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FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE

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ON MY HEAD

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NIGHT

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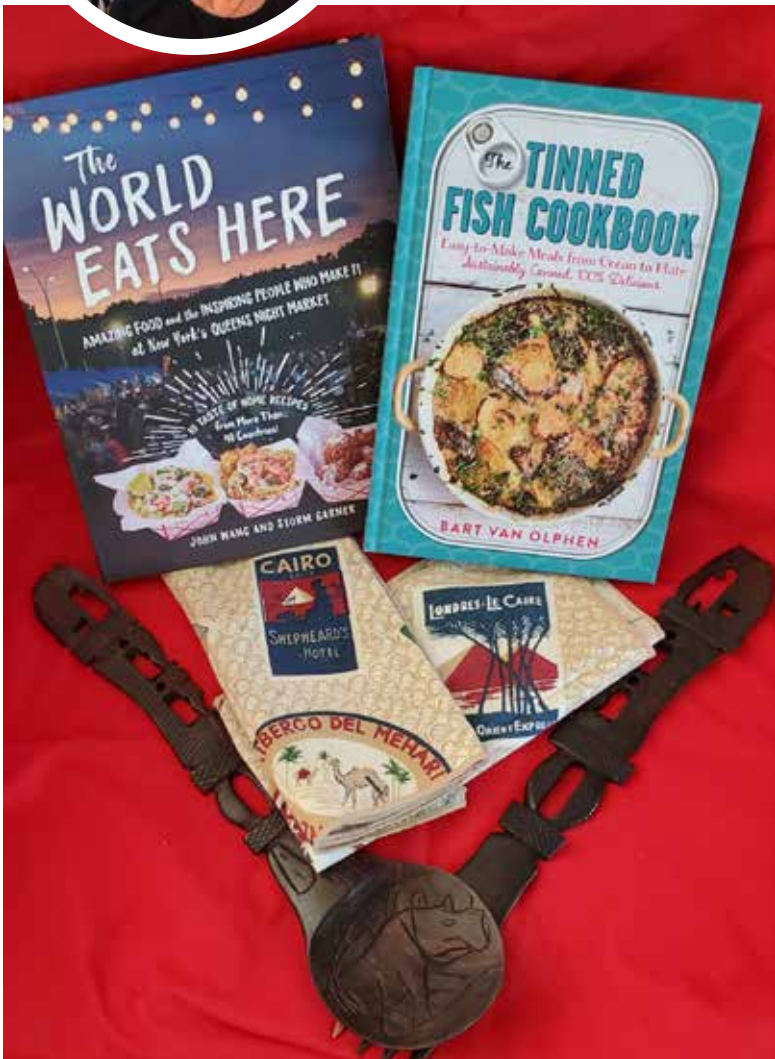


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COOKING UP A STORM DURING COVID-19



By Ursula Maxwell-Lewis

Recently 'wait' and 'weight' discussions have gained prominence - and so have our girths. Gyms may be closed, but ovens are open. Home baking is back in fashion resulting in a 'growing' circle of friends rebranding the pandemic Covid plus 19 pounds. In fact, I happened to be browsing through my old cookbooks when these two arrived in the mail.

The World Eats Here, by John Wang and Storm Garner, exudes an eclectic enthusiasm for exotic favourites from New York's Queens Night Market.

Recipes from Africa, Asia, the Middle East, Europe and all points in between turns on the taste buds, plus conjures up memories of markets abroad.

Sweet Salvadoran Quesadillas are far removed from their Mexican namesakes. Guyanese Beef Patties, Polish Potato Gnocchi (Kopytka), India's Mixed Pakoras and Kosovo's Balkan Baklava are on my upcoming 'must try' menus. Our passports might be on hold, but our international tables await!

Fish is my favourite, but fresh fish selections are seasonal and I'll bet you've noticed the increase in price. This option might be the answer, particularly for those who are living alone trying to avoid big meals, too many leftovers and searching for meat alternatives.

The Tinned Fish Cookbook by sustainable fishing advocate Bart van Olphen persuaded me to investigate canned options. Look for MSC (certified sustainable) "caught by pole and line",

he advises, while reassuring readers about Non-GMO, No Salt Added, and BPA-Free labels.

'In Water' has been my preference, however van Olphen says fish in water dries out faster when heated and is a better choice for cold dishes. Choose fish preserved in oil for hot dishes, particularly when pared with citrus, capers and green herbs.

As I write this Tuna Lasagna is baking in the oven. Two tins of tuna in olive oil (drained), a variety of favourite vegetables, including fresh asparagus, all appealed to me.

Look for these books on line or from your local bookseller.

The arrival of these new books prompted me ask Debbie (there are two!) at Nana's Antiques at 17633-57 Ave., Surrey (Cloverdale) about collectable cookbooks. With delight, she unearthed a weighty 1912 edition of Mrs. Beeton's Book of Home Management. Unlike today's cookbooks this one - in addition to a vast assortment of international recipes (including for kangaroo) - features headings such as:

The Mistress with stern instructions regarding, "Virtues, Good Temper, Dress and Fashion, Engaging Domestic, Visiting, Wages of Servants, Visiting Cards, Etc., Etc.", and how to deal with the butler, the footman, and other underlings.

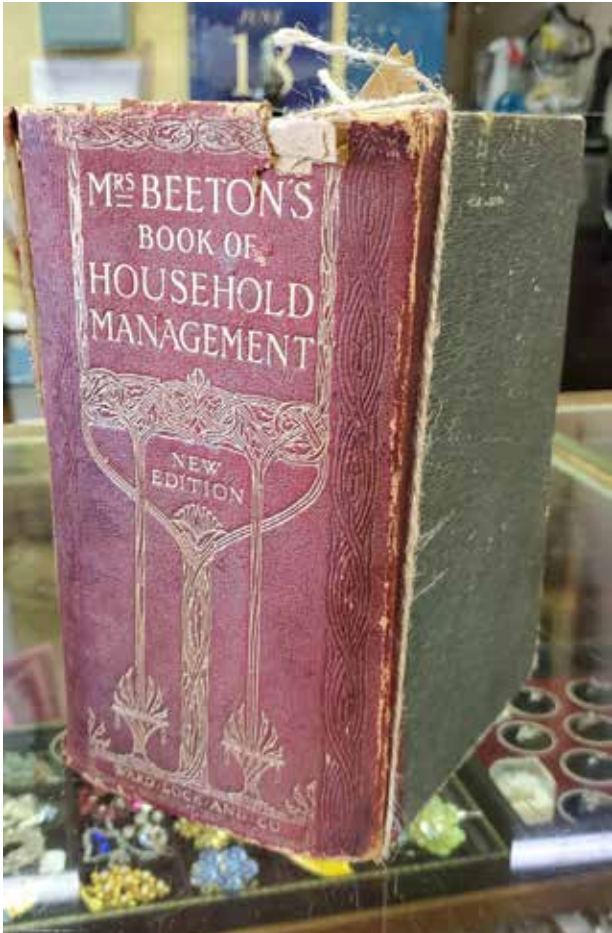
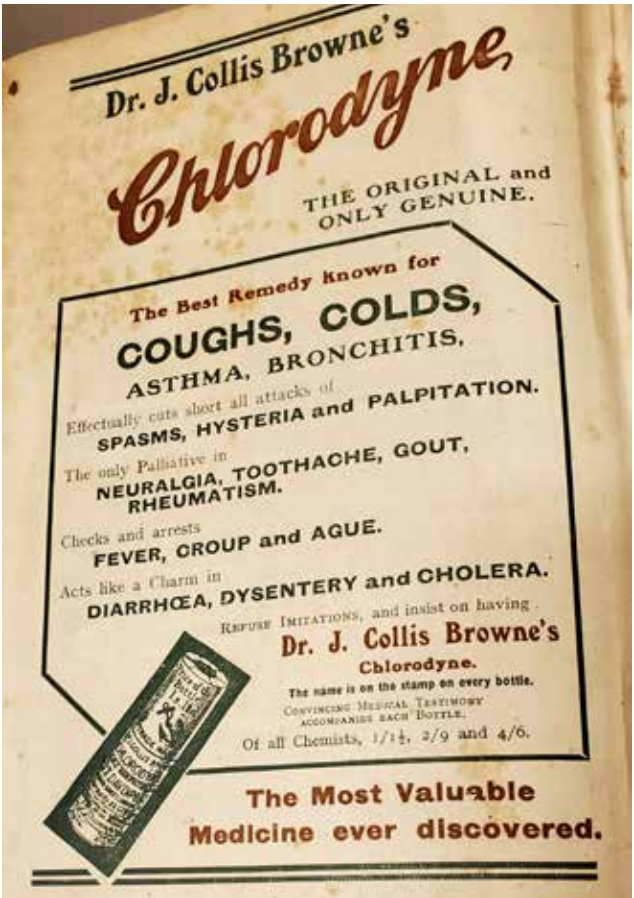
Ads in old cookbooks tell their own tales, such as the ad in this one for Dr. J. Collis Browne's Chlorodyne, which cured everything from Toothache to Hysteria. "Acts like a Charm in Diarrhea, Dysentery and Cholera". Perhaps

we could have used this "Convincing Medical Testimony" recently. It was reasonably priced from a shilling to four and six pence.

Three very different cookbook choices, but only one of them costs \$450!

Remember to support local booksellers, your favourite restaurants and -keep on cookin'! Bon appetit! -

Ursula Maxwell-Lewis travels, writes, reads – and sometimes cooks. Contact her at uttravel@shaw.ca



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HICCUPS WHILE TRAVELLING



Take Time to Smell the Roses during Covid19.



A garden bouquet of flowers.

Article & photos by Lenora A. Hayman

During the Covid 19 Pandemic, travelling has been curbed, and I have been reminiscing over past incidents occurring over 50 years of wandering this globe.

Back in 1965, I was booked on the Francis Drake passenger-cargo ship sailing from Sydney to Japan. Unfortunately there was an extended Wharfie or Longshoreman's strike in Sydney. The ship made three attempts to leave port. The 1st. time passengers were alerted at their hotels or homes that the ship could not leave. The 2nd. time we all boarded and then had to disembark with our suitcases and wait several days again, before, after the 3rd call, we finally re-boarded, drew anchor, and set sail.

While in Japan, my late father and I decided to climb Mt. Fuji, Japan's beautiful and highest mountain at 3776metres. We were told there were 8 stations and the ascent would take from 5-7 hours. I finally huffed and puffed to what I thought was the final 8th station, only to learn there was 8A, 8B and 8C stations, a total of 10 stations-ha! On descending, we were caught in a freak storm, and had to stay overnight in one of the huts. I have never forgotten the kindness of our young Japanese companions that night!

In 1978 I was on a Mediterranean cruise. We had a day in Sicily, so two girls and I decided to have lunch at a beach café. We each ordered a lobster tail thinking one tail was only \$4.50! Unfortunately our Italian "was zero"! The lobster was \$4.50 an ounce. So each 6oz lobster

tail cost \$27.00. I was earning \$4.10 an hour so it was almost a day's pay for that one wee tail!

In Costa Rica we were in a van driving by a lake when the volcano erupted during its daily performance. One of the passengers wanted a better photo of the volcano, so the driver quickly turned the van around, except in doing so, the van flipped over onto its roof! Fortunately we skidded into a cliff wall on our left and not into the lake on our right where we all would have drowned!

Several years ago I was on a cruise out of Tahiti, bound for the town of Atuona, on Hive-Oa in the Marquesas. It took several days to sail there but we were all looking forward to visiting the grave of the French Post-impressionist, Paul Gauguin, who died there, May 8, 1903, at age 54.

Unfortunately on arrival, the sea was too rough, and we were not able to tender in. One of the passengers, two years prior, had experienced the same misfortune.

Finally, I was staying at a lovely hotel in Taiwan, where the following morning I left a new golf T-shirt, with label, as a gift for the maid with a thankyou note, unfortunately in English, since I didn't know Mandarin. When I returned that evening, the maid had sent the shirt out for dry cleaning and there was a bill for \$6.50 for the service. The misunderstanding was rectified and we all had a chuckle afterwards.

The joys and pitfalls of travel. I hope they come back!

EXPLORING LOCAL: FUTURE ROAD TRIP MUSTS

From the Sea to Sky highway in British Columbia to the Viking Trail in Newfoundland and Labrador, your vehicle helps you discover your province. If you're behind the wheel for the first time in a while and finally ready to set off on that long-awaited road trip, there are a few things to think about to help avoid any road tripping faux pas.

Take the time to get well acquainted with what your auto insurance covers, making sure that your coverage fits your road-tripping needs. Insurance providers such as Belairdirect offer roadside assistance, which can add peace of mind for your adventures.

A road trip is also the perfect time to show your insurer just how great you are behind the wheel. Some providers even reward safe driving with discounts, giving you even more incentive to handle those highways like a pro.

But safety doesn't end with driving. Make sure your vehicle maintenance is up to date, and leave yourself enough time to have any potential issues fixed before you hit the road. And don't forget about your furry friends – if your dog is a passenger, keep them safe and secure with a dog seatbelt and learn how to properly transport any other pets.

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FINANCIAL NEWS

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

WHY HOPE IS NOT AN
INVESTMENT STRATEGY

MANAGING EMOTIONS DURING MARKET VOLATILITY

Based on the April 14, 2020 Investments Unplugged podcast, featuring Philip Petursson, Manulife Investment Management Canada’s Chief Investment Strategist, and Apollo Lupescu, Vice President at Dimensional Fund Advisors (DFA). Dimensional Fund Advisors is a leading global investment firm that has been translating academic research into practical investment solutions since 1981. They are a Manulife Investment Management partner and a sub-advisor to Manulife ETFs offered in Canada.

Ongoing market volatility continues to test everyone’s mettle, with oil futures now the latest sector receiving attention-grabbing headlines. In a recent conversation with Manulife Investment Management Chief Investment Strategist, Philip Petursson, Apollo Lupescu of Dimensional Fund Advisors offers his views on investment fundamentals, with a dash of historical reflection on previous market shocks.

With a doctorate in economics from the University of California, Santa Barbara, Lupescu is no stranger to offering highly technical financial insight, but says he prefers using a more personal approach that leans towards empathy.

“None of us are experts in everything, and I don’t think we should assume that the people skilled in different professions are experts at our jargon,” says Lupescu. “Today it’s more important than ever for advisors and investment managers to start with empathy first because emotions are driving so much of the decisions that investors make. People want to

be heard, they want to be understood, and they want somebody who validates their feelings.”

While many investors may feel like they’re on a roller coaster right now, Lupescu urges caution on following instincts that could lead them astray.

“When the market drops, you feel a sense of fear and maybe decide to sell. When the market is going up and up, you’re feeling better and thinking that you should buy. But this roller coaster of emotion is the exact opposite to what a successful investor should do,” says Lupescu.

Rather than letting emotions dictate decisions, investors should be seeking out professional help.

“Successful investors buy low and sell high, but emotions tend to drive investors to do exactly the opposite. It can be very hard for investors today to make sense of it all. This is where an advisor can show their value,” says Lupescu.

Back to the roller coaster analogy — Lupescu says staying in your seat might feel scary but jumping out halfway through the ride can cause you to get hurt.

“Back in my earlier days I would go in and out of the market, particularly when I got a little bit afraid,” says Lupescu. “I thought that selling and moving to cash would somehow alleviate the stress. The problem was that, soon enough, the stress of being invested in the market was very quickly replaced by the stress of being out of the market. You wonder when do you get back in? To me that was more stressful.”

When it comes to investing during times of volatility, referring to your personal plan is the first step.

“Create a financial plan and come up with some financial objectives. And once you have that, then it could be reasonable for you to invest in stocks or reasonable for you to invest in bonds. Once you have that in place, you are well on your way,” says Lupescu.

Political impact

With a US presidential election set for November 2020, it’s interesting to see if that has the potential for affecting the stock market and investor behavior. Curious to find out, Lupescu reviewed 23 different election years, and saw that the US market returned, on average, anywhere from 9 to 10 per cent growth per year.

However, on closer inspection, Lupescu discovered that the market did go down in four of those 23 election years.

“The first one in the data shows up in 1932. The market went down about 8 per cent, it was an election year in the US, and there was also the Great Depression. The next time it happened was 1940. Once again, we had an election, but it was also a time when Europe was being invaded and it was pretty obvious we were heading into a world war. It took 60 years for the next one in 2000. And if you remember, 2000 was the dot-com crash. It was an election year but there was also a big dot-com bust. And the last one was in 2008, which was the great financial crisis. In other words, when you look at the four election years when the market went down, there are much bigger things happening in the world, rather than the election itself,” says Lupescu.

Beyond an election year, does it matter whether a Republican or Democrat sits in the White House? Lupescu’s research finds that historically there’s no evidence when you look at the average return per year.

“The fundamental value of a company comes from profits, and the

profits are much more related to their own products, to their own strategy, how they execute it, what their competitors do. When it comes to the market, there are more things at play than who sits in the White House,” says Lupescu.

The way forward....

As this ongoing pandemic continues to disrupt everything that’s familiar, Lupescu urges a positive outlook, reflecting on how previous unprecedented great events prompted a drive toward new opportunity and stronger markets.

“In 1973, we have the OPEC oil embargo, and it was a shock to the system because suddenly oil wasn’t flowing. We [the US] were dependent on foreign oil, and people are lining up for miles to get gas. Headlines described that situation as unprecedented and the economy was doomed because of our dependence on these foreign countries for oil. Fast forward 40 years and the US has become the largest producer of oil, and we changed from the gas-guzzling cars to something much more fuel efficient.”

The market turmoil created by the COVID-19 pandemic draws similar comparisons to the volatility created by World War II.

“As an investor at the end of 1940, with the last four years of the market down, there’s global carnage, with millions of people dying and cities destroyed. Forget about consumers, forget about supply chains, and you’re sitting there wondering what should I do now? I can’t even imagine how difficult a decision it was to invest or not invest. A lot more so than today. And yet what was remarkable was that 1941 to 1945, the S&P 500 returned, on average, over 17 per cent per year during the darkest days of our parents’ generation. And it was remarkable — 17 per cent — way above the historical norm.”

Innovation and opportunity are the reasons why.

“As long as we have free markets, firms will try to find the opportunity and investors will receive the returns. Companies will figure out ways to find the opportunities,” says Lupescu. “We are seeing distilleries shifting from spirits to hand sanitizer; car makers are adjusting production to ventilators. It gives me optimism.”

CRS Financial Group is based in White Rock, BC. We specialize in assisting individuals with their financial affairs, encompassing Investments, Insurance, Retirement and Estate planning. If you would like Rick Singh to review your investment portfolios or estate plan please call 605-535-3367 to schedule an appointment or phone conversation. You can also email rick at rick@crsfinancial.ca

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THE PHARMACIST REVIEW

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

Out And About. Safely.

We are all excited to phase ourselves out of quarantine and get more active this summer, but we should not take our bodies for granted. Other than maintaining appropriate physical distancing, washing hands frequently, and generally exercising common sense, we would like to offer a few tips to ensure your bodies are ready, physically and mentally, after a two-month hiatus.

Of course, when you are enjoying the sunshine, a quality, natural, family-friendly sunblock such as ATTITUDE, or THINKBABY is a must. However, did you know you can fight sun damage from within? Regularly taking a supplement high in Vitamin C and other antioxidants will help combat and alleviate damage the multiple layers of skin, as well as benefit your immune system. Also, regular use of superior moisturizing creams and serums that contain hyaluronic acid, and/or antioxidants, such as those from VIVA (made in Richmond), RIVERSOL, and DI MORELLI can add to the resilience of your skin and promote healthy turn-over.

Many of us have been sedentary during Phase 1 of the pandemic. Prepping your muscles and ligaments for increased activity is crucial. Having a diet of adequate protein (and minimal fat and carbohydrate) will ensure your muscles are fit for the added demand. A well-balanced amino-acid supplement, such as INNOVITE's MuscleRescue powder, and CANPREV's COLLAGEN MUSCLE TONE, is an easily-accessible source of protein for the body to not only prevent the loss of muscle mass, but also help increase it dependent on exercise levels. PURICA's RECOVERY EXTRA STRENGTH is a trusted product in rebuilding connective tissues such as ligaments and tendons. It also maximizes fluidity in between your bones to prevent rubbing and risk of wear-and-tear issues such as arthritis.

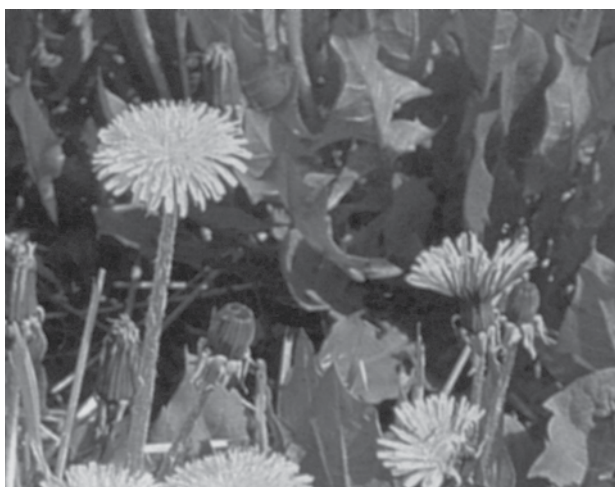
Allowing for proper relaxation and recuperation is important for body and mind. Magnesium bisglycinate (eg. CanPrev, Purica) is great for

achieving muscle relaxation as well as mental calmness after an exercise or sports bout, which could also help you sleep better and longer. There are also numerous supplements available to maintain a calm, focused mind for maximum performance and recovery; examples include RESCUE REMEDY, ENDO-BLISS, ENDO-CALM, PascoFlair, and L-THEANINE.

As we get back to healthier, active lifestyles, our team of integrative pharmacists at PHARMASAVE STEVESTON VILLAGE and CLOVERDALE PHARMASAVE would be delighted to discuss the numerous options available. Remember to consult with your physician before starting any supplement.

(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.)

HEALTHY GREEN SPACES HELP ALLEVIATE ALLERGIES



Green spaces like parks, sports fields or even your own backyard provide enjoyment for families and contribute to happier and healthier communities. Healthy weed-free areas are especially beneficial to hay fever or allergy-sufferers.

It's not uncommon for these green spaces to come under threat from insects, weeds and diseases throughout the growing season. Dandelions, a culprit causing seasonal allergies, multiply quickly. While it is fun as a child to blow the seeds, just one dandelion can spread and start 200 more dandelions.

Ragweed is another common pest that's a prolific allergen and can trigger unpleasant and sometimes uncontrollable allergies for up to 10 per cent of the population.

Fortunately, there are tools, like urban pesticides, to help manage these pests and keep outdoor spaces healthy and enjoyable. Pesticides come in consumer formulations diluted for use at home, as well as commercial-grade products designed for use by those with specialized training, like lawn care and landscaping companies.

Pesticides are effective and safe. Before any pesticide can be sold in our country, it must be approved by Health Canada. Canada's regulatory process is stringent, world renowned and ensures all pesticides that are used here are safe for both people and the environment.

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HARDER TO BREATHE: WHY SOME RESPIRATORY ILLNESSES ARE TRICKY TO DIAGNOSE

Some illnesses are difficult to pinpoint and even harder to diagnose. When it comes to rare diseases, symptoms can often mimic other illnesses, and a lack of information and knowledge can lead to even more diagnostic delays.

One such disease is idiopathic pulmonary fibrosis (IPF), an illness that presents similarly to many other lung disorders.

"Since IPF symptoms can be attributed to many common ailments, awareness remains low," says Dr. Martin Kolb, professor of medicine, division of respirology at McMaster University. "That is why we always encourage patients to speak to their doctors if they are experiencing prolonged symptoms because early diagnosis is key to improving patient outcomes."

The most common symptoms of IPF – dry cough and shortness of breath – may be wrongly attributed to smoking habits or aging. As a result, people living with IPF may be symptomatic for more than five years before diagnosis.

Few physicians are trained to identify IPF, leading to even further diagnostic delays often requiring referrals to a specialist. Frequent misdiagnoses include bronchitis, asthma and chronic obstructive pulmonary disease (COPD).


While physicians are the main source of trusted information, the gap in knowledge can add to the confusion a patient feels after an IPF diagnosis.

"Learning about and understanding IPF is challenging, especially because existing information is fragmented, outdated and sometimes inaccurate. The landscape of IPF in Canada can be much improved through closing the gaps in education, resources and communication between patient and doctor," says Kolb.

The Burden of Idiopathic Pulmonary Fibrosis in Canada report provides more information on the current state of IPF care in the country and offers solutions to support doctors in making a quick and accurate diagnosis.

Read the full report and find more information at fightipf.ca.

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Straight from the Horse's Mouth

By Mel Kositsky

Horse racing is back in Canada and it is expected to resume in British Columbia in early July.

Racing without fans in the stands has been held in different parts of the world, including the United States, despite the COVID-19 pandemic, with wagering permitted only at various online betting websites. In Canada, www.hpibet.com covered racing from tracks in Florida, Nebraska, Hong Kong, Japan and Australia. Many other jurisdictions began allowing the return of racing without fans in late May and early June. Assiniboia Downs in Winnipeg became the first Canadian track to open, then Ontario permitted Woodbine (thoroughbred) and Mohawk (standardbred) to re-open in the first week of June. Many other places are now back on track but some have altered their usual racing days to balance out the online betting opportunities.

The 2020 schedule at Hastings Racecourse, expected to be approved by provincial authorities, has 25 days of racing, starting on Monday, July 6 and ending the season on Monday, September 28. The COVID-19 pandemic has meant the season has been cut in half from 51 days and a change from the usual weekend cards. Live racing -- without any spectators in the stands -- will be held Mondays and Tuesdays, with post time for the first race at 1:45 p.m.

There are some exceptions to the proposed schedule. There is no racing on the holiday Monday, August 3 but there is racing on Wednesday, August 5. Racing is added on Saturday, September 5, which is the day the famed Kentucky Derby will now be contested instead of the usual first Saturday in May. That means no racing at Hastings on Monday, September 7 (Labour Day) or Tuesday, September 8, but there will be a card on Wednesday, September 9.

Following negotiations with provincial authorities since all gaming facilities were closed down in mid-March due to the virus outbreak, the horses in training at both Hastings and Fraser Downs have been permitted by Great Canadian Gaming to be stabled at

the tracks and continue training under various restrictions. The BC Horse Industry Management Committee created a 10-member Emergency Task Force for BC Horse Racing, which worked through the issues in order to bring back racing. Protocols were worked out with health and government officials to allow training to continue with such measures as physical distancing, wearing of masks and gloves, and other regulations that were put in place.

Thoroughbred race horses and jockeys have been preparing for the start of the season with recorded workouts and practise from the starting gate, especially for the younger horses that may not have raced yet. The popular stakes schedules have been revised for the shortened season and some annual stake races will not be contested this year, including the BC Derby for three-year-olds. Changes are likely to be made as the season progresses. Training of standardbred horses at Fraser Downs in Cloverdale continues in anticipation of a mid-September opening. The harness racing season, which usually ends at the end of April, was cut short in mid-March. Many horses and trainers have already headed to Alberta and Ontario for the summer. It is still uncertain when, or if, spectators will be allowed to attend racing this year.

After a two-month break due to COVID-19, horse racing in Alberta saw a rainy comeback at The Track on 2 in Lacombe on Sunday, June 14. Two harness racing cards were to be held there before live thoroughbred racing began June 21 outside of Edmonton at the new Century Mile Racetrack and Casino in Leduc. The facility just opened in 2019. Standardbred racing resumed June 22 at the Century Downs Racetrack and Casino in Balzac, on the outskirts of Calgary. All three tracks opened with strict protective safeguards in place.

Opening day at the Lacombe track was quite an experience for all concerned. The morning qualifiers featured eight races over a dry track earlier in the day, however after the fifth race the rest of the races had to be abandoned due to a sloppy track, heavy rains, and a thunderstorm. There was also a surprise visit by Alberta's Premier, Jason Kenney, and Alberta's Minister of Agriculture and Forestry, Devin Dreesen. They were down in the Winner's Circle with a muddy Dave Kelly following race three to congratulate Kelly on his win and representatives of The Track On 2 for the first race day back since March 8.

The meet opened with a Fillies and Mares Condition Claiming Pace for a purse of \$2,400. Heading to the halfway mark, Shes All Mine made a go getting a glimpse of the lead around the final turn but on of the favourites, Triple Action, popped a pocket and took the win with two lengths in 2:07. Triple Action, a nine-year-old mare by Brandons Cowboy, is trained by Lance Ward and owned by Joe Ratchford. Triple Action was driven to victory by Jamie Gray. While the card was cut short, Dave Kelly still managed to score a hat trick in the final three races. Race

Three was won by Make Some Waves in 2:07.3, Race Four was won by Lovethatsixpack in 2:10.1, and Race Five was won by Silent Rescue in 2:08.1. For more information about racing in Alberta check the website www.thehorses.com.

PROTECTING YOURSELF FROM FRAUD DURING COVID-19

Safeguarding against scams can be a challenge. This is especially true during difficult periods like we are experiencing now. The COVID-19 pandemic is creating a lot of uncertainty and worry -- the very things that fraudsters thrive on.

Scams can include phone calls, emails and texts that seem to be from financial institutions asking for personal or financial information. If you receive this kind of request, be cautious. Financial institutions will never ask for personal information, login credentials or account information by email or text message.

If you are suspicious about information you receive related to your banking, contact the financial institution directly before taking any action.

Here are a few more tips to help you be vigilant during this unprecedented time:

Never click on links or attachments in unsolicited or suspicious emails.

Never give out your personal or financial information by email or text.

When banking online, enter your financial institution's website address in your browser yourself.

Beware of questionable offers related to relief measures or quick fixes. If it seems too good to be true, it probably is.

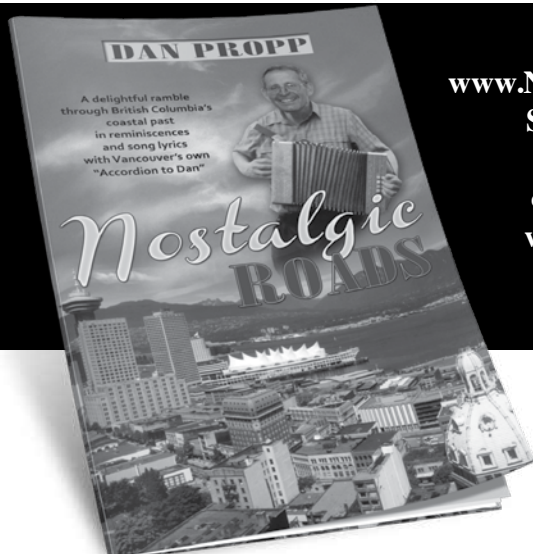
In the unfortunate event that you do experience financial fraud, it's important to inform your financial institution immediately. You should also report the incident to your local police and the Canadian Anti-Fraud Centre by calling its toll-free line at 1-888-495-8501 or completing an online report.

Find more information on identity theft, types of fraud, and other threats or scams at canada.ca/money. www.newscanada.com

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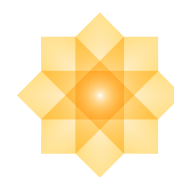


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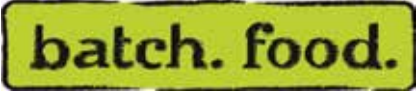




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HOW PROCESSED IS YOUR PANDEMIC DIET?



As we spend more time at home with physical distancing, it can seem less important to focus on things like healthy eating and physical activity but it is actually more important than ever.

In the past 70 years, calories we eat from ultra-processed foods have doubled from 24 to 54 per cent. That's not surprising, given they are branded, packaged and marketed so heavily and cleverly.

Ultra-processed foods are high in saturated fat, sugar and salt, and they're contributing to an unhealthy diet – now the leading risk factor for death in Canada.

"The more ultra-processed foods we eat, the less room we have in our diet for whole and less-processed foods," explains Carol Dombrow, RD and nutrition consultant with Heart & Stroke.

But are all processed foods created equal? To better understand processed foods, a clas-

sification system called NOVA was developed by an international panel of food scientists and researchers, splitting foods into different categories:

Unprocessed or minimally processed foods: Think vegetables, grains, legumes, fruits, nuts, meats, seafood, herbs, spices, garlic, eggs and milk. Make these real, whole foods the basis of your diet.

Processed foods: When ingredients such as oil, sugar or salt are added to foods and they are packaged, the result is processed foods. Examples are simple bread, cheese, tofu and canned tuna or beans. They are convenient and help you build nutritious meals.

Ultra-processed foods: Almost half of our calories come from ultra-processed foods. They go through multiple processes, contain many added ingredients and are highly manipulated. Exam-

ples are pop, chips, chocolate, sweetened breakfast cereals, packaged soups, chicken nuggets, hotdogs and fries.

Staying away from ultra-processed foods and eating a balanced diet focused on whole foods will help prevent chronic diseases, including heart disease, stroke and obesity. Find out more at heartandstroke.ca.

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HOME IMPROVEMENT “ASK SHELL” By Shell Busey

Q) Shell, I have a question for you; we have a bad odour coming up out of the kitchen sink as well as our bathroom basins. We’ve tried the obvious items they sell in the grocery store and hardware stores with no results. Can you help me with our spring house cleaning?

A) The answer is YES and I’ll include all the potential problems.

1. If you have an “insinkerator” (Garborator) follow this procedure once per month – freeze an ice cube tray with juice of 2 lemons mixed into water. Turn water on cold running down garborator sink drain for two minutes followed by treated ice cubes, one at a time till tray is empty. Allow the water to run for another 2 minutes. Bingo, it’s just that easy.

2. Don’t use liquid or powdered drain cleaners; first turn water off under the sink. Remove all drain pipe (P Trap) from the bottom of sinks to the out fall drain through the wall. Sitting a plastic scrub pail under each sink drain will stop any accidents if someone was to turn on the faucets. Put all plastic drain pipes in a laundry tub or bathtub adding my Shell Busey’s Home Cleaning Formula to the water, 1 lid to 1 gallon of hot water. Fully immerse the trap pieces into the water and soak overnight. To complete the job, scrub the inside of the trap parts with a bottle brush. Rinse well and re install. It’s just that easy!

Cleaning maintenance procedure if you have a garborator after usage (do not put bones or raw meat of any kind into garborator) vegetable waste, egg shells are fine; as long as the water is running. When grinding is complete, shut off garborator and allow water to run for at least 30 seconds. Use cold water ONLY.

HOW BOOMERS ARE REINVENTING RETIREMENT LIVING OPTIONS

As more of Canada’s population ages, seniors are finding new and creative ways to enjoy their golden years. Retirement living is being reimagined and new types of homes are being created to suit each family’s unique situation. Read on to learn about some of the most interesting trends in senior housing:

Multi-generational homes. Many retirees are not ready to live in a retirement home or assisted care facility, but still need help around the house or want some extra company. Developers and the home renovation industry have caught on, and have begun building or retrofitting homes that can accommodate more than one family while still allowing for privacy and a sense of independency.

Re-living their 20s. Modern retirement homes are more exciting than ever, with plenty of activities and opportunities for the young at heart, like dances and pub nights. They’re often located in mixed-use buildings that also contain gyms, swimming pools, cinemas, spas and other recreational facilities.

Co-housing communities. This is a type of communal housing that combines the qualities of retirement homes and freestanding properties. Seniors live in their own houses in designated communities, but have shared spaces and activities that they organize themselves. Sharing in the

governance and upkeep of the community is essential, so retirees must be willing and able to actively participate.

We can get a better understanding of contemporary senior living arrangements by looking at census data on communal living. The information gleaned can also help us learn how many seniors currently need or will soon need housing and make policy decisions to allocate necessary funding. Companies can also use the information to create more flexible living options for seniors when they see a gap between what’s needed and what’s available.

That’s why it’s so important to participate in the next census in May 2021—you can even complete the questionnaire online. Find more information at census.gc.ca.
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WRITE AS I PLEASE

By Mel Kositsky

Celebrating Canada Day might be a little bit different this year. Not only are Canadians coping with the COVID-19 pandemic health restrictions, they are also dealing with anti-racism protests and a changing world order.

Canada has been celebrating its diversity for years -- and even has a formal Multiculturalism Day on June 27. But this year nothing really matters to some people. They just want to complain about everything that is wrong with the system and the major media is giving all these so-called experts a forum to speak. Funny, where have all these people been in the last 10 to 20 years. Suddenly they all have something to say. Or maybe it is the media that is finally listening?

Fighting racism is not something new -- people and their communities have been trying to address these problems for years. But it seems only now -- in this era of social media sharing -- that the message is coming through loud and clear. We must change -- and that is a good thing.

People have tried to ignore the facts that racism and discrimination exists in all communities. It was hoped a long time ago that lessons were learned, especially following the two World Wars. There have been some measures taken and many improvements made to the average person's lifestyle, but the problems and attitudes have not gone away. Intolerance still exists in today's world. It is also poorly portrayed in the entertainment world. Hollywood movies and television shows are filled with themes of violence and hate. The plots are built on stereotypes of races, yet we worship those stars and their award shows. Why is that?

For many of us who are reading this publication today, we have lived through the American race riots of the late Sixties and other horrific events, including modern shootings. There have been Hate Crime Units set up by police agencies and of course, many anti-terrorism units following the 9-11 bombings in 2001. We have been living on the edge for many years and recent events are just a symptom of all the frustration many people have felt. It seems the modern media will no longer let community leaders and politicians say -- "we don't have a problem with racism here".

A new term has become very popular in the media and political circles -- systemic racism. It really is not a new term and academics have given it many different definitions. The following is just one example: What is systemic racism?

"Racism can be reflected in the ways that social institutions operate, by denying groups of people fair and equitable treatment. This includes the power to establish what is normal, necessary and desirable and reinforces superiority or preferences for one group over another. Institutional racism also exists when policies or programs seem racially neutral, but either intentionally or unintentionally put minority group members at a disadvantage." You can learn more at: <https://www.thecanadianencyclopedia.ca/en/article/>

racism"

The same website also says: "Racism is universal. It is evident in many different ethno-racial groups and is not limited to Caucasian groups."

While protests are one way to help facilitate change, those that lead to riots, fires, looting, destruction of property, and even deaths are no way to solve or address the issues. People who are out after dark or in the middle of the night are not there to protest. They are looking to force confrontations with police. And all sides must share the blame.

A recent published statement by B.C.'s Lieutenant-Governor Janet Austin attempts to put things in perspective:

"Over the past few months, British Columbians have pulled together to vanquish COVID-19, and we have witnessed many acts of kindness and selfless generosity. Sadly, however, our success has been marred by recent incidents of race-based violence and discrimination. I strongly condemn these racist acts; they have no place in our province or our country. I ask you to join me, alongside leaders in government, business and social services, in pledging to uphold the Canadian values of diversity and inclusion and to oppose racism and hate in all its forms. We are stronger when we are #DifferentTogether."

Different Together Pledge

Racism has no place in our community. Take the pledge and share on social media. Tag friends, family members, or leaders in your community.

Many communities across Canada are again taking action to address the issues. The Federation of Canadian Municipalities (FCM), the national voice of Canada's local governments, has been leading programs for years, many in partnership with provincial governments. But in many cases it has only been like-minded people participating in the process. FCM members are united by a commitment "to build better lives for Canadians" and recently its leaders issued a statement that "we hold that every one of those lives should be lived free from racism, systemic oppression and racialized violence."

In the Fraser Valley region, the communities of Abbotsford, Mission, Chilliwack and the two Langleys have been operating various diversity and inclusion training programs, such as Safe Harbour, and have held an annual awards ceremony to honour community members and businesses for the work they are doing to change things. In a recent news release Mayor Henry Braun, of the City of Abbotsford, said: "We know that diversity is our strength, and now, more than ever, we must commit to an end to all forms of racism in our community."

The same thing is happening in many other Metro Vancouver communities and around the province. Community members who want to help stop racism and discrimination are being invited to apply for Port Coquitlam's first ever Roundtable on Equity, Diversity and Inclusion. Many other local communities have held such roundtables and it is good to see more get involved.

On June 17, Mayor Brad West announced the creation of the city's new anti-racism and anti-discrimination group, which will meet regularly to develop a community-driven process and forum for feedback, action and discussion on matters of multiculturalism, systemic racism and discrimination, diversity, equity and inclusion in Port Coquitlam.

"The events over the last while have been deeply troubling and sometimes difficult to comprehend, but they have brought the issue of racism and discrimination to the forefront," said Mayor Brad West in a news release. "I have heard from many residents about their experiences with racism and discrimination. It's not something I've had to go through myself, and frankly, these conversations have been both saddening and eye-opening."

And that is something that should be happening

everywhere. Civic programs on diversity awareness have been ongoing in places such as Coquitlam, Surrey and Langley Township for many years, and it is good to see other communities starting to address this major issue. Every community is seeing changes in its demographics and needs to be welcoming.

Central Saanich Council stands in solidarity with the entire community in condemning systemic racism in all its forms. In a June news release, Central Saanich's new police chief, Ian Lawson, recently said: "It's horrifying what we are witnessing in the United States. The response is impacting the reputation of police officers in Canada and the media coverage fails to make the distinction between our respective countries and the differences we have in civilian oversight, use of force reporting, education and more. I look forward to having a virtual conversation about this so the community can join and we can collectively learn about how to continue to improve on providing the highest quality of service to all members of our community."

On June 17, the City of Vancouver shared the next steps staff will take to address the individual, structural, and systemic racism in Vancouver. The ongoing incidents of anti-Black racism and the protests they have led to, as well as the increase in anti-Asian racism arising during COVID-19, and continued anti-Indigenous racism have prompted the City to restate their commitment to addressing racism, hate and xenophobia in Vancouver.

In an open letter to community representatives of the Black and African diaspora community, Vancouver City Manager Sadhu Johnston denounced anti-Black racism and committed to taking action in partnership with the community to combat individual and systemic racism, including recognizing the city's own responsibility to reflect on its historic and ongoing role in perpetuating inequities and racism. The letter also invited residents from the Black and African diaspora communities to take part in a virtual town hall to share their experiences, frustrations, hopes, and suggested actions as a first step toward action planning.

"Racism and hate are deplorable and have no place in Vancouver. For too long we have been silent and have likewise not yet done the deep work of analysing our systems within the City to see how we are perpetuating inequities and racism across our own operations," Johnston said, adding "addressing racism is a priority for the City and we are committed to taking action based on the feedback we receive at the virtual town hall".

"As well as the virtual town hall with the Black and African diaspora community, we have a number of other first step actions that we will be taking to begin conversations on how to address racism in our community, including the creation of a joint City-community anti-racism working group, and the expansion of the City's recent public anti-racism campaign."

JUST A THOUGHT: With the ongoing discussion about wearing masks or other face coverings in public, it is a wonder that the dental community has not stepped up and made some comments. If the trend continues and everyone starts wearing a mask, what will be the effect on dental health? One thing for certain, all those people with bad or missing teeth will not have to worry about people making comments about them anymore. No one will see that missing "beautiful smile".

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THE LARK ANGELS FOUNDATION

Mike Starchuk, spokes person for the Lark Angels Foundation tells us like most great ideas they sometimes start by chance. Just three people sitting around having coffee and discussing how they could make things better for seniors in care homes, especially seniors with Dementia. It was like lightening struck all at the same time while their thoughts and ideas starting surfacing. And so, the story begins.....

Linda Fernholm, Patrick Doyle and Janet Isherwood together had all worked in care homes for years, each holding a different perspective on issues discussed and this mainly due to their different professions.

Slowly little thoughts and ideas were implemented throughout the care home at that time. They were looking at sensory tools and knew this was where they had to start. Troy Hutchinson and Daryl Langridge both from Associated Health Systems, helped them in understanding all that would be needed and demonstrated the equipment required at the annual fundraisers.

Linda's dream was to turn the present care home into a sensory home, but that needed money, so the LAF started fundraising. Janet put together a Winter Craft Fair then moved onto a summer Health & Wellness Fair and finally to the biggest fundraiser a fall Black Tie Gala. It was here Jodie Blaney a Vancouver Artist encouraged all her artist friend to hold an art auction one afternoon followed in the evening with Steve Elliot an Elvis impersonator keeping everyone entertained. Jody & her artist friends raised almost 4,000 dollars giving the Lark Angels Foundation a good start.

In 2017 plans were implemented to form a charitable foundation. Creating a Charitable Foundation proved very challenging and 18 months later the foundation was incorporated allowing the newly formed Charity to offer tax receipts for funds donated.

Attending one of our Black-Tie Gala's was Nadine Jans MSc Clinical and Health Psychology. As she spoke the guest turned silent for her words woke everyone up to the needs of seniors with dementia, how they react, why they do what they do and how we as care givers could help.

Her speech was so powerful it touched the hearts of all attendees moving Surreys Larry Fisher President and owner of the Lark Group to donate \$10,000.00 to the foundation. In 2020 the Lark Angels Foundation received a donation of \$15,000.00 from Kirk Fisher P. Eng. MBA Executive Officer at Healthtech Connex forming a partnership.

The Lark Angels Foundation is a charitable organization, primarily dedicated to improving the lives of our senior population, especially those suffering with Dementia. They aim to provide sensory stimulation rooms for dementia sufferers within their community.

The Surrey Neuroplasticity Clinic is a neurorehabilitation clinic, providing clinical services to a wide range of neurological populations with the goal of optimizing brain health. Their primary service offering is the PoNS Treatment Program – a 14-week intensive rehabilitation program pairing physical therapy with non-invasive neurostimulation through the tongue, to improve balance and walking after brain injury and in people with Multiple Sclerosis.

As an advocate for seniors with Dementia and the spokes person for the Lark Angels Foundation I speak often of Multi-Sensory Stimulation, and we are working hard to develop the first Multi-Sensory room here in Surrey BC.

Dementia, as we know, is a progressive disorder affecting the brain and presents problems with thinking, mood, behaviour, and the ability to take part in everyday leisure activities. For the person with Dementia the world can be a very fragmented and confusing place. If there is an absence or lack of suitable stimuli that focuses on an elder's remaining skills, we often see this leading to increased isolation, frustration, confusion, sensory deprivation, and unhappiness as well as a continual decline in ability to maintain everyday skills. The link between sensory deprivation and decline in mental health has been frequently documented.

Everyone needs sensory stimulation to comprehend the world around them. The only way we can get information into our brains is through our senses, sight, sound, touch, taste, smell, and movement and It is recognised that sensory deprivation and lack of appropriate activity has a devastating impact on our wellbeing and health. Older people in particular who are limited in their physical and cognitive abilities, need to be offered and helped to engage in activity that provides multi-sensory stimulation as they may not be able to access this kind of stimulation on their own.

A Sensory Room is a space for enjoying a variety of sensory experiences and where gentle stimulation of the senses can be provided in a controlled way. Stimulation can be increased or decreased to match the interests and therapeutic needs of the user. Such spaces, and how they are equipped, offer a range of activities that can either be sensory stimulating or calming in their effects.

Multi-Sensory Environments have not only provided alternative and powerful forms of sensory stimulation for individuals previously isolated in their perceptual disabilities; they have also managed to break into cultures within health and education, providing new ways of encouraging learning, motor development, cognitive development, language and social interaction skill.

The MSE space one wishes to create should help a person feel comfortable, safe, and secure. It should be an intimate, contained, and quiet space with as few



Mike Starchuk, spokes person for the Lark Angels Foundation

disturbance or distraction as possible. Providing a calm, warm and cozy atmosphere is vital. Using low-level sensory stimulation will activate the parasympathetic nervous system: inducing a state of calm. This will help a person to relax and will reduce stress and anxiety and subsequently enable them to better focus on activities offered.

In one's preparation of therapy think about ways you can incorporate as many senses as possible: hearing, smell, touch, taste, sight, vibration, and touch. Stimulating the vestibular (moving in space, orientation, and balance) and kinaesthetic sense (position and movement of arms and legs) is often a forgotten activity and so unbelievably valuable. A good solution here is to use equipment, items and material that are multi-sensory in design.

Now in the spring of 2020 and dealing with the COVID-19 we want to say special thank you to our Telus Ambassadors who volunteered their time, their energy in making sensory pieces for seniors with dementia as well as their financial support for the foundation donating almost \$4,000.00 towards future sensory stimulation rooms. With the ambassadors help the foundation has been making Sensory baskets which includes, a lap blanket, fidget mat, toque, exercise ball, hand warmers, bed blankets and bibs all specially made for seniors with dementia.

The foundation still has on their calendar two fundraisers for 2020, the Winter Black Tie Gala and the Winter Craft Fair and look for donations to further the building of Multi Sensory Rooms in BC. We just must wait and see.

The Lark Angels Foundation continues to fundraise and look forward to the building of these rooms. "It could be your Mother, Father, Sister, Brother, your neighbour, your friend....it could be you"

For more information visit our web page at www.larkangelsfoundation.org or email: larkangelsfoundation@gmail.com



Cozy Corner

"Lets Talk"

By Janet Isherwood

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

Every now and then I read something that touches me and this time I would like to share it with you.

Thank you for reaching out to Barbara regarding her Facebook post. She writes;

If you would like to share it in Today's Senior News Magazine, Barbara would be pleased to share it with the community. As an American Hospice Pioneer, end of life education is Barbara's life's mission. When sharing the article, please make sure to link her website, www.bkbooks.com.

Barbara writes:
I see families devastated by not being able to be with their loved one as they are dying. I am writing this for any person who is faced with a loved one dying alone in a hospital, nursing home, or some other place away from you. My hope is that some understanding hence comfort can be found among these words. This guidance can also be used by healthcare workers when they face the difficult job of telling families they can't be present. These ideas can't fix this horrific situation, but they can bring a bit of understanding and "something to do" to an otherwise bleak message.

There are so many areas I want to address to neutralize some of the fear associated with dying. Dying is very, very sad but the actual moments before actual separation really aren't that bad. Scary for us the watchers but not bad, as we perceive bad, for the doer.

Why do I say that? THIS IS WHAT I AM CONFIDENT ABOUT:

1. The person dying is so removed from their body they do not perceive it the way we, the watchers, perceive ours.

2. The person is nonresponsive to the world around them. They do not respond to sound or touch.
3. Their world is like a dream. Everything is out of focus, disconnected, from afar.
4. Normal physical changes: eyes partially open; random hand movements, slowed breathing, gapping-like mouth movements; 2 or 3 or 4 long spaced out breaths before actual breathing stops.

This goes beyond what I know to WHAT I HAVE COME TO BELIEVE:

1. We do not die alone. In the moments to hours, even days before death there is often talk to and about those that have died before us.
2. Fear of dying is replaced with the body's efforts to detach from living.
3. A person can hear even in the moments following death.

HERE ARE SOME OF THE THINGS YOU CAN DO WHEN YOU HAVE THE GIFT OF BEING WITH SOMEONE IN THE MOMENTS OF THEIR DYING: (Remember they are non responsive but they can hear as if from afar.)

1. Touch, hug, hold, sing, reminisce, pray if that is comforting to you and them, cry, tell stories and yes, even laugh.
2. During private time tell the person about how they have touched your life. Talk about the challenging times as well as the good times.
3. When all words have been said, just holding a hand or laying in bed next to your special person is a gift of comfort to both of you.
4. You can have the lights on, soft music playing (favorite songs), or not.
5. Because we have limited control over the time that we die, and can hear from a far, tell the person dying who is arriving, who and when people are leaving. If you are there at the moment of death you are there because that was a gift to you. If you aren't, and you tried to be, then that too was a gift, a gift of protection.

HERE ARE SOME OF THE THINGS YOU CAN DO IF YOU ARE NOT ABLE TO BE WITH YOUR SPECIAL PERSON WHEN THEY ARE DYING:

1. Sit quietly and comfortably, close you eyes and in your minds eye see your loved one in bed, peacefully sleeping.
2. Picture yourself next to the bed, hold their hand or lay down with them if that seems more desirable.
3. Begin talking to them. Talk from your heart. Say everything you need to say, the positive and the challenging nature of your relationship. Remember there is no perfect relationship. Every relationship has its rough hurtles; talk about those areas as well as the positive.
4. When all words from your heart have been said sit quietly, in your mind, and just be with your loved one. Know unfinished business has been addressed and the two of you have said goodbye.
5. Stay as long as you need. There will come a point where you will know you can get up. Say one more time "I love you", if it is true. Just a goodbye is okay too.

When someone we care about, or someone we don't care about, is dying it is scary and challenging to our idea of how life is supposed to be. Other people die, not someone close to me or even someone I know. When dying reaches into your personal sphere (and it will eventually) I hope these thoughts bring some comfort. Blessings, Barbara

You may also like to look at other articles that Barbara writes each month on all areas of end of life. I will share the link to that page with you here

<https://bkbooks.com/blogs/something-to-think-about>

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I do hope this article brings my readers comfort should you experience this type of situation.

Look forward to speaking with you all again next month.

cozycornernews@gmail.com

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3
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palm and back of each hand

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under nails

thumbs

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DAPHNI MONASTERY AND ANCIENT CORINTH BACK IN TIME ON MAINLAND GREECE



By Chris Millikan

Departing Piraeus, my hubby, daughter Jessica and I head south of Athens with a coachload of fellow history buffs.

Stopping first at Daphni Monastery, our group enters a columned portico and gathers in a large courtyard. "Reusing fallen columns and marble rubble in foundations, early Christians built this Byzantine Monastery atop temple ruins," guide Katrina describes. "Monks roomed in that adjacent two-story building."

"Various tales explain the monastery's name," she resumes. "Some think it recalls Queen Daphne, shipwrecked close by. Mysteriously saved, she built a temple here to thank Apollo. Others consider Daphni an enchanting nymph who transformed into a daphne-laurel to escape Apollo's unwelcome attentions." Jessica whispers, grinning, "Maybe she's that old-looking tree over in the grove!"

The octagonal church boasts a tiled dome of red-ochre, walls of pale stone and oblong windows outlined in redbrick. Katrina mentions the ornate portico as one of many additions. In the vestibule, we learn large crypts lie beneath us...possibly interring 14th century Knights. Inside, she points out a complete second floor with spiral staircase, another modification.

Daphni's World Heritage designation especially recognizes its gold Byzantine mosaics. Seventy-six overlapping scenes detail the lives of Christ and the Virgin Mary. The west wall's Assumption of Virgin Mary depicts a glorious angel descending from the sky to escort Mary to heaven. Mosaics of archangels, saints and martyrs cover other walls, including the nave's cross-shaped ceiling. Around the dome, Old Testament prophets surround Christ, sternly observing earthly events. "Miraculously, these wondrous mosaics survived earthquakes in 1889 and 1897," Katrina reveals.

Further along the coast, our explorations resume in ancient Corinth. Shepherding us through the old agora, Katrina points out columns of Apollo's temple and nearby, Octavia's temple platform. "Corinth fanned out from those enduring temples," smiles Katrina. "Imagine sophisticated neighbourhoods filled with magnificent homes, shrines, fountains, marketplaces, public baths and beautiful buildings."

She continues, "One of antiquity's busiest trading cities, Corinth became the Roman Empire's wealthy Greek capital and for two years, Apostle Paul's home. His Letters to the Corinthians guided faithful Christians toward developing communities based on unity and love. Christianity flourished in this part of the Roman Empire." Standing where Paul preached seems surreal.

Leaving the temple area, we stroll a marble-paved roadway linked then to the bustling harbour. Katrina urges us to look up ahead. "Now! Visualize two gilded chariots perched above a magnificent gateway. And beyond, a splendid bronze Hercules!"

Soon, we're gazing at the Spring of Peirene's stone arches. "Sculpted marble once embellished those cave entrances," Katrina observes. "Greek mythology suggests Poseidon's lover Peirene became this spring, shedding endless tears in mourning for her son. Other stories tell of Pegasus, symbol of divine inspiration. Striking the ground with his hoof, he created this spring...his favourite waterhole. Poets journeyed here, sipping these waters to invoke their muses."

Exploring the small onsite museum, mosaic floors, pottery and marble statuary delight us. Especially appealing, a semi-open air atrium showcases Roman sculpture.

Seated on a shady patio above the Corinth canal, we watch as boats ply its turquoise waters. "In 7th century BC, a ramped roadway enabled the portage of ancient trading vessels across the narrow Isthmus of Corinth. Avoiding a dangerous 700-kilometer trip around Greece's rugged coastline, this shortcut allowed earlier arrivals at western ports," says Katrina. "Corinth's 6.5 kilometer canal was built in the 19th century for mid-size ships of that era. At only 23-meters



wide, the waterway requires one-way passages." We feast on forkfuls of braised lamb-shanks dipped in fresh tzatziki, Greek salad, seasoned rice, roasted vegetables and toasted pita...

Our daytrip filled with sunshine, history and mouthwatering cuisine ends much too soon.



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- ★ 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.

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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 denturist will know better after examination.

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

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Colin Harty R.D.
Denturist

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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