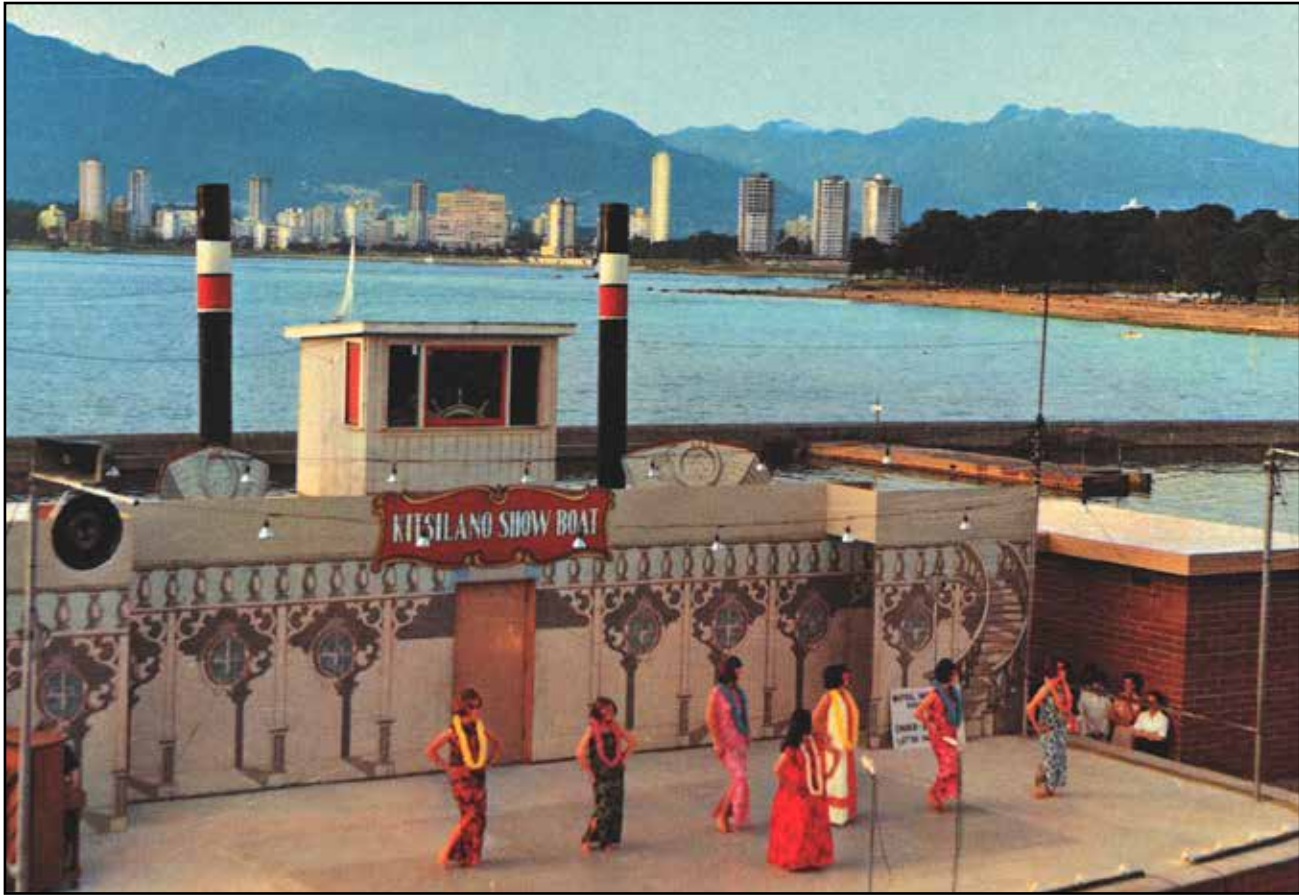


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NEWSMAGAZINE



A 1950s Vancouver postcard (?) (Photo Dan Propp) Full Article Page 3

APRIL - 2020

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FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE

K-TEL CLASSICS

RAINDROPS KEEP FALLING
ON MY HEAD

ANOTHER SATURDAY
NIGHT

TIE A YELLOW RIBBON

RHINESTONE COWBOY

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A picture certainly can be worth a thousand words of nostalgia, discovering an old Vancouver post card at a garage sale or thrift

shop.

POSTCARDS OF VANCOUVERS PAST

Oh my, that old Ma and Pa store, city view motel. Those years still reach the shore, powerful images that ring many a bell. From Robson Street to Commercial Drive, Kits and Kerrisdale they help our memories survive, Perhaps printed by Grant Man, Evergreen Press, published by Gowen and Sutton, Coast, Natural colour cards by Vancouver Magazine. Such wonderful feelings they can reprise one must confess, printed perhaps when you and I were just a teen.

Do you still feel more comfortable with pints, quarts, miles per hour, fahrenheit, yards and feet. Do you recall how the Imperial system was drummed into us way back when in elementary school.

MYSTIFIED By METRICS STILL

Some of us seniors remain *de feeted* by metrics. Trying to inch along with centimeters as the new rule.. We still feel removed by the ethics. Many of us, as youngsters, were Imperially conditioned by the ever changing norms at school.. With the pints, quarts and all that was familiar, like fahrenheit, deep down, we still feel rather uncomfortable measuring and weighing so many concepts with a completely altered appetite.

So many people from all over the world are coming to Canada. I came here at age five from Bolivia, South America in 1950 and couldn't speak a word of English. There was no ESL in those days and sink or swim is all you could hope for. Today, immigrants also have to try and digest both English and French. Thus, the following bit of punnerey to ponder

THE ANGUISH OF A NEW LANGUAGE

Theres a rubber band and a brass band. You have to both contract and expand and face the music of this language called English to understand. Say cheese, cest fromage, smile, Say damage learning two tongues in our land,

Comprehending Too, two,to, and if thats not enough. Were, where, and wear. As it were, "pip pip", old boy we still remember those expressions everywhere. How about a tongue twister tutor who tooted a flute tried to tutor two tutors to toot. Said the two to the tutor is it harder to toot or to tutor two tutors to toot....folks its no picnic learning both languages, cest dommage, its tough. Wow, what new immigrants today have to pursue!

Plus all the exceptions in grammar and expressions to *boot*. It aint easy todays ESL route and all the peculiar subtle nuances to discern.

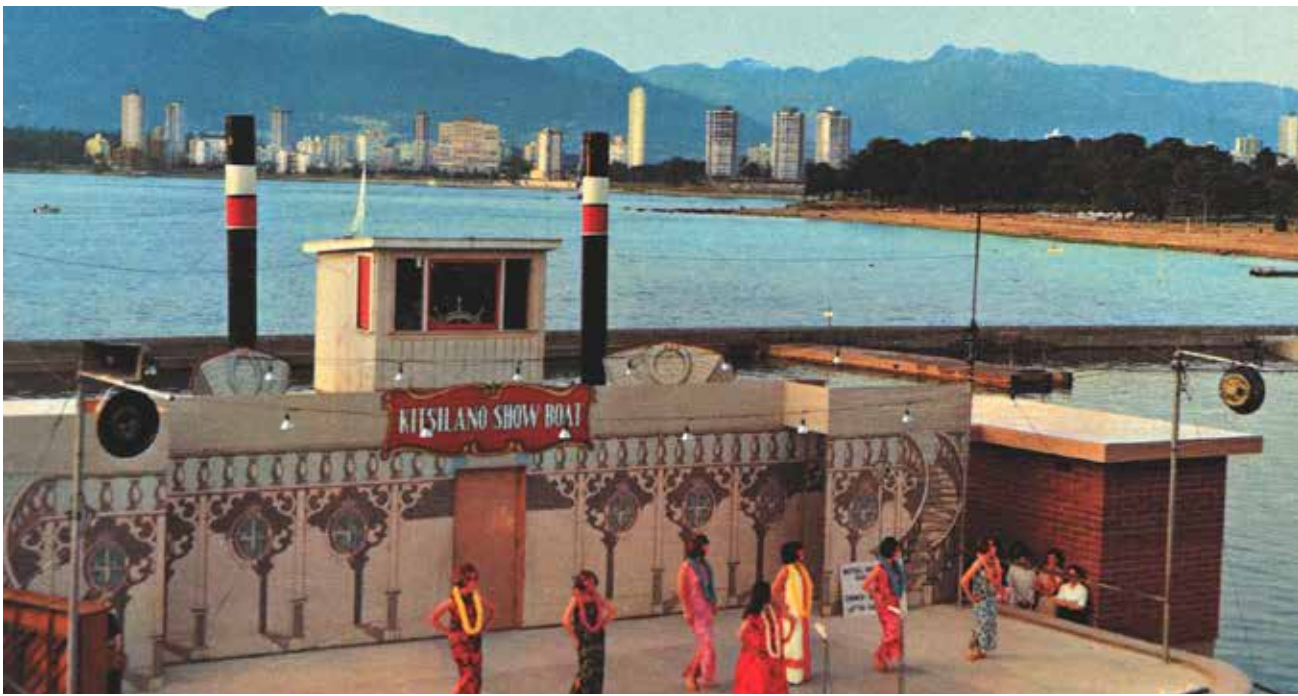
Oh well, I guess thats show biz. Sinatras record label! if memory serves correctly, was Reprise... The following might put some of us back into an old groove

THEM THOSE DAYS

She was a wild and lovely Rose. Does that bring back Al Martino? Fairy tales come true, sung by Sinatra, Jimmy Durante, Dino, so many of those. Remember when Dean ended a show with..."keep those cards and letters coming, wont you?" That was really a great program on the old 21 inch tv, eh? Do you recall Bob Newharts, THE DRIVING INSTRUCTOR, monologue. How about his comedy skit, The USS Codfish. Remember Danny Kaye and his film Hans Christian Anderson, singing The Ugly Duckling, does that a bit of childhood perhaps jog?

From CBC do you recall moderator Fred Davis on Front Page Challenge. With Gordon Sinclair, Betty

ACCORDION TO DAN



Phillips, Jack Webster, and Pierre Burton. How about on radio, The Happy Gang, without a tv screen how did we manage? Do you recall the old shortwave radio that sometimes could even pull in a signal from the Iron Curtain.

Then with Sputnik the whole world orbited in a changed direction. Goodbye, vacuum tubes, hello transistors, computers yahoo,. Looking back at the mirrors of many yesterdays, time for a few reflections to ponder, me and you.

So here we are today with many folks, world wide, are purchasing masks in bulk. Apparently, the good ones contain rubber. Suddenly the prices have skyrocketed into orbit. Some might suggest.... what you have to pay for them now is *highway rubbery*.

Please visit www.Nostalgicroads.Weebly.com

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

Photo Top:
A 1950s Vancouver postcard (?)
(Photo Dan Propp)

REGARDING TODAYS SENIOR NEWSMAGAZINE

To our valued readers, advertisers and supporters: During the Covid-19 situation for which we are all unfortunately having to endure at this time, we won't be taking any mailed in classifieds or placing new mailed subscriptions at the current time it may be necessary to suspend both of those services until the current situation resolves. At present we will be placing future editions online.

Todays Senior newsmagazine has been supporting community interests for over 25 years and we hope to remain as operational as possible however we will be significantly impacted by the current situation. Currently our staff is able to work remotely to prevent risk of exposure.

Many business's we work with have felt the impact as well and have had to close their doors temporarily . We realize that many will not have access to this edition of the paper so we invite you to visit us online by going to our website and telling your fellow readers that we are still here.

We encourage readers to visit us directly at.
<http://todaysseniornewsmagazine.com/>

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ELGIN PARK AND HISTORIC STEWART FARM HOUSE



Peaceful picnic on Historic Stewart Farm lawns. Photo Ursula Maxwell-Lewis



Junior docents at Historic Stewart Farm. HST photo

by Ursula Maxwell-Lewis

Navigating the Coronavirus social minefield safely can't be underestimated. That said, the overwhelming need to escape the self-imposed four walls surely can't be ignored, either.

Fortunately, Lower Mainland spring weather combined with wide open spaces offer locals some effective alternatives while still observing sanitizing and social distancing caveats.

South Surrey's Historic Stewart Farm House at 13723 Crescent Road is flanked by expansive lawns, a native garden and a summer vegetable garden. Situated on the banks of the winding Nicomekl

River picnic tables offer visitors a chance to admire farmlands and distant mountains while munching bring-your-own lunches and snacks. A roam around the grounds, birdwatching, and inhaling some fresh air should 'blow away the cobwebs', as pioneers might say.

John and Annie Stewart built the house in 1894 in the popular Victorian style of the time. A white verandah adds grace to the home. Tea is often still served there in the summer by costumed docents.

Wall paper and furnishings reflect the 1890s lifestyle. Like most homes of the era, the prominently displayed family bible and piano are reminders of a bygone lifestyle.

A fine reproduction wood-burning stove anchors the kitchen which is flanked by a scullery for washing up, plus a pantry. Docents fire up the stove during the fall and winter and bake fresh scones and other tasty treats for visitors to sample. Like most homes, the kitchen is a gathering place for a convivial chat about food and local life.

The servants' stairs leading off the kitchen at the back of the house brings visitors to Ming Wah's room. Nicknamed 'Jim' at the time, this is a simpler room, but ensure you take time to read the unique history of this Chinese domestic servant and honoured Surrey resident.

Spring and early summer blossoms on the heritage apple orchard trees make flattering selfie backgrounds, as does the pole barn, boat shed and canoe and boat dock.

If you're inclined to volunteer at this City of Surrey-owned property, there's an active garden committee, but the lone orchard volunteer would particularly appreciate some assistance from anyone with knowledge of orchard care, apple growing or related subjects. Speaking as an occasional garden volunteer I

can confirm that it's a soul-renewing, rewarding, place to spend a few summer hours. Garden vegetables and plants are chosen to reflect those Mrs. Stewart would have selected for her family.

Sadly, Seedy Saturday which is normally held in April has been cancelled this year due to Covid-19, but the garden's heritage seeds are available for \$2 per package when the house is open.

For more information contact HSF Manager Jerrilyn Spence at (604) 591-4798 or check the website <https://www.surrey.ca/3464.aspx> for upcoming teas and celebrations ... when life returns to normal, of course.

Elgin Park which flanks HSF to the west of the entrance is an often missed bonus. Well-defined forest trails meander through an impressive assortment of ferns and towering old growth trees. Great for photography, too.

The Lower Mainland is blessed with a plethora of parks. Perhaps this is the perfect opportunity to escape 'Breaking News' and get out to explore them. Look for a list of them on any city website.

Wherever you go please observe the hygiene and social distancing rules required to combat this beastly virus. Most importantly - stay well. Together we'll get through this.

Admission to the house (closed Mondays) is free courtesy of the Friends of the Museum and Archives Society. The park gates are open year-round from dawn until dusk. Parking is free and plentiful with one car park at the house and another on the west side of Elgin Park.

Ursula Maxwell-Lewis is a past president of The Friends of the Museum and Archives Society. She can be reached at uttravel@shaw.ca

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ABOUT CORONAVIRUS DISEASE (COVID-19)

WHAT IT IS

COVID-19 is an illness caused by a coronavirus.

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

PREVENTION

The best way to prevent the spread of infections is to:



- ▶ wash your hands often with soap and water for at least 20 seconds



- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands



- ▶ avoid close contact with people who are sick



- ▶ when coughing or sneezing:
 - cover your mouth and nose with your arm or tissues to reduce the spread of germs



- immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards



- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.



- ▶ stay home if you are sick to avoid spreading illness to others

IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:



- ▶ stay home to avoid spreading it to others
 - if you live with others, stay in a separate room or keep a 2-metre distance



- ▶ call ahead before you visit a health care professional or call your local public health authority
 - tell them your symptoms and follow their instructions



- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

FOR MORE INFORMATION ON CORONAVIRUS:

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@ canada.ca/coronavirus

✉ phac.info.aspc@canada.ca



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FINANCIAL NEWS

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

ARE FINANCIAL HEADLINES KEEPING YOU AWAKE AT NIGHT?

There is a great deal of uncertainty right now with everything going on around coronavirus. Global markets are falling drastically and when markets go down, our instincts tell us we should do something. We're inclined to panic and sell our investments or stop contributing altogether. But is that the best approach?

"I'm writing to you in awe and wonder at the equity market's staggering decline. It has in some respects been historic, and a couple of the milestones have been established through March 16th and they are quite remarkable. After almost 35 years of experience and having survived multiple 20% bear markets and two episodes in which the S&P 500 was cut in half, I can tell you definitively that these are moments when I see my role as helping people contain their fears. Keeping people from doing what might feel like a relief now but what is sure to represent a mistake in hindsight. Refocusing people on the reason they're investing in the first place, and the things they want to be able to fund far into the future.

Observe:

•The S&P 500, which recorded an all-time high close at 3,386.15 on February 19, closed today at 2,386.13. At that level, it is down 29.53%. Since the end of WWII, **this is by far the fastest the market has ever gone from an all-time high into**

a bear market (26 days or, if you prefer, 18 trading days). The previous record was in 1987, when the decline took eight weeks to reach minus 20%. No other postwar decline comes even remotely close.

I think it would be a mistake to view this market as being in free fall. Rather, it is in a power dive. One can choose to be unnerved by this. ***Riding out this historic decline is how investors will earn the premium returns of equities when the firestorm of terror burns itself out and the permanent advance resumes.***

I have been asked this question a few times this past week. "Why don't we just sell everything and wait this out? Get back in when the dust settles? These clients are asking out of genuine curiosity, not just panic or fear. And it's a great question. The great answer is that you won't know when the dust settles. There's no airplane writing the "all clear" in the sky above your neighborhood. And when the dust settles, do you think stocks will be at their lows? Or will they have already rallied furiously, in anticipation of this? Let me give you an example. Today is March 16th. Eleven years ago, in 2009, the stock market stopped going down. There was no reason. The dust had settled, without fanfare or any sort of official announcement. If you had polled people that day, or week or even month, most would not have agreed that we had seen the worst. The economic headlines were not improving. But there it was. **And by June 1st, less than 3 months later, the stock market had climbed 41% from that March low.** And even with that having happened, many participants still weren't clear that the dust had fully settled. That we had, in fact, seen the worst. There were still people calling us 3, 5 and 7 years later who had gone to cash and still hadn't gotten back into stocks. They missed a new record-high a few years later and hundreds of percentage points in compounding on their assets.

You have all heard me say that the markets are a forward-looking vehicle and that we are aware that your fund managers have been active buyers in this selloff. We expect a fast a furious recovery when it comes based on the global stimulus measures put in place over the last couple of weeks. Markets globally are looking cheap.

As I have said in the past "Stay the Course" and "Stay Focused" on the reasons for

your investment strategy and you will be richly rewarded when this firestorm eventually burns itself out.

This year I heard the saying "This too shall pass" for the first time and given what has happened throughout history. It has always been the case.

Recent surveys show that investors are looking for alternatives and advice in this time of uncertainty. It is for this reason I am reminded to write about the benefits of Guaranteed Investment funds (GIF) for investors looking for safety, security and the opportunity to participate in the upside of the markets, and to be able to sleep at nights.

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Investments from insurance companies are called Guaranteed Investment funds (GIF). GIF offer solutions that allow you to invest in mutual funds and guarantee that at least either 75% or 100% of your principal is protected over a specified period. They have a Death Benefit feature that guarantees at least 100% of your original deposit minus any withdrawals, on death. Some have a death benefit guarantee that will annually reset and lock in the market value if it is higher than the deposit value, an important feature for estate planning. They also offer the ability to name one or more beneficiaries. This allows you to direct the value of those investments, at the time of your death to individual(s) you have designated within your contract in a manner that is private, outside of your estate, while bypassing the expense and inconvenience of probate. The settlement and transfer of these proceeds to your beneficiaries is quick and seamless.

If more Canadians knew about these investment solutions, they would sleep better at night. They would have peace of mind knowing that they do not have to worry about what the markets are doing. They have guarantees that will protect what they have worked hard to accumulate and not have to worry about losing it or living on lower income.

To find out more about GIF investment solutions for Estate planning and Income guarantee, contact your financial advisor or Rick Singh at 604-535-3367 or email: rick@crsfinancial.ca

Financial Advisor

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Rick C. Singh
Hon. BA, CPCA

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THE PHARMACIST REVIEW

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

“THE DOCTOR WILL SEE YOU NOW” DURING COVID19 PANDEMIC

Diligent personal hygiene and social distancing or self-isolation are the most powerful tools everyone in the community must practice in order to expedite the return of our lives to the way they were before this devastating Covid19 pandemic. You must have heard the following a thousand times now: Do not go out if you don't have to. Stay home away from others if you have a fever or have been traveling in the past 2 weeks. Do not touch your face (including your eyes, mouth, nose) before thoroughly washing your hands with soap and water for a minimum of 20 seconds. Distance yourselves from others for a minimum of 2m. Just do it!

The best way to see a licensed Canadian physician on short notice or if your GP is unavailable is to use a refreshing telemedicine service like BC-based “CloudMD” (CloudMD.ca). During the pandemic, stay away from crowded clinics

and hospitals to avoid contact with infected individuals and to free up resources for those who really need it. Use CloudMD for you and your loved ones, young or old. The CloudMD doctors are available 7 days a week during typical business hours (M-F 9am-7pm; Sat-Sun 9am-5pm; to be expanded), and they can easily be accessed via an app on your smartphone, on your desktop computer, or even at a kiosk at a local pharmacy (currently available at 5 pharmacies in the Lower Mainland, including Cloverdale Pharmasave and Pharmasave Steveston Village). They offer a wide range of services to ensure continuity of care during the pandemic as well as going forth, such as giving you medical advice specific to Covid19 (physical, mental, etc.), refilling your prescriptions, assessing skin conditions, urinary tract infections, and many other non-emergency diseases. They can prescribe non-narcotic medications and send the prescription directly to your favourite pharmacist team. The doctors can also refer you or write you a sick-note if needed. They have nurses that will follow-up with you in a few days, as needed; who does that now, right?

During this Covid19 pandemic, please stay home and help stop the spread of the virus. Use the CloudMD app for medical advice. You can even check for the available appointments on the app or online and book an appointment ahead of time. You will get a reminder on your phone. Be on the app 5 minutes prior to your appointment... The doctor will see you now! CloudMD.ca

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

SURREY HOSPITAL FOUNDATION'S 5TH ANNUAL GALA RAISES OVER \$1.35 MILLION IN SUPPORT OF SURGERY AT SURREY MEMORIAL HOSPITAL

On Saturday, February 22, 2020, 680 local business, community, medical, and philanthropic leaders attended the 5th Annual Celebration of Care Gala at Aria Banquet Centre in Surrey. \$1,352,000 was raised for innovative equipment purchases for the region's largest and busiest surgical centre at Surrey Memorial Hospital.

Surrey Hospital Foundation hosted the sold out event, themed after a glamorous, Hollywood-style after party. The gala began with an exciting red carpet experience where guests were fawned over by actors portraying Hollywood paparazzi. Emcees Keri Adams and Jason Pires of CTV led guests through the evening featuring dinner by Peake of Catering, and impressive entertainment with Vancouver's pre-eminent DJs, DJ Chloe and DJ Pri. The live auction, led by beloved showman, Fred Lee, was a highlight of the event. After dinner, guests indulged in a dynamic dance party with Vancouver's legendary Dr. Strangelove Band, with special guest Keri Adams.

“Our fifth annual gala was a great success,” says Jane Adams, President & CEO of Surrey Hospital Foundation. “In the past five years our gala guests have raised over \$10 million for Surrey Memorial Hospital. This year's gala was about excellence. It was about supporting the excellent surgeons we have in Surrey, and attracting more. In the race for exceptional medical talent, Surrey must win. Our residents deserve the very best.”

This year's Gala Committee was led by Gala Committee Chair, Sonia Virk of Virk Viyas and Associate Lawyers. It was generously supported by over 40 sponsors, including Berezan Group and EllisDon who returned as Presenting Sponsors. Starline Windows, Qualico, and Blackwood Partners returned as the Dinner, Reception and Entertainment Sponsors. Surrey Honda generously donated a hybrid vehicle to the event raffle, and RBC enlisted the help of their Youth Ambassadors to help welcome guests to the event. Westland Insurance joined the gala as Valet Sponsor, Newway and RBI were Diamond Sponsors this year, and Leith Wheeler returned as Silent Auction Sponsor. Heritage Office Furnishings and MNP joined the gala as Décor Sponsor and Wine Sponsor, respectively. Marathon Homes returned as Photo Booth Sponsor. Gold Sponsors included: BMO, Coast Capital Savings, Deloitte, Envision Financial, Guildford Town Centre, Hayer Builders Group, Murray Latta, Nanak Foods, Second Cup (Surrey Memorial), TD, Virk Viyas and Associate Lawyers. Silver Sponsors included: Basran Wealth Management, Century Group, K-Bro Linens, KDS Construction, Manning Elliott, PearTree, Pitt Meadows Plumbing and Searay Foods. In-kind sponsors included 99 Nursery & Florist, Print Advantage, Aria Banquet & Convention Centre, BC Event Management, Bell Media, Black Press Media, Darpan Magazine, Drishti Magazine, Post Media, RedFM.

For more information, please visit surreyhospital-foundation.com/gala.

TRAVEL INSURANCE: WHY IT'S A MUST-HAVE

Unexpected snowstorms. Airline strikes. Political crises. In a day of seemingly random climatic events and other disruptions, it's more important than ever to have good insurance when you travel. Here's why:

Flexibility. Your insurance can help provide flexibility when it comes to unexpected circumstances. Cancellation benefits prevent losing your travel investment, often allowing you to get reimbursed for prepaid or non-refundable bookings. Being covered for a costly hotel room if your flight is cancelled or significantly delayed is another benefit of thorough travel insurance. Many policies also offer protection if your cell-phone is lost or stolen on the road, or even at home.

Health coverage. If you're a Canadian, leaving your province or the country can be an expensive proposition if you get sick. Hospital costs in the U.S. are particularly enormous, with bills that can quickly rise into the tens of thousands of dollars and sometimes far beyond. Having insurance will make it easier to access the health-care services in the destination you're visiting and can help you get back home.

Finding your way. Even with a GPS, it can be confusing to navigate the roads in a country where the signs aren't in English, or if you're in a country where they drive on the left side of the road. All of those are solid reasons to invest in

travel insurance with rental car coverage.

Always check what is and what is not covered to ensure you have the protection needed for your specific travel plans. If you have questions, call your credit card provider for details.

Protect your investment. When you've invested so much energy and time into your dream trip, it's critical to make sure you have insurance to guard against the unforeseen. Folks who have a credit card like the CIBC Aventura Visa Infinite Privilege Card are covered by an umbrella of benefits that includes everything from sudden medical issues to stolen or misplaced cell phones.

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SHUVINAI ASHOONA INSPIRES AT VANCOUVER ART GALLERY.



Article & photos by Lenora A. Hayman.

Shuvinai Ashoona: Mapping Worlds from Feb.22 to May 24 at the Vancouver Art Gallery, is a series of delicate paintings by Shuvinai Ashoona, an Inuk artist from Kinngait (Cape Dorset), on Dorset Island, near Foxe Peninsula, at the southern tip of Baffin Island. She inherited her artistic ability from her grandmother Pitseolak Ashoona (1908-1983) and first cousin, the Sobey Art Award-winning graphic artist Annie Pootoogook (1969-2016).

Shuvinai Ashoona uses pen and ink, coloured pencils and oil sticks to superimpose drawings within drawings. Her “Birthing Scene” shows a blue-haired girl whose feet are claws, giving birth, not only to a child, but also wee, blue planets. The midwife behind her is a huge, yellow bird with a polar bear foot. World globes appear in several works showing nature and

culture enmeshed in each other.

Another painting shows 2 people cutting a seal to share with the community.

Also a sketch portrays “The World in Her Eyes”.

The West Baffin Eskimo Co-operative(est. 1959) and its art-making arm Kinngait Studios has unfolded a successful arts community.

Enjoy Shuvinai Ashoona’s imagery of human-animal hybrid creatures, barren landscapes and octopi monsters!



TOP: The World in Her Eyes, by Shuvinai Ashoona.
BOTTOM: People Cutting Seal, by Shuvinai Ashoona.



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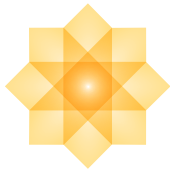


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STOP THE SPREAD OF UPPER RESPIRATORY INFECTIONS

The common cold and most other upper respiratory infections are caused by viruses. Upper respiratory infections are acute illnesses that affect the nasal passages and throat. In fact, viral infections like colds are one of the leading causes of unplanned time off work and school. The average adult experiences two to three colds every year, and children can have even more.

To help stop the spread, Walid Shammass MD, VP scientific affairs, Avrio Health Canada, shares his top tips to help you stay healthy this cold season. Wash your hands.

The single most effective way to stop the spread of viruses is to wash your hands regularly.

It seems obvious, but many Canadians aren't doing it. Wash your hands thoroughly with soap and warm water, especially after touching any shared surfaces such as door knobs, public transit, money, shopping carts and elevator buttons.

Avoid touching your face.

A study conducted by the University of New South Wales observed that people in the study touched their face up to 23 times per hour, and that almost half of all face touches included the nose, mouth and eyes.

Viruses that cause colds enter the body through the upper respiratory system, with the nose and mouth being key entry sites. To prevent the spread of viruses, avoid touching your face where viruses can easily transfer from your hands into your body.

Treat upper respiratory infections at the very

first sign.

If you do feel a cold coming on, you can help treat your virus with an early infection treatment product. The new Betadine Cold Defence Nasal Spray can shorten the duration of a cold by trapping and disabling viruses in the nasal passage and preventing them from spreading and multiplying. It is clinically proven to block viruses by creating a barrier so you can help stop the spread of upper respiratory infections this cold season.

www.newscanada.com

BE PREPARED (COVID-19)

PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

Make a plan that includes:

- **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
 - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
 - Renew and refill your prescription medications.
- **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
 - Have backup childcare in case you or your usual care provider become ill.
 - If you care for dependents, have a backup caregiver in place.
 - Talk to your employer about working from home if possible.
- **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
 - Shop and use public transit during off-peak hours
 - Exercise outdoors instead of in an indoor fitness club

COMMUNICATE



- Share your plan with your family, friends and neighbours.
- Set up a buddy system to check in on each other by phone, email or text during times of need.

STAY INFORMED



- Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- If the news media is making you feel anxious, take a break from it.



SHOPPING LIST

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HYGIENE

- ☐ toilet paper
- ☐ feminine hygiene products
- ☐ diapers
- ☐ facial tissue
- ☐ soap
- ☐ alcohol-based hand sanitizer

HEALTH CARE

- ☐ thermometer
- ☐ fever-reducing medications (acetaminophen or ibuprofen for adults and children)

CLEANING

- ☐ paper towels
- ☐ plastic garbage bags
- ☐ dish soap
- ☐ laundry detergent
- ☐ household bleach
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TOP SCAMS RETIREES
NEED TO WATCH FOR



Seniors are one of the most commonly targeted groups by fraudsters, so it pays to be vigilant. Whether you're an older adult or are hoping to keep your parents, family and friends safe, learn some of the most popular scams and how to protect against them.

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

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

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

To guard against these scams, anyone receiving this type of call should take time to verify the story by asking questions and calling the child's parents or friends to confirm if the story is true.

Medical scams. There are fraudsters out there who hope to take advantage of people's suffering, offering products and services that seem to be legitimate alternative medicines and treatments. Some of these may seem to be endorsed by celebrities or promoted by testimonials from people claiming to have been cured. Fake online pharmacies will also advertise drugs and medications at very low prices or without a doctor's prescription. But there's no guarantee that these products are real or safe to take.

To avoid falling for this scam, don't trust claims about medicines, supplements or other treatments. Get the facts straight from your healthcare professional. Know that if an online pharmacy is legitimate, it will require valid prescriptions.

Find more information at www.competition-bureau.gc.ca/fraud.
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Cozy Corner "Let's Talk"

By Janet Isherwood

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**SENIORS LIVING EXPO AND JOB FAIR
COMING TO VANCOUVER
NOVEMBER 21-22, 2020**

Rising tide of seniors, with one in four Canadians over 65 by 2030

Vancouver, B.C. (December 5, 2019): A "rising tide of seniors" and the resulting labour shortages facing the seniors' care sector will both take centre stage at the first Seniors Living Expo and Job Fair, at the Vancouver Convention Centre, November 21-22, 2020.

The two-day consumer show highlighting seniors living, with an accompanying job fair for career hunters interested in working in the sector, will showcase the exciting growth in independent living, assisted living, long-term care, home support and home care, and the accompanying services today's older adults seek.

"By 2030, one-in-four Canadians will be over age 65, and seniors and their families have a lot of questions when it comes to housing and wellness services," explains Daniel Fontaine, CEO of BC Care Providers Association (BCCPA) which is producing the Expo and Job Fair with EngAge BC.

"There's unprecedented growth in the number of seniors living in British Columbia. In fact, in just 20 years we'll have 1.6 million seniors here, that's double the number in 2013."

Fontaine says today's older adults have different expectations than prior generations when it comes to housing and care. "As a group, they're better educated, more prosperous and living longer, and together with their families they're asking for the broadest possible range of lifestyles and wellness services," Fontaine notes. "That growth, and the rising tide that's happening right now, is also driving the incredible career opportunities in the seniors care sector right across the province."

"That's why we will host what we believe will be the largest job fair of its kind in Canada, right alongside the Expo, which is aimed at seniors and their families."

Presented by Essity, a leading global hygiene and health company with the leading brand TENA, Canada's Seniors Living Expo will feature a wellness plaza, exhibitor zone, and presentation stages featuring hourly discussions and insights from experts on seniors living, with opportunities for audience interaction and questions.

The Job Fair will feature opportunities for prospective employees to meet directly with a broad range of employers as well as participate in our "Peer to Peer" information sessions.

"The Expo and Job Fair will take place over 30,000 square feet at the Vancouver Convention Centre, giving us plenty of room for major exhibits and presentations," adds Fontaine.

Fontaine says the Seniors Living Expo and Job Fair has also enlisted recently retired host of the CBC Early Edition program, Rick Cluff, as well as former Vancouver city councillor and community leader Maggie Ip as ambassadors for the show.

"We're expecting upwards of 20,000 visitors with a target audience of older adults aged 60-plus," says Fontaine. "We're particularly interested in those seniors and their family members who are looking at the full range of options when it comes to lifestyle and personal wellness. Families are an important part of that target audience as we know they often play a big role in advising their elderly loved ones on housing and care options."

For more than 40 years, BC Care Providers Association has been the leading voice of non-government seniors' care in British Columbia. Every year, BCCPA's 350 members across the province

provide some 30,000 seniors with long-term care, assisted living and home care and home support.

EngAge BC, an operating arm of BCCPA, develops and operates programs and marketing initiatives that promote privately-owned independent living, assisted living, long-term and home care operators. In addition to producing the Seniors Living Expo and Job Fair, EngAge BC operates Route 65, an online service that matches interested seniors with wellness and seniors living options, and Assurity, a province-wide quality assurance and certification program launching in 2020.

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

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HOME IMPROVEMENT "ASK SHELL"

By Shell Busey

Q: We want to finish our basement for a family member to move into and require extra living space. During the fall months, we've always had water seep in at one corner showing up on the floor. Why is this happening?

Bill

A: During the fall rainy periods you will find your perimeter tiles or drainage pipe around the foundation footing will be impacted with high water tables and roof gutters leading to the drainage system. This extra water will build up and become a major impact on your system causing hydraulic water pressure in the drains, pushing water under the footings into your basement area.

Over the years your clay, cement or plastic perimeter drains will tend to silt up from the continued water hydraulics within the ground. This can also be caused by tree roots, leaves from the roof or shrubs planted close to the foundation. Perimeter drains should be cleaned and flushed every 2-3 years insuring that they run unobstructed to the collector sump (normally identified by a round concrete lid in the garden area, sometimes covered with soil). This will reduce the hydraulic gravity pressure that causes the water to seep into the basement.

Drainage specialist have city and area maps showing locations of sumps, allowing access to storm water sewer system to take water away. **SPECIAL NOTE:** When this is done by a professional, they use high pressure water, not augers.

HOW TO GET BACK INTO THE WORKING WORLD

Taking time off from work can be important, whether you're on leave, caring for loved ones or enjoying your retirement. However, when you've made the decision to rejoin the workforce, it can be challenging to know where to begin.

Here are a few things you can do to get back into the swing of it:

Attend networking events. If you feel intimidated by the thought of mingling at an event, remember you won't be the only one feeling that way. The experience is well worth it, since meeting new people in different fields can help broaden your network and could even open new doors for you professionally.

Upgrade your skills. No matter how broad your skill set is, there is always something new to learn. Enrolling in training courses or workshops can be a great way to refresh your knowledge, increase your marketability and show your enthusiasm and commitment to your industry.

Many cities have knowledge hubs that offer workshops in digital or creative skills, and most colleges and universities offer continuing education or online courses. You can also take advantage of the free workshops and learning opportunities offered by many public libraries.

Temporary or part-time work. Taking on meaningful temporary or part-time work is one of the best ways to ease back into the working world. A temporary or part-time role will not only give your resume a boost and earn you some cash, but will also help you test out new careers and expand your network.

Statistics Canada will be offering this type of employment in the New Year. In January 2021, they will start accepting applications for enumerator and crew leader positions for the 2021 census.

These roles offer the chance to be part of a larger team, meet lots of new people and sharpen your time management and organizational skills—key competencies for those looking to re-enter the workforce.

Find more information at census.gc.ca/jobs.
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Computer Tech Talk Q & A

Q: I put new toner in my laser printer. It printed a few pages & quit saying "error no paper & no paper tray"

A: The feeder cam needs replacing. It's a common problem with your model printer.

Q: I just paid \$76 for the toner!

A: The same toner here is \$35.

Q: I'm opening a new store & need 2 desktops w W10, 4 monitors & 2 Logitech k270 wireless kybrd/mse sets to go with them. I'll need a quote. My budget is \$1,200.

A: Why 4 monitors?

Q: I'm running dual screens on each PC.

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Straight from the Horse's Mouth

By Mel Kositsky

BREAKING NEWS – HASTINGS RACE-COURSE CLOSES TILL FURTHER NOTICE FOR TRAINING

GREAT CANADIAN GAMING ANNOUNCES THE SUSPENSION OF RACING AT ITS RACE-TRACKS

March 18, 2020 – Toronto, ON – Great Canadian Gaming Corporation [TSX:GC] (“Great Canadian” or the “Company”) announces today the temporary suspension until further notice of the conduct of racing and training at the Company’s three race-tracks that are currently active.

This includes Flamboro Downs in Hamilton, Ontario, Hastings Racecourse in Vancouver, B.C., and Fraser Downs in Surrey, B.C.

The suspension of racing and training activity is driven by the heightened concerns in both jurisdictions with the spread, and attempted containment, of the COVID-19 virus, and recent direction from provincial governments and health authorities in both Provinces to significantly limit public gatherings of any kind. The Company recently decided to conduct racing at all three tracks

without spectators, but Great Canadian felt this more significant action was necessary to protect the health and well-being of the Company’s team members, the industry participants that race and train at the race tracks, and the support personnel for the industry.

“This was a difficult decision for the Company to make, especially considering a similar decision was made for Great Canadian’s gaming properties across the country just a few days ago. But as the circumstances changed in recent days in both B.C. and Ontario, we felt this was the only decision that addressed the current health concerns that are impacting so many other Canadians currently,” stated Matthew Anfinson, Chief Operating Officer. The Company will be working with the breed associations that represent the racing participants, as well as regulators, for the orderly shut-down of racing facilities at the three properties.

Press Release from hastingsracecourse.com

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Newsmagazine

Details on page 3.

3 THINGS YOU NEED TO KNOW ABOUT VIRUSES



Certain types of viruses can cause upper respiratory infections, which are acute illnesses that affect the nasal passages and throat. As we enter the peak of cold season, it’s more important than ever to understand what makes them so contagious, and how you can protect yourself.

To help you steer clear of upper respiratory viruses, keep reading to learn more about the science and how to help prevent viruses from spreading.

Viruses cause most upper respiratory infections, including the common cold

The most common upper respiratory infection is the common cold. There are more than 200 strains of cold viruses, with rhinoviruses being the most prevalent. “Colds are the most common infectious disease in humans,” says Walid Shammass MD, VP scientific affairs, Avrio Health Canada. “Most adults experience two to three colds every year, and children can have even more.”

Sore throats, are often the first sign of an upper respiratory infection. While people often believe sore throats are a bacterial infection, over 85 per cent of throat infections are actually caused by viruses.

Viruses spread in two main ways

Upper respiratory viruses spread through the air when in close proximity to infected people. They also spread through contact with people or objects that have viruses present when followed by contact with the nose or mouth. “To avoid spreading and catching viruses, it’s important to avoid touching your face – especially the nose, mouth and eyes,” says Dr. Shammass. “Touching these areas can introduce the virus into your upper respiratory system.”

Viruses can’t be treated with antibiotics

Unlike bacterial infections, viruses cannot be treated by antibiotics. Instead, look for antibiotic-free products that are approved by Health Canada to help treat the viruses that can cause upper respiratory infections. Whether your upper respiratory infection is in the nose or throat, there are products available over the counter, including Betadine Cold Defence Nasal Spray and Sore Throat products, that are proven to help treat viral infections so you can feel better.

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SIMPLE WAYS YOU CAN FIGHT CLIMATE CHANGE NOW

We’re more aware than ever before of the urgent need to reduce carbon emissions and help the environment. But tackling climate change can sometimes feel overwhelming. Can one person really make a difference? Fortunately, there are some easy things you can do in your everyday life to make a difference.

Learn about carbon emissions. You can improve what you don’t know or understand, so take some time to educate yourself about what causes pollution and increases your carbon footprint. There might be things you didn’t even know you were doing that are an easy fix.

Use energy wisely. You’ll not only help the environment, you’ll save money on your hydro bills by being mindful about your energy consumption. Plug electronics into power bars you can switch off when not in use. Switch to a low-flow showerhead to reduce water usage. Use a programmable thermostat to avoid over-heating or over-cooling your home.

Try eco-friendly eating. You might not realize it, but your eating habits can have a big impact over time. Shop local as much as possible to reduce the distance your food needs to travel and enjoy fresher produce. You can even grow your own veggies and herbs in your backyard or urban garden. Limit food waste by having a meal plan and only buying what you need and freezing what you know you won’t use right away.

Green your commute. It’s always nice to be able to help the environment and save money at the same time. Now only a couple thousand dollars more than its gas-only version, upgrading to a hybrid vehicle is a convenient, practical and economical way to reduce your daily carbon footprint while also saving about 30 per cent on gas every month. There’s a hybrid to fit your lifestyle – with companies like Toyota offering a variety of hybrid vehicles, including SUVs. And with no charging ever required for a hybrid, you’ll never worry about how far you can drive – or whether you’ll need to stop and charge.

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THE TASTE OF ALOHA: BIG ISLAND DELIGHTS



By Rick & Chris Millikan

Flying southward for winter fun in the sun, we've discovered extraordinary and affordable island food. Hawaiian vacations embrace the taste of aloha.

Foraging with locals for bargain delights, vacations start at Hawaii's unique Costco, continuing at farmer's markets and rural honour stands. Avoiding national super markets, our shopping adventures include locally owned grocers for familiar and special island foods like scrumptious apple bananas, extraordinary avocados, strawberry papayas and sweetly ripened Maui Gold pineapples. Seafood sections stock fresh ahi tuna, marlin, snapper, ono and a popular Hawaiian specialty: poke. Varieties contain combinations of raw fish, soy sauce, sesame oil, kukui nut and seaweed. Delis offer other treats like lau laus: steamed meats, fish or veggies wrapped in taro leaves... Our list always includes POG, a delicate blend of passion fruit, orange and guava juices...and bags of Maui potato or taro chips!, we prep simple meals at our Kona condo enjoying these on an outside lanai... or picnicking on beaches.

Restaurants, like Huggo's, contribute to foodie educations. Though sounding unappetizing, we soon learned 'pupus' are appetizers ranging from coconut shrimp, exotic shellfish to special veggies. Yum! "Like fruits and vegetables, over 90% of our seafood is caught or farmed locally. This restaurant began over forty-two years ago. At that time, our founder spotted fishermen in the harbour...and bought up their fresh catches," explains our waiter. "Try the meaty mahi mahi or sweet tasting ono. Incidentally, ono also means delicious!"

Luau's give newcomers a chance to try Hawaii's ono-licious cuisine. Our resort's sunset luau buffet offers: mahi mahi poached in coconut milk and lemon grass, Hawaiian fiddlehead ferns, purple Molokai sweet potato salad and succulent, smoky Kalua pork baked in an earthen oven. Multi-ethnic dishes introduced by early immigrants include delicious Chinese rice glass noodles, Japanese teriyaki sauce smothering upland Hawaiian beef and lomi-lomi Canadian salmon. A favorite is the barbequed huli-huli chicken infused with soy sauce, garlic, brown sugar and ginger root. Hawaii's purple poi adds colour to delicious Portuguese sweet bread. For desert, Kona coffee chocolate cake joins haupia coconut pudding, a perennial favorite!

To stock up on Kona coffee, we head up to two of 700+ registered coffee farms, which stretch 22 miles north to south. Our caffeine fix is soon



satisfied at Mountain Thunder in a 3,200 foot cloud forest on Mt. Hualalai. Joining a tour, Bryce introduces this organic farm's primary fertilizers and weed eaters: four friendly burros and a flock of geese. He then leads us into the wet mill. "Stripping coffee beans, we sell their red 'cherry' coverings to Kona Red producers," Bryce notes. "The drink's high in healthy antioxidants...and delicious."

In their dry mill, beans are screened for size. "Arabica beans thrive in Kona's rich lava soils! Our altitude slows the growth, enlarging and enhancing coffee flavor." Stocking up on their premium coffee, we drive south to Greenwell Farms.

Entering Greenwell's old general store and museum, we learn that Kona has grown coffee since 1812. "Henry Greenwell put Kona on the map in 1873, when his beans won Vienna's prestigious competition," guide Jackie recounts. "Burnaby, B.C. receives tons of our green coffee beans...and uses a Swiss water process to retain our coffee's smooth, low acidic flavor."

For beer, you might tour downtown Kailua's Kona Brewery. Like us, you'll discover their secret: Hawaii's pure water distinguishing its brews. After gawking at huge gauged vats and stainless steel plumbing, our group gathers in the pub's garden restaurant to toast and taste six flavourful creations.



Hawaii promotes sunny recreations, splashy investigations and ono cuisine. Always hungry for adventure, we'll return for more good times heightened by tasty delights!

When You Go:

- Huggo's www.huggos.com
- Consider: www.islandbreezeluau at King Kamehameha's Kona Beach Hotel or www.haleoluau.com at Sheraton Keauhou Bay Resort
- Kona Brewery www.konabrewingco.com
- Mountain Thunder www.mountainthunder.com
- Greenwell Farms www.greenwellfarms.com

HOW DOWNSIZING CAN BE A SERIOUS UPGRADE



It's not downsizing at all—it's rightsizing. Your home should be a refuge and a place of comfort. If it's a source of stress instead, it may be time to make some adjustments. Rightsizing can be an exciting opportunity to focus on what's important to you and channel your resources into things that truly make life better.

Have less stress, more free time. A large house is a big responsibility. If tending to yardwork, maintenance and bills is taking up too much time and energy, finding a new home that needs less upkeep can be a serious lifestyle upgrade. There's no need to sacrifice what you love — the huge variety of home offerings today means there's something for everyone. Avid gardeners can find rightsized homes with ample yards, while those who like walkable communities

with lots of social activities can find land-lease communities. If you hate maintenance, condos could be for you. In short, there's a style of home out there that will let you spend more time pursuing your favourite things.

Free up cash. A home with a smaller mortgage (or no mortgage at all) can unlock some serious cash to spend on what really makes you happy. A rightsized home can also mean lower costs for utility bills, property taxes, insurance and other home expenses. Money that you no longer have to devote to your home can be put towards what matters most to you. Whether it's putting the kids through school, vacation plans, a golf membership or investing in those flying lessons you've always wanted, you'll be able to use your money for things you love instead of having it locked up in your house.

Be planet friendly. One of the best changes we can all make for the planet is to consume less. Finding a rightsized home can be a great step in this direction. A smaller home will consume less energy, especially homes that incorporate high-efficiency windows and heating, smart thermostats and other eco-friendly tech. Smaller homes also require less of everything, from furnishings to cleaning products. A home in a walkable community that offers amenities and social activities nearby can help you further reduce your carbon footprint.

Having less house stress to worry about can be truly uplifting. The variety of homeownership options available today creates an exciting opportunity to find a home that helps you pursue your ideal lifestyle.

Find out more at parkbridge.com.
www.newscanada.com

CLASSIFIEDS

REGARDING TODAY'S SENIOR NEWSMAGAZINE

To our valued readers, advertisers and supporters: During the Covid-19 situation for which we are all unfortunately having to endure at this time, we won't be taking any mailed in classifieds or placing new mailed subscriptions at the current time it may be necessary to suspend both of those services until the current situation resolves. At present we will be placing future editions online.

Today's Senior newsmagazine has been supporting community interests for over 25 years and we hope to remain as operational as possible however we will be significantly impacted by the current situation. Currently our staff is able to work remotely to prevent risk of exposure.

Many business's we work with have felt the impact as well and have had to close their doors temporarily. We realize that many will not have access to this edition of the paper so we invite you to visit us online by going to our website and telling your fellow readers that we are still here.

We encourage readers to visit us directly at.

<http://todaysseniornewsmagazine.com/>

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The management and staff of Today's Senior cannot recommend any product or service that appears in Today's Senior Newsmagazine.

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BC 211 - Support for Seniors COVID 19

bc211 is a Vancouver-based nonprofit organization that specializes in providing information and referral regarding community, government and social services in BC. Our help line services include 211, the Alcohol and Drug Information and Referral Service (ADIRS), the Gambling Support Line BC, the Shelter and Street Help Line, VictimLink BC, and the Youth Against Violence Line.

BC 211 is providing assistance to seniors during the current Pandemic please visit them online at <http://www.bc211.ca/> or dial 211 from your phone.

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EXPERIENCED IRONER - To Iron women's blouses. I am a senior with arthritis and can no longer manage the job. I'm located near Marshall Road and Ware, Abbotsford 604-852-9355

COMMUNITY

LADNER BANDFEST 2020, - June 6 & 7 are the dates of the 16th Annual Ladner Bandfest. This event brings amateur adult Community Concert Bands to Ladner for continuous FREE 40 minute concerts on two stages throughout the weekend between 10:30 a.m. and 6 p.m. The Bandfest takes place in Memorial Park, Ladner, adjacent to the Ladner Pioneer Library. Bring your lawn chairs and enjoy an old-fashioned weekend of concert band music in lovely Ladner. Food services on site by TOOB. Event goes ahead RAIN or SHINE. <https://www.ladnerbandfest.org/>

FOR SALE

LOOKING FOR WATKINS PRODUCTS? - Go to www.Watkins1868.com/wilf.hellyer to see complete catalogue and prices. All orders over \$100+tax FREE DELIVERY. Orders under \$100 \$10.95+tax questions call Wilf Hellyer at 604-591-7248 4-2

For Sale: Christmas Plates 1978, 1979, 1980, 1982, 1983, 1984, 1985, 1986, 1988 Elvis Presley Records 100 New 78's Avon Mrs. Gleebe great variety phone 604-531-6422 evenings.

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COVID VIRUS- SUPPLY DELIVERY DRIVER available to deliver groceries, baby food, prescriptions, and any other supply needs. (servicing White Rock, Surrey, Walnut Grove, & Langley. Call 778-233-3901)

REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.



1

Wet hands with warm water



2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

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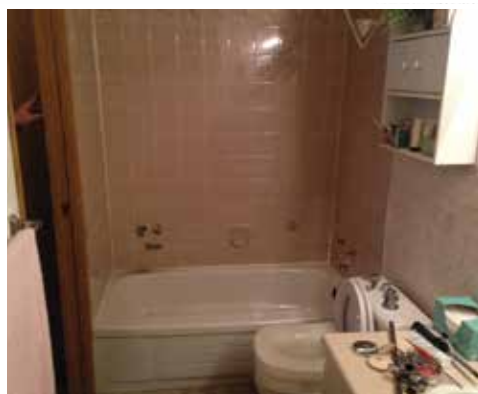
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- ★ Reduced sore spots due to suction fit
- ★ Smaller lower denture size
- ★ Increased chewing ability



“ I have worn upper and lower dentures for over 20 years and have always had fit issues and sore spots on my lower gums. My lower jaw has become so thin that I'm not a candidate for dental implants. I struggled to eat due to the movement and discomfort of my lower denture. This resulted in me having to wear a lower soft liner to cushion my gums.

I recently had Lower Suction Dentures made with Darren Sailer at Brookwood Denture Clinic and it's the first time in 20 years that I haven't had to wear a soft liner in my lower denture and the denture fits snugly without sores or adhesive to hold it in. I now actually have lower suction! I am thrilled with my new dentures. This new technique has made all the difference to me.”

— Lucy S.

WHAT ARE LOWER SUCTION DENTURES?

As the name suggests, these revolutionary dentures stay in place due to suction. They do not require adhesive or dental implants to stay in place.

Until now, no one thought it was possible to get suction with lower dentures. The complexity of the oral cavity and muscle movements made it too difficult to create a seal.

The SEMCD, lower suction denture technique, uses a special impression method that captures the natural shape of the oral cavity. The result is a

strong seal around the entire periphery of the denture and suction to hold dentures firmly in place.

This impression method requires patients to make specific sounds and movements while the impression material is in their mouth. The impression material captures the movements so that they are incorporated into the new lower denture.

Who Is A Candidate For Lower Suction Dentures?

The lower suction denture technique is an excit-

ing option for 80% of upper and lower denture patients. A thorough oral examination can determine whether you're a suitable candidate. The dentist will check whether you have the right oral structure to hold your lower denture firmly in place. Even if your dentist determines you will not achieve full lower suction you will still benefit from increased denture stabilization.

Call for a complimentary consultation 604-530-9936

WHAT IS SEMCD?

Suction Effective Mandibular Complete Dentures is a new technique that can attain suction in both upper and lower dentures.

HOW DOES IT WORK?

SEMCD uses a special impression method that captures the natural shape of the oral cavity. The result is a strong seal all around the denture.

CAN ALL DENTURISTS DO THIS?

Only denturists that have been trained and SEMCD certified can use this technique.

IS THERE SURGERY INVOLVED?

No, there is no surgery involved.

DOES IT WORK FOR EVERYONE?

Eight out of ten patients can attain suction on the lower denture.

WHAT IF I DON'T GET SUCTION?

Even if suction is not achieved, Suction Effective Dentures are 100% more stable than conventional dentures.

CAN MY OLD DENTURES BE REFIT?

Possibly, your dentist will know better after examination.

I HAVE A LARGE AMOUNT OF BONE LOSS, WILL THIS TECHNIQUE HELP ME?

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Denturist



Colin Harty R.D.
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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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