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TODAY'S SENIOR[®] NEWSMAGAZINE



Sandy beach travelling memories like Long Beach on Vancouver Island's west coast. (Photo: Dan Propp)

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FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE

RAINDROPS KEEP FALLING
ON MY HEAD

ANOTHER SATURDAY
NIGHT

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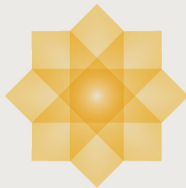
Is there a difference between private-pay and government-funded senior housing options?

Ultimately both private pay and government-funded options provide supportive housing solutions so seniors can maintain their independence. The BC government subsidizes eligible seniors for assisted living, long-term care, and home support services. Independent senior living communities like ours are private-pay; however, many residents receive subsidized home care services each day.

I see two big areas where there is a difference. The first is **CHOICE**. If a senior qualifies for subsidized care, the health authority decides what services they require and makes arrangements for the first available location in the health region. In private-pay retirement communities like ours, seniors choose the neighbourhood, building, suite and services.

The second difference **CUSTOMER SATISFACTION**. Residents' opinions are one of the driving forces behind the quality of our services and amenities. Each year residents participate in a satisfaction survey that shapes our budgets and staffing. Each resident's voice matters to us.

Navigating the world of senior living is challenging, but researching it is free. Come for a tour, and our Residency Coordinator will be happy to help.



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ACCORDION TO DAN

About fifty years ago, I used to take pictures with a press camera and heavy tripod to publish scenic postcards,

etc. One late afternoon, exhausted from just barely managing to drive the old clunker across from Port Alberni to the west coast of Vancouver Island on the original unpaved switchback logging road to the Wickaninnish Inn, the scenery by the sandy beach was just out of this world! I was just going crazy with that camera when the owner of that classic hotel happened to be passing by and asked if he could borrow my heavy and trusty Speed Graphic. Before you knew it, with one hand to climb and the other holding onto my source of scratching out a living, he climbed all the way to the top of a huge tree. His dog and I looked up, totally bewildered. To make a long story short, with one exposure, he managed to capture the best image that camera ever took! Talk about going out on a limb, eh?

There must be many seniors who have fond recollections staying in motels and hotels travelling on business or on holidays in Beautiful BC back in the old days. The following bit of rhyme might reprise some fond memories.

THE HOTEL AND MOTEL TRAVELLING DAYS

On Vancouver Island, The Sleepy Hollow Motel in Courtenay, the Tyee Hotel up in Campbell River; The Barclay Inn, past Cathedral Grove to Port Alberni, Island Hall in Parksville and the Thornton Motel in Ucluelet, nostalgic thoughts deliver. Taking pictures for postcards to print when a postage stamp was a nickel or so. Gas for the Chevrolet, Austin, Pontiac, or whatever, around fifty cents or less for an Imperial gallon. We still had fifty cent coins when pennies were still being produced at the mint.

To stay a night at many motels and hotels the cost was usually no more than ten dollars a night. On the Sunshine Coast, a ferry from Langdale to Horseshoe Bay with the driver was just six bucks return. Meals at most restaurants around three or four dollars you'd pay. Maybe that's why for the old days some of us seniors still yearn.

BEFORE THE DAYS OF PRINTED CIRCUITS

So let's go back to the days of soldering irons, flux, vacuum tubes and black and white Westinghouse, RCA, and Motorola television sets that still required vacuum tubes, and perhaps remembering watching the CBS evening news with Walter Cronkite.

AND THAT'S THE WAY IT WAS

Here in Canada on the tube radio, do you recall a program that began with "Knock, knock who's there?" on the Dominion radio network of the CBC. It seems almost like a couple years ago, sometimes eh? "It's the happy gang, well come on in!" and recalling how things used to be. How about the late nineteen fifties up here with programs like Front Page Challenge with moderator Fred Davis and such panelists as Pierre Burton and Gordon Sinclair, and the Don Messer's Jubilee show? How did we manage to



Sandy beach travelling memories like Long Beach on Vancouver Island's west coast.

(Photo: Dan Propp)

survive with only a handful of channels and aerials on rooftops, everywhere?

A time to be glued onto those amazing, seventeen and huge 24 inch screens. Do you recall the wonder of your first Magnavox, General Electric, Westinghouse, Sylvania, or Philco? Do you remember Phil Silvers as Sergeant Bilko and other programs like Gun-smoke, Have Gun Will Travel, or Dr. Kildare, just a few years ago, perhaps, it seems? "That's the way it was," with Walter Cronkite, Dinah Shore, The Beverly Hillbillies and Meet the Press.

Long before, cellular phones, banking online, 'Zooming', in other words, we've come a long way back since, some might...profess.

So lets go out on a different limb and branch out in this back to fall edition, literally with a few puns and 'poetree'.

TREES

I've always been a sap, for looking up at trees. The magic of a eucalyptus, brings back fragrant memories. The wonder of a maple, the stature of a fir. They somehow enable, especially at this stage, to stir. How about an arbutus, red bark, shining in the rain? It can inspire many of us and take seniors way back again. Going out

on a limb, to the branches of the past, so many thoughts come drifting back in again. Roots that forever last.

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

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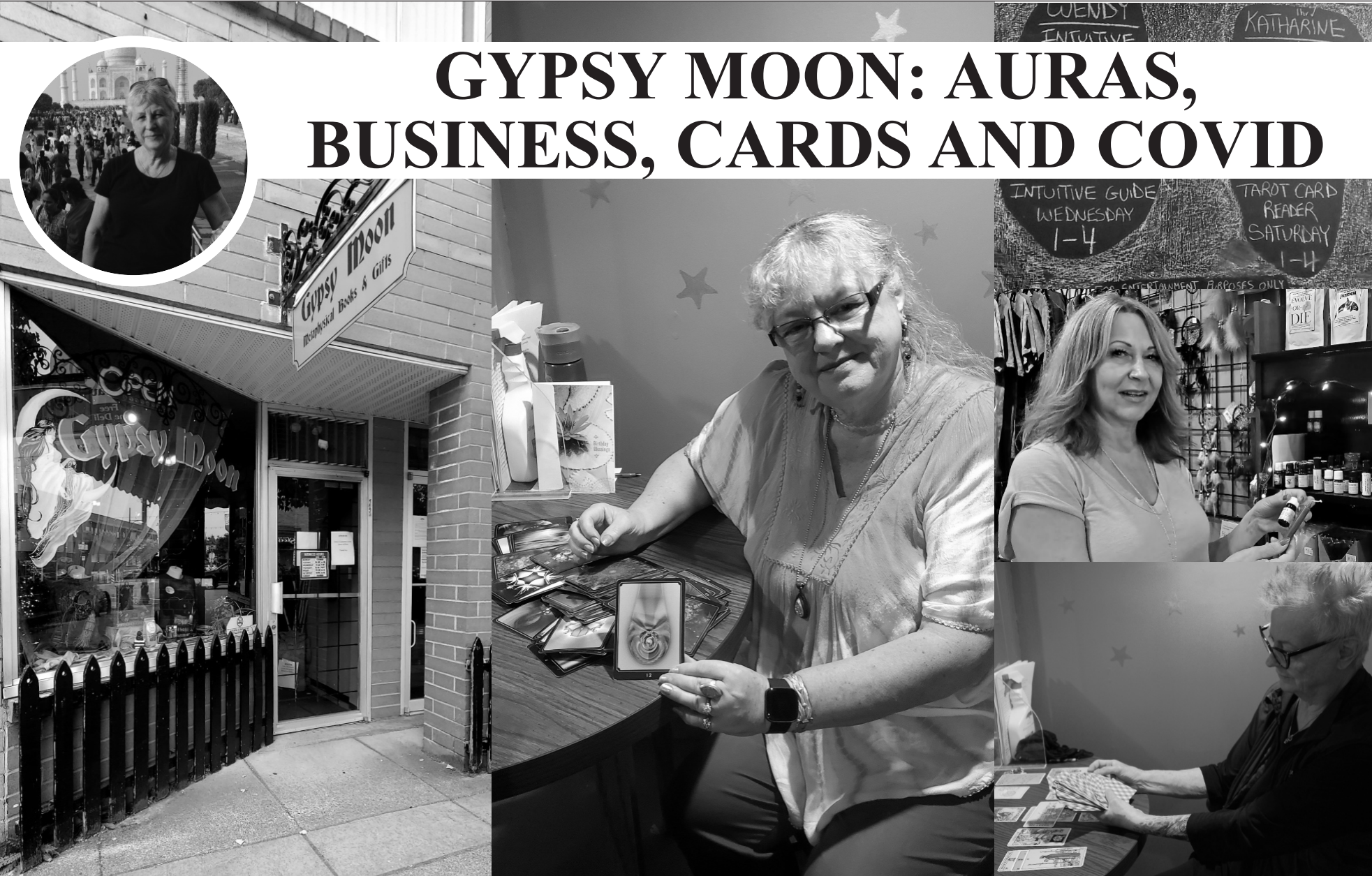
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By: Ursula Maxwell-Lewis

Aromatic incense wafted temptingly onto historic Cloverdale's main street through Gypsy Moon's open door.

Unbidden, Bell, Book and Candle, the 1956 film starring Kim Novak (as a witch), James Stewart and Jack Lemmon sprang to mind.

'Tarot Card Reader Onsite Today', beckoned the small white board adjacent to the mystical-looking tee shirts, cards, and jewellery window display.

How, I ruminated, had a small independent owner-operated other world style business weathered the pandemic?

Inside the small well-stocked interior I find bells, books and candles, but also a wide range of crystals, cards, sage bundles, oils and scents. Unobtrusively behind a counter to the left I meet the soft-spoken, unassuming, non-psychic, owner, Denise Cooke.

Between steady streams of customers she tells me that despite being closed for two months, 2020 was Gypsy Moon's best business year to date. Sales substantially increased. Crystals were bestsellers. Angel and tarot card readers, psychic mediums and an intuitive guide were all kept busy. Only tealeaf readings were cancelled for health reasons.

Originally called Hesta's Haven (Goddess of Hearth and Home), it was clear that vaccines haven't been the only Covid 19 antidotes in public demand.

Encouraged by her daughter to open the Cloverdale shop 11 years ago, Denise was hesitant. "I took tarot card reading and other card courses, but realised that wasn't what I wanted to do."

A marketing background was helpful, but opening a business was daunting. "I didn't know how to do it," she recalls. "Business has gotten steadily better every year with a substantially noticeable improvement since the pandemic began."

In the interest of research I accepted an invitation to chat with tarot reader Christina Clarke.

A born and bred Cloverdale gal, we traded local folklore while she shuffled her favourite Rider-

Waite deck. Her (cheap, she emphasized) EMF (electromagnetic field) reader was nearby on the off chance an unseen force might be lurking. It wasn't. For the next fifteen minutes cards like the Queen and King of Pentacles, the Queen of Swords and even the Death card appeared. Patiently Christina explained the card parameters, how they related and the perceived relationships to me.

Not being a psychic, my reader emphasized that she 'had no permission' to comment on any other person, or persons. Clients often ask about the behaviours or intent of others in their lives, but the line is firmly drawn. Readings relate solely to the person physically present.

Barbara Halcrow, MSW, author of Ultimate Self-Care, happened to be on site for a book signing. The work lends itself well to browsing. For example, the Managing Changes chapter includes a Ralph Blum quote that ends "... when in deep water, become a diver." I thought that apt for the timeframe, as is the Grounding, Clearing and Raising Energy chapter. An encouraging, well balanced reference book for uncertain times.

A few days later I returned to meet spiritual consultant, Reiki Master and author, Katharine Fahlman.

The granddaughter of a Scottish teacup reader, Katharine was raised meeting like-minded people, so spiritual connecting in this way has been a way of life.

Not a tarot fan, her two-deck cards choice is an artistic 100 card collection, Path of the Soul Destiny cards and the Divine Guidance Oracle deck designed by White Rock spiritual author and intuitive, Cheryl Lee Harnish.

"People like to connect with something visual," Katharine explains. "I hope that when people leave here they have received some hope, direction and guidance."

Her closing advice? Trust your intuition. Too often people don't and later regret it.

PHOTOS By Ursula Maxwell-Lewis:
RIGHT: Gypsy Moon, Cloverdale town centre.
LEFT: Katharine Fahlman, Spiritual Consultant.
TOP RIGHT: Gypsy Moon. Intuition and entertainment.
MIDDLE RIGHT: Gypsy Moon owner Denise Cooke
BOTTOM RIGHT: Tarot card reader Christina Clarke
Gypsy Moon is located at 5693-176th St, Surrey, BC. The website is www.gypsymoonstore.com .
Ursula Maxwell-Lewis is a traveller, writer and dreamer. She can be reached at utrael@shaw.ca

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Lillian, Surrey

BOOST HAPPINESS AND WELL-BEING IN YOUR GOLDEN YEARS



As we age, many of us realize that we may lose some strength and flexibility. But staying active and healthy as you get older can prevent this and is easier than you think. All it takes is keeping a few lifestyle and wellness tips in mind:

Exercise your body

Getting at least 150 minutes of exercise a week including light cardio and muscle- and bone-strengthening activities is recommended and helps maintain your posture and balance. These exercises could include climbing stairs, walking, dancing or simple yoga poses, all of which you can do outdoors or indoors as the weather cools in the fall. Even practicing a few new stretches or balance exercises, such as standing on one foot, can make a difference.

Learn something new

Research shows that trying your hand at something new helps your brain forge new

pathways and keeps your mind and body engaged, which is key to maintaining one's overall well-being. Consider learning tai chi, which is a gentle way to reduce stress and anxiety while improving flexibility and balance. Or you can take up a new language to exercise your mind — there are apps that even turn it into a fun game.

Have a backup plan

"Accidents can happen to anyone, even to healthy and flexible people in their fifties, so it's important to be prepared and think ahead in the event of a fall or other accident," says Dr. Samir Sinha, director of health policy research at the National Institute on Ageing. "Yet more than 30 per cent of older Canadians report not being prepared to manage medical emergencies when alone."

To help stay safe in an emergency, older Canadians can also use discreet and wearable

technology like Telus Health Companion, the first personal emergency response service on Apple Watch in Canada. It offers peace of mind at home or while on-the-go with automatic fall detection and access to 24/7 live emergency support discretely from your wrist. Learn more at telus.com/companionwatch.

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WILL YOUNG CANADIANS EVER BE ABLE TO RETIRE?

Today's job market looks tough for young people. Reports of unemployment and underemployment are common, and even for those who can find work that is rewarding, workplace pensions have gone the way of the VCR.

So how will an entire generation save enough money to retire comfortably?

Younger Canadians should consider the Canada Pension Plan as a foundation for their overall retirement strategy.

The most recent report by the chief actuary of Canada, released in December 2019, states the fund will continue to be sustainable for more than 75 years — long after today's cohort of young workers retire.

Young people will also benefit from the government decision to form the additional CPP account. This additional account will provide enhanced future benefits for contributors through increased CPP payments beginning in several decades.

The strength of the fund is underscored by the recently released annual report on the fund's performance. CPP Investments, the professional investment management organization that manages the fund, reported a record return of 20.4 per cent for the 2021 fiscal year, growing the fund by more than \$87 billion to a total of \$497.2 billion.

Thanks to a diversified portfolio designed to minimize short-term volatility and deliver long-term returns, the fund will be able to continue paying out to its beneficiaries for generations to come.

This is good news for young Canadians, who can count on the pension plan to be there for them when they retire.

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HOW THE PANDEMIC IS IGNITING MENTAL HEALTH

The pandemic has brought with it, among other things, added stress. Whether it's the blurring of boundaries between work and home, being a parent to young kids or trying to keep your small business alive, most of us have faced incredible stressors lately.

The negative impact of the last year and a half is undeniable, but it's also sparked a much-needed conversation: how do we deal with the mental health fallout?

A study done on behalf of the Mental Health Commission of Canada estimates that by 2041, the cumulative cost of mental illness in the country will be \$2.5 trillion. This means educating ourselves on the mental health and overall well-being of

everyone is a priority that benefits us all.

One way governments and organizations are trying ease this burden is by making health and wellness supports more easily accessible. For example, BMO is extending the benefits offered to its team members through LifeWorks to small business owners and entrepreneurs, providing mental, physical, social and financial health resources.

If you're one of the bank's business clients, you can access videos, 24/7 confidential counselling, and more for free until December 31, 2021. Find more information at bmo.com/lifeworks.

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FINANCIAL NEWS

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

ARE FINANCIAL HEAD-
LINES KEEPING YOU
AWAKE AT NIGHT?

With the recent volatility in the investment market it reminded me of what I have learned over the years from my senior clients. The one thing they tell me that is important to them is that they are not too concerned about the “return on their money” but they are more concerned about the “return of their money”. Meaning, “protect what I have and do your best to make it grow especially in these volatile times”.

The ongoing volatility in financial markets since 20028 and the sudden declines in 2020 have caused a lot of investors to stay awake at night because their investments were fluctuating from their previous highs. Retirees and those planning for retirement are re evaluating what they invested in previously, and are looking for safety and security.

Most of the clients that I deal with are boomers and retirees and over the years they have instilled in me that what’s important to them is not the returns they get on their investments, but it is the return of their investments. They want assurances that their investments will be safe in the future so they can plan their retirement. They want investments that give them the opportunity to participate in the upside of the markets, but protect the deposit value if the markets should go down. They want to know that their income is guaranteed, and has the potential to increase, rather

than go downwards when the markets decline. They especially want to be able to pass on a guaranteed value from their investments to their spouse, children or grandchildren in case of death, and not just the market value at death.

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

Guaranteed Investment Funds (GIF) for Estate Planning

An Estate plan covers the way you want to own, manage and preserve your assets during your lifetime, and how you want to distribute them to your beneficiaries. Plans can include reducing estate taxes, updating your will and power of attorney, and making charitable bequests. Solutions may involve life insurance, investments and spousal or family trusts.

Using guaranteed investment funds for estate planning is one component. It’s a way to protect your investments and distribute them to beneficiaries more quickly, with fewer expenses and greater privacy.

Protect your capital with the death benefit guarantee

With such investments as stocks and mutual funds, the estate can suffer if the owner of the investments passes away during a market downturn. However, Guaranteed investment funds protect your capital against market volatility while still investing in managed portfolios. A “death benefit guarantee” allows you to protect either 75% or 100% of your Deposits minus any withdrawals. Upon death, if the value of the investments is less than the protected amount, beneficiaries would still receive the protected amount. Also at certain times, you can lock in market gains at either 75% or 100% of the market value of your investments. The new death benefit guarantee then protects the new, higher value.

Avoid Probate and Estate Fees

Probate fees, paid to the provincial government, can reach 1.5% of the value of the estate. In addition, estate fees may range from about 2% to 6% or more of the estate value. Estate fees usually include fees from an executor, lawyer and accountant. With GIF, you bypass the probate and estate settlement process.

Assets are paid directly to your beneficiaries, eliminating probate and estate fees on your investments.

Transfer Assets without delays

In probate the provincial court confirms the validity of the will and verifies the appointment of the person designated as executor. Often probate can be very time consuming. Then add the time involved for the executor to administer the will. All in all, the probate and estate settlement process can take several months, a year or longer. If there are complications, such as contesting the will, the process can literally take years.

With Guaranteed investment funds, beneficiaries typically receive proceeds in a matter of a couple of weeks. This is especially important for beneficiaries who are relying on the proceeds for living and education expenses.

Distribute your assets with privacy

A probated will is a public document, exposing the personal and financial information it contains. With Guaranteed investment funds, beneficiaries receive proceeds directly, in complete privacy. In many circumstances, distributing assets with privacy helps to ensure harmony among heirs.

For further information on using guaranteed investment funds for Estate planning talk to your financial advisor. You can also contact Rick at CRS Financial about investing in guaranteed investment funds for your estate plan. Call 604-535-3367 or email: rick-@crsfinancial.ca

You can also book an appointment for a complimentary review of your current portfolio. We also recently moved to a more centrally located office in South Surrey at Unit 220-3388 Rosemary Heights Crescent, Surrey, BC, V3Z 0K7.

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ARTHRITIS IS ON THE RISE IN CANADA — ARE YOU AT RISK?



What do Kathleen Turner and Patrick Stewart have in common? Aside from being prolific actors, the two also have arthritis.

“For many, arthritis is an invisible disease, but the pain is very real for the famous and not-so-famous people who live with it every day,” says Trish Barbato, president and CEO of the Arthritis Society.

In Canada, the condition impacts six million people, and that number is expected to grow to nine million by 2040.

Arthritis is a collection of more than 100 diseases that can be divided into two types – inflammatory arthritis and osteoarthritis. With the condition affecting one in five, chances are if you don’t have it yourself, you know someone who does. And it’s important for everyone to feel supported, as research shows that people living with chronic pain who feel support in their lives have:

- lower pain intensity,
- less depression and anxiety,
- better ways of dealing with pain, and
- overall better quality of life.

The best way to support people living with arthritis is take their pain and condition seriously. Learn more at arthritis.ca
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Financial Advisor

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THE PHARMACIST REVIEW

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

TRAVEL WITHOUT THE MOTION SICKNESS

Our desire to travel and explore the world has not been muffled by the pandemic. With Covid 19 restrictions lifting and our lives cautiously returning to normal, many of us are planning vacations and travels again. The journey can be one of the most memorable parts of a vacation, but some people suffer from motion sickness, which could make a highly anticipated vacation miserable, especially when it involves things like a cruise, a plane ride, a road-trip, or a whale-watching expedition off the coast of beautiful British Columbia.

Fortunately, we do have several effective solutions for motion sickness in our integrative chest of medi-

cines. **"Motion sickness"** involves symptoms such as dizziness, nausea, cold-sweat, anxiety, and vomiting. Staying properly hydrated and nourished does wonders. Take regular breaks from the car or bus ride, if possible, and ensure a light draft (eg. through an open window). Do not watch a movie or read in the car; rather, focus on something in the distance such as a forest or mountain passes.

"Meclizine" will benefit both the work and leisure traveler. It is indicated for both motion sickness and vertigo, and functions as an anti-histamine that interacts with receptors in the inner ear and in the nervous system. It can take effect in as little as 30 minutes. Meclizine used to be available in Canada as "Bonamine", which has been off the market for 20+ years but has been available without a prescription as a custom compounded capsule at **Cloverdale Pharmasave and Pharmasave Steveston Village Integrative Compounding Pharmacies.**

"Cocculine" is a useful homeopathic remedy that has worked for many clients in our 25+-year experience with it and has been a favourite because it has no notable side-effects or interactions. It is labelled for 2yrs and up, but some clinicians have used them in younger kids as well.

Sipping on a strong **ginger** tea or beverage can be highly effective as a preventative or treatment remedy. Ginger candies and chews are also readily available, and are safe for kids. It takes action in the nervous system to minimize nauseous feelings and in the gut to maintain proper muscle tone.

If you have tried your own remedies with only mediocre or no results, then you must consult your

physician for a proper diagnosis to address the root issue; just because your symptoms are controlled does not mean you have resolved a more serious underlying cause. Seeing an experienced integrative pharmacist such as the team at **Cloverdale Pharmasave and Pharmasave Steveston Village** will ensure you are choosing the correct remedies based on your needs and pre-existing health conditions and medication regimens, and allow you to enjoy your travels to the fullest.

Christine and Fred Cheng are a passionate, charismatic sister-brother pharmacist team at their unique, family-operated Pharmasave stores in Cloverdale and Steveston Village, B.C. They specialize in integrative remedies and compounding for both human and veterinarian use. Everything mentioned in their article is available In-Store.



MOTION SICKNESS?

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AFFORDABLE HIGH-SPEED INTERNET FOR LOW-INCOME SENIORS AND FAMILIES

OTTAWA, ON, Aug. 11, 2021 /CNW/ - Innovation, Science and Economic Development Canada

Now more than ever, Canadians need access to reliable Internet, yet many struggle to pay for it. Through the Connecting Families initiative, the Government of Canada is supporting affordable Internet service for those who need it most.

Today, the Honourable François-Philippe Champagne, Minister of Innovation, Science and Industry, and the Honourable Deb Schulte, Minister of Seniors, announced the second phase of Connecting Families, which will help connect hundreds of thousands of low-income seniors and families to affordable high-speed home Internet in 2022.

Connecting Families 2.0 is introducing significantly faster speeds and increasing the data usage amount. At 50/10 megabits per second (Mbps), the download and upload speeds will be five and ten times faster respectively than Connecting Families 1.0, with 200 GB of data usage for \$20 a month. This new phase will also broaden eligibility from families receiving the maximum Canada Child Benefit (CCB) to include low-income seniors. The previous Internet plan offering under Connecting Families 1.0 will also remain available. Access Communications, Bell Canada, Cogeco, CSUR, Hay Communications, Mornington, Novus, Rogers, SaskTel, Tbaytel, TELUS, Vidéotron and Westman Communications are all participating in offering improved Internet quality, coverage and price to eligible Canadians.

The Government of Canada announced Connecting Families 1.0 in Budget 2017—an investment of \$13.2 million over five years to help close gaps in Internet affordability and accessibility. This funding enabled the government to partner with Computers

for Success Canada to provide computers to low-income Canadians at no cost through Innovation, Science and Economic Development Canada's long-standing Computers for Schools Plus (CFS+) program, and to develop a secure online portal through which eligible Canadian families could access low-cost Internet service packages from Internet service providers that voluntarily participated without government subsidy. Over 75,000 families have benefited to date.

The Connecting Families initiative aligns with Canada's Digital Charter, a principles-based approach to building trust in the digital world. The first principle of the Charter is focused on ensuring that all Canadians have equal opportunity to participate in the digital world and the necessary tools to do so, including access, connectivity, literacy and skills.

Quotes

"Being connected is important to maintain professional, social, economic and cultural networks within the digital economy. However, many low-income Canadians are still facing barriers that prevent their full participation in the economy. By working with Internet service providers across the country, we are increasing accessibility and providing all Canadians with affordable and reliable Internet."

— The Honourable François-Philippe Champagne, Minister of Innovation, Science and Industry

"Seniors depend on the Internet to stay in touch and access vital services. Providing low-income seniors with affordable access to high-speed Internet service will make a tremendous difference in their everyday lives. We're grateful to leading Internet service providers for their partnership in making the Internet more accessible to all Canadians."

— The Honourable Deb Schulte, Minister of Seniors

SOURCE Innovation, Science and Economic Development Canada

THE VOLUNTEER CANCER DRIVERS SOCIETY

Join and Support: The Volunteer Cancer Drivers Society is a community funded, not-for-profit organization providing complimentary transportation for Lower Mainland and Fraser Valley residents battling cancer. Most patients requiring our services are frail and elderly with a limited support network and income. Effective cancer treatment requires frequent trips to care and while we are there to support them, at times it can be a challenging period in their lives.

We are inviting you, our community citizens, to become volunteer drivers. You will receive 50 cents per kilometer to help meet vehicle expenses. We will orient and train you. This is rewarding volunteer work, please apply today. We need you!

Apply online at
www.volunteercancerdrivers.ca

Jim Morrison, longtime volunteer says; It has truly been a pleasure to help them during their difficult time. I have also met many of the other drivers and they are the finest people you could ever know. It is an honour to be part of this special group. Your compassion will play a large part helping patients and their families to find a little peace of mind in difficult times.

Please also consider a donation to assist this compassionate and caring service available on our website or by cheque to Volunteer Cancer Drivers Society, PO Box 45618 Sunnyside Mall, Surrey, BC. V4A 9N3.

— RJ (Bob) Smith, President-Volunteer Cancer Drivers Society

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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. It's just that easy!

SEPTEMBER

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September
Summer
Autumn
Preserves
Tractors
Golfing

Schools back
Fall
Corn
Pickles
Combines
Football

Labour Day
Harvesting
Apples
Canning
Getting Ready for Fall
Fresh Fruits and Veggies

Leaves
Crops
Apple Pies
Fall Babies
September Rain

HAS VIRTUAL HEALTHCARE MADE A
DIFFERENCE DURING COVID-19?



Chances are, you’ve seen your family doctor, therapist or other healthcare professional since the start of the COVID-19 pandemic. Whether you’ve loved the convenience or felt that in-person touch was missing, we all want to know if this is what we can expect going forward.

Fortunately, recent research from the Canadian Medical Association found many of us welcome the change.

“Most Canadians who had the opportunity to use virtual care have been very satisfied with the

experience, and in fact nearly half of us actually prefer to meet with our doctors virtually,” explains Ryan Weiss, vice president, group customer product and experience at Canada Life. “Now that we know Canadians are open to this technology, the possibilities seem endless.”

For example, the pandemic forced many healthcare providers to pivot to a virtual or hybrid service model. Now, Weiss says, so long as a customer’s benefits plan covers the service, the insurer will accept claims for virtual sessions with dietitians, naturopaths,

occupational therapists, optometrists, physiotherapists, psychologists, social workers and speech therapists. Just a few months earlier, this wasn’t even on the radar.

This isn’t to say that the industry wasn’t already making its way towards virtual care. Two weeks before the global lockdown, Canada Life made virtual healthcare a standard benefit in its group benefits plans for businesses with up to 400 covered employees, making it the first group insurance provider in Canada to do so.

As a result, throughout the pandemic, more than one million Canadians will have easier access to high-quality healthcare, with the ability to chat live with a registered nurse or see a physician via secure video consultation. People have used the service for various health and medical issues, such as to get a diagnosis, receive medical advice, and get a prescription or referral to a specialist.

It may not always be easy to see the opportunity in the crisis. Now that progress has been made, time will tell what changes we want to keep if ever we return to the old normal.

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EDITH HEATH and EMILY CARR, BOTH AT VANCOUVER ART GALLERY.



Article & photos by Lenora A. Hayman.

Edith Heath and Emily Carr: From the Earth, at the Vancouver Art Gallery July 10, 2021 –Mar.13, 2022 displays the accomplishments of two artists influenced by rural scenery and material from the earth. Actually Emily Carr (1871-1945) and Edith Heath (1911-2005) never met but both lived on the West Coast.

Edith Heath was born in Ida Grove, Iowa to Danish parents. She was a teacher and studied at the School of the Art Institute of Chicago in the 1930's. She moved with her husband Brian, to San Francisco to study ceramics at the California School of Fine Arts. It's interesting that Emily Carr from 1890-1893 studied at this same school.

Edith Heath studied clay and glazes and the Heaths visited clay pits in California. Heath Ceramics introduced three new glaze combinations. Each are glazed with sand or apricot and over-sprayed on the edges with a darker glaze creating a lovely gradient effect. The glaze names were Sea and Sand, Mountain Blue and Brownstone. The pottery selected for the Vancouver Art Gallery's exhibition are from the mid-1940's to the mid-1960's when she enjoyed her annual summer trips to Vancouver. She taught ceramic design and chemistry at UBC (1951-1952).

Emily Carr was born in Victoria to English parents. Although we know Emily Carr's totem paintings, this exhibition focuses on her forest landscapes produced in oil and gasoline or oil and charcoal on paper. Emily Carr with her wide brush strokes takes on the character of the forest and makes it come alive.



So Emily Carr's commitment was to the forest and Edith Heath to the clay below.

PHOTOS BY LENORA A. HAYMAN

TOP: Heath Ceramics.

BOTTOM: Emily Carr-Deep Forest, Lighted, c.1935, oil on paper.

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OUTDOOR ACTIVITY AND AIR POLLUTION: WHAT YOU NEED TO KNOW

Whether you're gearing up to go for a walk or something more vigorous like cycling, exercising outside can mean exposure to air pollution. Traffic is a major source of air pollution, especially in urban areas.

Traffic-related air pollution is a mixture of gases, particles and many different chemicals from cars, buses and trucks. It includes emissions from exhaust, evaporation of fuel, and particles from tire and brake wear.

This mixture can impact your health, leading to asthma, worsening of allergies and asthma symptoms, and reduced lung function.

Over 80 per cent of Canadians live in cities, but by following these simple steps you can reduce your exposure to traffic-related air pollution while enjoying your favourite outdoor activities:

- Choose low-traffic routes for walking, running or cycling, especially during rush hour.
- Exercise in parks and green spaces away from major roads.
- Avoid or reduce strenuous outdoor activities when air pollution levels are high.
- Know the best times to be active outdoors. You can do this by checking the air quality health index in your community (airhealth.ca).
- If you have a heart or lung condition, talk to your healthcare professional about additional ways to protect yourself when air pollution levels



are higher.

If you need to drive, you can also do your part to help reduce pollution by:

- choosing alternate ways to travel, such as using public transit or carpooling
- maintaining a steady driving speed, while avoiding heavy braking or acceleration when possible
- warming your engine with a block heater on cold days before starting it
- consulting the Fuel Consumption Ratings Search Tool before buying a vehicle
- turning off your engine when stopped for more than 10 seconds, unless you are in traffic or at an intersection
- reducing fuel consumption and emissions by

maintaining your vehicle's engine and keeping your tires properly inflated

Find more information at canada.ca by searching the keywords "traffic pollution." www.newscanada.com



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SENIORS...

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

BC REBATE FOR ACCESSIBLE HOME ADAPTATIONS is a program through BC Housing for people in British Columbia with health or mobility issues.

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

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

Eligible adaptations include the following:

- Tub to walk-in shower with seat
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WRITE AS I PLEASE

By Mel Kositsky

It's been a long hot summer and don't expect things to cool off this month. There is so much going on in Canada and the rest of the world as the COVID-19 pandemic continues, with all its variants, and extreme weather-related events happening daily.

With a federal election now underway, voters will be going to the polls to elect a new national government on Monday, September 20. This is the 44th Canadian federal election and comes 17 months after the last federal vote in October 2019. That election produced a minority government with the Liberal Party winning the most seats. It is often said by political scientists that minority governments rarely last longer than 18 months, so this vote was to have been expected sooner or later. Political parties never get along -- that's why they exist.

Canadian voters have 36 days to make up their minds -- the minimum campaign period permitted after Election Act changes were made following the 2015 federal election. While voting day will be on September 20 for most people, there will be a number of Advance Voting days announced and this election will probably see a major increase in the number of mail-in ballots. That has happened across the country as provincial elections were held with all the necessary COVID protections in place.

If there is a massive amount of mail-in ballots, it could be days before some election results are final -- especially in a number of expected close ridings. That will add a new level of excitement for all those "wannabe" politicians and members of the media.

So far 2021 has been a year of surprises and change -- and change still continues. It is often said that "the only constant is change". Look for that during this fall season. Everyone was hoping we could forget about 2020 and have a better year. But this year has brought a new set of challenges as the global pandemic continues. In many ways, Canada is better off than most places as it continues to vaccinate its citizens, but it is far from over yet.

So take the time to enjoy the Labour Day holiday weekend and a new statutory national holiday later this month. This will be the first time Canada celeb-

rates the National Day for Truth and Reconciliation, which will be held September 30 each year. This year the new holiday falls on a Thursday. Expect to hear and read a lot more about it this month.

Some people will also get to enjoy "Grandparents' Day", which falls on Sunday, Sept. 12 this year.

ON THE BUSES

Starting Sept. 1, 2021, children 12 and under will be able to "Get on Board" any BC Transit or TransLink service for free as part of the provincial government's commitment to efficient, reliable and affordable transit for families.

"Free transit for children 12 and under makes life more affordable for families," said Premier John Horgan said in a news release. "Taking public transit is a great choice. It offers a cleaner, low-carbon way of getting around that works for people, communities and the environment. The 'Get on Board' program will also encourage a new generation of transit riders."

Anyone who typically buys fares or monthly bus passes for children 12 and under will no longer need to do so. For example, a family that buys their child a \$57 monthly TransLink pass for a year would save more than \$687, while savings on a BC Transit children's pass, at an average cost of \$35 per month, would add up to \$420 a year.

"We are excited to launch a program that will benefit parents and caregivers and make life more affordable for families across B.C.," said Rob Fleming, Minister of Transportation and Infrastructure. "As we rebuild transit systems and ridership after the pandemic, this new program will encourage people to get on board with the potential to save families hundreds of dollars every year."

It is estimated that approximately 370,000 children 12 and under throughout B.C. will be eligible to ride for free. This also supports sustainable and active transportation options for children and families in all regions of the province.

"This initiative will create lifelong transit riders, build better, more inclusive and sustainable communities and move us all further along the pathway to cleaner and stronger British Columbia," said George Heyman, Minister of Environment and Climate Change Strategy and Minister Responsible for TransLink. "More people choosing public transit means fewer vehicles on the road, reduced traffic congestion and cleaner air for everyone."

Depending on the mode of public transit and service provider (TransLink or BC Transit), there are slight differences in the program's initial rollout. TransLink:

- Children 12 and under will be able to ride buses for free anywhere in the TransLink service area without requiring a transit pass, identification or an accompanying fare-paying customer.
- For TransLink fare-gated services (such as Skytrain, SeaBus, and the West Coast Express), accompaniment by a fare-paying customer will be required to tap children aged 12 and under, and riding free of charge through the fare gates, up to a maximum of four children.

• Children 12 and under will continue to be able to access the gated systems by themselves with the purchase of a fare to tap through the gates.

• Children 12 and under who are registered HandyDART customers or children who are accompanying a registered HandyDART customer will be able to travel for free on HandyDART without requiring a fare product or identification.

• Starting Sept. 1, 2021, children under 12 may apply to register as a HandyDART customer. To be eligible to register for HandyDART, children must be unable to take conventional transit due to a disability.

• Children on HandyDART must be accompanied by an adult.

BC Transit:

• Unaccompanied children aged six to 12 will be able to ride buses and HandyDART for free, without requiring a fare product or identification.

• BC Transit will require children aged five and under to be accompanied by a person 12 or older. While travel for children 12 and under will be free, parents/guardians remain responsible for providing adequate provisions for the safety and care of their children whenever travelling on transit, including when travelling unaccompanied and determining if their children may take transit unaccompanied.

FOOD FOR THOUGHT

Why does the media give so much publicity to two rich people blowing millions of dollars for useless space trips? Surely there is a much better use for those funds. At the same time we see governments giving billions of support to various businesses to keep them afloat and hopefully creating more employment opportunities. That is perhaps a more worthwhile effort if indeed good paying jobs are created -- and company executives are not just pocketing the dough.

What really needs to happen in order to change the wealth level and reduce poverty is for governments to give each family in need and living below the poverty line -- including seniors -- an annual tax-free amount of \$10,000 or more to help meet rising expenses. The same should go to homeless people needing a hand up. It just might help create happiness, freedom, independence, and real hope.

Yes, that is a form of Universal Basic Income -- but some social scientists say that it will really work and the idea is gaining in popularity. It sounds much better than proposed Flat Tax systems that are confusing and wrought with unnecessary paperwork. If we are really looking for meaningful change, we have to try something different.

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DAN PROPP

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

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Straight from the Horse's Mouth

By Mel Kositsky

The horse racing industry in B.C. is back on track thanks to some financial support from the provincial government.

Racing has been struggling to keep operations going during the pandemic with a lack of racing dates and no fans in the stands. But that is starting to change and the sport could be making a comeback.

In a joint news release in early August, Harness Racing BC (HRBC) and the Horsemen's Benevolent and Protective Association of BC (HBPA) welcomed the decision by the B.C. government to provide financial assistance to horse racing. Public Safety Minister Mike Farnworth wrote to the HRBC and HBPA announcing a \$3 million grant to be split evenly between the two organizations to "minimize the employment impacts of the COVID-19 pandemic on horse racing workers".

Kelly MacMillan, President of HRBC, expressed his thanks to the B.C. government, Minister Farnworth, and Mike Starchuk, the MLA in Surrey – Cloverdale, for their commitment to support Fraser Downs. "This is the best possible news for horse racing overall," said MacMillan. "Breeders, owners, trainers and all the backstretch workers whose jobs were impacted by COVID have been anxiously awaiting some good news. The B.C. government and all the MLAs we talked to listened, and they came through big time."

David Milburn, President of the HBPA, also added his thanks to MLAs, especially Niki Sharma, the MLA for Vancouver – Hastings, home of the Hastings Racecourse. "We were facing an uncertain future," said Milburn. "Now we can look forward to extending the current season for at least another month and will be able to turn our attention to working on a full season in 2022," he added. "We're excited to start welcoming back thousands of horse racing fans from across B.C. who come out every year to enjoy the races. The future of horse racing in British Columbia looks much better after this announcement."

HRBC is now working with Great Canadian Casinos to plan the fall harness racing season at Fraser Downs, which is part of Elements Casino in Cloverdale. It is expected that live racing will take place there at the end of September or early October. Racing days and post times are still being confirmed with the track operators and government officials.

Thoroughbred racing continues at Hastings Racecourse in east Vancouver on Mondays and Tuesdays. Not only has the season been extended until September 28, there has also been an increase in purse money for distribution to the horsemen. A number of other incentive programs have also been introduced to try and sustain the racing industry. A B.C.-bred \$4,000 claiming maiden or condition horse now runs for a purse of \$16,200, plus the 6 to 12 finishers receive at least \$400 just for competing. That includes the bonus money for the lowest level of competition, which offers a \$12,000 purse. Prize money increases through the various classes to \$30,000 plus.

Hastings is also looking at making changes to some live racing dates and post times for September racing. It is expected that the first race will begin at 3:45 p.m. starting September 7 (instead of 5 p.m.). The change will allow for the usual seven-race cards to conclude without track lighting. Racing is expected to be held two days per week, starting on Sept. 7 and 8, 15 and 16, 20 and 21, and 27 and 28.

The switch in the mid-month dates to Wednesday and Thursday is due to the annual CTHS-BC Yearling & Mixed Sale, which will be held Sept. 13 and 14 at the Thunderbird Show Park in Langley. This year's sale places the emphasis on the theme -- "It Now Pays More to Own a BC-Bred". The sale preview parade will start at 3 p.m. on the Monday, with the actual sale beginning on the Tuesday at 3 p.m. as well.

BC-Breds will earn a 35% bonus on earnings at Hastings Racecourse from 2022 through 2026. BC-Bred graduates of the 2021 and 2022 Yearling & Mixed Sales will earn a 50% bonus on earnings at Hastings between the 2022 and 2024 racing seasons. There are 88 entries listed for this year's sale compared to 78 total lots in 2020. The leading 2020 Consignors were Emerald Acres, Wild Rose Farm, Bryan and Carol Anderson, Jamie Demetrick, Agent, White-wood Farm, Agent and Mike Anderson, Agent. The leading buyers were Peter Redekop BC, Ltd., Willow Creek Farms, Glen Todd, Swift Thoroughbreds Inc. and Rob Scott.

Runners related to horses being offered for sale this year have done well this summer.

Jack and Pat Bennett of Road's End Farm in Abbotsford were in for a thrill on June 23 as they watched on television as two-year-old CTHS-BC Sales grad "Asyoubelieve" won his first start by more than 15 lengths at Century Mile outside Calgary in a \$16,500 Maiden Special Weight at five furlongs. Bred by Jack Bennett and Paul Caravetta, Asyoubelieve is owned by Shot in the Dark Racing. Final time over the five furlongs was 59.00 seconds flat. Asyoubelieve is by Second In Command out of I Believe In Angel by Cause to Believe. There is a full brother in the 2021 Sale ... Hip #69.

Another BC-bred successful debut was performed at Hastings on July 20 by "U Did It", a filly by Teide out of Architecture by Dixie Chatter. U Did It, bred by Christine Ammann and owned by John Anderson, romped to an 8-length win in a maiden optional claiming race. A half-brother to U Did It is available in the upcoming sale ... Hip #43.

The 2021 CTHS BC Yearling & Mixed Sale Catalogue is now available online at <https://www.cthsbc.org/sale-catalogue-2021>.

In related news, Bill C-218 -- the Criminal Code amendments on single event sport betting -- came into force on August 27. The following is part of the Government of Canada news release issued August 12.

"Strengthening our economy by supporting the decriminalization of single event sport betting is important to the Government of Canada and contributes to creating a safer and stronger Canada. Canadians understand that single event sport betting should take place in a safe and regulated environment, while also supporting good, well-paying jobs for Canadians. Communities with existing casinos and other gaming operations, particularly along the Canada-U.S. border, could benefit from single event sport betting, especially in light of recent changes to gambling laws in the United States."

It highlighted that Criminal Code amendments relating to single event sport betting will come into force on August 27, 2021. The amendments to paragraph 207(4)(b) of the Criminal Code received Royal Assent on June 29, 2021.

With these amendments, provinces and territories will be permitted to conduct and manage single event sport betting in their respective jurisdictions and offer Canadians an opportunity to place bets in a regulated

and safe environment either online or in physical facilities, with the exception of betting on horse racing, which will continue to be regulated by the federal government. The revenues generated from this type of gambling could be used by provinces and territories to fund programs and services in areas such as health care and education, as they currently do with other lottery revenues.

The Government of Canada is engaging with provinces and territories and Indigenous nations, communities and organizations that have expressed an interest in discussing how gambling is regulated in Canada to better understand and respond to calls for greater opportunities for Indigenous peoples to participate in the conduct and regulation of gaming in Canada. The federal government remains committed to continuing discussions on the future of gaming, collaboratively with provincial and territorial partners and Indigenous nations, communities, and organizations.

Quick facts:

- The regulation of single event sport betting will be up to the discretion of each province and territory with the exception of horse racing, which remains regulated and supervised by the Canadian Pari-Mutuel Agency.

- Since April 2021, the Government of Canada has been engaging on former Bill C-218 and on the regulation of gaming more generally with provincial and territorial governments, Indigenous nations, communities and organizations, and the horse racing industry.

- The Canadian Gaming Association estimates that Canadians spend approximately \$10 billion per year on single event sport betting conducted illegally through organized crime, and approximately \$4 billion through offshore internet sites that are not provincially regulated.

It was back on June 30, 2021 that The Honourable David Lametti, Minister of Justice and Attorney General of Canada, issued the following statement:

"I am pleased to welcome the Royal Assent of Private Member's Bill C-218, An Act to amend the Criminal Code (sports betting), which will bring the common practice of single event sport betting into a legal, regulated and safe environment, while strengthening our economy and supporting well-paying jobs for Canadians.

"The federal government supports this law reform. Bill C-218 amends paragraph 207(4)(b) of the Criminal Code to permit provinces and territories to conduct and manage single event betting on any sporting event, except horse racing, which will be maintained by the federal government. The federal government proposed similar amendments through Bill C-13 in November 2020, and I am pleased that the amendments ultimately enacted in Bill C-218 are aligned with this foundational work. Bill C-218 will come into force on a day to be fixed by order of the Governor in Council.

"These amendments to the Criminal Code give provinces and territories the discretion to conduct and manage single event sport betting in their respective jurisdictions and offer Canadians an opportunity to place bets in a regulated environment either online or in physical facilities.

"Additionally, the Government of Canada is currently engaging with provinces and territories and with Indigenous nations, communities and organizations that have expressed an interest in discussing how gambling is regulated in Canada to better understand and respond to calls for greater opportunities for Indigenous Peoples to participate in the conduct and regulation of gaming in Canada.



Cozy Corner "Lets Talk"

By Janet Isherwood

Watch for the Lark Angels Foundation
Winter Craft Fair
November 27th, 2021
11:00-3:00PM
Sullivan Hall
152 & 64th Surrey

Fall is upon us, and we want to be sure we prepare for the safety of our parents' home.

Outside

1. See that walking surfaces to and from the house are even. If necessary, provide a ramp not stairs for future entrances.

2. Is the home well lit? Install sensors to control your lights in and outside the house.

3. If your home has outside steps, provide a non-skid surface.

4. Are your doors easy to use? A lever handle can make access easier. If your eyesight is an issue, use colored door frames for a clearer view of the doorways.

5. Make sure door locks are easy to use yet allow maximum security.

6. Install a peephole at eye height or install an intercom so the elderly does not have to open their door.

7. Place a drop box under the mailbox for easier pickup of newspapers

8. Make sure no summer hoses are left out where ice can form making a slippery surface.

9. See that all leaves and debris left on the sidewalks are cleared.

10. See that no tree branches are hanging low or plants that can catch on a seniors clothing.

11. See that proper footwear is worn in winter weather.

12. Check window latches that they are easily adjusted and weather stripping, so it is not frayed or hanging loose.

13. Wrap all outside pipes to avoid freezing.

14. Winter keep coarse salt ready for outside stairs and walkways.

15. See that all hoses from summer are drained and put away.

Inside

1. Within your home install handrails along corridors if someone has poor balance or mobility issues.

2. Washrooms - install toilet and bathtub rails for weight bearing and easy movability.

3. See that toilet paper is in an easily accessible spot.

4. See that towels are within their reach.

5. See that tubs or showers have a non-skid floor.

6. Adjust the water temperature in the home so that the fear of scalding water is not an issue.

7. Have a small fire extinguisher installed near the stove in the kitchen.

8. Storage - do not place items above head level when storing items in all rooms of your home.

9. Have a flashlight ready for an emergency.

10. Check all door locks and bolts so that they are easily used.

11. Check all fire alarms, are they working and have new batteries been but in each year.

12. Do not use step ladders.

13. Remove all mats from doorways, they are a tripping hazard.

14. Make sure all electrical cords are well hidden, they can be a tripping hazard.

Have you done a safety check in and outside of the home of your aging parents?

While these were just a few suggestions on preparing your home remember you want the home to be comfortable and safe where everything is easily ac-

cessible for them.

Remember to stay active:

Research tells us that being active reduces the risk of heart disease, stroke, depression, falls, obesity, and other health concerns. There is no such thing as the fountain of youth, we need to work at staying young.

States show that a high number of adults are inactive so if you want to maintain a good quality of life, live independently, feel physically and mentally alert not to mention having more energy, fewer aches and pains and stronger muscles and bones get active.

The BC is a beautiful where people enjoy clean air and the opportunity of a lifetime for the most beautiful walks in the world. A place where one can communicate with nature while enjoying the most breathtaking scenery, so what are we waiting for?

Regular physical exercise reduces heart disease, high blood pressure, osteoporosis, depression, and stress. Call a friend, join a walking club but get up and get active.

Taking my own advice, I decided to, now that COVID rules have lifted some, to visit the Sunshine Coast. A place I can get lost in as one walks the oceans and takes in the majestic scenery.

I found a comfortable and affordable unique Hotel, right on the main strip of Gibson's Way, heading towards Sechelt.

The Cedars Inn, here we relaxed enjoyed the pool, sauna, and hot tub. The perfect day for three weary travelers.

The Cedars Inn is directly across from a small strip mall, and it has a great Japanese restaurant attached to the hotel that was enjoyed by all. Take out only but the ambience of the Cedars Inn made eating out a delightful experience.

Thank you, Hugo Lopez, manager of Cedars Inn who made our visit very enjoyable.

Look forward to speaking with you all again next month.

cozycornernews@gmail.com

THE NEW ROAD TRIPS RULES: HOW TO PLAN FOR 2021

Most of us are planning for another summer staying close to home. This means exploring places in province, within driving distance. Whether you're driving with your partner, a friend or the whole family, here are some tips to keep in mind:

Make sure to plan ahead

Some places are opening back up, while others are tightening restrictions. The same goes for attractions, camping spots and other things to do. So be sure to plan early, and continue double checking what's open, hours of operation and reservation deadlines.

Practice safety precautions

Although many of us have been vaccinated, it's still important to follow the latest pandemic prevention measures recommended by public health authorities. Stay current on the recommendations and bring hand sanitizer, extra face masks and sanitizing wipes.

Take care of your vehicle

You'll want to avoid any hiccups that need roadside assistance, so make sure your vehicle maintenance is up-to-date. It's also a smart idea to fuel up wisely to minimize wear and tear on your engine and make gas top ups last longer. Try Esso Synergy Supreme premium fuel, which helps keep your engine three times cleaner for more kilometres per tank compared to gasoline meeting minimum Canadian government standards in port-fuel injected engines. Actual benefits are based on continuous use and may vary depending on vehicle type, driving style and gasoline previously used.

Beware of bathroom breaks

Many businesses have closed off public access to



their washrooms. Don't panic, but keep in mind that finding an open bathroom may be harder these days. Take any opportunity for a bathroom that presents itself, especially if you're with the kids.

Have a meal plan

Depending on where you live and where you're going, there may be restrictions on indoor or even outdoor dining. Look into what's allowed ahead of

time and plan accordingly. You may want to avoid buying food altogether and pack some sandwiches and snacks from home. Or you can consider grabbing some takeout and finding a local park to enjoy a picnic.

Find your nearest gas station with Synergy Supreme at esso.ca/find-station.

www.newscanada.com

EASY, DELICIOUS AND NUTRITIOUS MUFFINS

Unlike most store-bought muffins, these are brimming with nutrients.

Made with Greek yogurt and chia seeds, these muffins have both protein and fibre, making them a healthy snack or breakfast. They're also chockful of oats, which are associated with lowering levels of C-reactive protein, a marker of inflammation found in the blood that's often associated with diseases such as rheumatoid arthritis.

Enjoy this healthy recipe from the Arthritis Society.

Banana Date Protein Muffins

Prep time: 10 minutes
Cook time: 18 to 20 minutes
Serves: 12

- Ingredients:
- 2 ½ cups old-fashioned oats
 - 1 cup 1 per cent plain Greek yogurt
 - 2 eggs
 - ½ cup sugar
 - 2 ripe bananas
 - 2 tsp baking powder
 - 1 tsp vanilla
 - ½ tsp baking soda
 - 1 tsp cinnamon
 - 3 tbsp chia seeds
 - 6 Medjool dates (pitted and halved)

- Directions:
1. Preheat oven to 400°F (200°C) and lightly grease a 12-cup muffin tin with oil.
 2. In a food processor or blender, add rolled oats and process into oat flour.
 3. Add the rest of the ingredients, except chia



seeds and dates, and process until evenly mixed to form a batter. Fold in chia seeds.

4. Divide batter evenly into tin. Place half dates on top of muffins and bake for 18 to 20 minutes.

Tip: Instead of dates, you can use blueberries or raisins for sweetness.

Nutritional Information (per serving): Calories:

188; total fat 3g; saturated fat 1g; monounsaturated fat 0g; carbohydrates 37g; protein 5g; fibre 4g; sodium 148 mg.

Find more arthritis-friendly recipes at arthritis.ca.

www.newscanada.com

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MODERN PILGRIMS IN JORDAN: MADABA AND MT. NEBO



By Chris and Rick Millikan

From Jordan's cosmopolitan capital of Amman, a daytrip takes us southeast to Madaba and Mt. Nebo.

In Madaba's Visitor Centre, an enormous wall photo introduces us to a remnant of the world's oldest existing Holy Land map. Translating its Greek lettering, guide Rania pinpoints its still familiar biblical landmarks. Amid old Jerusalem's surrounding gates and wall, stone towers flank Damascus Gate. To the left, David's destroyed temple can only be imagined. Farther left soars Tower of David, thought to be location of his former palace. And close to Jaffa Gate stands Church of the Holy Sepulcher, believed to be the place of Jesus' crucifixion, anointment and tomb.

In awe, we enter Church of St. George. Nearly half the famous 6th century mosaic floor map remains intact below the altar. Rania mentions that over two million coloured tiles had depicted such landmarks as Jericho, Bethlehem and Gethsemane. This map helped early pilgrims locate the most sacred sites. A fish symbol marks John the Baptist's baptismal spot on the River Jordan.

Lunch awaits us in a local restaurant. Ceremoniously, a trolley is wheeled into our dining room table. With a flourish, Rania lifts off an up-side-down red cover pan to reveal a layered casserole on a large platter! Grinning, she declares, "This's Chicken Magluba, a traditional Middle Eastern dish!"

Passing the steaming platter around the table, each of us scoops a portion of this fragrant combination of vegetables, rice, chicken and spices onto our plates. Mouths watering in anticipation, we add crisp cucumber slices, zesty olives, yogurt dip and crusty bread to the extraordinary feast...

During a workshop visit, we watch artisans copy archaic mosaic patterns onto various sized mats. Some paste tiles onto outlined mats. Others turn them over, then polish and frame the heritage-style artwork. Beautiful pictures of native fish, animals, flowers and traditional trees of life decorate shop walls. Larger mosaic artwork fills the showroom: patio tabletops, lampshades, cabinets and treasure boxes.

Our motor coach next whisks us to nearby Mt. Nebo, Jordan's most holy place. A carved stone memorial of Moses and his tablets dominates the walkway. "Moses died on this 710-meter mountain...and is thought buried here," Rania reports. "And that round stone over there was the door of a small church built here by early Christians. Franciscans later replaced their humble sanctuary with a beautiful monastery at the summit."

From the Monastery's courtyard up top, we gaze south to the Dead Sea and across the fertile Jordan Valley. "You're looking at the Promised Land that Moses saw, but never entered," Rania announces. "And on clear days, even Jerusalem's Mount of Olives is visible." The Brazen Serpent stands amidst the courtyard, a striking monument representing the snake crucifix Moses had sculpted from wood he found in the wilderness.

And inside the Monastery, preserved mosaics cover floors and walls. The most spectacular depicts a huge checkerboard of animals, birds and plants that lived during Roman times.

Just after dusk, our coach wheels into a Women's Cooperative on the outskirts of Amman. Inside, robed village women wearing headscarves greet us warmly, seat us at little tables...and teach us to prepare labneh. Rolling thick, strained yogurt into small balls, we tuck the balls into glass jars later topped up with olive oil. "Take this Jordanian specialty with you," suggests Rania. "It stays fresh in the fridge for 5-6 days."

Everyone samples the lesson's flavourful results. Most spread this creamy cheese on fresh pita; some experiment with condiments including handmade chutney, olives, jams and herbs set out on little ceramic plates.

Brimming with insights and inspiration, our



modern pilgrimage ends within an hour back in Amman.

When You Go:

- www.uniworld.com Consider a Nile River Cruise with Jordan Extension
- www.trafalgar.com Jordan Tour itineraries



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Dentures on Implants

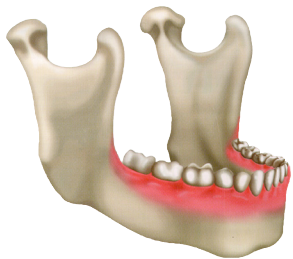
Take the next step

Adental 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.

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