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TODAY'S
SENIOR
NEWSMAGAZINE



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JANUARY - 2021

FRASER VALLEY -
LOWER MAINLAND EDITION

Volume 26 - Number 2

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ACCORDION TO DAN



It's hard to compute that is now the year 2021! It is even perplexing to comprehend with our own personal aging hard drives what we have experienced through the years. Do you recall the first time as a kid going to a movie theatre? The popcorn, ice cream, watching cartoons and newsreels all on the magic of that big screen. In my home town of Gibsons Landing, we only had one movie theatre. For the cost of thirty-five cents, as kids we would be transported to a world of absolute wonder for many years. Recently, while digging through all kinds of black and white pictures, I found a picture of the theatre after it succumbed to a fire in the middle of the night. All that remained were the colourful posters promoting Hollywood stars and titles of their upcoming movies. The following bit of rhyme:

A BIT OF RHYME TO PONDER AND REFLECT

Knock, knock, who's there...its CBC radio's Happy Gang. Vintage radio ads like 'Use Ajax, boom, boom the foaming cleanser'. What about Canada's Country trio The Rhythm Pals, all those old time songs they sang? Do you still recall your favourite movie theatre perhaps in Port Alberni, Gibsons Landing or Vancouver's Dunbar; the Lux on Hastings Street or you saw Abbot and Costello in Fernie or Cranbrook? How about those colourful posters featuring, the 'British Carry On Gang' or 'Ghostbusters'?

The contrast between that of a British made movies to an American movie. The buttered popcorn plus ice cream, about a whopping fifty cents for both it took. The serials, matinees, cartoons...do they reprise a few favorite memories again? Movietone news, previews, the feature and then in the middle of the feature the film, sometime began to cook. You could see the film melting in Technicolor on the screen. Amid boos from us kids, the poor projectionist, with splicing cement as fast as he or she could go. Then calm, as lights dimmed again to wherever the story line had been.

SENSE OF HUMOUR IS ESSENTIAL

The costs of basic necessities in 2021 compared to what sometime seems a couple years ago, like

1952, requires a sense of humour

WHAT USED TO BE

Commercials like 'Oh Henry, Oh Henry, the king of Candy Land' in that past century. Jackie Gleason's "How sweet it was", and do you recall Guy Lombardo's band? How about a five-cent cracker Jack Box and a nickel Babe Ruth candy bar, the old Boston Red Socks, Groucho's "You Bet Your Life" or driving a Desoto car. A bowl of soup cost twenty-five cents. Anybody out there still has a nineteen fifties restaurant menu? Not sure? Isn't it a wonder that perhaps some of us seniors today view life as rather satirical and ironic. That's why a sense of humour is absolutely essential.

A FEW OLD VANCOUVER REFLECTIONS

Do you remember Scott's Restaurant and their famous lemon pie? So much has changed! I wonder why? Remember the old Polaroid and Kodak instant cameras. Now everything is digital. Take a photo with your cell phone. There is no longer any need to make prints just send a copy by email from your phone.

All those changes including the developing landscapes along Granville and Georgia Street--Eaton's, The Bay, Birks and Hotel Georgia. How the scenery sure has changed in this land., like in the movie 'How The West Was Won' with Debbie Reynolds. The Strand movie theatre located on Granville Street used Cinerama format and the use of 3D glasses was not needed either. What ever happened to Mr. Mikes \$1.19 steak restaurant on Granville, which aimed to providing a low cost dining experience for families. Explain that to grand kids today, they'd likely think it must be a mistake. Try to imagine what changes our grandchildren will recall when they become seniors.

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

PICTURE TOP: Do you remember your first motion picture theatre experience? This was our only 'picture show' in Gibsons, after the fire. (Photo: Dan Propp)

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: todaysseniorn@shaw.ca

Publications Mail Registration #40025695

Printed in Canada, Blackpress

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Telephone Contact Numbers PRODUCTION / DISTRIBUTION

Main Office / Distribution 778-751-4188

OFFICE HOURS: 9:00am-Noon

Tuesday, Wednesday, Friday

Online: todaysseniornewsmagazine.com

Emergency 604-992-0721

ADVERTISING

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TRAVEL THROUGH BOOKS



Stack up a wishlist from your local library. - A travel inspired bookmark collection of fabulous memories.

By: Ursula Maxwell-Lewis

Happy New Year! May 2021 be a rewarding new beginning with 2020 lockdowns firmly anchored in the past. We've learned a lot, and in many cases lost a lot. Let's remember to value all life's tangible and intangible treasures as time goes by.

One thing I won't forget is my Air Canada ticket credit optimistically earmarked for either Valentine's Day or Easter in Alberta with the grandchildren. Is it too much to ask Cupid or the Easter Bunny to deliver a belated Christmas turkey dinner along with the chocolates?

Books were my salvation during the lockdown. Travel and reading are forms of oxygen for me so I've 'time travelled' to England, Scotland, Africa, and many parts of Europe thanks to my handy Cloverdale Library membership.

I'm a thriller fan, so I was please to discover British author Susan Hill who took me down haunted English lanes, over moors and down backstreets with ghosts and detectives. Look for *The Woman in Black*, *The Mist in the Mirror* and *The Various Haunts of Men*.

Africa is etched into my soul so *In Borrowed Light*, the third in a Kenya-based series by Barbara and Stephanie Keating, took me right back to times and places I remember well.

Ronald H. Balson's chilling Nazi German novel, *The Girl From Berlin*, walked me through a familiar city in very unfamiliar and terrifying times. The tale, which begins in Tuscany, tasks an American lawyer with unearthing and verifying documents related to a stolen Jewish land claim. It left me wondering how many similar unsolved claims there might be...plus dreams of vineyards and future visits to Italy.

India always fascinates me, so *The Widows of Malabar Hill*, a 1920s Bombay mystery by Sujata Massey, gave me some insight into Parsi customs

of that era, women in purdah and a woman lawyer unravelling a murder mystery. *The Henna Artist*, by Alka Joshi, transported me back to the throbbing Rajasthani city of Jaipur where a herbalist and mehndi artist craftily navigates her way through a treacherous social structure - and faces her own past.

With *Some Bitter Taste*, by Magdalen Nabb, I'm back in Italy - Florence this time. The carabinieri marshal's reflections on the locals, plus the author's appreciation for local personalities and perpetrators, has me hooked.

The Spy Masters by Chris Whipple (just received) is expected to transfer me to the 'truth is stranger than fiction' mode. It's billed as 'How the CIA Directors Shape History and the Future'. Probably a timely read which may increase my blood pressure. To be determined.

When *All Abroad*, a newly released memoir by New York public relations travel marketing guru Geoffrey Weill arrived for review I anticipated the usual 'I was there' travel tale. Wrong. Weill's European and British Jewish background, customs, lifestyle and experiences showcase a very different era. Poignant, entertaining, occasionally blunt, Weill's reminiscences are reminders that travel today may be mega, but pre-massmarketing travel glamour remains unrivalled. I can equate to his childhood love of travel, and envy his foresight to snap up what have become a valuable entertaining collection of travel posters. Weill eloquently describes why a passion for travel can be a lifesaving investment on which to successfully build a dream.

May this year unfold like a good book - full of satisfying dreams, travel, good health and happiness.

Ursula Maxwell-Lewis is a British Columbia-based writer and photographer. Contact her at uttravel@shaw.ca

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So, if you are in this same boat, give him a chance, you will be pleased.

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TASTY PUB RECIPES TO RECREATE AT HOME

Many of us have been avoiding going out to eat during the pandemic, staying safe at home while grabbing takeout or enjoying our own cooking. But if you're getting bored of the same staples or craving your wintertime pub favourites, it's time to experiment in the kitchen with DIY recipes.

Featuring wholesome ingredients like fresh mushrooms, this steak and ale pie recipe by Jenny from The Brunette Baker lets you easily recreate English-style comfort food in your very own home, at a fraction of the cost of takeout. Bold, hearty and delicious, it's everything a savoury pie should be.

Tip: While you can make and eat the stew filling the same day, the flavours will be more concentrated and delicious if you refrigerate overnight. It's worth the wait for best results.

Steak and Ale Mushroom Pie

Prep time: 30 minutes

Cook time: 2.5 hours

Serves: 4

Ingredients:

1.5 pounds bottom round beef, trimmed and cut into small chunks
4 tbsp all-purpose flour, divided
1 tsp vegetable oil
2 carrots, peeled and roughly cut
1 large onion, chopped coarsely
2 cloves garlic, finely chopped
1 package button or cremini mushrooms
12 ounces brown or red ale beer
2 tsp liquid beef bouillon or 2 beef bouillon cubes
1/2 cup boiling water
1 tsp Worcestershire sauce
3-4 whole sprigs of fresh thyme
Several pieces of whole fresh parsley, stems included
1 large bay leaf

Salt and pepper, to taste

1 box ready-made frozen puff pastry, thawed

Directions:

1. In a frying pan over medium-high heat, sweat onions and garlic until transparent. Add in mushrooms and cook for 2 minutes. Remove from heat and set aside.
2. Place a large stewing pot on the stove over medium-high heat. Toss the beef in 2 tablespoons flour and season with salt and pepper. Once the stew pot is hot, add oil to coat the bottom surface. Add in beef, but only enough so there is room for each piece to properly sear. Shake the pot occasionally and the cubes will come undone as they finish searing. Don't force it as it will tear the meat. Continue to sear remaining pieces of beef. Once completed, remove meat from pot and reduce heat.
3. In a heat-safe container, pour in liquid bouillon and remaining 2 tablespoons flour. Stir. Mix in boiling water and stir until incorporated and dissolved.
4. In the same pot where you seared the beef, add liquid bouillon mixture and Worcestershire sauce. Skim the bottom of the pan with a wooden spoon to deglaze and get up all that goodness left over from searing the meat.
5. Toss meat back into stewing pot along with sweated vegetables. Pour in ale. Give a good stir and add in fresh herbs, submerging them. Remove from heat, cover pot with a lid and place in oven at 325°F (162°C) for 90 minutes.
6. Remove from oven, allow to rest and completely cool. Remove thyme sprigs, parsley and bay leaf and discard. Refrigerate overnight for best results.
7. Once ready to bake, transfer stew mixture into a casserole dish or individual ramekins for single serve. Carefully place thawed puff pastry over top, leaving



an inch hanging over. Press and seal pastry to the side of the dish. Apply egg wash for shine if you desire.

8. Bake at 375° F (190°C) for 40 to 45 minutes or until puff pastry is golden brown and filling is warmed through.

9. Remove from oven and allow to rest before cutting. Find more delicious mushroom recipes at mushrooms.ca.

www.newscanada.com

INDIGENOUS PEOPLES' SKILLS AND KNOWLEDGE SUPPORT STRONG NATIONAL CENSUS



With the COVID-19 pandemic changing so many aspects of our lives, it's more important than ever to get an accurate portrait of current needs and priorities. One way to do this is by participating in the next census coming in spring 2021. The information that comes from the census can be used to support communities across the country in key areas such as education, labour and infrastructure.

An essential part of gathering representative data is making sure Indigenous voices are heard and amplified. That's why Statistics Canada is looking to employ people living in First Nations, Inuit and Métis communities who can lend their invaluable skills and local knowledge to support census data collection.

People living in Indigenous communities are encouraged to apply for a census job in their area when they become available in January 2021. The information collected can directly benefit the community

you live in, helping to make informed decisions on opening businesses, skills and trade development and planning services like schools, health-care and transfer payments.

Applying for a census job is easy and allows you to gain new skills or expand existing ones in highly transferrable areas such as interviewing, data entry, data collection, filing, time management and scheduling. It's a great way to earn money on a flexible schedule.

With the pandemic top of mind for everyone, the safety of community residents and of census enumerators is a top priority. That's why the census has been re-designed to ensure communities and enumerators are safe by limiting the amount of contact needed to participate in this important exercise.

Find more information at census.gc.ca/jobs
www.newscanada.com

BUYING A CAR DURING COVID-19? WHAT TO KNOW

With public transportation and ridesharing now seen as less appealing than before the pandemic, owning a car has become increasingly more desirable. If that sounds like you and you're in the market for a new vehicle, Jodi Lai, editor-in-chief at autotrader.ca outlines some things to consider:

Process

Every dealership has their own system in place, whether it's a preference for appointments or walk-ins. If you're not sure, check online or call in advance before your visit, so you know what to expect.

Virtual assistance

Social distancing norms have had an impact on the traditional car buying process. Today, two in three consumers are interested in conducting more of the process online, according to a recent survey by autotrader.ca. Some dealerships have started to incorporate more online services and dialed up their virtual assistance with calls, chats, emails and video-conferencing features to help their customers. If you prefer to spend more time online, ask your local dealership which digital features they offer.

Test drives

There is often greater flexibility for private test drives, with some dealerships also offering at-home services, delivering the vehicle to your place for you to take a test run.

So, if you're shopping for a new car, make sure you do your research beforehand, to ensure you have a comfortable and enjoyable experience.

www.newscanada.com



FINANCIAL NEWS

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

ESTATE PLANNING CHECKLIST AT BEGINNING OF THE YEAR

As we start another year I want to thank everyone who reads my monthly articles and have contacted me with their questions over the past twelve years. I am delighted when I get calls from readers who have questions about their financial affairs, because it reinforces why I enjoy doing what I do as a financial advisor, specializing in financial strategies for retirees and Seniors.

The start of the year is also the right time to take stock of what plans are in place for your finances. If you're like most people, getting your personal financial plan started can be a challenge. And what about planning your estate? Well, that subject might really make you shudder. But why? Too dreary? Too complicated? Too intimidating? Or, simply not on your list of priorities?

Estate planning should be a financial priority at almost any stage of life. In fact, an estate plan can be essential for organizing your financial affairs and providing for the well being of your family members. Simply put, an estate plan is a road map for planning your estate and should be updated on an ongoing basis - particularly as your circumstances change throughout your life. Why is it important to have a plan? To ensure a simple, tax-efficient and organized transfer of your assets to loved ones.

When you start your plan, there's a lot to think

about. You want to live your life to the fullest, and ensure that your heirs will get the most out of the assets you're setting aside for them. Here are a few of the things you'll need to know:

YOUR WILL

The will is a legally enforceable declaration of how a person wishes his/her property to be distributed after death. A will can be quick and easy to produce and will generally cover the following:

- Naming the executor – the individual(s) or organization chosen to administer the estate. If you should die without a will (referred to as dying intestate), the province you reside in will step in to administer your estate. In this case, you've essentially forfeited your say on how things are divided and who will be in charge of the process.
- Naming beneficiaries of the estate (e.g. immediate or extended family, institutions, etc.)
- The distribution of assets within the estate (e.g. investments, real estate, possessions)

Probate is the process by which a provincial court confirms the validity of your will. Potentially, it can be quite time consuming, tying up your assets for months or longer. Probate fees are essentially the taxes that must be paid to the provincial government before your executor can begin to administer your will. The fees vary from province to province and are based on the value of the assets in your estate. In most provinces, the fee structure is tiered.

In addition to probate fees, there are fees payable to the executor for administration services and fees payable for legal and accounting services. In the end, the cost of probate can be significant

We all know the old cliché that the only two certainties in life are death and taxes, but how much do we really know about taxes after death? If you have a will, upon your death it is your executor's responsibility to file a tax return for you. The government will consider you to have sold all your assets immediately before your death and any capital gains/losses will be crystallized. That may lead to a big tax bill.

Minimize Taxes and avoid Probate:
Depending on your individual needs, there are strategies you can employ within your estate plan to

minimize the amount of taxes you have to pay and to avoid probate. Below are a few key examples:

- Top up your TFSA at start of the year. Contribution limit for 2021 is \$6,000
- If you are turning 71 this year you must convert your RSP to either a RIF, annuity or cash
- If you have Income and RSP contribution room, consider topping up your RSP
- If you do not have a spouse consider naming a dependent (disabled) child or grandchild as beneficiary on your RSP, RIF. Proceeds will roll over tax free on your death.
- Maximize asset "roll-overs" - transfers to your spouse that defer capital gains
- Get advice on setting up a trust to ensure your beneficiaries are well looked after
- Give gifts of cash or possessions while you are still alive
- Consider charitable donations to create valuable tax benefits
- Buy life insurance that is paid out to a named beneficiary on a tax-free basis
- Restructure investments with insurance companies to avoid probate on death

In January you will be receiving your year end statements from the respective financial institutions you deal with. This is the perfect opportunity to review if you are on track with your estate planning goals. An interesting point is that most Canadians do not have a plan in place, so it is difficult to know what they are working towards, or what will happen to their assets at death. It is very important to review your year end statements with a purpose in mind, and it is never too late to develop a strategy for your Estate and investment assets.

The reassurance of having a strategy in place to preserve the value of your estate for loved ones is something to value. After all, why pay if you don't have to? Work with your financial advisor to determine what exactly is in your estate, and then devise your plan. If you do not have a financial advisor and need assistance with your Estate Plan call Rick at 604-535-3367 or email: rick@crsfinancial.ca to get a complimentary review of your estate plan.

KEEPING CARBON MONOXIDE OUT OF YOUR HOME

We tend to spend more time indoors in the winter, and indoor use of certain fuel-burning products could result in dangerous air contaminants like carbon monoxide building up in your home.

CO is a tasteless, odourless, and colourless gas. Common sources include household heating and cooking appliances, generators, furnaces, and engines that burn wood or gas.

Carbon monoxide can cause health problems before you even notice that it's present. At very high levels, it can even cause death.

CO alarms are one of the most effective ways you can protect yourself and your family from this silent killer. Be sure to remember these tips when you buy, install and use your carbon monoxide alarm:

Make sure you have at least one installed in your home. The most important place to install one is the hallway outside sleeping areas. Carbon monoxide alarms can be purchased at any hardware or home equipment store.

Choose an alarm that has a certification mark on it, such as CSA, UL or Intertek ETL. It will have an audible alarm to warn you of unsafe levels in your home.

You may wish to choose an alarm with a screen

that displays the level of carbon monoxide, as levels too low to trigger an alarm signal may still pose a health risk to some people.

Makesureyouralarmsareinstalled correctly. Follow the manufacturer's directions for installation, testing, use, and replacement.

Test your alarms regularly. Replace batteries and the alarm itself as recommended by the manufacturer. Write on the battery or device to remind yourself when it was installed and when it needs to be replaced.

If your carbon monoxide alarm sounds, do not try to locate the source of carbon monoxide. Leave your home immediately to get fresh air and call 911, your fire department, or emergency services once you're outside. Return to your home only after the problem has been fixed by a professional.

Find more information on keeping a healthy home at canada.ca/healthy-home.

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



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THE PHARMACIST REVIEW

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

THE DIVERSE WORLD OF COLLAGENS

Collagen is the most abundant form of protein in the body. It keeps our skin supple and our joints flexible. As we age, the body produces significantly less collagen, resulting in wrinkles in the skin, and stiffening joints. Protecting your skin from the sun and the elements, staying active, and maintaining a well-rounded low-fat, low-carb diet definitely helps.

It is always ideal to source the desired nutrient through a natural, bioavailable dietary source, because it will be broad-spectrum (providing the various lengths of collagen required), and the body already knows how to use it accordingly right away. Chicken or beef bone broth, tendons, cashews, avocados, and egg whites are just a few examples of collagen-rich foods. However, it may not be feasible or possible to get a consistent therapeutic dose in your whole food diet; sometimes, we need to add some extra collagen in the form of supplements. Things would also be much easier if there was just one type of collagen...

Canprev's "Collagen Beauty" is intended for long-term use, and it contains the appropriate collagen protein chain length in order to stimulate fibroblast cells in the skin, stimulating collagen metabolism where it is most needed. It also stimulates nail growth. This collagen protein formulation is available as a liquid or a powder, and can work in as little as 28 days. CanPrev also makes specific formulations for bone, muscle tone, joint and cartilage, and even a full-spectrum ("multi-purpose") one.

CanPrev's line is high quality and comprehensive, but products like Herband's "Vegan Collagen Booster Gummies" (sugar-free and produced in Richmond), "TruMarine" (by withUs), and Organika (including their "Plant-Based Collagen Booster") are also great choices. Since there are many types of collagen, as well as many supportive players such as the amino acids, proline, lysine, and glycine, it is important to talk to your integrative pharmacists at Cloverdale Pharmasave, Pharmasave Steveston Village, or your integrative physician in order to pick the best one for you."

HOW TO MAKE ACHIEVABLE NEW YEAR'S RESOLUTIONS

It's that time of year where many of us think about setting a goal or resolution for the year ahead. It will come as no surprise that keeping a new year's resolution can be tricky for most people.

Fortunately, there are scientifically proven strategies that can be used to help people better realize their goals. Here are some simple, evidence-based tips to help you stay on track:

Nudges

These are gentle reminders that work to influence the choices available to a person at the point of decision-making, so as to make it easier to comply with the desired behaviour. Try connecting with a friend or family member, telling each other your goals and committing to giving each other nudges to stick to them.

E-messages

Electronic messages such as emails, texts and phone notifications will provide you with a series of prompts or reminders until the completed task is done. Set these up to get you started on your goal, and if it's something ongoing like exercising twice a week, make sure these reminders occur regularly to prompt you.

For 2021, as the pandemic continues, a great goal to set is developing a plan for if you develop a serious illness. Plan Well Guide is a free online tool that focuses on helping people make an advance medical care plan and uses these evidence-based practices to help people realize their goals.

The benefits of making your medical care plan



in advance are that you are more likely to get the medical care that is right for you if you develop a serious illness, like COVID pneumonia, and you and your family will have greater peace of mind. Find more information at planwellguide.com.

www.newscanada.com

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 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 stonemill-bakehouse.com.

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Straight from the Horse's Mouth

By Mel Kositsky

The horse racing industry in British Columbia is not only looking for a shot in the arm in 2021 but also a "booster" in funding from the provincial government.

Industry representatives met in early December to set the racing schedules for this year (subject to government approvals) with hopes that the recently elected provincial government will help ease the financial pain of 2020, when the global pandemic forced the cancellation of many racing dates. When live racing did resume in Vancouver and Cloverdale, the tracks were restricted to racing without spectators. Unlike some other sports, racing around the world continued without fans in the stands -- and some racetracks even showed major increases in wagering as Internet betting grew.

That trend is likely to continue through the early part of 2021, as the world awaits the results of the new vaccines in an attempt to control the coronavirus. There is a lot of uncertainty but some hope -- and the knowledge that racing can continue with no spectators in the stands is the new reality for all sports. It is not what anyone wants, but the only way sport can carry on.

The British Columbia Horse Racing Industry Management Committee (BCHRIMC) met virtually December 4 with all partners in the industry and the dates for Thoroughbred and Standardbred racing were approved for the year. Harness Racing BC executive director Nigel Holmes says 63 Standardbred dates were approved -- starting on January 20th to April 30th, 2021 and then September 15th to December 30th for racing at Fraser Downs located at Elements Casino in Surrey. While it is unknown when casinos will reopen, it is likely the harness horses will continue with the Wednesday and Friday nights schedule.

"We are currently suggesting to keep race days and times as they are and will have further discussions especially once fans are allowed to attend," said Holmes in an update on www.harnessracingbc.com. He said

these dates are approved to this stage but still need further approval from the province's Gaming Policy and Enforcement Branch (GPEB) and the federal Canadian Pari-Mutuel Agency (CPMA).

"We, along with the thoroughbreds, are currently and have been for some time in negotiations with the government. We have utilized the services of a lobbyist firm and feel negotiations are proceeding in a very positive way thus far. It is a necessity that we gain some assistance in funding our races and industry from the government with the current situation with the slots," he added. While the Standardbreds raced their fall/winter meet under some very unique circumstances, the preliminary figures show wagering was slightly up.

"We were left with our major revenue stream being closed down as we depend on the slots heavily contributing to our funding," said Holmes. The race meet purses were reduced by approximately 25 per cent from 2019.

But that did not stop related industry activities from continuing. The annual yearling sale went ahead in late November and the two-day virtual auction saw 22 horses sold. The highest bid was for a yearling named Joe Dimagio, who was purchased by Kelly Hoerd for \$52,000. The full sale results can be found on the HRBC website.

The proposed "live" racing dates for Hastings Racecourse for 2021 are also being considered by the various government agencies. Opening day at the east Vancouver Thoroughbred track would be Saturday, May 1, which is also Kentucky Derby Day. The season would possibly close on Saturday, October 23.

The industry is hoping Hastings can open for stabling and training in early February. Starting gate work and clockers for workouts would begin in early March in preparation for the upcoming season, which will see afternoon racing on Saturdays and Sundays, as well as holidays.

Thoroughbred industry spokesman Glen Todd wrote: "We have been discussing these subjects with Hastings Racecourse since early October but as yet we have not yet secured our proposal but talks continue on an ongoing basis. The Racing Associations back in August hired a lobbying company to lobby the Provincial Government for funding for the 2021 season and beyond to stabilize our industry during this horrible pandemic facing not only us but the whole world."

The associations have made two very lengthy proposals to the Provincial Government and "at this time we feel fairly optimistic we might receive some economic relief before the new year," said Todd.

The Pegasus World Cup Championship Invitational Series is returning to Gulfstream Park in Hallandale Beach on Saturday, January 23. Launched in 2017 as part of 1/ST's mission to modernize the sport of Thoroughbred horse racing, the \$4 million Pegasus World

Cup Championship Invitational Series has captured the attention of the racing industry, celebrities, and fans from around the world and has cemented itself as a premier event on the racing calendar.

Evolving into a Championship Invitational Series featuring two Grade 1 (G1) stakes races, the Pegasus World Cup in 2021 will feature a combined \$4 million purse. The Pegasus World Cup Invitational (G1), run on the dirt at 1 1/8 miles, offers a \$3 million total purse. The Pegasus World Cup Turf Invitational (G1), run on the turf at 1 3/16 miles, offers a \$1 million purse. 1/ST entirely provides the \$4 million total purse contribution.

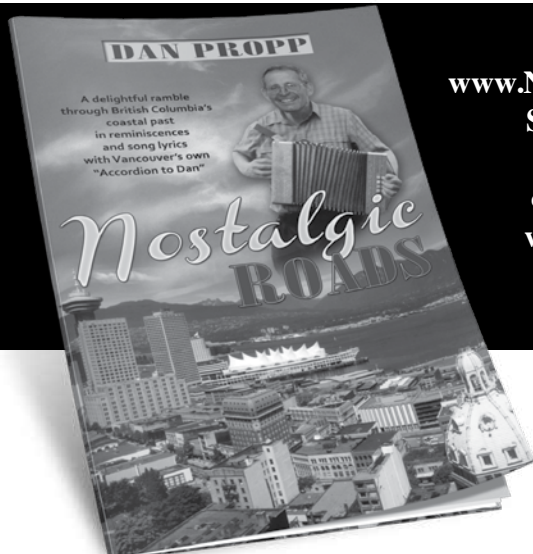
This year's event will provide exciting opportunities in North American thoroughbred racing for horse owners by showcasing their equine athletes competing free of medications on race day while providing the winner of the Pegasus World Cup Invitational with an automatic entry into the 2021 \$20 million Saudi Cup. The medication-free format, for both the Pegasus World Cup Invitational and Pegasus World Cup Turf Invitational, is consistent with the International Federation of Horse Racing Authorities (IFHA) standards and reflects the commitment that 1/ST, along with other major racing organizations and associations, made in April 2019 to eliminate Lasix in all graded stakes races in 2021.

Since the outset of the coronavirus pandemic, 1/ST has developed and implemented industry-leading COVID-19 safety measures at its tracks and facilities across the United States. The 2021 Pegasus World Cup will implement strict social distancing protocols and new health and safety guidelines for riders and spectators. On-premise, attendance for this year's event has been reduced to 20% to allow all guests to socially distance accordingly. Thermal sensing cameras at all entrances check guest temperatures, and masks are required. Cleaning protocols provide regular sanitizing of public spaces, and cashless wagering via 1/ST BET eliminates handling of currency.

At the 2020 Pegasus World Cup, Jennifer Lopez, Alex Rodriguez, Vin Diesel, Justise Winslow, Kelly Olynyk, DJ Cassidy, Jake Paul, Dr. Mike, Zion, Alec Monopoly and Cedric Gervais witnessed Mucho Gusto win the \$3 million Pegasus World Cup Invitational purse and Zulu Alpha win the \$1 million Pegasus World Cup Invitational Turf Invitational. Afterward, guests and stars alike enjoyed a concert with performances by Nelly and T-Pain.

NBC Sports returns as the official broadcast partner of the 2021 Pegasus World Cup and will broadcast the race day excitement live from 4:30 pm – 6:00 pm ET.

For more information about the Pegasus World Cup, visit www.pegasusworldcup.com.



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Going out? Do it safely!

Your actions matter.

Make informed choices to keep yourself and others safe.



✗ Avoid



Closed spaces



Crowded places



Close contact

✓ Always



Stay home and away from others if you feel sick



Follow local public health advice



Stick to a small and consistent social circle

Safest options

Be safe by reducing your contacts as much as possible. Stick to participating in activities with members of your household or social bubble. Interacting with more people raises your risk.

You can do things like **shopping online, exercising outside or picking up take-out from a restaurant** to limit your contact.

Be prepared

Be prepared when you will be in settings where you may not be able to maintain a 2-metre distance and may come into frequent contact with others. Be aware and respect the measures the business or service provider has put in place to protect you and their staff. Take additional measures to protect yourself and those around you by carrying a non-medical mask or face covering and hand sanitizer.

You can further reduce your risk in these public settings by **limiting the frequency and length of your outings**. The more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.

Avoid

Think very carefully about high-risk activities that are not essential. This would include things like large indoor gatherings or crowded outdoor spaces with no public health measures, like physical distancing, in place.

Your best choice is to avoid these situations, but if you choose to go, **wear a non-medical mask or face covering, keep as much distance from others as possible, and wash your hands or use hand sanitizer.**

For more information on COVID-19:

canada.ca/coronavirus **1-833-784-4397**



Government of Canada



Gouvernement du Canada



SIMPLE WAYS TO BOOST YOUR MOOD THIS WINTER



Between the shorter days and increased time inside due to the pandemic, your mood and well-being may be taking a dip. Fortunately, there are things you can do to lift your spirits. Find ways out of confinement and make the most of your time inside with these tips.

Make a point to get outside

Looking out your window and watching the icicles lengthening can make going out into the cold seem like the last thing you'd want to do. But, the CBC reports that spending time in nature can lower stress and improve your perspective. So, take advantage of crisp, cloudless winter days and venture out to explore your area. Always bring your mask and avoid crowded spots. Instead, try and plot out a route you haven't taken before, especially if you can find a park or trail that's safe to navigate in the ice and snow. Take what opportunities you can to feel the crunch of ice under your boots, that clean smell of fresh snow, and the way winter weather transforms the world you walk through.

Set the right soundtrack for your winter

Music can warm your home as much as the right lighting. It's the perfect way to help you wind down after a long day of working remotely. Variety in a music service is key when it comes to finding just the right thing to suit every mood. With over 300 channels

to choose from, the SiriusXM app has something for everyone. Plus, it offers talk, entertainment and comedy programming for when you need a switch from music. It's great for staying home, as well as the ideal companion for long walks, with seamless transition from your smart home device to mobile. Whether you immerse yourself in your favourite song or discover something new, you'll be sure to tune out the winter blues with the greatest selection of music and entertainment programs around.

Find creative new ways to connect with friends
Just because we're socially distant doesn't mean we have to be socially absent. Reach out from your winter enclave to your friends and feel the warmth that comes from spending time with them safely. While many of us are tired of virtual video chats, you can add a fresh twist by planning an activity to do together during your call. For example, find a craft tutorial and stock up on the items you need so you can each work on your own version at home while showing each other your progress on video. Or have a mani-pedi spa date where you each paint your nails and enjoy a mimosa while catching up like you would at the salon. You can even create a book club or wine club, with monthly video meetings to discuss your book selection or learn about new vintages, respectively.

www.newscanada.com

SUSTAINABLE LAUNDRY: HELP THE PLANET WHILE SAVING YOUR CLOTHES

When it comes to making eco-friendly lifestyle choices for your home, the laundry room is often overlooked. Fortunately, reducing the impact of washing and drying clothes not only contributes to a greener home, it can also save money and make clothes last longer.

While appliances play a key role in sustainability, other small changes to your laundry routine can go a long way in helping your environmental footprint and prolonging the life of your favourite clothing. Try to wash in cold water, dry clothes on a lower heat setting and use environmentally friendly laundry detergent or make your own. And be sure to follow the directions on your clothing labels – a recent survey found that 66 per cent of Canadians do so to preserve their clothes.

If you're looking to upgrade your washer and dryer with clothes preservation and energy water savings in mind, look for a laundry pair that has intuitive and convenient features that take the guesswork out of laundry. The new LG AI Front Load laundry pair is built with all that and more! It has been built with AI technology that takes the guesswork out of laundry with user-friendly features that make it easier to do this often-tedious chore.

The laundry pair uses AI to detect, sense and optimize wash settings for top fabric protection. This innovative feature senses the load's weight to automatically select the proper wash cycle, while adding the exact amount of liquid detergent and fabric softener that is needed at optimal times during the wash cycle for improved results and clothes that last longer.

When upgrading your laundry machine, always look for the Energy Star seal, which indicates the product is certified to help save energy, and a machine built with innovative technology, which will help reduce your environmental footprint, right from home.

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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.

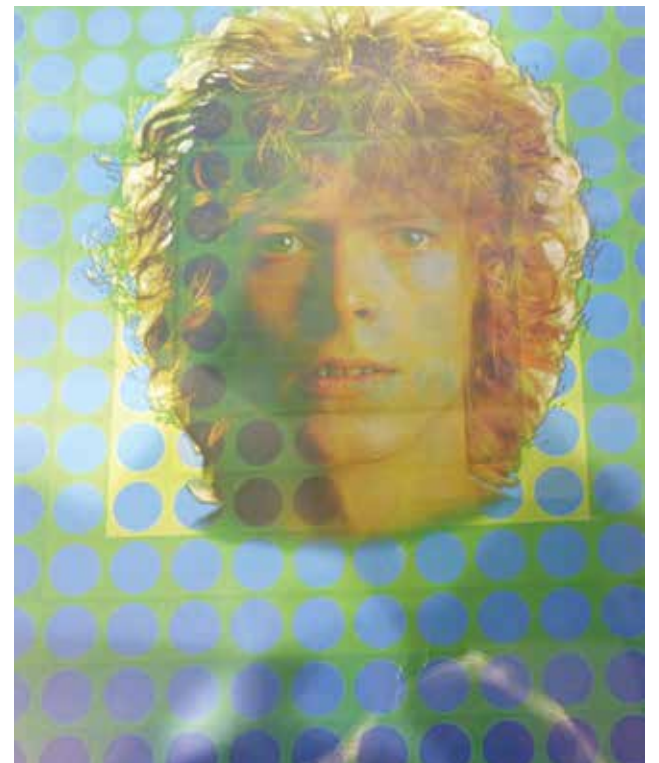
Ask us how we can help you access this funding. Call today for a consultation.

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



VICTOR VASARELY ENERGIZES OUR EYES



Article & photos by Lenora A. Hayman.

The Victor Vasarely exhibit at the Vancouver Art Gallery, continues until 5 April 2021. Victor Vasarely was a French-Hungarian artist, (9 April 1906-15 March 1997), who is believed to be the leader of the Modernist Abstract Art Movement, known as Op-Art. Using geometric shapes and graphics, his checkerboard paintings, create an optical illusion, so that the art can appear protruding or collapsing inward, depending on how close the viewer is standing.

He introduced the Plastic Alphabet, based on variations of the circle, triangle and square in a range of 20 different hues.

Vasarely's images have been displayed on store windows, clothes and book covers. Vasarely's CTA 25 Neg (1969) includes David Bowie on the cover of his music album Space Oddity.

The Untitled Mural du Canada c 1977 is a maquette (scale model) of a mural in the foyer of the Koerner Recital Hall, of the Vancouver Academy of Music, in Vanier Park.

The circles of Oerveng, tempura on wood composite board, really creates an optical illusion of movement.

Vasarely's vision of abstract art and science makes this an interesting show.

Pictured:

TOP: Oerveng, tempura on wood composite board by Victor Vasarely.

TOP RIGHT: David Bowie's music album cover, by Victor Vasarely.

BOTTOM: Mural of Canada, 1977 by Victor Vasarely.

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Happy New Year 2021



HOME IMPROVEMENT “ASK SHELL” By Shell Busey

Q) Hello Shell, I want to build a shed and was wondering if I can use composite as shed flooring instead of the concrete slab or treated wood? Thank you for your time.
John

A) I suggest you use dimensional lumber for the shed base using 4 x 4 treated lumber (sleepers) on a gravel road base (sand and limestone mix) at 12 inch centres. On top of the sleepers lay down 5/8 inch tongue and groove Fir treated plywood. Screw the plywood down with deck screws. You can even paint it or put another type of flooring on top (like vinyl decking or a roll on deck coating).
Shed's are like most things, if you keep it clean it will last longer and look better.
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| Facetime | Old Friends | Celebrate | Zoom |
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| Be Calm | Be Kind | Ring in the New Year | Vaccine is Coming |
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| Social Distancing | Champagne | Resolutions | Phone Loved Ones |
| All the Very Best Wishes | | | |

FOR YOUR TABLE: CRANBERRY AND SWEET POTATO STUFFING

Looking for something special to serve up this holiday season? Add some colour and flavour to your table with this delicious stuffing. A perfect marriage of sweet and savoury, this is a recipe the whole family will love.

Cranberry and Sweet Potato Stuffing

Prep time: 20 minutes
Cook time: 20 minutes
Serves: 4

Ingredients:

- 1 loaf Promise Gluten Free soft white bread, breadcrumb
- 2 tbsp (30 mL) olive oil
- 30 g unsalted butter
- 1 medium onion, finely chopped
- 2 small sweet potatoes, grated
- 100 g dried cranberries
- 75 g shelled pistachios, roughly chopped
- Handful of flat leaf parsley, chopped
- Pinch of saffron threads soaked in 3 tbsp (45 mL) water
- 1 bunch of red currants

Instructions:

Heat oil and butter in a pan with a lid. Add onions and sauté over medium heat for 5 minutes until softened.
Add grated sweet potatoes and continue to cook for another 3 minutes.
Add the ingredients in the pan to your bread-crumbs, parsley and saffron with soaking water; mix.

Season with salt and pepper.
Bake at 365°F (185°C) for 15-20 minutes until golden brown.
Stir the cranberries, pistachios and herbs into the breadcrumb and sweet potato mixture.
Garnish with a bunch of red currants.
For more recipe inspiration, visit www.promiseglutenfree.ca.
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WRITE AS I PLEASE

By Mel Kositsky

Welcome to a brand New Year! Are we off to a fresh start or can we just look forward to more of the same?

The year 2020 ended with a lot of uncertainty about the future. There is hope for better health ahead but at this point there are no guarantees. Health experts are dealing with a very contagious disease and a public that is tuning out to restrictions and regulations. You can see it on the faces of people on television. They are tired and worn out after months of trying to cope with the unknown. And the year ended with the number of COVID-19 cases on the rise in what is being described as the "Second Wave".

In reality the first wave never really ended. And hopefully in the early days of 2021 there is no big jump to a "Third Wave". So far the politicians and health experts are only talking about how the vaccines should help. But they know those vaccinations are not an immediate cure and people must toe the line and be very careful or else we are heading towards one big mess. Why are people still talking about getting back to normal? It is not going to hap-

pen. This is the "new reality" and it is time to accept it.

The global pandemic may phase itself out sometime during this year but the effects will linger for some time to come. We have to accept change -- and live with it. But that is not something that is easily accomplished. There is no easy road back to the way we were. It is time to face the challenges ahead and start doing things in a different way. It is the only way we are going to get through this pandemic.

But at times it seems like no one is listening. Everyone just wants to do all the talking. And that is just fine with the creators of social media sites. As long as the "comments" keep growing it means people are using their applications and the data charges keep adding up. It is all very good for their business.

There have been so many technological changes for the better. The emergence of different platforms to bring people together, like Zoom, have been quite helpful in keeping families together from all over the world. What used to be known as video conferencing and done mostly by business, is now commonplace for anyone with a smart phone, laptop or "old fashioned" desktop computer. The younger generation can't live without a hand-held device and older people are learning different programs and computer skills.

We are becoming better connected while being apart -- but it is not for everyone. And as usual there are those who like to take advantage of others and will troll the Internet to commit various frauds and crimes -- especially on unsuspecting seniors. So always be careful when trying new programs and consult a trusted friend or family member before downloading or installing any programs that you may not have heard of. And be careful when asked to pay for online services that are supposed to be free.

Those costs will slowly be going up and up -- especially for entertainment such as sports, music concerts, movies, theatre and other such events. With no

spectators allowed in the stands, someone has to pay for all these high-priced performers. Don't be surprised to start seeing more pay-for-view events, not only on television but also through the Internet. Start saving for more expensive programs and hardware as computer companies make things more complicated and require you to do upgrades in order for you to keep watching. This will make it very difficult for seniors to continually upgrade equipment, but the older generation is not the target audience of the "money-mad" computer world.

But most important of all to stay connected, don't forget about the telephone. It is amazing how many people just talk through texting, emails and various social media services. It is so easy to just dial a friend or relative and just say hello. Often a friendly voice on the other end of the line can make a difference -- and you may put a smile on someone's face. Try it.

Nominations are now being accepted for the annual Fraser Valley Cultural Diversity Awards. Do you know of a business, organization or individual who embraces diversity? You can nominate a deserving person, business or non-profit organization. The 18th annual event will be held this year on Wednesday, March 10. For more information check out www.diversityawards.ca or call 604-308-5673.

The event has been organized by Archway Community Services (formerly known as Abbotsford Community Services) in partnership with Mission Community Services, Chilliwack Community Services and New Directions English Language School in Langley. The Fraser Valley Cultural Diversity Awards Ceremony started in 2003 to recognize the best practices of Fraser Valley organizations, initiatives and businesses in recognizing the diversity of our community. Cultural diversity includes but is not limited to age, abilities, ethnicity, gender, race, religion, sexual-orientation and socio-economic background.

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



1

Wet hands with warm water



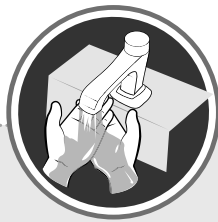
2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

Turn off tap using paper towel



palm and back of each hand



between fingers



under nails



thumbs

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Cozy Corner

"Lets Talk"

By Janet Isherwood

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

As a senior myself I often experience weak muscles. I have never understood why as I am quite active and except for a fall last year have mostly felt great. Then I seen some information on the internet on Muscle Tuning.

Denise Cambiotti President - Muscle Tuners International Inc. has kindly shared her information on this subject for my readers.

How Can 'Muscle Tuning' Assist Your Quality of Life?

We want the best quality of life don't we? Are some of your objectives to maintain your independence, strength and mobility for as long as possible?

As we age, many of us notice we are losing flexibility, followed by a progressive reduction of strength and stability. Perhaps we don't have the same length of stride when we walk or ability to reach for things like we used to. When did it become difficult to pull on a pair of socks or put the groceries away?

Many of us care about avoiding or at least delaying these challenges so we pay attention to healthy diet and regular exercise. We invest time and money in activities such as stretching, weight bearing exercises, regular walking and maybe some yoga, tai-chi or dancing to keep our muscles and joints as healthy as possible. Are you one of the many though, who are frustrated when these healthy ac-

tivities don't yield results? Go ahead and blame it on age if you'd like. However, are you ready to consider a new perspective?

Everyone's body has an electrical system. That's right. Did you know that it takes an electrical signal from your brain to get your arms and legs to move? Because you have this low voltage electricity running along nerves to your muscles, doesn't it make sense that you might have popped a few circuit breakers in your lifetime from overdoing something, experiencing a strain, or having had a more serious injury?

I live in an older home and I have to watch out when I run the kettle, the toaster-oven or microwave because when any two of those are in use at the same time, they draw too much energy and trip the circuit breaker in my basement. I can get these appliances working again by resetting the breaker switch. In many cases, your muscles act in a very similar manner! We reset the energy to your muscles by gently touching specific reflexes.

Your body usually compensates for the challenges mentioned above especially when you're younger. You don't even realize that some of your muscles aren't working properly because enough of them are functioning well enough. Then one day, you bend over and have trouble getting up or you are doing exercises that work for other people but they don't work well for you.

What can you do? We suggest you 'Tune Up Your Muscles First' so that they can respond to your efforts. As soon as the signals are flowing again between your muscles and your brain, efforts to tone and strengthen begin to produce results sooner. Everyone wants to feel secure and stable when standing, walking and climbing stairs so the leg muscles must be switched on. No one wants to feel tired after walking so we need to make sure the upper body and lower body muscles are working cooperatively.

Who doesn't want to be able to lift things more easily, be able to get up out of the chair or roll out of bed without straining?

We have solutions called Muscle Tuning. Our challenge has been in finding more individuals who enjoy out-of-the-box answers and who would like training to add Muscle Tuning™ services and/or become Muscle Tuner® Specialists so that they can help others develop more strength, flexibility and experience less pain, rapidly. In addition to our original program created for these individuals, we have created additional online trainings offering a self-care approach for anyone which assists them in gaining greater focus, vitality, strength and which also help in reducing pain.

We care about helping the greatest amount of people experience more productive lives. I am always happy to share a few self-care tips you can use right away so please contact me. If you or someone you know aren't getting pleasure from the activities you used to enjoy because it is too hard, or hurts too much, we'd like to chat with you to explore how we can help with that!

For more information please contact
denise@muscletuners.fit

Look forward to speaking with you all again next month.

cozycornernews@gmail.com

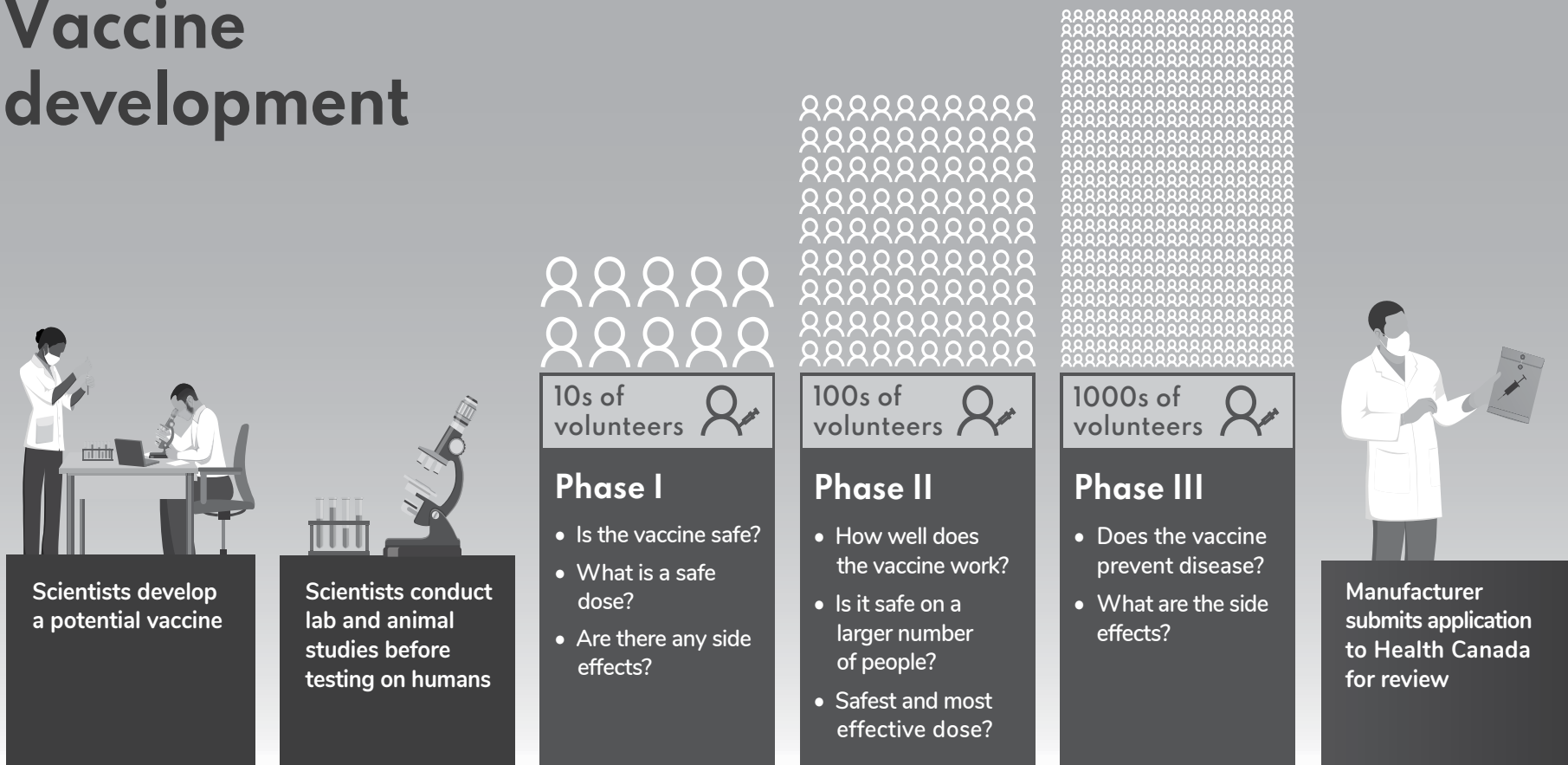
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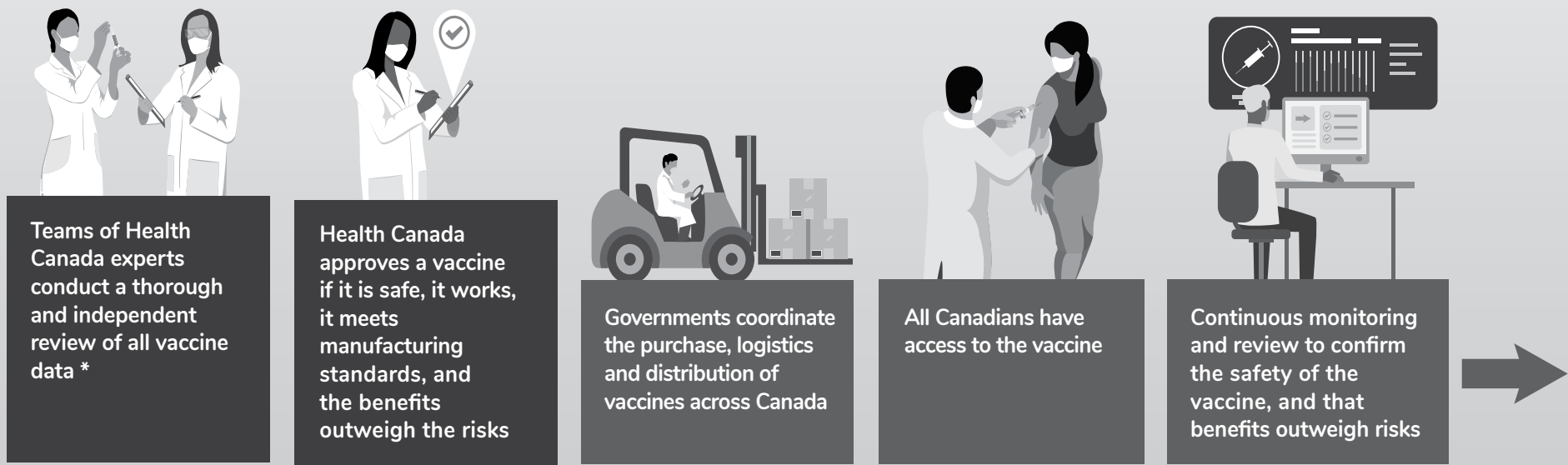


Vaccine development and approval in Canada

Vaccine development



Review and approval of vaccines



* For COVID-19 vaccines, Health Canada is using a fast-tracked process that allows manufacturers to submit data as it becomes available, and for Health Canada experts to start the review process right away. Vaccines will only be authorized once we have all necessary evidence.



SOFT PEDALING CHILLIWACK A BC STAYCATION



By Rick & Chris Millikan

Just ninety kilometers away, Chilliwack makes a great getaway. Among healthy outdoor possibilities, cycling inspires our visit. Its Hampton Inn provides bicycle security and Covid 19 protocols, including pick-up bagged breakfasts.

Settled, we head to a well-reviewed restaurant. Housed in an early downtown building, Bravo provides ample space between tables. A cheery, masked waitress seats us, explaining, "Our creative menu features local produce...often grown in our chef's garden!" Delicious appetizers, entrées and desserts inspire our vigorous exploration of Chilliwack's historic center.

Parking Wednesday at Great Blue Heron Reserve, we walk dappled pathways looking searching for clustered nests in the cottonwoods. Mounting bikes, our ride parallels Vedder Canal before veering upward past huge cornfields and pastures. Beside a red barn, huge walls of hops is evidence of chic brewpubs's needs.

A series of rural roads brings us to Chilliwack's yearly Sunflower Festival. Locking bikes inside, we venture into acres of yellow, orange, bronze, and white sunflowers. Wide, one-way paths skirt twenty-five varieties of sunflowers, varicolored dahlias and brilliant gladiolas. Raised platforms allow us to admire colourful panoramas.

Pedaling onward, we attend another farm's annual corn maze. "This postcard shows the aerial view of our two mazes' 2020 design. Clapsed hands symbolize togetherness, important during this pandemic," explains Vanessa, one owner. "Directional signs ask for originators of themed quotations." Entering the shorter maze, we amble along extra wide paths between thick walls of corn. An initial sign presents another significant attribute. "Kindness is a language the deaf can hear and blind can see." Choosing Mark Twain, we turn left. Four more correct answers enable our escape.

Rewarding our endeavor, we enjoy a local dairy's rich ice cream and watch children pedal snazzy carts, bounce on a giant jump pillow and race rubber ducks. This family friendly farm is truly 'a-mazing!'

Picking up a neighbouring shop's honey and Local Harvest farm's delicious veggie sandwiches and salads, we return to our cozy hotel. Cycling today totals 12.6-kilometers; site walks, 7.6-kilometers!

On Thursday friends join us at Vedder Park for a loop around the 23-kilometre Rotary Trail. Buddy Don leads our foursome north under arcades of evergreens. Stopping often, we snap photos of the sparkling

Chilliwack River bordered by emerald-green forests and dotted with golden islets.

A later placard says people may span the river on an overhead train trestle. "It's a bit risky," Don, says, "We'll cross further ahead." Skirting the 325-acre heron reserve, he guides us inland onto another dyke. Our spirits soar amid sunny panoramas of checkered farmlands and coastal mountains. Walking bicycles over Keith-Wilson Bridge, we loop south atop a parallel dyke.

Descending into Yarrow, we cycle along the quiet main street and stop at a little bakery. A socially distanced line-up takes us to the ordering window. Carrying goodies from the pick-up window to a village park, fresh scones, muffins and fizzy drinks renew our energy.

Our easy idyllic ride continues out of Yarrow, winding under the familiar rail trestle and through a dappled forest. When skirting the shoreline, we pass a large waterside campground. We see families river-rafting...and basking on sandy islets.

After meandering onward through a cool dense forest, we face three steep grades. Pushing bicycles to the top of the most challenging, we freewheel down a wide pathway that morphs into the separated cyclist-pedestrian lane of the new Vedder Bridge.

Coasting into Vedder Park, we discover a silver sturgeon mural decorating the bicycle ramp's wall. Among Chilliwack's wondrous murals, this becomes a favorite.

After fond farewells, we're homeward bound stopping only to buy corn. Two of these savoury 'souvenirs' accentuate the healthful success of our staycation.

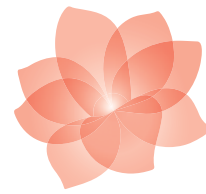
Plan Your Staycation:

• <https://tourismchilliwack.com/> Find out more

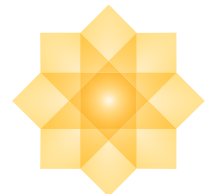


about Chilliwack possibilities with a download of their new Biking Guide.

- www.hilton.com/en/hotels/ycwlrhx-hampton-chilliwack for a comfy stay
- www.bravorestaurant.ca for haute cuisine
- www.chilliwacksunflowerfest.com and www.chilliwackcornmaze.com learn about Sunflower Fest and Corn Maze Tickets
- www.chilliwackhoney.com/fraservalley-honey.html for a sweet shopping experience
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Lower Suction Dentures

LOWER SUCTION DENTURES NO ADHESIVES and NO IMPLANTS

Lower suction dentures offer an excellent alternative for denture wearers that struggle with a lower denture that 'lifts' or 'floats' or when dental implants are not an option.

- ★ No adhesive
- ★ No surgery
- ★ Special impression & bite method
- ★ Fewer appointments
- ★ Reduced sore spots due to suction fit
- ★ Smaller lower denture size
- ★ Increased chewing ability



“ I have worn upper and lower dentures for over 20 years and have always had fit issues and sore spots on my lower gums. My lower jaw has become so thin that I'm not a candidate for dental implants. I struggled to eat due to the movement and discomfort of my lower denture. This resulted in me having to wear a lower soft liner to cushion my gums. I recently had Lower Suction Dentures made with Darren Sailer at Brookwood Denture Clinic and it's the first time in 20 years that I haven't had to wear a soft liner in my lower denture and the denture fits snugly without sores or adhesive to hold it in. I now actually have lower suction! I am thrilled with my new dentures. This new technique has made all the difference to me.”

– Lucy S.

WHAT ARE LOWER SUCTION DENTURES?

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

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

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

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

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

Who Is A Candidate For Lower Suction Dentures?

The lower suction denture technique is an excit-

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

Call for a complimentary consultation 604-530-9936

WHAT IS SEMCD?

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

HOW DOES IT WORK?

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

CAN ALL DENTURISTS DO THIS?

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

IS THERE SURGERY INVOLVED?

No, there is no surgery involved.

DOES IT WORK FOR EVERYONE?

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

WHAT IF I DON'T GET SUCTION?

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

CAN MY OLD DENTURES BE REFIT?

Possibly, your dentist will know better after examination.

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


Yes, suction is not contingent on the amount of bone, but relies more on the surrounding tissue.

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Darren Sailer R.D.
Dentist



Colin Harty R.D.
Dentist

Darren Sailer and Colin Harty are Certified BPS Precision Denture and SEMCD (Lower Suction Denture) Clinicians. For more information about complete or partial dentures or how to care for dentures please visit www.yourdenture.com or call the clinic to set up an appointment for a complimentary consultation.

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