

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

# TODAY'S SENIOR<sup>®</sup> NEWSMAGAZINE



FLYING IN THE FACE OF THE ODDS. YOU'RE ONLY THREE ONCE.

By Ursula Maxwell-Lewis - Full Article Page 4

OCTOBER - 2020

FRASER VALLEY -  
LOWER MAINLAND EDITION

Volume 25 - Number 11

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

### FLYING IN THE FACE OF THE ODDS.

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

### HONORING BILL REID WITH BIRTHDAY BASH.

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

### HISTORIC VERNON DISCOVERING THE

NORTH OKANAGAN

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



LIVING IN THE PARK  
IS A WALK IN THE PARK

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





Fair Trade, Natural Fabric Clothing  
for Every Body. Sizes XS - 4X.

Lower Mainland Locations in

- Tsawwassen • Commerical Drive
- Kitsilano • North Vancouver

Order Online at  
**blueskyclothingco.com**  
or Phone  
**604-363-6664**



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!**

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

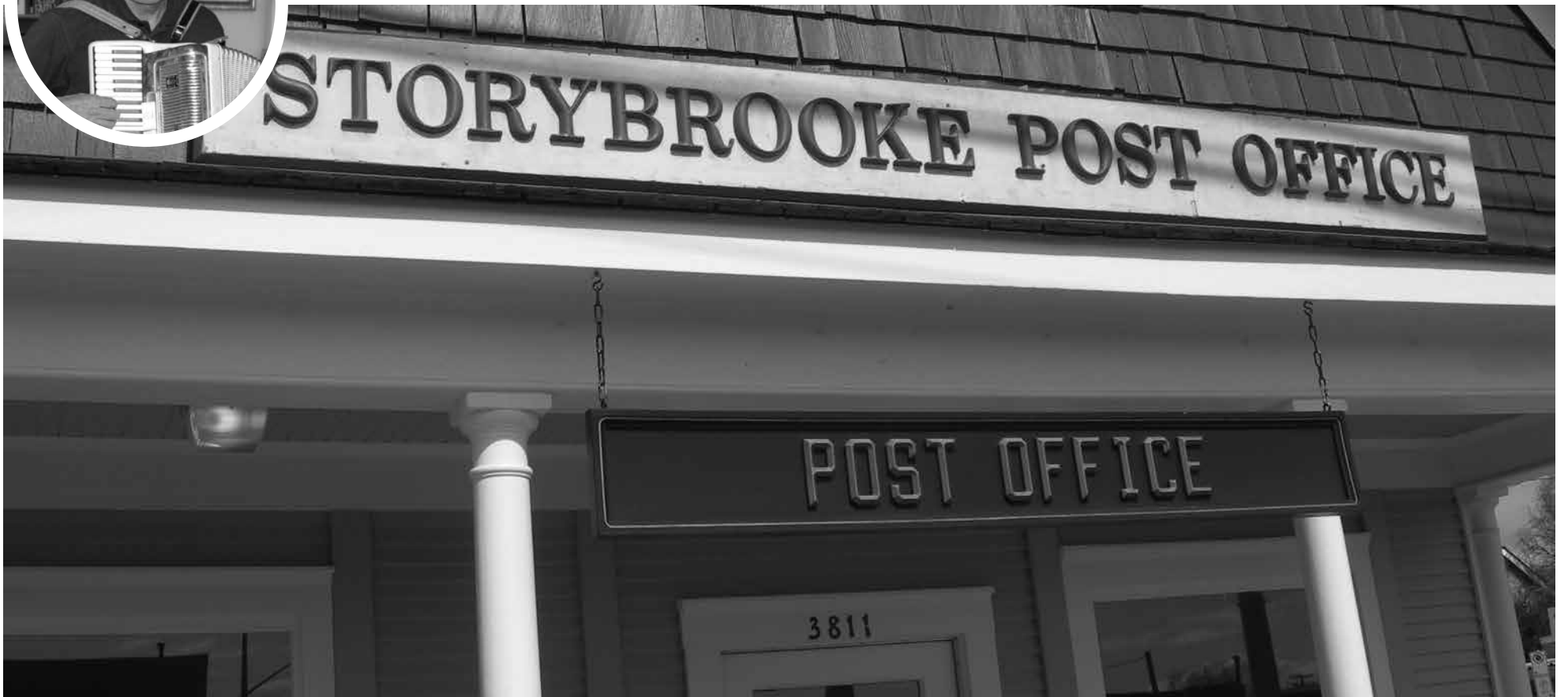
**Tricia Thobaben**  
Registered Denturist  
(formerly practiced in Langley)



#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



The Steveston Post Office Museum has gone through many name changes for 'Hollywood North' film productions. Steveston is the winner of CBC's recent competition as the Best Neighborhood in Vancouver. (Photo: Dan Propp)

The CBC early morning AM radio show recently sponsored a Greater Vancouver fun filled election to determine the most popular neighbourhood. The winner turned out to be Steveston! I often walk to the village every morning and although there have been many changes over the years, it has still retained a very special old time atmosphere. It reminds me of my home town, Gibsons, down by the government wharf and Molly's Reach. Thus, the following lyrics evolved.

## THAT'S THE STEVESTON WAY

There's thrift stores and all kinds of shops. Where the Fraser River air helps both our senses and roots to restore. Its always a special day, cause that's the Steveston Way.

Also famous for fish and chips, like at Pago's and Dave's. Sometimes, you can see even filming for Hollywood North, while folks are walking to the Steveston Post Office Museum. Feeling care free, happy as can be, just...being. In Steveston, its always a special day, cause that's the Steveston way.

Then strolling to the old cannery for there's so much to see. Talk about scenery, from the boardwalk to the pier. All those fishing boats, so great to be here grabbing a tea, coffee, maybe a muffin or a roll. A little extra sustenance, to sweeten the soul.

In Steveston, its always a special day, cause that's the Steveston way.

Thinking back to Molly's Reach country, the senior mind (or whatever is left of it) tends to often reach back to those days at school in the nineteen fifties. I can still remember the principal ringing the bell by hand. One of my fondest memories in high school were the Gilbert and Sullivan productions at Elphinstone Jr. And Senior. Mine was a leading role (a spear carrier) in the Mikado. However, one of the students in my class played the whole score on the piano. Later on, she won a Metropolitan opera competition and became an opera star.

I still enjoy listening to Gilbert and Sullivan productions like H.M.S. Pinafore on a cassette recorder. Lyrics such as 'I am the very model of a modern major general' still are so inspiring. In todays 'new normal', one ponders, in principle, what principals and the school system must be going through. If Gilbert and Sullivan were with us today and decided to do a musical related to schools, in the year 2020, perhaps, 'IN PRINCIPLE' might have been one of them.

## IN PRINCIPLE

I am the very model of a modern principal. I must still support some curriculums academic and now socially also convincible. I know the district superintendents, admirably and follow them religiously from this program to that one and of course very effective, apparently.

I'm very well degreed and perhaps have even earned a PhD. I completely comprehend (Jean) Piajet and plenty of psychology. We must understand politics, from the basic to the radical. We know when some lingering old fashioned types should quietly take a long sabbatical.

We understand situations financial and sensitive and that maintaining a group environment is more conducive because individualism tends to be a tad competitive.

About public relations and theory, I am constantly exploring new and more exciting avenues, especially keeping costs administered down to a crucial minimal. That's why, in principle, I am the very model of a modern school principal.

One of the great adventures for seniors is downsizing. All the 'goodies' that have been collected over the years. What a wonderful maze it is discovering the old 8 mm, movie camera, a couple of Kodachrome films never even used and those black and white prints. I found yesterday a snapshot of myself walking on stilts, taken long before that modern invention, the hoola hoop.

## A BIT OF NOSTALGIC RHYME

When things used to go better with Coke, back in the days of the Pepsi Generation, programs were still sponsored by Lux Soap. We flew Trans-Canada Air Lines (TCA) on a great vacation.

Did you ever take the CPR Canadian to Toronto? Enjoyed a week in Banff or Jasper and then Lake Louise. In those days, you could get your film developed pronto. In a couple of days and 8mm Kodachrome took around two weeks and life without so much technology was a breeze.

Do you remember the days of using Ajax, 'boom, boom, the foaming cleanser' or drink coffee with those stars on the top? Do you recall Elvis singing 'Return to Sender'? Your favourite soda was still only ten cents for pop.

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)

## 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: [todayssenior@shaw.ca](mailto:todayssenior@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





# FLYING IN THE FACE OF THE ODDS. YOU'RE ONLY THREE ONCE.



Photos by: Ursula Maxwell-Lewis

By Ursula Maxwell-Lewis

Masked, sanitized, armed with government ID, plus Ivan Awfulitch (my trusty red carry-on), I headed for Vancouver International Airport to celebrate my granddaughter's third birthday in Alberta.

Pre-travel I'd soul-searched, deliberated, and asked my daughters if they would prefer I stayed home instead of visiting Calgary in September. A selection of hazmat suit pictures arrived in my inbox, plus assurances that the girls were quite sure we'd all survive.

Masked from home to YVR I discovered the domestic terminal pretty much belonged to me and a collection of Disney figurines displayed in the departure hall display cabinets.

Security approved my gear and my temperature. No problems.

A retired couple returning to Quebec City after a Revelstoke family holiday were masked, but unconcerned despite having connections in Toronto and Montreal. That contrasted with an Asian mom with two children appearing to be hermetically sealed in the head-to-toe protective gear my daughters had jokingly recommended. I fervently hoped we were all right.

Westjet combined two flights to fill the 737-800, and the pre-boarding agent read everyone their Covid-19 rights, including the onboard mask mandate. Inbound and outbound flights went according to plan - albeit with unusually quiet cabins.

On departure from Calgary a passenger wearing an N95 mask with a valve was denied boarding. Fortunately another passenger offered him her

spare regulation medical one. Problem solved.

Eventually I was home free. Or, so I thought until a Westjet e-alert five days after my return advised me that a passenger within two rows of me had reported Covid positive. Despite feeling fine, this was an uncomfortable welcome home. My concern now was, which flight was the culprit? WJ agents advised they had my passenger record (PNR), but no specifically flagged flight.

British Columbia Centre for Disease Control confirmed (when I called) that the return flight was listed (among many others) on their easy to follow website.

"Passengers on a domestic flight with a COVID-19 case should self-monitor for symptoms for 14 days." Local health authorities no longer contact passengers directly. Do your own due diligence. All info is under 'Public Exposure' on the very comprehensive BCCDC website.

Receiving the notice is unnerving, but having survived the polio epidemic, crash landings, wars, war zones, in-flight bomb scares, etc., apparently I'm still good to go.

Caution (and precaution) are still my watchwords, but sadly, international (and most domestic) travel remains a pre-vaccination distant dream. If travel is in your stars, I hope the foregoing reassures you.

On the plus side, McKinley's third birthday garden party was an outstanding success. I'm glad I took all precautions and spent it with her. As my Munro grandmother used to say, "Who promised you tomorrow?" and it wasn't a pandemic prompting the question.

Stay well and wear a mask.

*Ursula Maxwell-Lewis is an experienced traveller. She checks government travel advisories before travelling and acts accordingly. Contact her at [uttravel@shaw.ca](mailto:uttravel@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

**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](http://profilemarble.ca)



RENOVATION  
DIVISION







## FINANCIAL NEWS

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

### THE IMPORTANCE OF PLANNING FOR A WEALTH TRANSFER

Each year in Canada, billions of dollars in assets are transferred at death. If you plan to transfer all or some of your assets to your heirs, you want to make sure your money goes to the people you selected in the manner you intended. Unfortunately wealth transfers don't always occur as planned. Outlined below are some common mistakes people make when trying to transfer wealth.

#### Failing to have a will:

A basic and all too common mistake is failing to have a will. A will communicates your intentions and allows you and not the government to determine how your assets will be distributed upon your death. Having a will facilitates the administration of your estate and can help you save taxes. It also allows you to choose the executor of your estate and the guardian(s) of your children.

#### Treating equal beneficiaries unequally:

Often when splitting assets, the intention is to divide them equally among the beneficiaries - for example, equally among three children. However if you fail to take into account the tax consequences, the wealth transfer may not be equal. Take a simple example in which you have three assets: a registered Retirement Savings Plan (RRSP), a home and a non-registered mutual fund portfolio. Each asset is worth \$1 million. You name your first child as beneficiary of your

RRSP, and in your will you leave the house to your second child and the mutual funds to your third child. You think that you are leaving \$1 million to each child, but the reality is that the third child, who is receiving the mutual fund under the will, is going to have his or her share reduced by any tax your estate pays on the RRSP and the mutual funds. Assuming a 40% effective tax rate, your estate will pay \$400,000 in taxes on the RRSP, in addition to any potential taxes on the deemed disposition of the mutual funds, which we will assume are \$100,000. As a result, the third child will be left with \$500,000- significantly less than the \$1 million the first and second child each received, and not what you had intended.

#### Spousal Issues:

Another example of failing to consider the tax implications often involves second marriages or separated and estranged spouses. For example, let's say you name your spouse as the beneficiary of your RRSP or RRIF to provide for him or her after your death, and you name your children (perhaps from a previous marriage) as beneficiaries under your will to inherit the rest of your estate. You assume that your spouse will roll over your RRSP or RRIF to his or her own RRSP or RRIF, and pay taxes on any withdrawals. But what if your spouse doesn't do this? Instead he or she just takes the cash. Well, your estate will be responsible for any taxes on the RRSP or RRIF, which effectively means that money comes out of your children's inheritance.

#### Failing to name a beneficiary on insurance policies and contracts:

Unless there is a specific reason for having assets flow through your estate, such as to make use of tax losses or deductions or to apply any special instructions contained in the will, it may be a better idea to name a beneficiary directly on an insurance contract where possible. If your will is submitted for probate, it becomes a public record, available for anyone to view. This may delay the distribution of your estate by weeks, months or even years if your will is challenged. When a beneficiary other than your estate is named on an insurance policy or investment contract (such as a segregated fund contract), the death benefit bypasses your estate and therefore avoids probate fees (and potentially other estate administration fees). The proceeds are paid directly to the beneficiary, usually within two weeks of receiving all necessary documents. By avoiding your estate, the death benefit may also avoid claims by creditors of the estate and challenges to the validity of the will.

As you can see there are many reasons why it is important to plan for a wealth transfer. If you don't have a will, arrange for your lawyer to prepare one. Review your will and beneficiary designations particularly after a life changing event, to ensure they still reflect your wishes. In addition meet with your financial advisor to discuss your wishes for wealth transfer. He or she will be able to ensure that your assets are distributed as

you wish. If you do not have a financial advisor to consult with, please feel free to contact Rick C. Singh a Financial Advisor and a Certified Professional Consultant on Aging, to get a free consultation on your wealth transfer strategy. Rick can be reached at 604-535-3367 or by email at: [rick@crsfinancial.ca](mailto:rick@crsfinancial.ca)

## RELIEVE UNEXPECTED HEALTH PROBLEMS WHEN WORKING FROM HOME



As many of us continue to work and learn from home this fall, some may experience health issues, like stiff and sore muscles from reduced daily movement. While some of this is to be expected, if you're dealing with heavy, swollen, painful legs, it may be a sign of something more serious.

If these symptoms sound familiar, you may be dealing with chronic venous disease, which occurs when blood vessels in the legs become inflamed and stop working effectively, making it difficult for blood to return to the heart. This can cause painful, swollen and heavy legs.

"Chronic venous disease is a progressive inflammatory disease, so it is important to recognize the signs and take steps to prevent it from getting worse," explains Dr. Beverley Chan, a vascular surgeon in Canada. "Fortunately, simple habits and convenient over-the-counter options can help manage symptoms and offer long-term relief."

For those dealing with CVD, here are some tips to incorporate into your routine:

Avoid prolonged heat exposure and activities that may cause overheating. Stay hydrated and keep cool.

Exercise regularly to stay active and prevent blood stagnation in the veins. Try low-impact activities like walking or cycling to help keep the body moving.

Elevate legs to reduce swelling and increase blood flow in the lower body.

Try over-the-counter options like Venixxa, a natural health product that can help improve venous tone and blood circulation, reducing pain, lower-leg swelling and sensation of heaviness in the legs.

Find out if you are at risk of chronic venous disease. Talk to your healthcare provider or learn more at [Venixxa.ca/veinscore](http://Venixxa.ca/veinscore).

[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



## THE PHARMACIST REVIEW

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

### "BREATH EASY"

Even though many take this for granted in Beautiful British Columbia, some of us have lung conditions that compromise our ability to enjoy a nice, deep breath. Whether you suffer from asthma triggered by poor air quality, or you have had lung operations, or you are an ex-smoker, Omega Alpha's trusted pair of oral supplements, "Resprit" and "Lung Flush", can give you the boost you need to get through a bad pollen season or forest fire season.

If you are having trouble breathing, you should seek the advice of a physician ASAP or use a tel-medicine service like CloudMD (available anytime at our in-store Kiosk, or on your phone, tablet, desktop) to assess whether you need to go to the Emergency. Omega Alpha's "Resprit" and "Lung Flush" are 2 liquid herbal formulas based on Traditional Chinese Medicine theory that could help ease your breathing whether it is due to seasonal allergies or periodic air pollutants. Resprit's soothing herbs such as chrysanthemum, peppermint, and Japanese honey suckle can nourish the airways and facilitate breathing. It can work quickly and, thus, is great for asthma sufferers and can be used in conjunction with prescription inhalers. The long-term effects of chronic inhalation of air pollutants is discerning. Lung Flush's Luo Han Guo, skullcap, and mulberry leaf, among others, can help maximize the lungs' capacity to detoxify the polluted air, and minimize the chances of toxins depositing in your lung tissues. It is meant for chronic therapy and can be used safely in an ongoing basis. Both herbal liquids can be used as preventative measures, as well. Resprit and Lung Flush are definitely options to look into if you are after a "one, two" punch to refresh your breathing. Both have been available for years at CLOVERDALE PHARMASAVE and PHARMASAVE STEVESTON VILLAGE. Come chat with integrative pharmacists, Christine Cheng and Fred Cheng, to see if these integrative supplements are viable options for you.

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

## VISITING A VET DURING COVID-19



Many of us have been putting off health and wellness appointments due to COVID-19, and a visit to the vet is no exception. While most veterinary offices across the country are now open for regular checkups and non-emergency care, some of us remain cautious about visiting – potentially jeopardizing our pet's health.

"Most veterinary offices have implemented processes to minimize health risks to owners, veterinarians and their staff," says Dr. Juanita Glencross-Winslow, veterinarian for pet food company Royal Canin. "Offerings such as virtual appointments have made it so that living in the age of COVID-19 doesn't mean that your pet has to go without necessary veterinary care – the visit might just look a little different."

So, while the vet may not be at the top of your list of places to go, Glencross-Winslow encourages everyone to make an appointment for their pet's regular checkups. Other non-urgent medical issues that are best attended to include:

**Excessive itching:** While some itching is normal in dogs, excessive itching, hair loss, red skin, hot spots and even chewing paws can all indicate a skin issue that needs to be seen and treated.

**Wellness visits:** Our pets age faster than we do, and your vet may notice small changes in your pet that could indicate the beginning of medical problems that can be more easily and successfully managed when identified early. Also, our pets are at risk of many diseases that are easily preventable by vaccination, so chat with your veterinary team to determine which vaccines are most appropriate.

**Flea and tick prevention:** The warm weather may be over, but the threat of ticks and fleas remain. Fleas and ticks stay in our environment well into the fall months and only disappear once the temperature hits freezing, making it important to continue preventative treatment until winter.

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

## POCO RESIDENT WIN'S 2020 AWARD FOR SENIORS

Pat Jensen, a long-time fixture in Coquitlam and for nearly eight years a resident of the Astoria Retirement Residence in Port Coquitlam where she has proved age doesn't matter when you are inspiring and championing causes for others, has a special place in her retirement suite for the LEAP Award trophy that identifies her as the "Resident of the Year 2020" among seniors who reside in B.C. Seniors Living Association member residences across B.C.

"I feel like I just won an Academy Award," said Pat after receiving her trophy this week.

The attractive plexiglass block bears Pat's name, the identity of the award and the Association, appropriate salutation recognizing her inspirational and championing activities, and art work depicting B.C. scenes.

The significance of Pat's achievement is indicated by the fact Association membership includes private operators of 165 retirement sites providing independent, assisted-living and long-term-care residences across B.C. and Pat is one of 15,000 eligible residents.

Pat also treasures a less impressive trophy given in fun by a fellow Astorian following the news of her amazing achievement in this province-wide competition. It is a royal crown, from neighbor Ed Eager, who found it in a Tri-Cities party supplies shop.

That's Ed seen in the photo placing it on the head of the new "queen" of residents during a socially-safe-distance social event with a handful of other residents. Pat says she may wear it once a month at an appropriate Astoria event – probably a Happy Hour.

The Leap Award program is conducted by the B.C. Seniors Living Association (BCSLA) to demonstrate that age doesn't matter when it comes to inspiring and helping others. The BCSLA seeks nominees from its member sites, then goes through an adjudication process to identify the winner of the LEAP (Let's Embrace Aging Passionately) Award.

It was presented to Pat by BCSLA president Adena Waffle and Vice-President Karim Kassam last week (Sept. 10) at a special socially-safe-distanced ceremony on an open Astoria patio.

Each nominee must have made important contributions to the community in which they live, inspired other residents in overcoming challenges, championed social causes, promoted community involvement and made a valuable contribution to the quality of life of other residents. There were 21 activities by Pat on the list that supported her nomination. To her, the criteria traits and the activities that earned her the 2020 award are just common sense and decency.

She was born Patricia Herie in Winnipeg April 15, 1941, grew up in west end Winnipeg, met Alva Jensen there and they were married May 23, 1959. Their daughter, Sherri-Lyn, was born in Winnipeg before they moved in January 1962 to the West Coast, where their son, Kenneth, was born in New Westminster.

Pat and Al lived in the Dawes Hill area of Coquitlam until Al's death from pancreatic cancer in January 2013. Pat moved into the Astoria in October 2013. She has been an active member of the Astoria community throughout her years there.

Article written by Jim Peacock

### 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.**

### LUNG HEALTH, NATURALLY



**RESPRIT** - Respiratory health formula for fast relief of acute or chronic respiratory problems  
**LUNG FLUSH** - Detox and Lung Cleanser

✓ Receive 200 BONUS Pharmasave Rewards Points on these products October 1-30 2020

Call and speak to our Integrative Health Pharmacists about lung health.

**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](http://www.iPharmasave.com)

### Active HANDYMAN Service

#### "THE SMALL JOB SPECIALISTS"

Kitchen and Bathroom Repair, Junk Removal,

Lawn Care, Fence Repair/House Cleaning

**PAINTING**/Appliance Repair, Any Household work

**Call: 604-256-6262**

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





## Straight from the Horse's Mouth

By Mel Kositsky

Horse racing in B.C. continues to face many challenges and once again Mother Nature has shown the local sport her ugly side.

With the shortened thoroughbred racing season about to close and the winter harness racing season hoping to get started, the effects of the air quality caused by wildfires in the U.S. have put racing on hold yet again. Horse racing has been able to continue through the summer at Hastings Racecourse in Vancouver with no fans in the stands and by following pandemic protocols. Despite COVID-19 issues, the industry has used online wagering to overcome the absence of spectators at racing facilities around the world.

However in mid-September, with the air quality so bad in the Metro Vancouver area due to the wildfires, racing once again had to be suspended. It is expected the thoroughbred season at Hastings will be extended to include some early October racing dates in order to complete the season, which was supposed to end on September 27.

It is still unclear as to when the harness racing season at Fraser Downs in Cloverdale will actually begin and how many days of racing per week will be permitted by health and racing officials. The fall-winter season at the Elements Casino track was supposed to open September 17 but that has been postponed until sometime in October or November. Attempts to start holding qualifying races to get the equine athletes in shape for the season were postponed due to the poor air quality.

Since the next surge of the pandemic has health officials being very cautious, the re-opening of casinos is likely to also be put on hold at least until November. If racing does get started at Fraser Downs it will likely be without fans in the stands. Online betting in Canada continues for tracks from around the world at [www.hpiabet.com](http://www.hpiabet.com).

It is expected that major horse racing in North America will continue the rest of the year without fans in the stands. The Preakness is scheduled for the first Saturday in October in Maryland and could feature

a rematch between Kentucky Derby winner Authentic and the highly-regarded Tiz the Law, who was the beaten favourite on September 5. The annual Breeders' Cup extravaganza will go ahead in Kentucky on the first weekend in November as planned, but they are now saying no spectators will be allowed. It will be interesting to see if any horses from outside North America compete this year.

Online tools were also used in early September to allow the BC Division of the Canadian Thoroughbred Horse Society to hold its annual Yearling and Mixed Sale. The event was streamed live at [www.cthsbc.org](http://www.cthsbc.org) from the Chilliwack Heritage Park arena and the results for each horse sold can be viewed at that site.

The total for 48 yearlings sold was \$638,600, compared to \$1,065,500 for the 64 that were bought last year. The average price for a yearling was \$13,304, compared to \$16,648 in 2019. Reserved bid prices were not reached for a total of 22 horses and four horses were withdrawn from the sale. Peter Redekop was the leading buyer, with \$101,000 spent on four yearlings. Emerald Acres was the top consignor, with five yearlings sold for a total of \$87,000.

Redekop saw a return to racing a winning one for another one of his past investments, as the long-time owner finally won a Longacres Mile at Emerald Downs outside of Seattle. The Auburn, Washington track, which also raced this summer without fans in the stands, saw Canadian invaders finish first and second in its premiere event. The following news release is a recap of the race.

AUBURN, Wash. (Sept. 10, 2020) – Another-twistafate made a triumphant return to action Thursday evening at Emerald Downs, returning from a 16-month layoff and powering to a 4½-length victory over Five Star General in the 85th running of the \$100,000 Longacres Mile (G3).

Ridden by Juan Gutierrez at 118 lbs, Another-twistafate ran the mile in 1:34.10 and paid \$4.40, \$2.80 and \$2.60 as the betting favorite. Blaine Wright is the winning trainer for owner Peter Redekop of Vancouver, B.C.

It is the first Mile victory for Wright and Redekop—runner-up the last two years with Alert Bay and Anyportinastorm—and third Mile victory for Gutierrez, who swept both stakes Thursday and is just 13 wins from tying Gallyn Mitchell's all-time track record of 1,419 wins.

Stalking early fractions of :22.71, :45.21 and 1:08.74 set by Papa's Golden Boy, Another-twistafate took command three deep into the stretch and drew off to win with total authority. It was the colt's first start since a 10th in the 2019 Preakness and capped a superb training job by Wright, 46, who brought Another-twistafate into the race off a series of works at Golden Gate Fields.

"The first thing is to congratulate Mr. Peter Redekop and my entire crew here and at Golden Gate," Wright said. "A lot of people have asked me if this is

the best horse I've trained, and he's been hot and cold with some health issues, but he's a very nice horse."

Wright also praised Gutierrez who previously won the Mile on No Giveaway in 2005 and The Great Face in 2007. The jockey had a great day winning four races and is now the No. 2 all-time leader with 1,416 wins as of Sept. 10.

"The race worked out just the way we scripted it this morning, Juan (Gutierrez) did a great job," Wright said. "When we couldn't bring our rider (to Emerald Downs) there was no hesitation to ride Juan. He rode his 2,000th winner this year and is a great speed rider on this track. He fit this horse perfectly."

A Kentucky-bred by Scat Daddy, Another-twistafate earned \$55,000 to push his career bankroll to \$358,505. His overall racing record is 4-2-0 in eight starts, including a victory in the El Camino Real Derby and seconds last year in the Sunland Derby and Keeneland's Lexington Stakes.

Canadian shipper Five Star General, ridden by two-time Kentucky Derby winning jockey Mario Gutierrez at 122 lbs, finished a clear second and paid \$3.20 and \$2.60 as second choice in the wagering. The runner-up is owned and trained by Glen Todd, giving Vancouver owners the top two finishers in the 2020 Mile.

The Press, a 46 to 1 long shot ridden by Jennifer Whitaker at 114 lbs, rallied for third and paid \$4.60 to show. Whitaker won the 2008 Mile on Wasserman and remains the only woman rider ever to win the race.

Elliott Bay, winner of the Mt. Rainier Stakes last month, rallied from last to finish fourth and was followed by Papa's Golden Boy, Makah Lane, La Waun, Hollywood Heat and Take Charge Deputy.

Eddie Martinez, rider of Elliott Bay, claimed foul against The Press, alleging interference into the backstretch, but the stewards made no change in the order of finish.

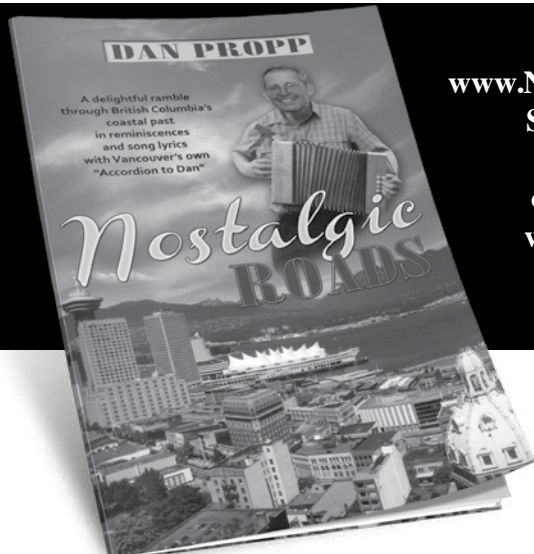
He's the Reason, 5 to 1 third choice on the morning line and stablemate of Five Star General, was scratched earlier in the day.

Total mutual handle on the 11-race card was \$2,265,151 as Emerald wagering continued at an all-time high through online betting sites.

Fraser Downs has announced its racing dates for a return to live harness racing at the Cloverdale racetrack at Elements Casino. Racing will be conducted without fans in the stands but will be available through [www.hpiabet.com](http://www.hpiabet.com).

Nigel Holmes, executive director with Harness Racing BC, said that pari-mutuel racing is scheduled to start Wednesday, September 30 with a 5 p.m. first race post time. Live racing will also be held on Friday nights, beginning October 2, with the first post time of 8 p.m.

Holmes added that racing will continue through to December 18, 2020 with two cards per week -- Wednesdays (5pm) and Fridays (8pm). In addition, there will be a special Boxing Day card on Saturday, Dec. 26 with a 1 p.m. post time.



**DAN PROPP**

A delightful ramble through British Columbia's coastal past in reminiscences and song lyrics with Vancouver's own "Accordion to Dan"

**Nostalgic ROADS**

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**






**SEE RED?  
SEE YOUR  
DOCTOR.**

Blood in the urine is the most common symptom of bladder cancer. Don't ignore this warning sign. It could save your life.




**BLADDER  
CANCER  
CANADA**

FOR INFORMATION AND SUPPORT  
VISIT [see-red.ca](http://see-red.ca) OR CALL 866-674-8889



© Bladder Cancer Canada 2014


# 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!

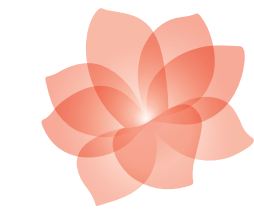
Support for BCSARA appreciated  
[www.BCSARA.com/donate](http://www.BCSARA.com/donate)



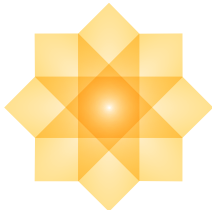
Visit our Search and Rescue Prevention partners at [www.AdventureSmart.ca](http://www.AdventureSmart.ca) to learn about their free outdoor safety awareness programs for children and adults.

**AdventureSmart**





**MAGNOLIA  
GARDENS**  
A BRIA COMMUNITY



**SUNRIDGE  
GARDENS**  
A BRIA COMMUNITY

Welcome a new season in your life. Discover the freedom of all-inclusive senior living in a setting where your voice is heard, your choices are valued, and your days are full of opportunities for active living. **MAGNOLIA GARDENS** and **SUNRIDGE GARDENS** provide a safe and supportive home so that you can get enjoy each day to the fullest.

**SUITES AVAILALE NOW**

Call Sherri to schedule a safe tour  
604.351.8668





# 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






# YOU WOULD'VE DREAMT ABOUT IT IF YOU COULD'VE.



## GET SLEEPING

Is a new approach to treating sleep issues by directly addressing underlying causes of insomnia, sleep disturbances and sleep disorders. Unlike other products, the natural ingredients of Get Sleeping work synergistically to cross the blood-brain barrier to calm the brain, reduce stress and anxiety enabling a person to fall asleep faster. While it promotes the balance of neurotransmitters, it also helps to achieve both slow-wave non-REM and REM sleep, which are essential to waking up refreshed and restored.

-  Premium Ingredients.  Highly Effective.  Economical.  Dependency Free.



HUMN

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





# HONORING BILL REID WITH BIRTHDAY BASH.



Article & photos by Lenora A. Hayman.

BILL REID-To Speak with a Golden Voice is showing until April 11, 2021 at the Bill Reid Gallery of Northwest Coast Art. It is guest curated by Gwaii Edenshaw, thought to be Reid's last apprentice.

Bill Reid wore many hats. He was a CBC radio announcer, master goldsmith, sculptor, master carver and community activist.

Reid was born in Victoria BC. His mother was Haida and his father had American, Scottish and German roots. At age 23, he began examining his Haida ancestry. He did study jewelry while working at CBC in Toronto, however, while visiting Haida Gwaii, he became really interested with the work of his great-great uncle Charles Edenshaw (no relation to Gwaii Edenshaw).

His monumental works include The Spirit of Haida Gwaii, at the Vancouver Airport and The Raven and the First Men at the Museum of Anthropology. In this exhibition there is a delicate miniature of The Raven and the First Men carved in gold.

On Aug15/16 Bill's Birthday Bash had a free weekend at the Bill Reid Gallery, honoring what would have been Reid's 100th Birthday (1920-1998).

There are 4 thematic threads in the exhibit.

Voice: Honoring his time at CBC and his archival recordings.

Process: Showing sketchbooks, casting molds etc.

Lineage: Works by artists he influenced, such as Robert Davidson, Beau Dick, Joe David and Jim Hart.

Legacy: Bill Reid's multi-faceted life.

At the Birthday Bash Shawna Davis had a bead

work demonstration, and Sam Seward showed his jacket woven in the Salish tradition.

Bill Reid designed original modern pieces, but still stayed within the Haida tradition. For example tattooing ended, but intricate bracelets evolved. Argillite carving became a new tradition, augmenting totem pole carving.

Our thanks to the late Bill Reid, for putting Haida art on the world stage.

**Pictured:**

**LEFT: Beadwork by Shawna Davis. RIGHT: Sam Seward's jacket woven in the Salish tradition.**

## SENIORS...

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

**CALL US TODAY!**

**604.857.5990**  
**profilemarble.ca**

**PROFILE**

RENOVATION  
DIVISION

**NKBA**  
NATIONAL  
KITCHEN+BATH  
ASSOCIATION

Canadian  
Home Builders  
Association



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



# THE BEAUTY AND FUN OF AUTUMN

B

T

R

F

C

E

T

G

T

V

B

W

P

B

W

Q

Q

E

H

A

V

E

F

U

N

R

F

F

A

T

H

M

R

U

O

B

I

H

O

V

D

R

I

V

E

S

A

F

E

D

U

Y

A

L

H

O

A

E

R

W

V

S

O

B

P

U

M

P

K

I

N

P

I

E

U

S

J

M

L

A

T

I

S

K

I

N

H

T

B

H

Q

E

E

G

O

B

L

I

N

S

S

A

I

I

N

C

J

T

E

T

V

B

O

I

C

A

N

D

I

E

D

Y

A

M

S

E

C

L

N

K

H

F

U

Y

C

R

O

S

N

F

I

R

E

W

O

R

K

S

H

X

L

K

Y

G

S

O

L

F

F

H

Y

N

K

G

F

A

L

L

D

S

P

O

O

K

Y

S

O

G

L

G

C

A

F

E

E

Y

E

J

F

C

C

O

S

T

U

M

E

S

R

B

P

L

A

E

I

O

S

I

A

S

C

O

L

O

U

R

F

U

L

L

E

A

V

E

S

R

A

T

A

V

L

H

N

S

O

Y

D

T

R

I

C

K

O

R

T

R

E

A

T

H

O

N

H

V

I

A

L

G

T

K

I

H

M

A

K

E

U

P

A

N

D

W

I

G

S

U

T

E

E

N

T

I

F

M

H

L

M

O

P

M

U

L

L

E

D

W

I

N

E

B

T

E

R

S

G

E

G

M

A

S

H

E

D

P

O

T

A

T

O

E

S

X

J

U

D

S

R

I

W

S

G

H

O

S

T

S

Z

L

L

B

U

A

O

C

T

O

B

E

R

H

I

N

N

J

F

J

T

A

Y

Z

T

O

G

E

C

R

A

N

B

E

R

R

I

E

S

R

D

G

P

L

O

S

R

C

A

N

D

Y

S

P

M

H

A

L

L

O

W

E

E

N

A

V

P

I

L

L

O

W

C

A

S

E

S

F

U

L

L

O

F

C

A

N

D

Y

M

- October

Bobbing for apples

Thanksgiving

Cranberries

Stuffing

Candied Yams

Costumes

Ghosts

Hot Chocolate

Pillow Cases full of Candy

Mulled Wine
- Fall

Pumpkin Pie

Halloween

Family Gathering

Brussel Sprouts

Mashed Potatoes

Goblins

Candy

Flash Lights

Makeup and Wigs

Spooky
- Falling Leaves

Jack O Lantern

Turkey Feast

Colourful Leaves

Wishbone

Trick or Treat

Witches

Fireworks

Drive Safe

Have Fun

Photos



## HOME IMPROVEMENT “ASK SHELL”

By Shell Busey

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

A) During the fall rainy periods you will find your perimeter tiles or drainage pipe around the foundation footing will be impacted with high water tables and roof gutters leading to the drainage system. This extra water will build up and become a major impact on your system causing hydraulic water pressure in the drains, pushing water under the footings into your basement area. Over the years your clay, cement or plastic perimeter drains will tend to silt up from the continued water hydraulics within the ground. This can also be caused by tree roots, leaves from the roof or shrubs planted close to the foundation. Perimeter drains should be cleaned and flushed every 2-3 years insuring that they run unobstructed to the collector sump (normally identified by a round concrete lid in the garden area, sometimes covered with soil). This will reduce the hydraulic gravity pressure that causes the water to seep into the basement. Drainage specialist have city and area maps showing locations of sumps, allowing access to storm water sewer system to take water away. SPECIAL NOTE: When this is done by a professional, they use high pressure water, not augers.

# 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)

If you would like to

ADVERTISE

in Today's Senior  
Newsmagazine

Details on page 3.

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

The days are getting shorter now and it seems many people are also getting short-tempered. But do they really mean it? Or is it just the effects of the coronavirus restrictions and regulations?

People seem to forget we are still in a state of emergency and we really have not had a full lockdown as experienced in other countries. Things are not really getting better quickly and people of all ages are still getting sick. Fortunately health officials are finding ways to treat the virus without a vaccine -- so less people are dying because of the illness. But the death toll is still climbing so people must continue to take this COVID-19 pandemic seriously.

No one likes all the rules, regulations and restrictions, but that's the way it is going to be for some time. Common sense says watch out! Do not put yourself in a compromising position. Keep safe and stay at home as much as possible. This virus is not going away anytime soon -- and could even increase as the rainy and cool fall weather sets in. So be careful -- and wear a mask when possible.

Now that a provincial election has been called for Saturday, October 24, it will be interesting to see how such an election is held here during the pandemic. The recent election in New Brunswick showed elections can be carried out with a 66 per cent turnout there. Saskatchewan is also holding an October election and the U.S. elections are going ahead, with voting day for president on Tuesday, Nov. 3. In Calling the election here, Premier John Horgan said he struggled with the decision but the pandemic was not going away and his government was seeking another mandate to continue its work.

There could have been another 12 months left in the minority government as the next election date had already been set for Oct. 16, 2021, but Premier Horgan said there was no reason to wait another year before going to the polls in these times of uncertainty. The people will decide later this month who will govern this province.

It certainly is going to be a different kind of Thanksgiving dinner this year. Large family gatherings may be dangerous to your health. It is better to have just one person cook and carve the turkey and then have other family members deliver the meals. Activate your own "meals on wheels" operation. That way you really can skip the dishes.

And be very careful when driving out there. It seems more people are in a hurry to go places and get very frustrated with traffic jams, leading to "road rage". Yet they have no trouble waiting at those drive-thrus for their fast food drinks and meals. Maybe that's the problem -- drivers are eating and drinking too much while on the road. Is that why they are too busy to signal a lane change? Add that to your distracted driving list.

Household consumption patterns have changed dramatically this year and economic experts are trying to figure out if the effect of virus controls is making

those changes more permanent. Many consumers will not be returning soon to travel, to shopping at malls, to restaurant services, to mass entertainment events such as sports and music concerts -- and many other businesses are suffering. The pre-virus business model is probably done -- and of course, all online economic activities have increased -- but not because of the expert predictions in technological gains, but because of necessity for many.

If you choose to believe the major media people and their experts, we are in deep recession or even depression. But somehow we still have high stock market gains, record profits for banks and major corporations, and a high real estate market. It seems to be an easy way to blame governments. But have you noticed it is a regular zoo out there -- and the Christmas shopping season has not even started -- or has it?

Anyone driving near the Willowbrook Shopping Centre late last month saw a full parking lot and long lineups waiting to get into the new stores, especially the American-based Nordstrom Rack. It was the opening weekend for the new store in the old Sears area it has split with Winners. Are that many people really missing their cross-border shopping? With the border still closed officially until October 21 (and maybe longer), these shoppers see no light at the end of the tunnel. Try shopping local -- it may cure what ails you. (Imagine the anxiety attacks on Black Friday if the border has not reopened.)

October 1 is National Seniors Day, a time to recognize the growing seniors population. As usual, the provincial and federal days seem out of sync as in B.C. Seniors' Week is celebrated during the first week of June. Then we also have such other recognized days as Grandparents' Day, which was celebrated September 13. But then you don't have to be a senior to be a grandparent. We don't know who creates all these special days and weeks, but there seems to be more and more of them each year.

It is not likely to be an election issue, but what happened to all the fuss around changing your clocks. It looks like we will again be turning back the clocks for the winter on Sunday, November 1 at 2 a.m. So much for staying on Daylight Savings Time all year-round. With all that is happening in North America today, this issue dropped off the "active" map but may be revisited in the near future after the governments sort themselves out following all the various elections. It will come back!

There are two studies now underway involving transportation improvements. Translink wants your views on the proposed eight SkyTrain stations for the expansion of the line through Surrey to Langley City. Information on the route and station plan is available at [translink.ca](http://translink.ca).

The provincial government has also launched a transportation planning study in the Fraser Valley as more people choose to live and work there. It has become one of the fastest growing and affordable areas. This broad transportation and development study is underway. It will look at traffic congestion and travel demand in the fast-growing region and examine and evaluate options for new transit and transportation initiatives in the Fraser Valley.

"One of the most significant challenges facing the City of Abbotsford and for the Fraser Valley region continues to be transportation. We know that effective and efficient transportation systems generate employment and economic development, as well as job creation for local communities. This study will provide useful information as the growth of our economy relies on a safe, reliable and efficient multi-modal transportation network; especially as communities look to expand markets for our key local sectors, such as manufactured goods, agri-foods and aerospace," said Abbotsford Mayor Henry Braun in a government news release.

Nearly 60 per cent of B.C.'s population lives in Metro Vancouver and the Fraser Valley -- nearly three million British Columbians. Decisions on transportation and development in this region have consequences for every part of the province in terms of economic recovery, trade network resilience and housing opportunities. The purpose of the study is to look for opportunities to help reduce future traffic congestion, such as worker mobility, shorter commutes and managing traffic demand. More information about the Fraser Valley Transportation Study is available here: [www.gov.bc.ca/transportation/fraservalleystudy](http://www.gov.bc.ca/transportation/fraservalleystudy).

## WATER DAMAGE IS ON THE RISE – IS YOUR HOME PROTECTED?

(In recent years, water damage from flooding has become increasingly common across Canada. In fact, the Insurance Bureau of Canada says that water damage accounts for nearly half of all insurance claims, and the frequency and cost of these claims has risen dramatically in recent years.

Some of this increase in property water damage is due to climate change, with strong storms becoming more frequent and lasting longer. Infrastructure in many areas is old or inadequate and unable to handle the volume of water associated with these new storms as well as flash floods or snowmelt.

Sewer backups are also occurring more often, both with old systems and with newer ones that are designed to handle both rain and sewer water. Faulty plumbing is another factor that can contribute to water damage, especially in aging, poorly constructed or poorly designed buildings.

Despite these concerns, a poll from the Insurance Bureau of Canada revealed that more than a quarter of people don't know if their property insurance policies cover flooding, while another 45 per cent only "think" they do. Not knowing whether you have coverage for water damage can be costly.

Fortunately, according to Aviva Canada, one of Canada's largest insurance providers, there are things you can do to help protect your property:

Perform regular maintenance on plumbing systems, including sanitary lines and hot water tanks. Have water and sewer lines scoped to reveal damage from tree roots. Test shut-off valves to ensure they will work in an emergency.

Pay attention to your building envelope. Roof leaks are one of the most common causes of water damage, especially in areas that are prone to freezing weather, strong winds and hail. So, it's important to maintain the condition of your roof and clear your downspouts and drains of obstructions. Caulk your windows to ensure an adequate seal, and make sure grading slopes away from your premises.

Is your water hard or soft? Depending on where you live, the quality of water can affect your appliances and plumbing systems, causing them to deteriorate much more quickly. Water softeners are available for hard water areas, but you could consider using a softener for soft water areas too, as soft water can lead to corrosion of copper piping.

Technology can monitor and even reduce issues related to fluctuations in building temperature. Water detection and shut-off systems can prevent damage from burst pipes due to freezing or leaking of your hot water tank. Installing these systems can help eliminate or reduce loss to your property, particularly when you're not there.

Talk to your insurance broker about what level of water damage your current homeowner's insurance covers and what additional insurance you might need. Find one in your area today at [aviva.ca/en/find-a-broker](http://aviva.ca/en/find-a-broker).

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



# EVERYTHING YOU NEED TO KNOW ABOUT HOSTING A SOCIAL-DISTANCED THANKSGIVING



It's been a challenging year but celebrating our favourite holidays can help us to feel busy, happy, and connected. If you're planning on hosting a modified Thanksgiving, maintaining space and comfort is key.

A recent survey found that 74 per cent of people are concerned about keeping their distance at social gatherings. With this in mind, try not to let your guests congregate in heart of any home, the kitchen! Start meal preparation and spaced seating plans ahead of time to limit close interactions in the most commonly used spaces.

Here are a few other tips for hosting a physically distanced celebration:

## Host an intimate event

Invite only a few close family members or friends and select the largest room in the home for an informal setup. Without the traditional place-settings, the host can ensure that guests are kept a safe distance apart.

## No potlucks this year

It's natural for guests to want to bring a dish to the gathering, but this year it's best to leave the cooking to the host and keep the menu simple. With

no outside dishes involved, there is no excuse for guests to enter the kitchen to prepare, heat up or plate their contribution to the meal.

## Preparation is key

Arranging a full Thanksgiving meal sounds daunting, but with the right planning and tools in place, it's possible to host the perfect event, even without guests' help in the kitchen. The LG AirFry Range with ThinQ technology helps make meal prep a breeze. With its large interior, the oven can hold a large turkey and a number of side dishes so you can cook everything at once, which eliminates the need to ready meals the day or night before.

## Stop guessing

Save yourself the headache, integrate high-tech appliances that make cooking easier. Appliances that have built-in technology like the InstaView feature on the LG AirFry Range are a gamechanger – it allows you to check on your dish's progress without having to open and close the oven door. Simply knock twice on the glass door to check on the status of your meal, even if you're in the midst of preparing another dish!

## Comfort is key

Offer guests plated meals to help limit contact and high touch points. Also, ask guests to wash their hands when they arrive and before the meal starts for peace of mind.

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

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

## 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





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](http://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, gaping-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 your eyes and in your mind's 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 hurdles; 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>

Barbara Karnes  
PO Box 822139  
Vancouver, WA 98682  
Phone 360-828-7132  
Fax 360-828-7142  
WEB [www.bkbooks.com](http://www.bkbooks.com)  
E-MAIL [julia@bkbooks.com](mailto:julia@bkbooks.com)

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](mailto:cozycornernews@gmail.com)

**TODAYS SENIOR NEWSMAGAZINE**  
READ THE LATEST EDITION AS WELL AS BACK ISSUES  
[todaysseniornewsmagazine.com](http://todaysseniornewsmagazine.com)







# HISTORIC VERNON

## DISCOVERING THE NORTH OKANAGAN



By Chris Millikan

BC's North Okanagan seems a perfect destination for history buffs like us.

On arrival, a Foodie Tour introduces Vernon and its innovative eateries. At The Fig, California Roll fusion salads await in bowls. "Local seasonal ingredients dominate this café's menu," observes guide Loretta. Strolling onward, she identifies repurposed buildings like Union Bank and Kalamalka Hotel. Heritage plaques on these and others recount Vernon's booming 1900's.

Along Main Street, Teassential offers refreshing, smoky-mint cardamom drinks. This shop stocks 140 teas and associated products. At Olive Us, we taste-test several of 50 premium olive oils and aged balsamic vinegars. "Combining them creatively, you can create special flavours for pastas and veggie dishes," owner Janet beams. Near the old brick train station, an enormous mural depicts a steam locomotive and developer of Vernon's early spur connection to the Canadian Pacific Railroad. Inside, Station BBQ, plates of onsite-smoked meats prove succulent.

Later, docents at Vernon's new Museum lead us to eighteen of twenty-eight murals, often painted by local artist Michelle Loughery. One honouring multicultural citizens decorates the post office. Most feature prominent townsfolk: Olympic medalists, war heroes, artists and businessmen.

Following a delightful morning cycle on the new Okanagan Rail Trail along Kalamalka Lake, we experience two family-operated farms. At Davison Orchards, we pass through a pumpkin fort and descend to a row of Western-style shops. Harvested crops including blue squash fill gigantic bins. Hopping aboard a tractor-pulled 'train,' our tour skirts tomato, pumpkin, peppers and other vegetables ascending into their 40,000 apple tree orchard.

Stopping between rows of flourishing fruit trees, our driver and manager Tom Davidson demonstrates how to pick apples without damaging branches. "On the bottom, find the eye. Then, twist it to the sky." Supplying bags,

he grins, "Now pick!" Chanting 'eye to the sky,' everyone stows away juicy Honey Crisps.

Over in Tom's parents' original home, Farmhouse Café serves traditional family fare. We relish soup from field-grown tomatoes and home-style apple pie. Going to Country Village Store, we see shelves brimming with farm products: yummy jams, salsas, syrups, dressings...and fresh pressed apple juice.

Driving next across town, we check out BX Press Cidery. Guided to a rustic picnic table amid shady apple trees, hostess Jasmine explains, "In 1946, orchardists bought part of Bernard Express Stagecoach Company's horse ranch. His trees still produce two-dozen varieties of apples. To keep the farm profitable, third-generation growers Dave and Missy began crafting small batch ciders."

While pouring samples, Jasmine tells how their 'Hostler,' 'Gunshot,' 'Prospector,' and 'Ginny' pay homage to stagecoach and goldfield workers in Barkerville, early BX terminus. Ginny cider notably pictures a hurdy-gurdy saloon girl. We also learn how Missy demanded the ripest handpicked apples for pressing, which produces superior juices. These ferment and mellow over the winter. Several of these caricature labeled natural ciders are purchased becoming luscious mementos.

Next morning at Vernon Farmers Market, we stroll amid open-air stalls displaying produce, handicrafts, jewelry, baked goods and seafood. As lively buskers entertain, we try out robust red wines and Haskap Berry Sauce, purchasing delectable souvenirs. And hot from the griddle,



savoury crepe breakfasts top off our browsing. A stop at the Museum and afternoon visit of O'Keefe Ranch reveal further tales of early native bands, artists, settlers and resourceful cattlemen.

Our three-day getaway ends at Planet Bee Honey Farm. The owner points out the Queen amid a displayed working beehive. We taste several honeys for floral properties. Impressed by fireweed honey, we buy a jar. Next time, we'll investigate their meads, wines fortified from fermented honey.

Our historic walks, scenic cycling and visits to farm enterprises provide terrific Vernon experiences. Plan Your Own Trip:

- [www.tourismvernon.com](http://www.tourismvernon.com) activity tips.
- [www.sandmanhotels.com](http://www.sandmanhotels.com) comfortable exploration base.
- [www.okanaganfoodietours.ca](http://www.okanaganfoodietours.ca) city history through food.
- [www.davisonorchards.ca](http://www.davisonorchards.ca) family farm experiences year round.
- [www.thebexpress.com](http://www.thebexpress.com) third generation orchard cidery.
- [www.vernonfarmersmarket.ca](http://www.vernonfarmersmarket.ca) Monday & Thursday mornings, one of the region's best. Open-air April until November.



# NUTRITIOUS RECIPE IDEAS TO FUEL AT-HOME WORKING AND LEARNING



As remote work and school continue for many families across Canada, we're all looking for quick and easy ways to fuel up that won't break our focus. But with the snack cupboard just steps away, it's easy to skip healthier meals that can take longer to cook in favour of less nourishing ready-made foods. If you're looking for something simple yet nutritious and delicious, why not upgrade to better-for-you versions of everyday staples?

Enjoy carbs you can feel good about by choosing naturally fermented bread, like from Stonemill

## 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.

Bakehouse. The bakery ferments their dough for up to 12 hours for a more flavourful, wholesome bread. Containing no artificial preservatives, flavours or colours and non-GMO, this bread is a great choice. You can try it yourself at home with this delicious ricotta toast recipe, courtesy of Abbey Sharp, culinary expert and registered dietitian.

### Ricotta Toast

Prep time: 5 minutes

Serves: 1

Ingredients:

2 slices Stonemill Sprouted 3-grain bread

6 tbsp ricotta cheese, whipped

1 strawberry, sliced

6-8 blueberries

4 raspberries

2 sprigs thyme, leaves removed

2 tbsp crushed pistachios

2 tsp honey, or to taste

Directions:

Toast bread, then smear with the ricotta cheese.

Top with the berries, thyme leaves, pistachios and honey.

Find more recipe inspiration at [stonemillbakehouse.com](http://stonemillbakehouse.com).

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

## SERVICES

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

**SENIOR HOME SUPPORT RETIRE NURSE** - 35 years experience, White Rock, South Surrey, Langley, Caring Loving Companionship, Personal Care, Laundry, House Keeping, Shopping, Transport Dr's Appointments, Respite, Contact Tillie 604-535-5459 / 604 671-1230 11-4

# 3 PLANT-BASED DISHES TO SERVE AT YOUR THANKSGIVING FEAST



Hosting Thanksgiving can be extremely overwhelming, especially when it comes to the menu. Complicating matters is catering to every guest's special dietary needs. Fortunately, serving alternatives like plant-based options may be easier than you think.

A survey last year found that 38 per cent of Canadians are looking to integrate more plant-based foods into their diet, but many aren't sure where to start. To help encourage and inspire you, check out these three vegan products anyone can incorporate into their repertoire:

**Creamy vegan dips:** Most grocery stores now carry a selection of plant-based dips made with a rich cashew or tofu base. Enjoy them in a variety of flavours like cucumber dill and roasted red pepper. Serve them as a dip for anything from pretzels to falafel, or start your festivities with a classic vegetable platter that everyone can dig into.

**Meatless broths:** Created from a blend of savoury ingredients and traditional aromatics, new pre-made broths taste just like conventional varieties, but without the meat. They're made with ingredients like carrot, onion and celery, as well as herbs and spices, to give that homestyle flavour. Try using them in soups, stews or sauces, like that all-important meatless gravy.

**Chocolate cheesecake:** Creamy, smooth and irresistibly chocolatey, this new PC plant-based chocolate cheesecake-style dessert is made with a white bean base and a special blend of dairy-free cream cheese and vegan sour cream. Just thaw, slice and serve as is or garnish with your favourite fresh fruit. It's rich and delicious, and no one will believe it's plant based.

[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! 11-6

**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 11-6

**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



# EARLY RETIREES: CREATIVE WAYS TO KEEP BUSY

If you retired early and are on the lookout for inspiring things to do, here are some activities you may not have considered yet:

Take a gap year. Commonly reserved for young adults after graduating high school or post-secondary, a gap year is a great experience at any age. Nowadays, they're popular with retirees who use the first year of their retirement to travel or take time for themselves. Some spend it seeing the world, while others use it to build a website or pursue a passion like learning a new language.

Plan for the future. Think about how you want your life to look in the future, and factor in concerns often experienced by older seniors, such as mobility issues. Is it time to renovate your house to make it more accessible? Do you want to move to a smaller space now while you're still in top shape? This could also be a good time to scope out retirement homes or care facilities for the future.

Try a camp for adults. Just like gap years, camp is becoming popular with retirees who want to relax in a different environment by trying new



activities. Companies are realizing that adults of all ages are missing the focus, friendship and relaxation camp brings, and are stepping up to meet this need. Get in on the trend by participating in a day or overnight camp, such as music camp, luxury summer camp or even zombie survival camp, if you're feeling brave!

Get a rewarding job. Once you've taken some time to relax and decompress from the working world, you may feel the urge to return. A

temporary or part-time job is a great solution, so consider flexible positions like freelancer or census worker. Starting in January 2021, the federal government is accepting applications for enumerators and crew leaders to collect data from communities across Canada, with start dates in April 2021. Find more information at [census.gc.ca/jobs](https://census.gc.ca/jobs).

[www.newscanada.com](https://www.newscanada.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](mailto:ddonaldson650@gmail.com)

**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!**