

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S  
SENIOR®  
NEWSMAGAZINE



Remembering many yesterdays helps many seniors on both sides of the border stay on the button.  
(Photo: Dan Propp)

SEPTEMBER - 2020

FRASER VALLEY -  
LOWER MAINLAND EDITION  
**Volume 25 - Number 10**  
**FREE** - Please take a copy  
or by **SUBSCRIPTION** see page three

CANADIAN PUBLICATIONS MAIL PRODUCT  
SALES AGREEMENT #40025695

Inside This Issue

ACCORDION TO DAN  
by Dan Propp ..... 3  
MASK UP TO VISIT A RECOVERING RAPTOR...  
by Ursula Maxwell Lewis..... 4  
FINANCIAL NEWS  
by Rick C. Singh..... 6  
THE PHARMACIST REVIEW ..... 7  
STRAIGHT FROM THE HORSES MOUTH  
by Mel Kositsky..... 8  
VANCOUVER ART GALLERY RE-OPENS...  
by Lenora A. Hayman ..... 12  
WORD FIND PUZZLE ..... 13  
HOME IMPROVEMENT  
by Shell Busey ..... 13  
WRITE AS I PLEASE  
by Mel Kositsky..... 14  
COZY CORNER  
by Janet Isherwood ..... 16  
FLUMIN' THE DITCH EXPLORING BIG ISLAND  
BACKCOUNTRY  
by Chris Millikan ..... 17

FOR SENIORS - BY SENIORS  
WITH NEWS YOU CAN USE



LOWER MAINLAND  
denture centre

Our Services include

Come in for a *free* Consultation!

- Complete & Partial Dentures
- Denture over Implants
- Relines and Repairs
- Soft Liner
- Mobile Services: *We come to you!*

We Speak: English,  
Portuguese, Urdu, Farsi,  
Hindi and Pashtu



P.604.457.3763  
F.604.457.3765



C2 - 12460 192  
Pitt Meadows, BC

Daniele Ramos R.D  
Denturist/Owner



@lowermainlanddenture

www.lowermainlanddenture.ca



Bear Creek  
VILLA

TO BOOK A TOUR CALL **604-599-9057**  
www.bearcreekvilla.com  
8233-140<sup>th</sup> STREET SURREY, BC



CRS Financial Group

INVESTMENTS · INSURANCE · RETIREMENT

**GUARANTEED INCOME FOR LIFE**  
"INVEST WITH CONFIDENCE"

CALL: 604.535.3367

Suite 50 - 1480 Foster Street  
White Rock,  
BC V4B 3X7



Get the latest from Dan Propp

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





**Bethshan  
Gardens**  
Retirement Residence

*Independent Living  
Residence for Seniors*



**FRIENDS, LIFESTYLE, SECURITY**

Thanks to our non-profit ownership and operation, Bethshan Gardens offers the most affordable rents you'll find in a retirement community anywhere in the Lower Mainland.

**Call for a Tour**  
**778-373-0299**

Visit us, and find out what independent living in a supportive environment looks like!

[BETHSHANGARDENS.ORG](http://BETHSHANGARDENS.ORG)

17528 59TH AVENUE | SURREY-CLOVERDALE | 778-373-0299



**604-596-9670**

# Storm Watch

**November 17-19th, 2020: 3 Days.** Experience the raw power of the mighty Pacific Ocean as the waves roll in from Asia and pound the shores of the rugged west coast - nature in all it's fierce majesty! Feel the pulse of a winter storm from the comfort of your ocean view room with breathtaking vistas.



**COVID UPDATE:** Seating is limited to small groups to ensure personal health and safety. Masks are mandatory on the coach and BC Ferries.

Door to door home pick up and return (only if you have fun)  
**Call for your 2021 Brochure coming soon!**

**TRAVEL  
PROTECTION**



[www.pitmartours.com](http://www.pitmartours.com)  
[info@pitmartours.com](mailto:info@pitmartours.com)

LICENSED BY:  
  
BC Reg # 3561



Bring this ad in for  
**\$250 OFF**  
Any new scooter or power chair  
Limited time offer.

✓ **Mobility Scooters**

✓ **Power chairs**

✓ **Walkers**

✓ **Wheelchairs**

✓ **Cushions**

✓ **Bath Safety**

✓ **Tires**

✓ **Batteries**

✓ **Accessories**

✓ **And more!**

**BUY SELL RENT  
TRADE-IN PROGRAM**


**20412 FRASER HWY, LANGLEY**  
**604 539 8200**



## You Smile... We Smile

Ask for our patient preferred  
**“Sullivan Signature Dentures”**  
**Great Fit, Great Comfort and Great Looking**

Tricia Thobaben is certified in Dr Abe's suction SEMCD technique, is an advanced set up practitioner for lingualized occlusion and runs a full service BPS Denture Clinic.




**20 Years Experience!**

“Denture & Implant Solutions”

*Read our Great Reviews at  
[SullivanDentures.com](http://SullivanDentures.com)!*

**Tricia Thobaben**  
Registered Denturist  
(formerly practiced in Langley)



#110 5450 152 Street  
Surrey, BC V3S 5J9  
[info@sullivandentures.com](mailto:info@sullivandentures.com)

**604-577-0007**  
[www.sullivandentures.com](http://www.sullivandentures.com)



# ACCORDION TO DAN



Remembering many yesterdays helps many seniors on both sides of the border stay on the button. (Photo: Dan Propp)

Practically has 'virtually' changed today's terminology. A 'hard drive' used to be something like driving a well used Chevrolet or Rambler from Port Alberni on that unpaved logging road switchback to Tofino. Words such as 'Zoom' meant to move or travel quickly. If you are talking about cameras, long lenses could produce close up shots, or sound effects from shows we would watch as kids like Superman on TV taking off at a near by phone booth after changing from his disguise as Clark Kent. Ask a kid today what a phone booth is or how to use a phone with a rotary dial. Chances are they wouldn't have the foggiest idea.

The following bit of rhyme might help some seniors to zoom back to a nostalgic memory or two.  
AS IT ONCE WAS

Remember the days of convenient phone booths all over the place that would swallow a nickel, two bits and a dime. You could find them in hotels such as Devonshire and Ritz; in restaurants like The Sky Diner, once upon a time. What about expressions like a 'penny for your thoughts'?

Life was still credit card free. Of course, what we have today is so much better, just think what we have got. We can do everything on line...whoopie! So much is virtual reality with cellular phones that even take razor sharp pictures instantly. Who needs camera, film, manual typewriters and sending hand written letters by mail. We were enveloped and stamped out with a cumbersome outdated structure. For future generations studying how things used to be will sound almost like an unbelievable tale. Perhaps these few lines may reprise many yesterdays such as sitting and having a fountain drink at Woolworths or perhaps browsing at Army and Navy or Fields. Just a tad different how humanity in 2020 surfs the internet searching for deals.

## ROOFTOPS AND RABBIT EARS

Do you remember, as a kid, the wonder of growing up with that first TV. With rabbit ears we could pick up two or three channels. When times were really tough, a metal coat hanger might at least pull in one channel. However, the day arrived when aerials were put on rooftops with channel two, four and other reception heads. Now, that was sophistication! Five or six channels was considered a luxury. Many of us cherish our first RCA, Motorola, Admiral and watching all the great shows.

## WASN'T THAT A TIME

On the rooftop stood many a channel heads. Pulling in Vancouver's CBUT on Channel two. From Bellingham's station KVOS, with plenty of entertainment, we were fed. On good reception days there would even be channels four and five from Seattle, yahoo!

Do you remember expressions like Alfred Hitchcock's spooky "Goo-od Evening" or Jackie Gleason's catch phrase "And away we go!" As kids we were sometimes mesmerized by the early morning TV test pattern. We would just sit there with wonder and gaze waiting for programs like Whirlybirds, I've Got a Secret with Gary Moore and Front Page Challenge with Fred Davis. There was so much to watch and enjoy.

## THE 1960's

Just a few years ago...well in reality...more than thirty, I used to write a column for an Ontario based publication called Better Boating. My job was to bang out an interesting BC boating piece once a month. The one I remember the most was writing a piece on the American folk singer Glen Yarbrough who was part of the famous musical group The Limelites. He was having a Ferro cement boat built here in Richmond.

One of his greatest hits was 'Baby The Rain Must Fall' when he went on his solo career. It was an honour to meet Glen Yarbrough. The following lyrics that might reprise the 1960's.

## AN ERA THAT STILL RESONATES, BIG TIME

Accordion to some, the ideals of the nineteen sixties have changed a tad. Do you remember The Limelites, Kingston Trio, Peter, Paul and Mary? All the hootenanny, bass, banjos, acoustic guitars, those songs and idealistic hopes we had. Spin one of those records, it is different from today's music. From Woody Guthrie, Arlo Guthrie to Dylan, Glen Yarbrough, Ian and Sylvia. Pete Seeger, and Leonard Cohen, how they touched humanity! How the melodies, and lyrics and ideals fulfilled...yah! Listening to that music will still continue to play on.

Please visit [www.Nostalgicroads.Weebly.com](http://www.Nostalgicroads.Weebly.com)  
Search for Song CD's by Dan Propp via cdbaby.com and also [www.soundcloud.com](http://www.soundcloud.com)  
Plus books via [www.amazon.ca](http://www.amazon.ca)

## TODAY'S SENIOR NEWSMAGAZINE

TODAY'S SENIOR NEWSMAGAZINE LTD.  
Fraser Valley / Lower Mainland Edition  
Box 61533 - Brookwood P.O. Langley, B. C. - V3A 8C8  
E-Mail: [todaysseniornewsmagazine@shaw.ca](mailto:todaysseniornewsmagazine@shaw.ca)

Publications Mail Registration #40025695

Printed in Canada, Blackpress

## Publishers / Copyright Disclaimer:

No part of this publication may be reproduced, copied or transferred without first obtaining written permission from the Publisher, but we do welcome requests.

The opinions expressed herein are those of the writers and do not necessarily reflect the opinions or views of the publishers, staff or employees of Today's Senior.

Due care and attention is used in checking advertising copy for accuracy and legitimacy, but no warranty is implied or given by the publishers. We reserve the right to refuse any advertising or editorial submissions which we believe to be inconsistent with the concept of the publication.

All submissions should be typed (double spaced where possible). Submissions and pictures are submitted at owner's risk. Make copies of important pictures and documents please and ensure you are the authorized copyright holder of any supplied content. All submissions and columns fall under the Registration of Today's Senior.

As Today's Senior continues to grow in popularity, an increasing number of people and businesses are advertising their service, concept or product as either a regular advertisement or in a paid editorial format. Therefore we suggest that you follow logical consumer practices and guidelines when purchasing any products or services.

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

## Telephone Contact Numbers PRODUCTION / DISTRIBUTION

Main Office / Distribution 778-751-4188

OFFICE HOURS: 9:00am-Noon

Tuesday, Wednesday, Friday

Online: [todaysseniornewsmagazine.com](http://todaysseniornewsmagazine.com)

Emergency 604-992-0721

## ADVERTISING

John Ross

604-992-0783





# MASK UP TO VISIT A RECOVERING RAPTOR OR A MUSEUM



Sarah the Barn Owl with volunteer Colin Iverson greets visitors to the Orphaned Wild Life (OWL) Research and Rehabilitation Centre, Delta, BC.  
Photo Ursula Maxwell-Lewis (c)

By Ursula Maxwell-Lewis

The need for a change of scenery inspired me to make a long-overdue visit to OWL (Orphaned Wildlife) Rehabilitation Society, Delta.

Because no drop-ins are allowed, I called ahead for a reservation. OWL volunteer Colin Iverson and Sarah, a rather beautiful barn owl, welcomed our small group.

While Sarah stayed behind to mind the office, Colin walked us around large cages where recovering raptors - lovingly cared for - were housed.

Winston Churchowl (a Great Grey Owl) gazed at us morosely. Big Daddy, a Bald Eagle, glowered from a perch in his large domain, Aricl-Pocahontas (a Peregrine Falcon) and the Goshawks, Horus and Pharaoh, ignored us.

Over 46 non-releasable raptors permanently reside at OWL. Some assist with fostering orphans to prevent the young from imprinting on people and helping with their integration back to the wild. Volunteers and raptor Educational Ambassadors strive to inform the public about conservation and the dangers facing these species.

Risks to such impressive wildlife include electrocution, entanglement from a variety of hanging objects, and rat poison ingested from rats or mice. Did you know that a piece of lead (from lead shot) the size of a grain of rice is sufficient to kill a full sized eagle in 48-72 hours?

OWL is a non-profit organization with a staff and volunteers dedicated to the rescue, rehabilitation, and release of injured and orphaned raptors arriving mainly from British Columbia and the Yukon.

Established in 1985, licensed through the Ministry of Forests, Lands, and Natural Resource Operations and run by a Board of Directors, OWL has been a safe haven for up to 700 injured raptors (eagles, falcons, hawks, ospreys, owls, and vultures) annually.

OWL is located at 3800-72nd St., Delta. Visiting

hours are

10am-3pm Sat and Sun except public holidays. Call 604-946-3171 for reservations. Admission is by donation.

In other news, the Museum of Surrey welcomes a modified reopening Wednesday, Sept 9 and will host a variety of programs.

One hour museum tours will be available from Wednesday to Saturday beginning at 9:30am. Register at [surrey.ca](http://surrey.ca) or by phone at 604-592-6956. While not required, masks are recommended for visitors. Reusable cloth MOS masks are available for purchase for \$6 plus tax.

Arctic Voices closes Oct. 11 and Nature's Clothesline opens Oct. 29. This is an exhibit co-curated by Colleen Sharpe, Curator of Exhibits, and Linda Montague, Textile Specialist.

Interested in the Family History and Genealogy Exhibit from Cloverdale Library? Look for it in the Surrey Stories Gallery.

Sketching Series, a self-directed MOS program, will allow visitors to experience the outgoing feature exhibit, Arctic Voices, but without using exhibits touch displays. This self-led program is monitored by staff to ensure physical distancing. This pre-registered 12-participant program is offered each Thursday afternoon from 3-4 pm. Individuals must bring their own art supplies

The Museum of Surrey welcomes your Covid-19 Collection items:

This pandemic is an historic event, dramatically altering day-to-day life. Its effects will be the subject of future documentaries, films, research articles, and novels. The City of Surrey Archives is being proactive in ensuring community donations are collected in order to thoroughly document this extraordinary time. For more information go to <https://www.surrey.ca/culture-recreation/20988.aspx>

Surrey Libraries open September 9. Check their website for details.

*Ursula Maxwell-Lewis welcomes information on upcoming events and interesting storylines. She can be reached at [utavel@shaw.ca](mailto:utavel@shaw.ca)*

## BITE, CHEW & LOOK GOOD TOO™

Troubles . . . with your dentures?

While talking, eating . . .

**We focus in lower hard to fit dentures**

**Chhun Lim, R.D.**

**DENTURE CLINIC In Fleetwood**

- New, Complete & Partial Dentures
- Same Day Relines, Soft Liner
- Dentures on Implants
- Repairs (while you wait)
- Free Consultation
- Second Opinion Save your Money

**604-507-9958**

**NEW LOCATION (On Google Map)**

8118 - 164 Street, Surrey, B.C. V4N 0P2

## FINALLY I CAN EAT!

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

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

And lord and behold I can eat and chew after 15 years. So, if you are in this same boat, give him a chance, you will be pleased.

Lillian, Surrey





RENOVATION  
DIVISION

Your Lower Mainland & Fraser Valley Renovation Company  
604.857.5990 | [www.profilemarble.ca](http://www.profilemarble.ca)



# CONCEPTION TO COMPLETION

TRANSFORMING HOMES FOR OVER 25 YEARS



KITCHENS



BATHROOMS



WHOLE HOUSE

- Renovations • Home Improvement • Custom Kitchens • Custom Bathrooms • Millwork
- Interior Finishing • Home Remodelling • Barrier Free/Accessibility Design

## SENIORS...

You May Be Eligible for **up to \$15,000** in Financial Assistance from the Gov't. of Canada



Do you worry about your safety while performing day-to-day activities in your home?

**HOME ADAPTATIONS FOR INDEPENDENCE** or **HAFI** is a grant program through BC Housing for people in British Columbia with health or mobility issues.

The HAFI program provides financial assistance for eligible, low-income individuals or families to be able to continue to live comfortable in their home.

Ask us how we can help you access this funding. Call today for a consultation.

**Eligible adaptations include upgrading the following:**

- Tub to walk-in shower with seat and grab bars
- Walk-in bathtub
- Higher toilet - ADA compliant
- Taller vanity
- Single handle lever faucets in kitchen and vanity
- Slip resistance flooring
- Door knobs with lever handle
- Gliding shelves in kitchen and bath for easy access

**CALL US  
TODAY!**

604.857.5990  
[profilemarble.ca](http://profilemarble.ca)



RENOVATION  
DIVISION







## FINANCIAL NEWS

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

### FOUR REASONS WHY YOU SHOULD STILL TAKE CPP EARLY

I recently had to assist my sister with her retirement plan. She was turning 60 and CRA sent her a letter advising of the options available at age 60. I decided to research some articles to support my rational for why she should take her CPP early. I am sharing that article with you that was written by Jim Yih of "retirehappy.ca".

"January 1, 2012 was an important date for Canada Pension Plan because the new CPP rules come into effect.

I've written extensively about the issues around taking CPP early. It's one of the big conundrums of Canada Pension Plan and my conclusion is that it still makes sense to take CPP as early as you can in most cases. Here's four questions to ask yourself in determining if it makes sense to take CPP early.

Will you still be working after 60?

Under the old rules, you had to stop working in order to collect early CPP. The work cessation rules were confusing, misinterpreted and difficult to enforce so it's probably a good thing they will be a thing of the past.

Starting January 1, 2012, you can start collecting CPP as soon as you turn 60 and you no longer have to stop working. The catch is that as long as you're working, you must keep paying into CPP even if you are collecting it. The good news is that paying into it will also increase your future benefit.

What is the mathematical break-even point?

Under the old rules, the decision to collect CPP early was really based on a mathematical calculation of the break-even point. Before 2012, this break-even point was age 77. With the new rules, every Canadian

needs to understand the math. Here's the example of twins that I used before, with the break-even point updated to 2015 values.

"Janet and Beth are twins. Let's assume they both qualify for the same CPP of \$502 per month at age 65. Let's further assume, Beth decides to take CPP now at age 60 at a reduced amount while Janet decides she wants to wait till 65 because she will get more income by deferring the income for 5 years.

Under Canada Pension Plan benefits, Beth can take income at age 60 based on a reduction factor of 0.58% for each month prior to her 65th birthday. Thus, Beth's benefit will be reduced by 34.8% (0.58% x 60 months) for a monthly income of \$327.30 starting on her 60th birthday.

Let's fast forward 5 years. Now, Beth and Janet are both 65. Over the last 5 years, Beth has collected \$327.30 per month totaling \$19,638. In other words, Beth has made \$19,638 before Janet has collected a single CPP cheque. That being said Janet is now going to get \$502 per month for CPP or \$174.70 per month more than Beth's \$327.30. The question is how many months does Janet need to collect more pension than Beth to make up the \$19,638 Beth is ahead? It will take Janet 113 months to make up the \$19,638 at \$174.70 per month. In other words, before age 74.4, Beth is ahead of Janet and after age 74.4, Janet is ahead of Beth."

This math alone is still a very powerful argument for taking CPP early. Another way to phrase this question is, "How long do you expect to live?"

Note that under the new rules, the mathematical break-even point will change again in 2016, when the reduction factor will increase from 0.58% per month to 0.6%. So, for the above example, in 2016, Beth would get \$321 instead of \$327.30 at age 60. This will move the break-even point from age 74.4 to age 74.

If you want to see the new breakeven points for 2012 to 2016, visit Taking CPP early: The new breakeven points

When will you most enjoy the money?

When are you most likely to enjoy the money? Before age 74 or after age 74? Even though the break-even point is three years sooner, for most people, they live the best years of their retirement in the early years. I call these the 'go-go' years (which is one of three phases of retirement).

Some believe it's better to have a higher income later because of the rising costs of health care. Whatever you believe, you should plan for. It might be worthwhile to look around your life and see the spending patterns of 70, 80- and 90-year old to assess how much they are really spending. Are they spending more or less than they did when they were in their active retirement years?

What happens if you Leave money on the table?

Let's go back to Beth who could collect \$327.30 at age 60. Let's pretend that she gets cold feet and decides to delay taking CPP by one year to age 61. What's happened is that she" left money on the table." In other words, she could have taken \$3,927.60 from her CPP (\$327.30 x 12 months), but chose not to, to be able to get more money in the future. That's fine as long as she lives long enough to get back the money that she left behind. Again, it comes back to the math. For every year she delays taking CPP when she could have taken it, she must live one year longer at the other end to get it back. By delaying CPP for one year, she must live to age 75 to get back the \$3,927.60 that she left behind. If she

delays taking CPP until 62, then she has to live until 76 to get back the two years of money she left behind. Why wouldn't you take it early given this math? The main reason is that you think you will live longer, and you will need more money the older you get.

My two cents

I think if people understand the math of Canada Pension Plan, most people will take it early. In 2012, you can take it early even if you are working. The bad news is you will get hit with a bigger reduction with the new rules. Some say its also bad news because you will have to keep paying into CPP if you are working (under the new rules). To me, that's not such a bad thing because paying into it also increases your future benefit so it's not like you are not going to get your money back. I don't think the increased reduction is enough of a deterrent because a bird in your hand is better than two in the bush."

If you or anyone you know need a second opinion with planning for retirement, speak with a financial advisor. If you are not dealing with a financial advisor contact Rick Singh at CRS Financial Group. He can be reached by email at [rick@crsfinancial.ca](mailto:rick@crsfinancial.ca) or call the office at 604-535-3367.

### CANADA'S WORST INVASIVE PLANT SPECIES WREAKS HAVOC

It's been named Canada's worst invasive plant species, wreaking havoc on biodiversity, wetlands and beaches across the country. And reaching a whopping height of five metres, invasive Phragmites, or common reed, can be hard to miss.

While there's no clear answer on how this perennial grass made its way from Europe to Canada, ecosystems across the country have been feeling its impact for decades.

Like most invasive plant species, this reed is known to be devastating to the native plants around it. It's tall, rough, beige-tan stems with blue-green leaves and large, dense seed head spread quickly and aggressively, competing with native species for sunlight, water and nutrients – often winning.

The invasive species releases a toxin from its roots that can kill nearby plants. Once it starts to spread it begins to crowd out the surrounding native vegetation, wiping out important natural habitat areas and choking out wildlife.

While every province has its own recommendations for dealing with the problem, the options are often similar, ranging from mowing and cutting to flooding, compression and rolling.

But, according to Pierre Petelle, president and CEO at CropLife Canada, the most effective option is a well-timed herbicide treatment.

"Unlike other removal methods, herbicides get to the root of the problem, effectively killing the entire plant. Other methods like cutting, if done without an herbicide treatment, may actually do little more than stimulate the growth of reeds and damage the surrounding ecosystem," he says.

Herbicides might just give some of the wetlands and beaches currently struggling with the invasive species another chance.

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

## Financial Advisor

**Q: Why is it important to have a Life Insurance policy in all stages of life?**

**A:** Life Insurance can offset risk in your early years when income replacement and protecting your family is really important. Later on in life many people cancel their Life Insurance policies, which may not be in their best or their families best interest. Life insurance can, and should be used for covering Estate Taxes on death, Capital Gains on family cottages or second properties, Funeral Expenses, and finally, it is an inexpensive way to pass on wealth to the next generation. Before you cancel your life insurance policy, talk to your financial advisor today.



Rick C. Singh  
Hon. BA, CPCA



Contact Details:  
Suite 50 – 1480 Foster Street, White Rock, BC, V4B 3X7  
T: 604-535-3367  
[www.crsfinancial.ca](http://www.crsfinancial.ca)

If you would like to  
**ADVERTISE**  
in Today's Senior  
Newsmagazine  
Details on page 3.



## THE PHARMACIST REVIEW

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

### LOSE IT WITH TRIMACTIV

As pharmacists, we are highly skeptical when we hear of a "magic pill", especially when it comes to one that has claims towards weight management, and Purica's "TrimActiv" is no exception. However, TrimActiv is quite unique and does look quite promising.

The ingredients of TrimActiv include malabar tamarind (*Garcinia gummi-gutta*), yerba mate, green coffee bean extract, ceylon cinnamon, and Purica's own Full Spectrum cordyceps mushroom. Hydroxycitric acid (HCA) is the active ingredient in *Garcinia*, and caffeine is that of yerba mate, both of which increase metabolism and endurance. The Full Spectrum cordyceps includes all parts of the fungus and can increase ATP (energy) production in the heart, muscles, brain, and also improve oxygen utilization. The wet, undried green coffee beans are much richer in chlorogenic acid (ie. antioxidants) than their dried or roasted counterparts. Individually, these ingredients have been marketed for years as "diet pills", but as some of you know, they rarely have noticeable or lasting benefits. Used in low amounts and when used together, such as in TrimActiv, you will be less prone to side-effects but should benefit from the synergistic actions of the herbs for a more gentle and lasting effect on body-fat management.

We feel that TrimActiv would be most beneficial as an adjunct to a medically-designed fat-loss lifestyle program, such as "Ideal Protein". TrimActiv will not only help minimize the side-effects of calorie deprivation, but also stabilize blood sugar and give you more energy via an enhancement of the fat-burning process. Remember not to take it too late in the day, as it does contain caffeine. Consult your integrative physician, Ideal Protein Coach, or an integrative pharmacist at Cloverdale Pharmasave or Pharmasave Steveston Village before you begin any natural supplement.



### WEIGHT MANAGEMENT WITH TRIMACTIV

- Reduces likelihood of blood sugar spikes
  - Enhances the body's metabolism and ability to process dietary sugars and burn fat
- ✓ Receive 200 BONUS Pharmasave Rewards Points on this product September 1-30 2020

Call and speak to our Integrative Health Pharmacists about living a healthy lifestyle!

**PHARMASAVE**  
Cloverdale Health Centre Est. 1983 | Steveston Village Est. 2011

Downtown Cloverdale  
5778-176A Street, Surrey 604-576-2888  
Steveston Village  
#105-12420 No. 1 Road, Richmond 604-232-0159  
www.iPharmasave.com

### Mobile Foot Care Nurse

Available in the comfort of your home. Foot assessment & plan of care, Foot care for Diabetics, poor circulation, nail cutting & filing, care of ingrown toenails, difficult or fungal toenails, corn & callus care.

**Call 604-724-3376 for appointment.**

## CANADA'S WORST INVASIVE PLANT SPECIES WREAKS HAVOC



It turns out that eating healthy is not only good for you, but it can also lessen your impact on the environment. According to a recent study published in the *Proceedings of Natural Academy of Sciences* journal, certain foods commonly associated with improved health also contribute to a more sustainable global food system.

The seven foods identified include fruits, vegetables, whole-grain cereals, olive oil, legumes, nuts and fish. The study also shows that consuming one additional serving per day of any of these seven foods was linked to a lower risk of type 2 diabetes, stroke, coronary heart disease and colorectal cancer.

At the other end of the spectrum, researchers found that red meat and processed meat were consistently linked to the largest increase in disease risk while also having the most negative environmental impacts.

These findings are supported by another study published in the same journal that looked at the correlation of climate change and healthy eating. For example, the emissions associated with producing one kilogram of beef are almost eight times higher than

those associated with producing the same amount of fish.

Fortunately, what we choose to put on our plates really does make a meaningful difference. Although it may feel small, the daily act of deciding what we eat can have a large ripple effect on the planet. Look for global, science-based certifications like the MSC blue fish label that certifies wild, sustainable and traceable seafood or the ASC label that indicates responsibly farmed seafood. There's also the Certified Organic label that recognizes production systems that sustain the health of soils and ecosystems.

As the need for climate action intensifies, meeting The UN Sustainable Development Goals and The Paris Agreement targets has never been more vital to our overall wellbeing, the future of our food systems, and the health of the planet. By choosing healthier and more sustainable options, it's not only a clear win for our bodies, but it also contributes to reducing our carbon footprint and brings us closer to achieving global goals.

www.newscanada.com

### ELEVATE EVERY MEAL WITH EVERYTHING BAGEL SEASONING

If you spend any time on Pinterest or Instagram foodie accounts, you'll quickly learn that people are going crazy for everything bagel seasoning. This mix of salty, sweet and bitterness is hard not to get hooked on, improving almost any recipe.

Skip the mess and measuring for a DIY version with the new PC everything bagel spice blend, made up of six simple ingredients: sesame seeds, roasted garlic, onion flakes, black sesame seeds, poppy seeds and flaked salt. Here are five ways to use this spice:

1. Sprinkle it on avocado toast. This seems like the most obvious choice, and even a halved avocado with this sprinkled on top is a good snack on its own. You can take it a bit further and make amazing avocado toast topped with your favourite style of egg that looks very impressive.

2. Put it on popcorn. Adding this garlicky, onion-flavoured seasoning to a bowl of freshly popped popcorn can make home movie nights really stand out compared to any traditional cheese powder.

3. Mix it in salads. This seasoning will work on salads for an extra pop of savoury, salty flavour. Try it with fish or smoked salmon salads, a popular combo among bagel and lox lovers.



4. Pair it with kebabs or roasted veg. For a hint of something new, swap out the pepper and sprinkle everything bagel seasoning on roasted chicken, short ribs or steak. If meat is not your thing, roasted vegetables with this herb blend is a great option. Spice up your potatoes, beans, broccoli, carrots – you name it.

5. Make crackers or shortbread. Now that we are all pros at baking homemade bread, mix the seasoning into a plain shortbread recipe. This sweet-and-savoury treat is perfect for serving with a cheese plate.

www.newscanada.com





## Straight from the Horse's Mouth

By Mel Kositsky

The rescheduled \$3 million Kentucky Derby, presented by Woodford Reserve (G1), is now set for the first Saturday in September instead of the first Saturday in May. Racing traditionalists probably don't like it but the fact that the annual Run for the Roses is being held at all should be considered a blessing, considering many other major sporting events are being cancelled this year due to the COVID-19 pandemic. Churchill Downs Racetrack officials released a detailed 62-page health and safety operations plan in mid-August that will limit attendance to the Sept. 5 Kentucky Derby to less than 23,000. Due to physical distancing protocols and other safety measures in place to mitigate the risks associated with COVID-19, the capped figure is to be less than 14 per cent of total capacity from the 2015 attendance record of 170,513 people. Other major league sports are holding games without spectators in attendance, so those lucky enough to attend this year's Derby are very fortunate.

Usually a week-long party at the famed Downs, especially in the 26-acre infield where thousands gather, this year there will be no general admission and the infield will be closed. Reserved seating will be limited to a maximum of 40 per cent occupancy. Also, standing room only or "walk around" tickets have been eliminated. All outdoor ticket holders will be re-seated in a new comparable location either prior to or during the event to provide for maximum distancing.

Right now Tiz the Law looks the best of the 20 three-year-olds expected to fill the starting gate that afternoon. The New York-bred is the clear-cut favourite as he closed as the even-money favorite Aug. 9 in Pool 7 of the Kentucky Derby Future Wager. A winner in six of his seven starts, Tiz the Law could be the shortest-priced Kentucky Derby favorite since Arazi finished eighth at odds of 4-5 in 1992. The only other horse to start at less than 2-1 odds during that span was Point Given, who finished fifth as the 9-5 choice in 2001.

There won't be as much "hoopla" and the fashion show will be limited with fewer celebrities on site, but NBC will televise coverage of the Kentucky Derby

and undercard racing on Sept. 5 from 2:30-7:30 p.m. ET. (That is an 11:30 a.m. start Pacific time.) The 146th running of the \$1.25 million Longines Kentucky Oaks (G1), the Derby's counterpart for 3-year-old fillies, will be televised Sept. 4 on NBCSN from 3-6 p.m. ET. (Noon Pacific). Canadians can watch and bet on all the races through [www.hpiabet.com](http://www.hpiabet.com) - Canada's horse racing betting site. According to the health and safety document, temperature checks, medical questionnaires, physical distancing, and mandatory face coverings will be required upon entrance and movement within the 190-acre site. Each guest will receive a courtesy "Healthy at the Track" bag, which will include a disposable mask, a pocket-sized hand sanitizer, and a personal stylus for non-contact self-service wagering. Compliance of Churchill Downs' public safety measures is a condition of admittance and will be strictly enforced. Offenders will receive a warning; repeat offenders will be escorted from the property.

The best of this year's three-year-old crop, Tiz the Law toyed with his rivals in winning by 5 1/2 lengths in The Travers at Saratoga, ridden by jockey Manny Franco. The Travers is known as in the "Midsummer Derby at the Spa" and is contested at 1 1/4 mile distance -- the same as the Kentucky Derby. Tiz the Law is now looking to become the sport's 14th Triple Crown champion, having already won the Belmont in June.

Owner Jack Knowlton of the Sackatoga Stables and trainer Barclay Tagg have already experienced the thrill of winning the Kentucky Derby and the Preakness Stakes (G1) with Funny Cide 17 years ago. But Funny Cide was third in the Belmont Stakes and missed the Travers due to an illness. Tagg's stable numbers just 25 horses and Sackatoga is campaigning six of them. Sackatoga has an ownership group of more than 30 people but not all of them will be able to attend in Kentucky.

No fans are allowed at Vancouver's Hastings Racecourse but thoroughbred racing continues until the end of September. There will be a special race card on Kentucky Derby day, but regular days have been switched to Thursdays and Sundays, with a 4:30 p.m. start. There are usually at least eight races per card as the shortened season continues. No date has been set for the return of harness racing at Fraser Downs in Surrey.

Despite the pandemic, annual horse sales will go ahead with online bidding available. This year the British Columbia Division of the Canadian Thoroughbred Horse Society has moved its sale to the Chilliwack Heritage Park from its usual Langley location. The sale starts at 3 p.m. on Tuesday, Sept. 8 and a total of 78 horses will be auctioned off at the yearling and mixed sale. Catalogue information is available at [www.cthsbc.org](http://www.cthsbc.org).

The Canadian Thoroughbred Horse Society (C.T.H.S.) has announced that Direct Livestock Marketing Systems (DLMS) will be providing online bidding for all of the 2020 C.T.H.S. Sales. DLMS is an internet marketing company specializing in real time internet auction sales and is part of the largest livestock marketing network in Canada. DLMS offers instant bidding, streaming live audio and video; creat-

ing a live auction experience from the safety of purchasers' computer, tablet or mobile device. Purchasers may establish an account through the DLMS website or through the C.T.H.S. Divisions. Account holders will then be eligible to view and purchase horses at any of the upcoming C.T.H.S. Sales. <http://dlms.ca/Account/Register>

The C.T.H.S. is concerned with the health and welfare of members and sale attendees. All C.T.H.S. Sale sites have limitations on the number of people able to attend on the sale day and having online bidding available will allow for more people to be a part of the sales without having to be on the actual sale site, according to the August news release. Viewing days will still be held prior to the sale date which will allow for interested purchasers to view consignments under COVID-19 guidelines. Those purchasers who are not able to attend viewing days will be able to view consignments through online videos and photos posted on both C.T.H.S. and DLMS websites.

C.T.H.S. Sale Dates:

Manitoba Division - Sunday, August 23  
Ontario Division - Wednesday, September 2  
B.C. Division - Tuesday, September 8  
Alberta Division - Friday, September, 18

The C.T.H.S. would like to thank its sponsors for their generous support. Their assistance in providing funding so that the C.T.H.S. is able to deliver this service through DLMS is greatly appreciated. Our thanks to:

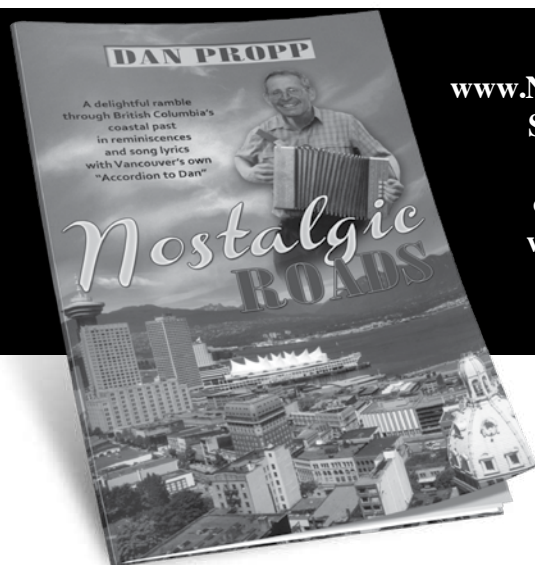
- National; C.T.H.S. National Office, Jockey Club of Canada
- Alberta; Century Mile Racetrack and Casino, Highfield Investment Group, Westana Ranches
- B.C.: The Derby Bar & Grill, HBPA BC, BCTO-BA
- Manitoba; Manitoba Jockey Club
- Ontario; HBPA Ontario, Hill'n'Dale, Dermot Carty Bloodstock

The Canadian Thoroughbred Horse Society (C.T.H.S.) was incorporated in 1906 under the federal Live Stock Pedigree Act (presently called the Animal Pedigree Act - 1988) as a national breed organization to assist breeders of Thoroughbred horses in Canada. The National Office is located in Toronto. The National Office determines the requirements for Canadian-bred status of foals, maintains the breeder membership roster for Canada, compiles statistics and represents Canadian Thoroughbred breeders nationally and internationally.

If you would like to  
**ADVERTISE**

in *Today's Senior  
Newsmagazine*

Details on page 3.



Please visit  
[www.Nostalgicroads.Weebly.com](http://www.Nostalgicroads.Weebly.com)  
Search for Song CD's  
by Dan Propp via  
[cdbaby.com](http://cdbaby.com) and also  
[www.soundcloud.com](http://www.soundcloud.com)  
plus books via  
[www.amazon.ca](http://www.amazon.ca)

Accordion Sing-Alongs  
604-277-6570  
604-802-4428

**Multiple Realty Ltd.**

2298 Kingsway  
Vancouver, B.C. V5N 5M9  
**604-788-3530**



D'arcy  
Hamilton





• Locally Designed • Fair Trade • Sizes XS - 4X  
Natural fabrics and comfortable styles for every body.

Lower Mainland  
Locations in

- Tsawwassen
- Commerical Drive
- Kitsilano
- North Vancouver



Order Online at [blueskyclothingco.com](http://blueskyclothingco.com) or Phone 604-363-6664

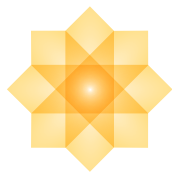


MAGNOLIA  
GARDENS  
A BRIA COMMUNITY

A tranquil oasis in the heart of Langley City, **MAGNOLIA GARDENS** is within easy walking distance to the city-centre, shopping and recreation amenities. Featuring two excellent choices in supportive senior living: 115 independent living suites, and a 40 suite licensed Care Centre.

Schedule a tour today,  
**604.514.1210**

Visit us at:  
5840 Glover Road, Langley City



SUNRIDGE  
GARDENS  
A BRIA COMMUNITY

With a lush outdoor courtyard and bright modern interior, **SUNRIDGE GARDENS** is a hidden gem in the heart of historic Murrayville. A short walk from W.C. Blair Recreation Centre, shopping, and Langley Memorial Hospital, and featuring 145 comfortable, open-concept suites for independent senior living.

Schedule a tour today,  
**604.510.5091**

Visit us at:  
22301 Fraser Highway, Murrayville

**RETIREMENT. LIVING!**

[www.BriaCommunities.ca](http://www.BriaCommunities.ca)





# Royal City Manor Long Term Care Home

*At Royal City Manor Long Term Care Home in New Westminster, British Columbia, we strive to enhance your well-being.*

## Life – the way you shape it

Royal City Manor is committed to providing residents with choices to meet their unique personal care needs and preferences, taking into account the role that families play in long term care. Each resident receives an individual assessment and care plan with our highly trained teams, who focus on integrating the comfort, dignity and safety of each resident. With a wide variety of services and programs, from physiotherapy to recreational outings, it's life the way you shape it.

## Quality Care

At Royal City Manor, meaningful interactions are essential to our person-centred care philosophy. Everyone has the responsibility and opportunity to interact with residents in a way that supports quality person-centred care that recognizes each person's individual needs and wishes. Our services are designed with the health and comfort of residents in mind.

## Accommodations

With 24-hour access to a registered nurse, pain and symptom management, and a visiting physician, rest easy knowing that at Royal City Manor – we've got you covered. We offer rooms that are comfortably furnished with a bed, night table, lamp and closet or wardrobe, with space to bring personal items and make your room feel like home. And with our Private Pay options, you benefit from quicker placement times and no waiting for an assessment from HA.

## Dine With Us

Good food is at the heart of every home. Enjoy healthy meals prepared to meet the needs of all residents – nutritionally and culturally. Our menus are developed by a team of registered dietitians and nutrition managers, and we involve residents in menu planning.

**Call us for more information or to arrange a visit.**

**Royal City Manor**

77 Jamieson Court, New Westminster 604-522-6699 • [reveraliving.com](http://reveraliving.com)

**revera**  
Long Term Care



Sponsored by HUMN Pharmaceuticals

# Topical Approaches to Pain Management

By Haidita Celestine

Applying pain relief treatment directly where it hurts is not a new practice. Healers throughout human history and in every culture have applied medicines directly to the source of pain. One of the oldest, and the largest, complete medical documents ever discovered, the 3500-year-old Ebers Papyrus, includes poultices, salves, oils and plasters for conditions ranging from Sting of Wasp to Headache.

Found in a tomb at Thebes about 1862 and preserved at the University of Leipzig, it is a miscellaneous collection of extracts and jottings from at least forty sources. There is abundant evidence that these sources come from numerous books many centuries older. Spells and incantations are also freely interspersed, as are domestic tips for such things as keeping mice away from clothes. One remedy found in the text is a poultice composed of pieces-of-excrement, Cat's dung, Dog's dung, and berries of the Xet plant. This apparently would "drive out all the Scurf".

"I can assure you that TPR20 Pain Relief Cream contains no dung of any sort," says Rowan Hamilton, Director of Research at Humn Pharmaceuticals of Winnipeg. "What it does contain though, helps us believe in the strength of modern medical pain relievers without the need for powerful pills."

The most common pharmaceutical approaches to pain today are oral medications (pills). With this approach, come regular side effects including gastrointestinal complications, liver disease, kidney disease and potential dependency. Canadian consumers are increasingly wary of such potential risks and are looking for a less invasive approach that can be provided by topical analgesics. The type used successfully for centuries; provided of course that they don't contain dung.

In our own time and culture a new understanding of pain treatment is emerging from research and patient studies. It is increasingly pointing to topical preparations as a viable delivery mechanism for pain relief medication. The forms they take are creams, gels, liquids and patches. Their object is to apply pain relief where it hurts, when it hurts. This may be one of the most important recent developments in the treatment of pain –even if it is a centuries old practice.

Modern pain medicine as we know it dates from the development of chemistry in the nineteenth century. Salicylic acid from willow bark was refined into acetylsalicylic acid in Germany and marketed in 1899 as acetylsalicylic acid. This was the first of what are now known as Non Steroidal Anti-inflammatory Drugs (NSAIDs) and began

a revolution with the addition of acetaminophen / paracetamol in 1956 and ibuprofen and indomethacin in 1962. The products were all pills and still are. The other major pain medication derives from the Opium poppy. Synthesized from the raw opium, morphine went on sale in 1827. Heroin from the same source became available in 1874.

These two basic medicine groups are still with us. Pharmaceutical chemistry has refined and developed synthetic derivatives in the search for more powerful and patentable compounds. Despite increasing evidence of side effects and adverse reactions, they have become the accepted standard for pain medication. Topical preparations were largely lost to history; today they appear so new to us that the first topical NSAID was only approved by the US FDA in 2007.

Topical therapies act locally rather than through systemic absorption and distribution in the way that injections or pills are intended to act. Topical use of analgesics and anti-inflammatories

is an effective and increasingly popular approach that avoids gastrointestinal irritation and the metabolic degradation associated with oral administration. They make possible, in a cream form, the use of local anaesthetic compounds such as Lidocaine, well known to the public

as an injected anesthetic in the dentist's chair, which actually block the transmission of pain in the nerves.

Topical approaches can be effective at far lower doses than oral pain medication. They go where they are needed, when they are needed, and only need to act on the site of pain itself. They bypass the digestive tract and liver minimizing side effects, drug interactions and organ toxicity. There are generally less dose restrictions for topical preparations than oral medications and they typically act much faster than oral medications having their effect before a pill has even reached the stomach.

They are effective for pains that would not normally be treated with regular pain medications. These include sunburn, insect bites, poison ivy and other plant irritants, minor burns, blisters, hemorrhoids, skin conditions, even shingles. The direct action of topical creams makes them ideal for muscle and joint pain, aches and sprains. Both the American Geriatric Society the Canadian Pain Society recommend topical lidocaine for neuropathic pain like shingles.

A study undertaken by the American Osteopathic Association showed that nearly half of the population does not believe that pain is something that can be eased with mainstream medications. Topical pain relief can change that belief.

It's only human to suffer the pains of age.  
And to stoically smile despite it.  
An acceptable penalty for days lived.  
In tribute to youth gone.  
Then there's that other human reaction.  
Make the freaking pain go away.



Available at: **Rexall**

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

DIN #02309076





# VANCOUVER ART GALLERY RE-OPENS WITH POST-WAR CRAFT & DESIGN.



The Vancouver Art Gallery has re-opened with the exhibit “Modern in the Making: Post-War Craft and Design in British Columbia”, July18, 2020-Jan3, 2021. Displayed are ceramics, textiles, furniture and jewelry, created from 1945-75.

There are three sections: 1945-50: Post-War Reconstruction; 1949-59: The Foundation Years; and The Sixties/Early Seventies: Blurring the Boundaries.

In 1951, the First Nations Potlatch was restored, so there is a beautiful basket by an unknown Nuu-chah-nulth weaver.

Rosemary Marie Reid, a Canadian born American was a successful swimsuit designer in the 1940’s-60’s,

who began her swimsuit business, known as Reid’s Holiday Togs Ltd, in Vancouver. She felt that a woman should feel as glamorous in a bathing suit as she did in an evening gown.

Mouldcraft Plywoods was started in North Vancouver in 1946 by Jack White. The molded plywood furniture was a symbol of modernism in the 1930’s and 40’s and was influenced by Scandinavian designs.

I learned that the late Doris Shadbolt, an Art Curator and also former VAG Director, began in the 1950’s, designing silver jewelry, inspired by African art. On display is her Human-Form pendant.

There is a photo of Evelyn Roth, posing in her Video Armour, of a mini-dress, boots and a large hat, woven out of video tape. Evelyn Roth, is an internationally, renowned community artist, “specializing in environmentally, sensitive, storytelling, at festivals and community events”. Enjoy this nostalgic show.

**Pictured:**  
Unknown Nuu-chah-nulth weaver.  
Evelyn Roth in her Video Armour.  
Doris Shadbolt. Human-Form Pendant

## SENIORS...

You May Be Eligible for **up to \$15,000** in Financial Assistance from the Gov't. of Canada

**CALL US TODAY!**

**Do you worry about your safety while performing day-to-day activities in your home?**

**HOME ADAPTATIONS FOR INDEPENDENCE or HAFI** is a grant program through BC Housing for people in British Columbia with health or mobility issues.

The HAFI program provides financial assistance for eligible, low-income individuals or families to be able to continue to live comfortable in their home. Ask us how we can help you access this funding. Call today for a consultation.

**Eligible adaptations include upgrading the following:**

- Tub to walk-in shower with seat and grab bars
- Walk-in bathtub
- Higher toilet - ADA compliant
- Taller vanity
- Single handle lever faucets in kitchen and vanity
- Slip resistance flooring
- Door knobs with lever handle
- Gliding shelves in kitchen and bath for easy access

604.857.5990  
profilemarble.ca

PROFILE

RENOVATION DIVISION

NKBA  
NATIONAL KITCHEN+BATH ASSOCIATION

Canadian Home Builders' Association

RENOVATION MARK



# SEPTEMBER

B T L W Z O X X O F O K H A R V E S T I N G J F E  
O E N V N S S E P T E M B E R V V K D P D C R F H  
T F Y E T V B N E Q P U L E A V E S X D L X V G P  
C M E A N O L A B O U R D A Y O P C A N N I N G K  
X N F P I C K L E S W S C H O O L S B A C K W V B  
T R A C T O R S R C F R Y W C L Q A U T U M N L O  
F L J Q P P R E S E R V E S U C A G O L F I N G O  
O R L N E E H B K E L S C O M B I N E S B J F Y Q  
O V G X K E V I H K W Q M K A P P L E P I E S B D  
T M H G E T T I N G R E A D Y F O R F A L L U R T  
B E A C O R N Q J E I W S E P T E M B E R R A I N  
A C C F A L L X K R I C A G T Y O V U Q D A O C T  
L T E X B X I R G P L O Z E M F Z A J C R O P S A  
L A E F R E S H F R U I T S A N D V E G I E S V D  
R L F L P B H F H S F A L L B A B I E S M L P B Y  
F K Z C L A P P L E S B U E Q S U M M E R P Z F K  
I P J N D C U R J U R Z T Q Z K M K R R T K I U S

September	Schools back	Labour Day	Leaves
Summer	Fall	Harvesting	Crops
Autumn	Corn	Apples	Apple Pies
Preserves	Pickles	Canning	Fall Babies
Tractors	Combines	Getting Ready for Fall	September Rain
Golfing	Football	Fresh Fruits and Veggies	



## HOME IMPROVEMENT “ASK SHELL”

By Shell Busey

Q) During a party at our house we had an unfortunate experience. A beer glass was dropped on our newly finished hardwood floor and put a dent in the finish. Can we do anything about this?  
Helen in Ladner

A) First rub the bruised area with 150 grit sandpaper to etch the surface of the floor finish through to the wood fibres. Now place a warm damp cloth over the bruised area. Apply heat on top with a steam iron (set on the cotton setting). The heat from the steam iron presses moisture from the damp cloth into the wood fibres raising the bruised wood fibres. Allow to dry.  
You may have to have the floor finisher come back, or you can apply a coat of carnauba wax tinted to match (i.e. Briwax) the floor colour. It's just that easy!

## COVID-19 AND ARTHRITIS: WHAT YOU NEED TO KNOW

It's not clear whether having arthritis makes you more susceptible to a coronavirus infection. But much like the seasonal flu, older adults and people with autoimmune diseases like rheumatoid arthritis may be more likely to get seriously sick if they do become infected.

“The main concern isn't the virus itself, but secondary bacterial infection and other complications that may arise when your body's defenses are in a weakened state,” explains Trish Barbato, president and CEO of the Arthritis Society.

Six million Canadians – about one in five adults – live with arthritis, so the risks of COVID-19 are profound. If you have arthritis, it's critical to take precautions now while researchers continue their work on finding a vaccine.

Follow the standard precautions of maintaining physical distance, wearing a mask when you cannot do so, and practicing good hygiene. Additionally, it is recommended that you get your vaccinations updated, including seasonal influenza, pneumococcal and pertussis vaccines.

These vaccines won't prevent COVID-19, but could lessen secondary infection and will prevent illnesses that could resemble it.

Some inflammatory arthritis medications suppress the immune system, which may make you more vulnerable to infection. But for most people with arthritis in our country, there is no need to stop your medications as the risk of contracting the virus remains low.

As always, consult your doctor or rheumatologist about any change in your health or any questions about your medications.

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



# WHEELCHAIRS UNLIMITED

SUPPLY LTD.

For all your home healthcare needs

- \*Manual Wheelchairs
- \*Walkers and Canes
- \*Bathroom Safety Products
- \*Seating & Positioning Products
- \*Power Wheelchairs
- \*Vehicle Lift Systems
- \*Home Care Beds
- \*Personal Care
- \*Scooters
- \*Orthotics
- \*Patient Lifters
- \*Ceiling Track Lift Systems
- \*Easy Lift Chairs
- \*Low Air Loss Mattresses

**\*Sales \*Rental \*Service**

**FREE IN-HOME DEMONSTRATIONS**

*Independence Achieved Through Innovation*

**Mon.-Fri. 8:30 am - 5:00 pm**

**#111-6360 202 St., Langley 604-530-1735**

**Ask about our huge clearance inventory**



## Handyman Services

Home maintenance

Plumbing, Carpentry,  
Painting, Electrical

Flooring  
To-Do List

**Call Jozef, 778-980-2279**



## Mobile Foot Care

Serving the Abbotsford area

If you are in need of nail trimming, filing and reducing corns, calluses or thickened nails, call now for an appointment. Let's get you back on your feet!

**A Step Ahead Nursing Foot Care**  
Alexandra Topacio, LPN. FCN  
604.556.6172  
or [atfootcare@gmail.com](mailto:atfootcare@gmail.com)







# WRITE AS I PLEASE

By Mel Kositsky

It's back to school time. At least for some people and school districts. And it is certainly going to be a very different kind of school year.

The global pandemic has made life a real challenge for some and there is no relief in sight yet. Numbers keep going up as the virus keeps spreading and deaths mount. That makes it very difficult for parents and grandparents to accept that their children can go back to school safely, even wearing masks. There is a lot of uncertainty and anxiety -- and rightly so. Teachers and principals are on edge about how they can safely run their schools and will have to resort to much improvisation, while following changing health guidelines. People must remain flexible, which is a hard thing to do.

While education jurisdictions will try to implement the best practices from around the world, each area will be very different. Canadian schools will face great challenges as no one method will work for all and different parts of each province will have different challenges.

Provincial governments will have to adapt as the school year moves ahead and health authorities attempt to keep the virus under control. Yes, people want to get back to "normal" but that will not happen anytime soon. People will need to have patience as the system restarts itself after a long, hot summer winds up.

A related issue with the start of the school year is the driving habits of most people. School zones should come into play very soon and drivers must start to pay attention again. Speed enforcement should begin right away with no forgiveness. People have been ignoring the signs to slow down in school zones for months now and they need a serious wake-up call. It is getting pretty bad out there. Since there is so much uncertainty as to what days schools will be operating, careless drivers need more than a friendly reminder and must show some caution when approaching school and park areas. Strict enforcement is needed from the start to prevent tragedies. People will not slow down unless there is a concerted effort by both government and police. It needs to be bigger than the annual Christmas CounterAttack campaigns.

Part of the problem is that different jurisdictions have different rules and posted speeds when it comes to school and park zones. That needs to change. There is no reason all levels of governments can't come together and make consistent rules. It is about public safety and saving children's lives. If they can come up with plans for universal businesses licences and transportation licences for ride-sharing businesses, they surely can agree on speed limits in school and park zones year-round. In many cases schools and parks are adjoining properties yet some drivers think it is okay to speed when school is not in session, even though children may be playing in the park. Are people in that much of a hurry?

Frustration on the roads keeps increasing and bad driving habits and excessive speed are the cause of most accidents. Have you noticed how much traffic has increased in the past few weeks

and it is only going to get more congested once all schools open. Bad drivers have been taking advantage of more open roads -- driving at higher speeds and cutting in from lane to lane -- many times without signaling. Also, many cars have burnt-out signal lights or headlights. This makes for unsafe driving. It is bad enough now, but wait until the roads get a little slick when the fall rains come. Speeding right now is out of control -- but hopefully people will SLOW DOWN!

The global controversy over 5G networks rages on and more so in Canada which still has not ruled the Chinese tech company Huawei out of bounds. That is happening in other countries around the world, including the U.S., but Canada is still "studying" the situation. Much of that has to do with the controversial arrest in Vancouver of the company executive, who continues to go through court challenges in fighting extradition to the U.S. Look for this saga to continue well past the American elections in November -- as this has become a potent political issue.

Meanwhile Huawei products continue to be sold in Canada and are front and centre during hockey broadcasts of the Stanley Cup playoffs. It is a bit strange to be seeing so many commercials on Hockey Night in Canada when such a controversy exists, but it does make people wonder why. Is there a problem or not? Let's hope the situation gets cleared up soon, but don't count on it. It will remain a political "hot" potato for some time.

The pandemic has really promoted online shopping and video conference calls as technology continues to change our lives and the way we do business. Retail stores are suffering and so are many services such as travel and personal health care. Most people do not like change but with the current situation not likely to "change back", we are going to have to accept it.

## 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

1-833-784-4397

@canada.ca/coronavirus

phac.info.aspc@canada.ca



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada



# 5 SIMPLE LIFESTYLE CHANGES TO HELP YOU THROUGH COLD AND FLU SEASON

Fall usually brings the excitement of a new routine, new school year, extracurricular activities and the cool weather we're all likely craving after summer heat waves. While things may look a little different this year as we settle into our new normal, the dreaded cold and flu season will be upon us before we know it.

Making a few small lifestyle changes, like adding plenty of immune-boosting foods, can go a long way in helping us stay ahead of the flu. These simple steps from Jacklyn Villeneuve, registered dietitian at Loblaws, can help us reduce our chances of getting the flu and spreading it to others.

Fill up half your plate with produce. We know that eating plenty of fruits and vegetables is beneficial for so many reasons, but did you know that their antioxidants are very important for our immune system as well? Vitamin C is just one antioxidant that has a protective effect. So, stock up on nutritious favourites like red bell peppers, broccoli, spinach, garlic, kiwi and citrus fruits.

Don't forget your proteins. Many common food sources of protein like fish, beef, oysters, eggs, beans, nuts and seeds are also rich in zinc. Both protein and zinc are important nutrients for our immune health. Aim to include a source of protein at each meal and snack.

Welcome probiotics. Did you know that probiotics in food can help us strengthen our immune system? Look for yogurt and kefir with added probiotics to make sure you have a strong population of friendly bacteria in your gut. We

can also get probiotics from supplements. It is best to talk to your doctor or pharmacist if you are considering taking a supplement.

Remember to rest. No foods can act as a substitute for getting a good night's sleep and making sure you're finding ways to manage stress. Rest gives our bodies the chance to recuperate and fight off potential invaders.

Get your flu shot. Regardless of our food and lifestyle choices, getting the flu shot is something we should all be doing each year. The more people who get the flu shot, the less likely the flu is to be widespread and affect the most vulnerable. The flu shot is available at all Loblaws locations that have an in-store pharmacy.

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



## JALAPEÑO, LEMON AND LIME MICROWAVE SQUARES

Did you know that sugar and spice make desserts oh so nice? A bit of heat is a surprisingly delicious complement to sugar. If your sweet tooth starts nagging you mid-evening, you'll want something quick that'll satisfy that craving.

These easy-peasy jalapeño, lemon and lime squares can be made from scratch in under five minutes, using only your microwave. They pack a punch and are guaranteed to hit the spot.

### Jalapeño, lemon and lime microwave squares

Prep time: 5 minutes

Cook time: 5 minutes

Serves: 9

Ingredients:

1 ¼ cup (135 g) graham cracker crumbs

¼ cup (62.5 mL) melted salted butter

¼ cup (62.5 mL) melted butter, cooled for 5 minutes

½ cup (100 g) sugar

3 egg yolks

1 whole egg

1/3 cup (83 mL) lemon juice

2 tbsp (30 mL) lime juice

1 tsp (5 mL) Tabasco Green sauce

1 tbsp (6 g) lemon and lime zest

Directions:

For the crust, microwave ¼ cup butter and mix together with graham cracker crumbs. Press firmly onto bottom of 9-inch, microwave-safe dish, lined with parchment paper. Cook in microwave at 80 per cent power for 3 minutes. Check to make sure the crust is firm. If not, heat an additional 30 seconds. Set aside.

In a separate microwave-safe bowl, mix ¼ cup melted butter, sugar, egg yolks and egg until



well combined. Whisk in lemon and lime juice, Tabasco Green sauce, zests and lemon juice together.

Microwave in 1-minute intervals, stirring after each minute. Finish with 30-second intervals when it starts to thicken, until the mixture is thick enough to coat the back of a spoon.

Pour lemon curd over crust. Let cool, then

refrigerate for several hours or overnight.

Cut into squares and enjoy.

Find more delicious recipes including one pot fried rice, bacon and cheese meatloaf and eggplant parm using only your microwave at [tabascosauce.ca](http://tabascosauce.ca).

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





# Cozy Corner "Lets Talk"

By Janet Isherwood

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

MEDIA RELEASE  
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.

Media contacts:  
Trevor Pancoust  
tpancoust@pacegroup.com  
604.646.3567  
Rumana D’Souza  
Digital Media and Communications Specialist  
BC Care Providers  
(778) 681-4859  
rumana@bccare.ca  
Facebook, Twitter, YouTube, Instagram LinkedIn  
BC Care Providers Association  
4710 Kingsway #1424, Burnaby, BC V5H 4M2  
(604) 736-4233

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

## Debby Donaldson

Retired Registered Nurse

### Services:

- *Medications*
- *Companionship*
- *Shopping*
- *Appointments (Drs/Surgical)*

Serving New Westminster, Burnaby, Surrey and White Rock  
References upon request.



**778-773-3999**  
ddonaldson650@gmail.com

RxMED

THE LOWEST PRICES AND RENTAL RATES!!

\$2299

38% OFF!!

\$114.95

62% OFF!!

\$1999

41% OFF!!

FREE DELIVERY ANYWHERE IN THE LOWER MAINLAND!

THE BEST WARRANTY AND SERVICE IN THE MARKETPLACE!

www.rxmed.ca

scooter rentals at \$140/month

604-835-5357

WALKERS! SCOOTERS! POWERED WHEELCHAIRS!

\$99.95

60% OFF!!

\$95.95

62% OFF!!

\$49.95

57% OFF!!





# FLUMIN' THE DITCH EXPLORING BIG ISLAND BACKCOUNTRY



By Chris Millikan

From south Kona, we drive across Hawaii's striking lava fields and up through dry forest to Hawi (ha-vee). There, a unique eco-adventure introduces us to North Kohala's mountain wonders.

Aboard a comfortable 4X4 van, our group of twelve backcountry enthusiasts rolls through the quaint village. "Once the heart of Kohala's sugar industry, you'll notice Hawi's colourful plantation-era buildings now housing galleries, boutiques...and eateries offering island-style meals," says guide 'Uncle' Ralph.

"Here, you're in Kamehameha country. Our first King was born and grew up around Kohala. Uniting Hawaii's islands in 1810, he's still revered." Pointing, he adds, "And look there, his original nine-foot statue 'commands' the front of our community centre!"

A stop at Pololu Lookout reveals Hawaii's dramatic coastline of sea cliffs and valleys isolated by steep ridges. "Meaning 'long spear' in Hawaiian, Pololu's the first of seven green valleys," explains Ralph. "During the 1800's, those distant valleys were known for farming red-stemmed taro...and rice. As well, a mountain river above Pololu provided water to the famed Kohala Ditch. Skirting the valley's high rim, this important channel irrigated vast sugarcane fields in western Kohala."

Heading further uphill into lush countryside, our driver unlocks and locks a series of metal gates. Whisking us off the beaten track, he wrangles the van along unmarked grassy tracks crisscrossing private ranchlands. Curious cattle graze peacefully amid wild guava trees; we bump and grind toward the staging area.

Parked in a clearing, everyone hops out and begins walking on a rough pathway. Leading us onward, Ralph identifies island plants including anthuriums and red gingers. Crossing a footbridge attached to an old wooden flume, we watch a little waterfall tumble into a burbling stream bordered by apple banana, mango and avocado trees.

At the launch site, we strap yellow flotation devices around our waists and scramble into 'four-man' inflatable kayaks. The two of us sit down cross-legged, cameras at the ready. Our onboard guide perches up front.

"If you fall overboard, don't panic," Javan

jokes. "Just stand up! The water's only a meter deep!" Pushing away from the bank, occasional paddling and a gentle current propel our three-kayak parade at a leisurely pace. "Here we go," he grins.

"We're off to investigate the Kohala Ditch... and take in some of Hawai'i's hidden beauty."

Entering a dark tunnel, our lights reveal gouged walls and rugged ceilings dripping spring water. "Surveyors accurately aligned all the tunnels," reports Javan. "Using equal precision, they created long, perfectly sloped channels. When building this 42-kilometer irrigation ditch, seventeen of 600 workers died while pick axing and blasting the hard rock. Completed in eighteen months, it supplied millions of gallons of water to sugarcane plantations."

Leaving the first of four, three hundred meter tunnels, we drift past lacy ferns, velvety mosses and purple bamboo orchids. Koa trees spread above us; enormous monkey pod and ironwoods flourish in sunlit glades.

Bridging several rushing streams, Uncle Ralph signals a stop on one of the elevated mahogany flumes. Fellow kayakers slide into the refreshing water to stand and admire sweeping emerald landscapes. Settled back in the kayaks, we continue alongside more forested lands. Passing an embankment lined with red and green ti plants, our entourage reaches the landing site.

Our enthralling hour-and-a-half, five-kilometer journey familiarizes us with upcountry splendour...and provides unexpected insights into an extraordinary engineering feat. The skill and physical determination of those 19th century crews inspire to this day.

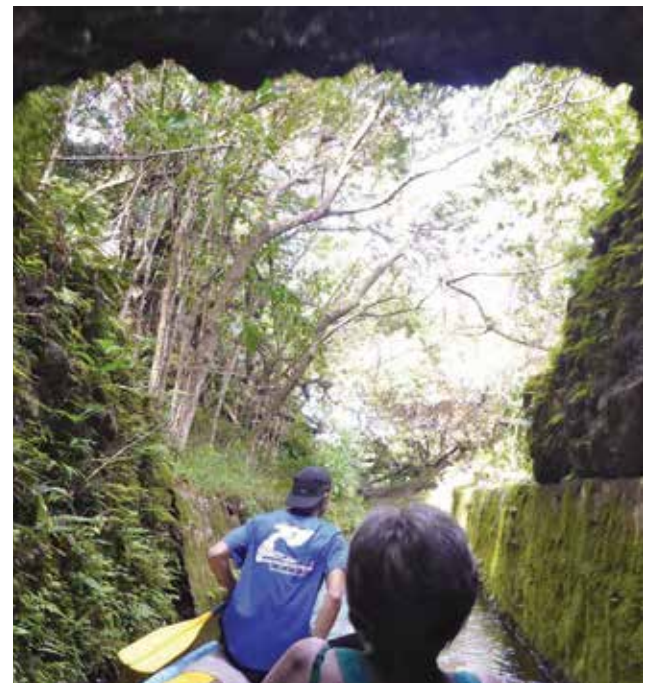
Picking up snacks back at Flumin' Kohala headquarters, we return to Hawi's 100-year old landmark paying homage to King Kamehameha the Great. Fresh plumeria leis bedeck his memorial.

Exploring North Kohala proves both delightful and memorable.

Plan Your Own Visit:

- [www.gohawaii.com](http://www.gohawaii.com) Big Island travel information.

- [www.fluminkohala.com](http://www.fluminkohala.com) an Hawaiian eco-activity for families and groups.





# STAYING ACTIVE AT ANY AGE

Exercise and physical activity are essential to our physical and mental health at every age and stage of life. And while many of us are experiencing a renewed interest in moving our bodies after staying home and social distancing, it's doubly important if you have arthritis.

"When it hurts to move, it seems natural not to move. But the truth is that moderate exercise actually improves your joint function and flexibility, and this leads to less pain," explains Trish Barbato, president and CEO of the Arthritis Society.

If regular fitness has fallen off your to-do list or you're having a hard time starting, consider these low- to no-impact activities to get you moving again – whether you have arthritis or not.

**Walking.** Walking puts less strain on your joints and is much safer than running. It's also inexpensive and easy to do anywhere. All you need is a good pair of walking shoes with flexible soles and adequate arch support.

**Water exercise.** Water activities are easy on muscles, joints and bones. Start an exercise routine by walking waist-deep in the pool, or by practicing floating on your back. Once you are comfortable in the water, try swimming laps. And when your community centre starts classes again, check for programs designed specifically for people with arthritis.

**Yoga.** Yoga typically combines physical postures, breathing techniques and meditation to strengthen your muscles, increase your flexibility and help you relax. Look for virtual classes designed for people



with arthritis to ensure the exercise is not too strenuous for you.

**Cycling.** Cycling strengthens your muscles and gives your heart and lungs a good workout. Make sure

you start slowly and use the least amount of resistance if you have knee problems.

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

## 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 as it may be necessary to suspend both of those services until the current situation resolves.

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/>

**Disclaimer:** Due care and attention is used in checking advertising copy for accuracy and legitimacy, but no warranty is implied or given by the publishers. We reserve the right to refuse any advertising or editorial submissions which we believe to be inconsistent with the concept of the publication. As Today's Senior continues to grow in popularity, an increasing number of people and businesses are advertising their service, concept or product as either a regular advertisement or in a paid editorial format. Therefore we suggest that you follow logical consumer practices and guidelines when purchasing any products or services. We can no longer accept classifieds of a personal nature.

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

## GARDEN REFRESH – YOUR MUST-HAVES FOR A SUCCESSFUL SEASON

Most of us are finding new ways to get outside and enjoy fresh air at a safe physical distance from others. One of the most popular activities Canadians are starting up again is gardening. Here are the basics to help both experienced green thumbs and beginner gardeners prepare for a successful growing season.

**The tools:** Having these five items ready will save you time in the back-and-forth to the shed: garden forks, shovels, soil knives, shears, watering can. Invest in a gardening belt to keep these items handy. Make sure you've turned the water on for your hose.

**The outfit:** Anything that keeps the ticks and mosquitoes away is essential. Fortunately, Mark's WindRiver tick- and mosquito-repellent clothing will do just that. This is the only approved tick- and mosquito-repellent clothing and accessories line available in Canada, providing odourless and invisible protection for 70 washes.

**The products:** Growing a garden in Canada has its own set of risks, especially with the predictably unpredictable conditions we face across the country. Study your space to see which areas receive direct



sunlight, if daily watering is needed, and how much room the garden has to grow. Decide on which fertilizer, soil and compost options work best for your outdoor conditions, read the seed packages carefully, and dig your holes.

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

### SERVICES

**CLEANING IN MOTION** - Serving your area Monday to Friday weekend calls taken in advance booking 778-385-5129 Rate \$30/hr minimum 2hrs Home Owner Supplies Products. Book Today for a spiffy clean! 4-6

**HEART TO HEART CARE** - Specializes in: Senior Care, End of life care, Person care, Companionship, Meal preparation, Alzheimer's/Dementia, Shopping, Appointments, Light housekeeping, Regular Care updates, Individuals with special needs, Minimum 3 hrs per visit Call our team 604-813-5175 4-6

**CLEANING LADY FOR YOU!** - I do residential house cleaning and apartment buildings. I have alot of regular customers that I have once a week, twice a week, every other week or just once a month. I have a great attitude, working very hard and efficient contact 604-813-5175 4-6

### FOR SALE

**FOR SALE** - Woodwards Anniversary Bear.1892-1992 Made by Merry Thought England 14" Good Condition \$60.00. Princess House Crystal Hot/Cold beverage mugs Good Condition \$5.00 each. Harrod's 2001 Collectible bear \$20.00 604-530-7304

### SERVICES

**SENIORS SUPPORT** - Caring Loving Companionship. Care Aide. 50 years experience. Surrey, Langley Area. Phone-778-571-9888 email- miksas\_hugga@telus.net 5-12

**HEALTHSTANCE FOOT CARE** - Mobile foot care nurse, ACCEPTING NEW CLIENTS, Treatment for: diabetic and non-diabetic feet, cutting and thinning of thick/fungal nails, removal of corn, calluses, dry and cracked heels, bunions, pain management. All equipment are sterilized following BC ministry of health best practice guidelines .778-779-7444 5-12

**TONYS PAINTING** - We Paint Condo's T/Homes, APT's Homes, Basements. Walls Trims Ceilings, 30 years exp. BBB, Insured, Licensed. 604-329-3802 / 604-855-4143(Abby) Professional, Reliable, FREE ESTIMATES, Langley, Fraser Valley, Surrey, White Rock Toll Free 1-800-504-9921 6-10





# CAVELL

GARDENS



Stay Here, Stay Home  
Stay at Cavell Gardens

Full Service Retirement Community  
in the Heart of Vancouver

To arrange a tour, call Shai at  
604.209.2634.

info@cavellgardens.com

2835 Sophia Street  
Vancouver V5T 4V2

www.cavellgardens.com

FROM YOUR HOME  
TO OURS  
DETAILS OF OUR  
REFERRAL  
PROGRAM ON  
OUR WEBSITE

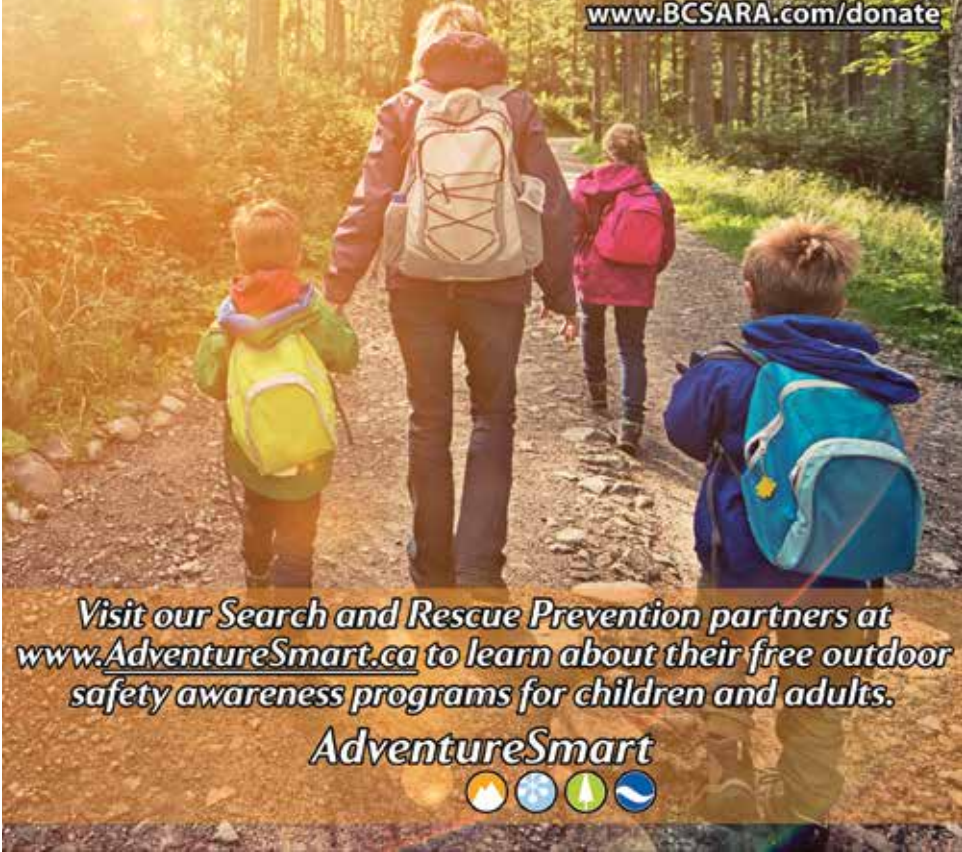
## British Columbia Search and Rescue Association



We represent 80 Search and Rescue groups in  
British Columbia, consisting of over 2500 volunteers.

Helping to keep families safe  
in the outdoors!

Support for BCSARA appreciated  
[www.BCSARA.com/donate](http://www.BCSARA.com/donate)



Visit our Search and Rescue Prevention partners at  
[www.AdventureSmart.ca](http://www.AdventureSmart.ca) to learn about their free outdoor  
safety awareness programs for children and adults.

AdventureSmart

**ABSOLUTELY FREE To Low Income Seniors & Disabled!!**  
**NEW BC GOVERNMENT GRANT!**  
**PAYS YOU up to \$17,500!!!**  
**You May Qualify for FREE Bathroom Modifications!!!**

"There is a severe shortage of assisted living and long term care beds in the province of B.C.! This government program will pay up to 100% for safety and accessibility modifications to keep seniors safe in there own homes."

- ✓ **WALK-IN  
BATHTUBS**
- ✓ **WALK-IN  
SHOWERS**
- ✓ **BARRIER FREE  
ALTERATIONS**
- ✓ **OFFERING ALL  
CUSTOM HOME  
RENOVATIONS**

All Free To Qualifying  
Seniors & Disabled!



Easily Replaces  
Your Bathtub  
or Shower



BEFORE



AFTER



AFTER

**CALL TODAY TO SEE IF YOU QUALIFY!**  
**HANDI-BATH    778-323-0304**

CALL FOR YOUR FREE BROCHURE TODAY!



# Dentures on Implants

## Take the next step

A dental Implant is the new standard in tooth replacement. It gives denture wearers the fit, feel and function of natural teeth. There is no denture slippage or movement when a denture is connected to dental implants. Regardless of age, dental implants can provide an excellent solution to secure teeth and prevent bone loss.

Bone loss in the jawbone occurs when there has been extraction of natural teeth.

The jaw bone is only designed to last approximately 30 years before it completely deteriorates and dental implants are not an option.

Apart from being able to smile, eat, speak and look better; dental implants are well known in their ability to stop bone loss and the onset of poor facial profile.



Natural Teeth



Resorption: 10 Years



Resorption: 30 Years

### What Is A Dental Implant?

A dental implant is a device which anchors artificial teeth or dentures to the jawbone. They're made from the same medical grade titanium used in hip or knee replacement and strategically placed in the jawbone for optimum stability and function.

Dental implant placement is a common procedure and an implant specialist or dental surgeon performs the procedure, usually under local anesthetic. Dental implants have a long lifespan under normal conditions and are not sensitive to heat or cold, or susceptible to decay like natural teeth.

The number of dental implants you will need to secure your denture is determined by the denture design and your restorative expectations. Some people will tolerate a small amount of movement from the denture and others don't want any movement at all. We will work with the implant specialist to determine the right design for you.



Implant Retained Denture  
2 Implants



Implant Bar Supported  
Denture  
4+ implants

### Dentures on Implants vs. Conventional Dentures

Despite considerable advancements in conventional dentures, they cannot rival the benefits dentures on implants offer to people missing their natural teeth. Dental implants improve functionality and sore spots become a thing of the past. Denture wearers can speak and eat without denture movement and their diet improves because they can eat virtually anything due to superior denture stability and fit. This treatment also allows the denturist to make your upper denture with an open palate design to increase your sense of taste and reduce the size of the denture.

### Who is a Candidate for Dental Implants?

An initial consultation with your denturist will help to determine whether you're a suitable candidate for dental implants. If the denturist believes you could benefit from dental implants, they will refer you to an implant specialist. The denturist and dental implant specialist will work together as a team to achieve the best possible results for you.

### What is the cost of dental implants?

Dental implants are an investment in your health and well-being. The cost of dental implants will depend on several factors such as the number of implants, if you require extraction of teeth and the smile design option you choose. The good news is that the cost of dental implants, extractions and dentures can be used as a medical expense deduction on your income tax return. These expenses also qualify for dental financing. We can help you with the details.

Call for a complimentary consultation!

[www.yourdenture.com](http://www.yourdenture.com) • 604-530-9936

*"Confidence starts with a Smile."*



**Brookwood Denture Clinic Ltd.**  
DENTURE AND IMPLANT SOLUTIONS

102 – 20103 40th Avenue, Langley

 /BrookwoodDentureClinic



Darren Sailer R.D.  
Denturist



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

**CELEBRATING 25 YEARS OF CREATING GREAT SMILES!**