabetes, it can be harder to stay healthy when you’re away from home. In fact, 42 per cent of people living with diabetes declared to be stressed when thinking of going on vacation versus 25 per cent of people with a flexible medication schedule. To stay on track at the cottage, use a smart blood glucose meter that makes testing easier, like the Accu-Chek Guide System, which features a uniquely designed test strip with a wider dosing area. It seamlessly connects to the mySugr app, which makes it easy to log blood sugar and meals and more so you can enjoy a relaxing time away from home.

[www.newscanada.com](http://www.newscanada.com)

## TWO GIFTS THAT KEEP ON GIVING



Edna and Susanna lived in the same community for many years, but they never met. And yet, they will be forever linked and remembered at Surrey Memorial Hospital because their generosity made it possible for thousands of Surrey residents to regain their sense of hearing.

In many ways, Edna and Susanna’s stories are similar. Along with their husbands, they were both long-time residents of the Surrey region. During their lifetimes, the two women donated to Surrey Memorial Hospital for about 10 years. Both expressed their wish that they could provide larger gifts to help the hospital.

Edna and Susanna became widows around the same time. Then, when they updated their wills, they each included a gift of \$20,000 to Surrey Hospital Foundation.

Those two gifts made it possible to start the inner ear surgery program at Surrey Memorial Hospital and Jim Pattison Outpatient Care and Surgery Centre. They helped to purchase specialized tools, including a House Ontology Set, which allows doctors to identify and fix regular and complex ENT (ear, nose and throat) challenges in infants, children and adults. This equipment purchase allowed Fraser Health to recruit a top ENT surgeon to Surrey Memorial Hospital — the only location in the region to now offer inner ear surgery for children.

The surgical instruments purchased with Edna and Susanna’s donations are still in use today. These two donors have helped improve the hearing of thousands of people.

You can join people like Edna and Susanna to make a gift that can have a huge impact for the future of health care. Please consider including a gift to your local hospital through your Last Will and Testament.

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# HOW TO GROW AN ORGANIC VEGETABLE GARDEN



Growing your own vegetables is a fun and rewarding experience that can improve your health and save you money – but it does take time and care.

Mike Wylie, merchant for live goods at The Home Depot Canada, has some tips to help you find the right spot to plant your veggies and protect your plants throughout the season.

Plan it out. If you don't have an existing garden space, mark the shape with string and remove your sod to expose the soil. Start off with a small space; one of the biggest mistakes first-time gardeners make is planning an area that's too large to maintain. When you have success in your first attempt

with a small garden, it's easy to expand.

Pick a spot that gets as much sun as possible – you need at least six hours each day. You'll have to water your vegetable and herb garden regularly, so close proximity to a water spigot is ideal, whether you use a garden hose or watering can.

Remove rocks from the soil. Remove any rocks or debris from your soil and enrich it with at least two inches of Nature's Care Organic Garden Soil. This will help stimulate root growth and ensure that you get the very best produce in your garden.

Plant your vegetable or herb seedlings. Keep in mind how big your plants will grow, and make sure to space out your garden accordingly.

Feed and water. To maximize growth, feed your garden with an organic and natural vegetable food every two months and water as needed. Water in the early morning until the soil is moist but not soggy. Remember to keep watering as needed and remove weeds when necessary.

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## WHAT TO DO WHEN YOU RECEIVE AN EMERGENCY ALERT

Thanks to previous tests and a few real emergencies, most of us are familiar with Canada's public alerting system – known as Alert Ready. But you may not know what these alerts mean or what to do when you receive one.

Alert Ready delivers critical and potentially life-saving alerts through television, radio and LTE-connected and compatible wireless devices. Only authorized government agencies can issue alerts.

Together, government officials developed a specific list of the types of situations that pose a

threat to life and property, for which alerts should be distributed immediately. These emergency alerts have the highest level of severity, urgency and certainty such as tornado warnings, wildfires or Amber Alerts.

Public tests of the Alert Ready System are anticipated to happen twice a year. The first would take place during Emergency Preparedness Week in May and the second in November.

It's important to know that not all Canadians will receive the alert on their phone for a variety of reasons:

The phone is turned off, in silent or airplane mode;

The phone is not physically in the specific area targeted for the alert;

The phone is not compatible or connected to an LTE network;

There is no cell tower coverage; or

Device software and settings are not optimally set-up to receive alerts.

If you receive an emergency alert, it's important to take action safely. Stop what you're doing when it is safe to do so and read the alert. The message will tell you the information you need and guidance for any action you are required to take. This could include limiting unnecessary travel, evacuating the area and seeking shelter.

You can check out the Alert Ready website for more information on test dates and times for your province or territory, your device's compatibility, and for steps you can take to make sure you receive the alert if your phone is compatible.

Find more information at [alertready.ca](http://alertready.ca).

[www.newscanada.com](http://www.newscanada.com)



## DEALING WITH STRESS WHEN YOU HAVE HEALTH ISSUES

No one likes to deal with stress. But this unavoidable part of life can be even more difficult for people living with chronic health conditions, as stress can cause symptoms to flare up or worsen. For a better grasp on daily stress, check out these quick tips:

Understand your condition. It can be empowering to learn everything you can about your illness and treatment options, restoring a sense of control and ownership over your body. Check out patient organizations and your local library, and make sure anything you read online is from a reputable source, like a research hospital.

Manage your emotions. Whether you're stressing out about a big project at work or the news an upcoming doctor's visit will reveal, it's important to take time to help mitigate any negative feelings and the effects on your mind and body. You can do this by eating healthier, sticking to a regular sleep schedule and being more active. Even if your condition keeps you from doing a tough workout at the gym, you can

go for a long walk, practice low impact sports and do gentle stretches.

Enjoy your leisure time. It can be hard to unwind when you have to worry about taking medication or monitoring yourself, like when you have diabetes. In fact, three-quarters of people living with diabetes rarely/never go out on weekdays, and 34 per cent experience a high level of stress when being invited for a drink with friends. Fortunately, smart tools like mySugr, an app create by people living with diabetes for people living with diabetes and the Accu-Chek Guide System featuring a uniquely designed test strip with a wider dosing area, work together to help reduce the hassle of every day blood glucose testing and can make testing on the go a breeze.

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- **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** Holland America, San Diego to Ft. Lauderdale



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# TO TRAVEL, OR NOT TO TRAVEL?

By Ursula Maxwell-Lewis

no flying, lack of curiosity? When posted on Facebook recently, the question elicited a lengthy discussion.

Eventually, the thread progressed to what inspires travellers, why they preferred certain modes of transportation, and which destination experiences were good, bad or downright ugly.

Some writers argued that costs today simply ruled out travel for most families.

Another observed that North Americans didn't need to travel because beaches, parks, mountains, deserts and an impressive choice of dining establishments made travel within their borders less stressful and more cost effective. To some extent, that was hard to deny.

As the threads progressed I was prompted to wonder how on earth my parents managed to afford their pre and post war travels.

My father was a marine engineer, so travel was a built-in component of his job. As a British naval officer, and later in the merchant services, he logged impressive global mileage before coming to roost permanently in Cape Town, South Africa. His trunk rivalled Davey Jones' Locker on his rare shore leaves - silk pyjamas from China, tooled leather bags from India, and the list went on.

Itchy feet tended to run in mother's Scottish family so it wasn't surprising when London lured her away from her Ayrshire roots. In the 1920s - armed with an immigrant fare, very little money and unquenchable optimism - she boarded the Duchess of Athol in Southampton and sailed for Quebec. It was to be the first of many journeys before the era of mass travel. I wish I'd asked what these sojourns cost. I do remember her wistfully recalling, "We were so naive".

After surviving the Second World War, she returned to Canada as a wife and mother, pitched a tent in the Clarkson, Ontario, "bush", and - to her family's disbelief - built a house.

Once, when asked what prompted us to leave Canada and immigrate to South Africa, she just shrugged: "Well, Jimmy met a South African and the



idea of living there intrigued us, so off we went."

Perhaps it was that inherited wanderlust DNA which, years later, prompted me (on a dare) to abandon the Benoni City Times newsroom journalism job I loved to accept an offer to train as an 'air hostess'. It certainly wasn't the £100 a month salary!

One month shy of my 21st birthday, armed with £20, my portable Olivetti typewriter, no accommodation, no contacts, and a job, I climbed aboard a Central African Airways Viscount and took off for Southern Rhodesia (now Zimbabwe).

Many adventures later I unearthed a letter written by my mother to her youngest brother after my departure to Central Africa. She confessed that she'd cheerfully waved me off ... before retreating to the airport coffee shop "with the tears dripping down my cheeks."

She had no idea that I was soaring over the African veldt blinking back tears of my own wondering what on earth I was doing.

From Zimbabwe, to Europe, to Britain to Canada and back to Europe the same scenario repeatedly played out. I'd bounce from country to country with the inevitable £20 in my wallet, no contacts, no accommodation, but (usually) a job.

Today, young people are 'in a relationship' before they graduate. With cars, high tech gear and (often) crippling student loans, their debt ratio definitely exceeds what mine was. Ultimately, they may win out financially, but I wonder which of us is the richer.

A comfortable retirement offers the advantages of five star cruising, a luxury all-inclusive, or a comfy park model in a sunny golfing enclave. But, for me, those early shoestring adventures were a great investment, too.

An eerie train whistle in the dead of night still conjures up the drama of a childhood Cape Town to Johannesburg South African Railways train journey through the Great Karoo.

Rain bashing on bedroom windows is a reminder of wild storms and fish suppers on the Scottish coast.

Lugging suitcases with a friend across the Gibraltar runway, a tug of war in the Apes Den - with an ape, sitting at the feet of the Dalai Lama... I confess, though, nothing makes me want to return to a snowy November tenting in Ontario. Perhaps that's why camping isn't high on my list - even though I'm still travelling on a wing and prayer with that same £20.

*Ursula Maxwell-Lewis is a retired newspaper editor and explorer.*



*Before*

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# 80th ANNIVERSARY TEA AT FAIRMONT HOTEL VANCOUVER.

*By Lenora A. Hayman*

The Fairmont Hotel at Georgia and Burrard, is the 3rd Hotel Vancouver. The first and second were located southeast of the present hotel, on West Georgia. Our present Fairmont Hotel Vancouver, was opened 80 years ago, on May 29th, 1939, by King George V and Queen Elizabeth. CPR (Canadian Pacific Railway) originally owned it, but in 1961, Canadian National Hotels, a division of CNRailway took ownership of the present hotel. From 1963 to 1983, the hotel was managed by Hilton Hotels and Resorts, and then Canadian National Hotels, resumed management in 1983. In 2001 Canadian Pacific Hotels were rebranded as Fairmont Hotels and Resorts.

In celebration, the 80th Anniversary Tea is being served daily at 11:00am, 1:00pm and 3:00pm in the "sitting-room" of the Notch 8 hotel restaurant from May 2 to Sept1. It's priced at \$59.00 per person and \$29.50 for children 12 and under. Alcohol is extra of course.

The Queen Mother always liked her daily Gin and Dubonnet tittle. Therefore my neighbour James and I began with a Copper Griffin cocktail, comprising of gin, Dubonnet, Lillet, lemon juice and lemon meringue foam. Wayne Bartlett, our server, explained that Lillet, is an aromatized French tonic wine, aperitif, from Podensac, south of Bordeaux, France. It is a tonic wine, because of the mixture of quinine liqueur with citrus liqueurs, rosé and white Semillon and red merlot wines. No wonder we liked it!

Of the Eight Fairmont Lot 35 tea selections offered, James chose the Joie de Provence rooibos tea with dried berries for a layer of sweetness and a dash of lavender. My Waterfront tea was a combination of rooibos, peppermint, spearmint and ginger.

Our Amuse Bouche was a wee pot each of delicious Lavender Eton Mess, the British dessert of crumbled meringue, strawberry sauce, strawberries, whipped cream and lavender honey.

Our tea sandwiches were elegantly served in a 3-tiered tray. We started with both the classic English and sultana scones, topped with either strawberry preserve or orange marmalade and clotted cream. Finger sandwiches, included the coronation chicken with a mango chutney, which was created in 1953, to celebrate Queen Elizabeth 11's ascension. There was a shrimp and lobster brioche with Northern Divine caviar and saffron aioli, a cucumber one with tomato gelatin madrilène, dill fromage frais, a beef shank one with dehydrated blue cheese and horseradish sour cream, and also a smoked salmon one with ravigote butter filled with tarragon, chives, shallots, capers and preserved lemon!

Wayne, then presented us with a wooden jewel box, revealing selections of tea sweets. The Battenberg cake with marzipan was created in honour of the marriage of Princess Victoria to Prince Louis of Battenberg in 1884. A treacle tart with candied orange, Linzer apricot torte, English raspberry trifle, an Earl Grey éclair and a crème brulee macaron were included!

We must thank 2 people: Queen Elizabeth1 (1533-1603) who granted a trade monopoly to the Honourable East India Company in 1600, to import tea, which became England's national drink and also the Duchess of Bedford, who started the tradition of high tea in the 18th century!

How nice to quietly take 2 hours out of a busy day, to share conversation, cake and a cuppa!



**Photos:**  
**TOP:** Notch 8 High Tea Living Room.  
**BOTTOM LEFT:** Wayne Bartlett with Tea Sweets jewel box.  
**BOTTOM RIGHT:** Lenora Hayman & James Herbert enjoying a "CopperGriffin"!



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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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## LET'S TALK ABOUT IT!

By Dr. Michelle Willis ND  
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### LEARN HOW TO SUPPORT YOUR BONES, SO THEY CAN SUPPORT YOU!

#### Top Tips For Osteoporosis & Fracture Prevention

Our bones are living tissue. They not only keep our body together and support us, they are also useful for the constant buffering of our blood. The body will take minerals from the bones as needed (especially if a person drinks high phosphorus drinks like pop, or mineral depleting drinks like coffee). Therefore, it is very important that we are taking measures to always ensure our bones are being rebuilt. Here are a few factors to consider.

Progesterone is a hormone that actually stimulates our bone cells to "spit out" bone (the osteoblasts). When women head into peri-menopause the progesterone is commonly the first hormone to drop – this can be a contributing factor to bone loss.

The other main hormone is estrogen, because it is in charge of maintaining bone. Therefore, when women's estrogen and progesterone levels drop at menopause they become more at risk for osteoporosis.

Some women go through menopause with hormone levels that are adequate to support healthy bones. However, many women have levels that are too low to really create and maintain strong bones. In these cases using Bio Identical Hormones can help prevent bone loss and also help rebuild one's bones.

Weight bearing exercise is another tool that can be used to build your bones. (Some weight bearing exercises include: wall squats, walking, yoga & free weights.) As you know muscles are attached to bone and anytime your muscles are exercised they will pull on the bone, which signals the body to produce more bone. A heel spur is a good example of this – too much stress from the muscle on the bone thus causing the bone to grow.

Bones also need many minerals. One way to get minerals in your diet is by making soup bases from organic beef or chicken bones. Just boil them down with a tbsp of vinegar then add in your other ingredients after straining out the bones.

There are also supplements made specifically for bone support, which I would recommend over a calcium supplement. Vegetables, nuts and seeds are also quite high in mineral content. So if you can get in 5 handfuls of veggies per day and a few tablespoons of nuts and seeds into your diet you will be supporting your body well.

What we feed ourselves can have a massive impact on our health. So just try incorporating in nutrient dense foods & let go of the foods that are processed.

Here are some optimal snack ideas that will support the bones;

- A cup of bone broth
- Tahini (sesame butter) & honey on a rice cake
- Sea weed snacks
- Nuts & seeds
- Make a wrap with a collard green leaf
- Sautéed collard greens or kale with onions, salt and butter

# SUNNY DAYS



- |             |            |             |            |               |              |
|-------------|------------|-------------|------------|---------------|--------------|
| Sunshine    | Clams      | Beaches     | Oysters    | Picnic Basket | Waves        |
| Star fish   | Beach Ball | Boating     | Frisbee    | Kayaking      | Bacci Ball   |
| Sunsets     | Badminton  | Swimming    | Volleyball | Crabbing      | Sand Dollars |
| Fishing     | Canoeing   | Sun Bathing | Shorts     | Water Sports  | Sandals      |
| Sun Glasses | Camping    | Travelling  | Holidays   | Schools Out   | Sunscreen    |
| Sailing     |            |             |            |               |              |

- Hummus & veggies
- Smoked salmon
- Yogurt sprinkled with hemp seeds or chia
- Avocado with salt & a squeeze of lemon
- Dark chocolate with a handful of walnuts or pe cans
- Apricots & almonds
- Roasted cauliflower with salt lemon and olive oil
- Steamed broccoli

Now if you combine weight bearing exercise with proper hormone balance a great diet and some additional mineral support, the bones are very likely going to strengthen and support you for the rest of your life!

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**A:** The W10 update is optional. This doesn't mean Windows 7 will stop working. If you choose updating to 10 it's important to begin backups for a secure migration, ensuring your computer's security. We can advise & help you get the necessary equipment or do it for you.

**Q: Can My Computer Run Windows 10?**

**A:** To get a definitive answer (if your current computer can handle Windows 10) you'll need to do a software & hardware evaluation, as well as the tasks that will be performed on your computer. We can always offer different update options to make your current computer W10 compatible at the best price with a free evaluation.

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## Straight from the Horse's Mouth

By Mel Kositsky

The famous Kentucky bluegrass may be tainted forever.

Following the unexpected results of this year's 145th edition of the Kentucky Derby, the horse racing world has been mired in controversy. Some of the issues surrounding the disqualification of Maximum Security in the Derby may be sorted out by the time the third leg of the American Triple Crown will be raced on June 8 in New York at Belmont, but changes to the industry may be in the works. Even the second leg of the three-race series had an incident when a jockey fell off his horse leaving the starting gate in the Preakness, but fortunately there were no injuries in either race.

Racing is a tough game involving both betting and breeding. And sometimes there is no reward for the risk. But it is a sport filled with excitement and many unpredictable endings. That's what makes it so intriguing and keeps people coming back for more!

The Kentucky Derby is still considered the most prestigious race in the world despite the fact that its \$3 million purse is less than many other big races worldwide now. That is mostly because the renown breeding industry in Kentucky fuels the world of racing. Held annually at Churchill Downs on the first Saturday in May, the race attracts major media attention and brings out the celebrities, including the rich and famous drinking their \$2,500 mint juleps! So it is little wonder that the race and the industry is getting all this unwanted attention due to the first disqualification of an apparent winner in the race's history.

After a 22-minute examination of the films and a review by the three-member judges panel, the stewards of racing decided the confusion at the top of the long stretch was enough to not only disqualify the winner but place him far back behind all the other horses which he interfered with. It has been reported that more than \$42 million changed hands when Maximum Security was placed out of the money and

65-1 longshot Country House, who finished second, was declared the winner. But it probably is a lot more. That figure would not include all the advance pools that begin in early February and attract a lot of bets, all the off-shore Internet gambling sites and off course -- those illegal bookmakers. And because of weather conditions and the late scratch of favoured Omaha Beach, Maximum Security became the race-time favourite. So many people were both disappointed and bitter over the result.

The disqualification not only costs horse owner Gary West the \$1.8 million prize for finishing first, it meant all those bettors who only play the horses once a year, left the track and the television broadcast with a bad taste in their mouths. First the decision-making process took much too long for a live event, and for an industry that has had instant replays for many years there was no need for the long delay. Play reviews in all sports are becoming controversial, as seen in this year's hockey and basketball playoffs -- and it is starting to look like technology is hurting all the games. Now that there is so much sports betting involved on all games the situation is getting a little out of hand. Especially for those addicted to social media who start with those hateful comments immediately after an incident. Everyone is an expert now and no one likes to lose!

West is busy attempting legal challenges over the Derby decision and most recently challenged fellow owners to an old-fashioned match race, saying he was willing to put up \$20 million to prove he has the best horse. That should add to the interest in June's Belmont Stakes as there could be a race within a big race should anyone take up his challenge.

There was a local interest in this year's Preakness as Vancouver's Peter Redekop had his first ever entry in the famed race. Redekop has endured -- and enjoyed -- countless thrilling moments as a revered horse owner throughout North America dating back to the 1960s. But nothing in his racing background tops his entry last month in the 144th running of the \$1.5 million Preakness Stakes.

"We thought we had a chance to be part of this year's Kentucky Derby but just missed out. Now our focus is on the Preakness and I can say it's the biggest race for me since getting into this business," said the 84-year-old Hall of Famer in a Hastings Racecourse news release prior to the race. Redekop was not at Pimlico Race Course in Baltimore when his three-year-old Anothertwistafate left the starting gate from post position 12. However he finished far back after racing wide and on the speed for most of the race. Redekop was in Calgary at his granddaughter's wedding. He has three daughters, three sons-in-law and eight grandchildren so family remains a priority. Redekop was represented at Pimlico by his nephew and fellow horse owner James Redekop, racing manager Dr. Bryan Anderson and wife Carol and, of course, trainer Blaine Wright.

Anothertwistafate, a son of Scat Daddy, was 23rd on the point list when entries were taken for this year's 20-horse Kentucky Derby field. He earned an automatic berth in the Preakness with his win in the El Camino Real Derby at Golden Gate on February 16 and went on to finish second by a neck in the Sunland Derby on March 24.

Peter Redekop has been an integral part of the Vancouver racing scene for more than five decades. His family immigrated to Canada after the Second World War and settled on a farm in Abbotsford in 1948. He saw his first thoroughbred race at the PNE as a young adult and when his real estate development business with cousin Peter Wall began to flourish, they purchased a couple of yearlings in the BC Breeder's Sale in the early 1960s. Redekop, inducted into the BC Horse Racing Hall of Fame in 2013, remains the only owner to capture the BC Derby three consecutive years with Second City in 2012, Title Contender in 2013 and Alert Bay in 2014. His first Derby win was with Squire Jones in 1994, trained by the legendary Lance Giesbrecht.

This year's BC Derby on September 7 has had its purse increased from \$150,000 to \$250,000 thanks to his generosity. Racing continues at Hastings Racecourse mostly on weekends and holidays until late October.

## PREVENT THIS YEAR-ROUND PARASITE RISK FOR THE WHOLE FAMILY

Your dog brings lots of joy and benefits to you and your family, offering companionship and adventure. But dogs also come with certain risks for illnesses that can affect humans, too.

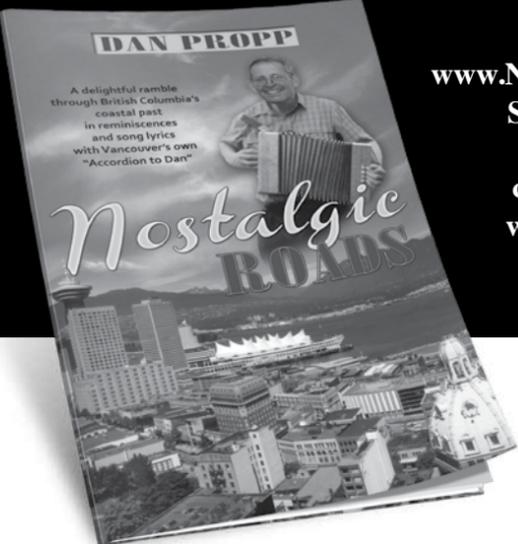
Internal and external parasites are more than just uncomfortable annoyances. They can lead to serious discomfort and diseases, which can be dangerous for both your dog and your family.

Though some parasites are most active in the summer, others are year-round pests that can survive indoors during the winter and thrive in cooler temperatures. So, it's important to protect your dog at the times they are at risk.

Committing to your family's protection against parasites doesn't have to be an unpleasant or difficult experience. You can choose an all-in-one monthly protection option in a format that is easy to give to your dog.

Talk to your veterinary team about all-in-one preventative products that are available to help protect your dog from internal and external parasites. Find more information at [parasitepolice.ca](http://parasitepolice.ca).

[www.newscanada.com](http://www.newscanada.com)



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## Cozy Corner "Lets Talk"

By Janet Isherwood

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

Are you a caregiver? Are you just plain burnt out, stressed and overwhelmed with this position?

You and hundreds of others feel the strain of being a care-giver.

I understand it all perfectly from being a care giver myself. I felt so guilty all the time and just had to do everything myself.

Recently I had the pleasure of meeting Lorraine Boshia a nurse with Shield Health Advocates

Who simplified everything for me? She explains her service this way.

"I've had a client explain my services this way: Imagine sitting at the family Sunday dinner and for the 1st time in a long time you are not talking about dad's health. You are not trying to trouble shoot his care plan (or the lack there off). You are not looking at everyone's schedule to see who can attend the next Dr appointment with him, who needs to leave work early or cancel the kid's field trip. You are not trying to figure which medications he is taking and why. Instead you are talking about you son's baseball game and how well your daughter did on her science project. You are talking about the beautiful spring weather we are having, or maybe complaining about the rain...again. But what you are not doing, is talking about dad's health. It's not because he is feeling better, it's not because you're pretending, he's well or that everyone is tired of it. It is because you have a "nurse in the family". Well it feels like that anyway. What you have is a health advocate from Shield Health Advocates. They have taken over managing every part of dad's health care. From attending doctor appointments with him to making sure he is taking him medications as scheduled.

Meeting up with you at the appointment. Appointments are short, and a great deal of information is communicated quickly, and often in medical lingo. It's easy to miss something. We will be there to help you understand it. Before the appointment we will go over a list of questions to ask. We also make sure all pertinent information is communicated to your doctor. We write up a summary after the appointment, provide any necessary education about the diagnosis or any background research on your diagnosis and/or treatment options and ensure you know what your next steps are. Background research on Doctors and treatment facilities.

Here are some adult medical conditions where we advocate on your behalf include, but not limited to: Alzheimer's disease and other types of dementia, Parkinson's, Autoimmune conditions, neuromuscular diseases, heart disease, cardiovascular disease, stroke, diabetes, respiratory diseases such as COPD and pneumonia, different type of cancers, kidney disease, surgeries, accidents, and injuries.

Hospital bedside monitoring the hospital can be very stressful place for patients. We will meet with you and help you understand what is happening. Oversee care and support you during hospitalization. We will make sure your medical team has the correct information about your past and present medical history, medications, and allergies to help avoid preventable mistakes. We advocate on your behalf to ensure all diagnoses are considered. We are present for daily rounds so that we hear all the plans. We make sure you and follow up on tests and blood work and post discharge appointments. Preparing you for discharge, to make sure you have the care you need when you get home for example rehab or wound care.

Medication Reviews Medication allergy and comparability. Sometimes allergies to medications are missed because you are getting medications from different doctors or pharmacies. Medications safety. We check to make sure medications are not expired and we also work with your pharmacist to make sure

medications do not contraindicate each other. Checking expiration dates. Checking to make sure you're taking medication as prescribed.

Caregiver support and education please know that we value your need to take care of yourself. We promise to be there for your family member while you relax and recharge! So, go ahead and take a break, go on vacation. Empowerment, engagement and education. Helping with decision-making. We are there to provide emotional support and provide resources.

Speaking Engagements Looking for a speaker for your next event?

If you are looking for a keynote speaker for your conference or event. Seminars and workshops for small or large groups. We will inform you of your rights as a patient or as a caregiver. Assisting with paperwork. We also teach about advance care directives.

Help fill out forms. Track paperwork and records. Records review and discussion.

Advance Care Directive. Previously known as a "Living Will. We speak with large groups, family groups or individuals. When (NOT IF) a medical emergency, or when you are INCAPABLE of communicating your choices for care and treatment, your Advanced Care plan (Advanced Care Directive) will assert your right to choose what you want, or don't want when it applies to your medical treatment and care.. It helps your medical team and your family and close friends in knowing and understanding your wishes, therefore enabling them to support you as you receive the care that you've chosen.

Care Home Transition we help finding a new home for your aging family member in an independent, assisted living, nursing, or memory care community?

We follow up and check in on how they have settled in. We also visit them frequently if you are not able to due to reasons such as distance or schedule conflict.

Cancer Survivor and R.N I am a Registered Nurse BSN, BAAS with over 10 years' experience in the healthcare field. In 2015 I became a health and medical patient with stage 3 colon cancer.

Being in and out of the hospital for appointments, chemo, radiation and multiple surgeries, allowed me to see the healthcare system, through the patients' eyes.

I saw a 'maze', that was difficult to navigate. There were moments of feeling overwhelmed, frustrated and vulnerable at times.

After a particularly rough day, I decided that there had to be a better way to navigate through all the physicians, pharmacies and therapies without feeling so overwhelmed. I needed to reduce stress and anxiety. It was clear, something had to be done.

My experience as a nurse equipped me to advocate for myself. I wanted to do the same for others who felt the same frustration.

Today I use my knowledge of healthcare and experience as a patient to make a difference in people's lives.

At Shield Health Advocates, we help and guide clients and their loved ones all over BC's Lower Mainland by empowering them and giving them peace of mind.

We are a team of highly trained professionals whose only goal is, to make sure that you and your loved ones are empowered and educated on all aspects of your health. We equip you on how to reduce stress in your life.

As an independent Healthcare Advocate I work for YOU. My only loyalty and responsibilities are to you. Professionals who work for a hospital, clinic or care facility are employees of that organization and work on its behalf to help improve care, control costs, minimize risk and exposure, and effectively transition their patients to the next setting. Although they are committed to providing you with quality medical treatment, their ultimate responsibility is to that organization—not you. These professionals typically only provide services to you while you are in their facility.

Recommendation: If you or a loved one are hav-

ing issues with the care that you are receiving in a medical facility, need help outside of a medical facility or may need ongoing assistance with your health-care, hire an independent professional to assist you. That way, you have confidence that they are working for you and have your best interests at heart.

Helping Health Care Providers

We have been gaining support within the medical community. From doctors who now find that their appointments are more productive, to social workers and case managers who feel they have an extra set of eyes on clients in the community. Finally someone who can not only help the patient express their concerns but also translate the medical jargon to them. That's because doctors and other health care providers recognize there's value in having a nurse working exclusively on behalf of a patient.

Payments

As our services are privately paid, usually paid directly by the patient or their caregiver. Some employers have begun providing patient advocacy support to their employees, and some

Churches are providing this type of support as well. We work directly for you."

I felt calmer just reading her statement and knew this had to be shared with my readers. I hope it will give you all (caregivers) a fresh outlook, knowing there are groups out there that are

There for you!

Lorraine Boshia BSN Founder/Health Advocate at ShieldHealth Advocates

[www.shieldhealthadvocates.com](http://www.shieldhealthadvocates.com)

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

[cozycornernews@gmail.com](mailto:cozycornernews@gmail.com)

## SPRING CLEANING A GREAT TIME FOR STARTING SIMPLE PROJECTS



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](http://www.newscanada.com)



## Write as I Please

By Mel Kositsky

Do you remember when "green" was the colour of money and going green meant you may be coming into a wad of "greenbacks"!

Now with climate change theories going all over the map, very little has actually changed. The green economy is all about making money but in some cases it is a different set of people cashing in on a changing world of business. And in Canada now there is no greener industry than the "pot" business.

It seems these days that some people are not satisfied with teaching others, especially the younger generations, that global warning is forcing us to make lifestyle changes. They have to push their agenda on all of us and pushing their ideas too hard in many cases. Lately there are a number of politicians running around declaring a "state of emergency" on climate change. This scare tactic is unlikely to work and will likely turn many people off their message. And that will just hurt their cause.

Why do we have to call these people "environ-

mentalists" Isn't everyone a keeper of the earth in their own way. Do these "chicken littles" actually practise what they preach? Do they take short showers and actually turn off the water when brushing their teeth? They have no issues driving and flying around the world, burning up fuel that they are always against, but then they could probably rationalize their efforts as the cost of expanding the movement. Funny, you never see much protest against space exploration. And doesn't that burn up a lot of fuel!

Electric vehicles are only an option and they are mostly purchased by the rich academics and governments. And gas prices keep going up for the average person while all the huge rebates and "free" charging stations are available to those who can more than afford to pay their own way. We seem to go in circles when dealing with the environment. More trees have probably been planted in the last decade because of development because they enhance new communities -- and people need a place to live and that means more housing. But at just about any public hearing people show up to complain and want strict tree bylaws to be enforced in their areas, rather than compromising and allowing life to proceed in a responsible fashion. Too many people love to protest rather than compromise and work together to build new liveable communities.

We welcome thousands of new residents into the various areas of the Lower Mainland on a regular basis, if not daily. Despite the high cost of living people want to come here -- and mostly because of the environment! They are not coming here to destroy it. They are coming from other parts of Canada, many from the United States and other parts of the world. They will need a place to live and that will require improved infrastructure, like transit, to make it work. Not all people drive "gas-gugling" cars --

some are used to taking buses and trains in order to get around. Some might even prefer bicycles despite constant wet weather conditions here.

Some people may remember former U.S. Vice-President Al Gore. Did he make a fortune running around the world doing lectures and films about the environment and then slide into a well-heeled retirement while others took up the movement. How many others are getting rich pushing one side of the agenda and finding free advertising in a left-leaning media world and on social media sites. These people need to settle down and let people enjoy life. Things are hard enough for many without having to worry about false "emergency" claims.

Active seniors are now getting ready for the 55Plus BC Games to be held in Kelowna from September 10-14. There is something for everyone who wants to participate -- from archery to darts and lawn bowling, -- as well as team sports. Even card games such as bridge and whist are on the menu of this year's 32 activities. Volunteers are also needed to help put on the show, whose theme is "For Life, Sport and Friends". To register, or for more information, check the Games' website at [www.55plusBCgames.org](http://www.55plusBCgames.org).

Canada it is time to celebrate! Later this month we welcome in summer and there are a series of events across this nation which are official celebrations. Celebrate Canada has designated the latter part of the month with specific dates, starting with National Indigenous Day on June 21. That is followed by the French holiday on June 24 known as St. Jean Baptiste Day and the official Multicultural Day in Canada is June 27. Look for various celebrations and activities in your communities to mark these days. Of course, this all leads up to our birthday -- Canada Day on July 1st. Enjoy these wonderful celebrations!

## OVER 60? KEEP AN EYE OUT FOR COMMON VISION PROBLEMS

As we age, we come to appreciate the simpler things in life whether it's playing with grandkids, taking up a hobby or finding more time for a good book. Whatever activity brings you joy, don't let the loss of vision affect your independence.

Age-related macular degeneration (AMD) is the most common cause of poor vision in Canadians over the age of 60 and one of the leading causes of vision loss. While peripheral vision is usually unaffected, people with AMD lose the sharp, straight-ahead vision used for driving, reading, recognizing faces, and looking at detail. Though AMD doesn't always lead to complete blindness, it can sometimes significantly impair simple daily activities. Over time, the areas of vision loss may grow larger or denser or you may develop blank spots in your central vision.

If detected at an early stage, there are treatments that can decrease AMD's rate of progression. You can take steps to prevent or reduce vision loss with these tips from the Canadian Ophthalmological Society:

Get regular comprehensive medical eye exams. People over age 65 should get an exam at least once every two years.

Quit smoking. Smokers are twice as likely to develop AMD compared with a non-smoker.



Know your family's eye health history. Before you go in for your next eye exam, speak with your family about their eye health history, as it may prompt your ophthalmologist to recommend more frequent eye exams.

Eat well. Studies show that people who have a reduced risk of AMD have diets rich in omega-3 fatty acids, such as salmon and walnuts, and omega-3 enriched foods like yogurt and eggs.

Stay active. It's important to maintain regular exercise to not only keep a healthy weight, but also

reduce the risk of developing AMD.

Leading an active, healthy lifestyle and getting regular eye exams are important to saving your long-term vision, especially after age 60. Speak to your eye doctor about your eye health and the steps you should take to ensure healthy eyesight for years to come.

Learn more at [cos-sco.ca](http://cos-sco.ca).  
[www.newscanada.com](http://www.newscanada.com)



# HAWAII'S HUALALAI: INVESTIGATING KONA'S VOLCANO



**By Rick Millikan**

Above Kona, Hualalai volcano beckons! So boarding a comfortable Hawaii Forest & Trails van, we travel upcountry past coffee estates and homes bounded by huge tropical plants. Further up, feral chickens dart from borders of red ti plants, blossoming orange ginger and lacy tree ferns.

"Eight centuries ago, Polynesians brought this jungle fowl," guide Taj remarks. "You've likely seen later introduced birds at your resorts: yellow saffron finch, Java sparrows, common mynahs and red Brazilian cardinals. Most of Hawaii's indigenous plants and animals live at the highest elevations."

Veering onto a gravel road, Taj stops to unlock a gate and drives into a rugged fenced area. Our group of ten piles out amid some gnarly shrubs and trees. To protect these critically important and endangered ohia, we brush and sanitize our shoes. Re-boarding, the van bumps and grinds on through two more gates.

Parking in a large clearing, Taj distributes bamboo hiking sticks, water, snack bars, rain ponchos and shoulder packs. Scrambling up a slope, we view a huge volcanic fissure and sweeping panorama. Taj points out Maui's distant Haleaka crater, Hawaii's northern Kohala crater and Kona's dramatic lava-strewn coastline. "The Island of Hawaii's five shield volcanoes lie dormant after thirty-five years of eruption. Hualalai last erupted in 1801," Taj smiles. "Volcanoes typically sleep for 200 years. Listen... anyone hear a rumble?"

Advancing toward a grove of Koa trees, five bright red i'iwi fly overhead. Awed by this rare sighting, Taj tells us these beauties' long beaks draw

nectar from the ohia's scarlet blossoms. Our trail leads us over crunchy black lava covered with silvery green lichen.

A spidery organism drapes numerous ohias. "Nonparasitic, lichens are harmless, symbiotic organisms of algae and fungus," Taj explains. "As protection, they've developed silver filaments filtering dangerous ultraviolet light."

Taj explains the nature of our pathway. Passing between numerous little green bushes spiked with branches colourful dangling berries; Hawaiian birds thrive on them. Endemic geese called nene prefer purple berries. Hawaiians fondly named its bush the purple goose poop plant. Though seldom seen, red 'apane chirp melodically in the forest canopy. Their repertoire contains over 300 songs. Beside a trailside fern, feral pigs had evidently rooted up a meal. Brought in canoes, we learn they now far outnumber human islanders.

Our group soon arrives at a lava tube. A francolin, a large brown game bird from India, greets us above its entrance. "Blazing magma forms these lava tubes," Taj tells us. "It freezes after contacting much cooler surface air. Frozen upper layers insulate the lava's flow. These tubes can extend over 20 miles...and collapsed layers create skylights."

This skylight entrance resembles an enormous

snake's mouth baring a row of stalactite fangs. Rappelling into its rocky throat, we pass through its gullet. Midway, another skylight illuminates our short serpentine route around fallen jagged rocks. Scrambling over blocks of basalt, we ultimately exit onto another well-marked trail.

Smooth pahoehoe lava paves much of our upward path to Hualalai's largest crater and 2,000-meter summit. Black, grey and rusty red streaks layers recall its fiery past. Once holding a molten lake, its cauldron now sleeps. Skirting the rim downward, our route encounters a smaller crater, where new growth thrives on rich volcanic soils. Back aboard the van, we roll down to Kailua to visit Kona's newest brewery.

Touring its modern facilities, we learn Ola Brew produces a unique range of beverages based on locally farmed fruits and grains. We sample delightful lagers and an IPA featuring grapefruit. Ciders from dragon fruit, passion fruit and white pineapple further quench our thirst. It's a tasty conclusion to this Big Island adventure!

To plan your trip:  
See [www.hawaii-forest.com](http://www.hawaii-forest.com)





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# Your Neighbourhood Denturists

*Darren & Colin*



## Partial Dentures

Patients missing one or more natural teeth may be candidate for a partial denture. Rather than struggling with a gap between your teeth, partial dentures restore your smile, make it easier to eat and talk, and stop your remaining teeth from shifting in your mouth. If you already have an upper denture but you're missing some lower teeth can it negatively affect the alignment of your jaw and the fit of your upper denture.

Denturists fabricate partial dentures from various materials and using various methods to give you the best function and aesthetics. After a consultation, they'll suggest the best options to replace your missing teeth. They may suggest one of the following options:

### Cast Metal Partial Denture

Partial dentures made with a metal framework are for people that need a long term solution to their missing teeth. They are made from a combination of metal and denture acrylic for strength, function and durability.

Most cast metal partial dentures use a light weight material called chrome cobalt along with denture acrylic. Titanium is another option for people with metal allergies.

Depending on the design of your partial denture, the metal clasps that secure around your teeth may be visible. We are able to provide our patients



Cast metal partial denture

with a superior aesthetic option made from Valplast® acrylic. These clasps are tissue coloured and an excellent option for people with a high smile line or want to hide the metal clasps on their partial denture.

### Acrylic Partial Denture

Acrylic partial dentures are made out of gum coloured denture acrylic. They tend to cost less and is an excellent option for patients who need a temporary, transitional, or immediate partial denture.

### Valplast® Flexible Partial Denture

Valplast Flexible Partial Dentures are popular because they offer durability, malleability, and excellent aesthetics. The colour, shape, and design of Valplast partials blend seamlessly with the natural appearance of the gingival tissues. Valplast is also used to replace the metal clasps in a cast metal partial denture.



Valplast® Flexible Partial Denture

### Adapting to Partial Dentures

At first your partial denture may feel bulky however, you'll adapt to it within a few weeks of wearing it. It may also take time to learn how to insert and remove your partial but your denturist will show you the proper way to do it.

Partial dentures will occasionally need an adjustment since your mouth is constantly changing. See your denturist if the partial denture loosens or it causes you pain. A simple adjustment will help you avoid sore spots or damage to your existing teeth and prolong the life of the partial denture.

Remember to see your dentist for regular examinations and teeth cleaning. Partial dentures are fabricated in collaboration with your dentist or one we have confidence in.

*Confidence Starts with a Smile*

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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](http://www.yourdenture.com) or call the clinic to set up an appointment for a complimentary consultation.



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