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# TODAY'S SENIOR NEWSMAGAZINE



Pedals in Paradise Kauai on Two-Wheels by Rick and Chris Millikan Full Article page 17

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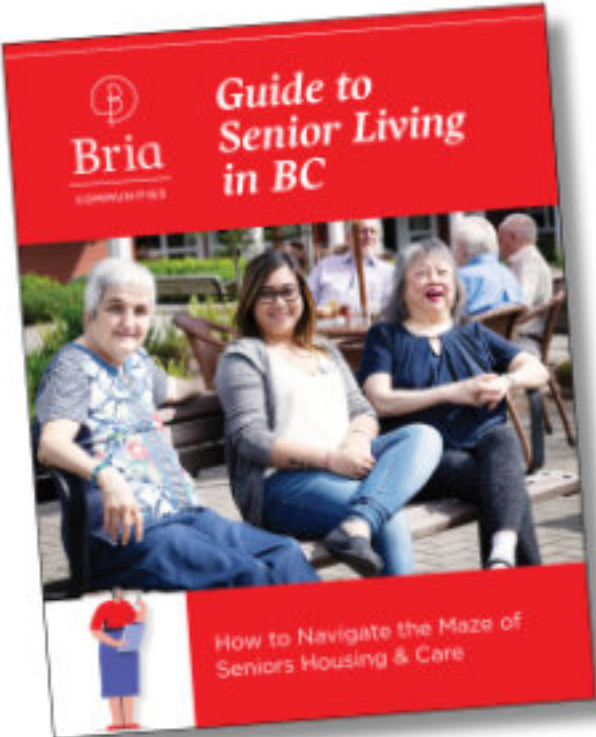
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# ACCORDION TO DAN

As the new production to 2022 opens, some seniors may wonder as the curtain parts, how the lyrics, scenery, and concept will transform us. Those of us who grew up in British Columbia may fondly remember attending Theatre Under the Stars immersed in the magic atmosphere of Stanley Park's Malkin Bowl back in the nineteen fifties. Memories of Annie Get Your Gun, Oklahoma, South Pacific, HMS Pinafore. "Et cetera, et cetera," as Yul Brynner accentuated so well in the motion picture production of The King and I, and many years later when he performed at Vancouver's Queen Elizabeth Theatre.

Those wonderful musical memories never seem to vanish. Who knows, perhaps someday a composer will create a musical of Vancouver during those special times. The following rhyming ditty, in the meantime, may reprise a happy memory or two.

Vancouver – Wasn't That a Time

The Sky Diner and The White Lunch, Dunne and Rundle, Photelec, Lens and Shutter. On Robson Street, Maple Leaf Barbers, for Vancouver old timers can bring back so much. Nostalgia can remain a necessary warm staple, like McGavin's Bakery bread spread with melting Fraser Valley butter.

The way it once was, downtown Granville, Broadway, Commercial Drive and Kerrisdale. The life style that used to be. As kids, we thought it forever would survive. Now, in many respects, just history.

The cost of housing then, a piece of cake. A much more analog society, far less digitalized, so pleasantly prehistoric. Golly, we still had Woolworths, Eaton's, Woodward's, Simpsons Sears, Wosk's, the Army and Navy and even telephone booths, for goodness sakes!!

Changing Times

Memories are powerful. So are slogans. Is there anybody out there in senior land who remembers the slogan "Follow John" and hearing those very effective commercials by future Prime Minister, John Diefenbaker made, when we were just kids watching that old RCA, Westinghouse, Admiral, or Philco on a 21-inch TV screen. Do you still remember Phil Silvers playing the role of Sargent Bilco? That wasn't a slogan, but I couldn't resist the rhyme.

Back in those days, everything was still inches, feet, and Fahrenheit, etc. That changed when Pierre Trudeau became Prime Minister. Soon the metric system evolved and children learned French and English across the nation and world immigration increased.

I was a five-year-old immigrant arriving with my parents from South America. Learning English was no picnic, for this kid. One has always felt considerable empathy for new immigrants comprehending English, French and retaining their mother tongue as well. Trying to figure out words like 'whether', 'weather', 'it', 'its', 'it's', plus idioms, expressions was not always a picnic. For new immigrants what ever the age including readers born here, the following might provide a chuckle or two.

Whether The Weather

Whether the weather be cold or whether the weather be hot, we'll weather the weather, whatever the weather, whether we like it or not.

To weather the English language, trying to figure out, for example, the meaning of 'it', 'it's' and 'its', can create a bit of anguish, attempting to comprehend what properly and grammatically fits. Distinguishing the word 'knot' and from 'not', tying the two together, gee whiz, thanks a lot. Remaining cool, we can end



up fit to be tied, which is not always so hot. Attempting to absorb a new language can drive a learner completely 'up the creek'. It is not always exactly a 'piece of cake', 'heavens to Peter'!

The Vacuum Tube and Television

There are so many names on Vancouver radio to recall. Perhaps the following lyrics might bring those early broadcast days back.

A Few Broadcast Thoughts or Two

Do you still remember Ted Reynolds on Vancouver's Channel Two? How about their first Vancouver studios at the corner of Bute and Georgia Streets. It takes me back to Vancouver's British Empire Games to renew. As well as CBC's radio studios at the Vancouver Hotel, such nostalgic euphoria where we could hear the Rhythm Pals--Mike, Marc and Jack. Just a couple years ago, it seems, eh, maybe around nineteen fifty-two. Those local Vancouver programs sure can take some of us back. Amazing, isn't it, what those old broadcast days still now in 2022, can sometimes still do.

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A good time to reflect back a bit.  
(Photo: Dan Propp)

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# 5 WAYS TO CONNECT WITH YOUR GRANDKIDS



In this ever-changing world, we can sometimes feel like our grandchildren are speaking a different language. From new online trends and video games to slang words and fashion choices, we don't always know where they're coming from. To help you connect with them, check out these exciting ideas.

- 1. Bond over your family history  
Use technology to help you bond with your grandkids in a meaningful way. These days there are many amazing genealogy companies that, after purchasing and sending off an easy nasal swab kit, can help you discover an ever-growing database of family history. Your grandkids can help you set up your own family trees online and you can work together to research fascinating family records.
- 2. Play an old-school game  
Forget online games; sometimes life is better with a board game. From classics such as Monopoly and

Scrabble, to newer ones that have gained popularity in recent years like Catan and Cluedo, there are tons of options. Your grandkids might even be interested in learning timeless card games such as gin rummy, euchre or hearts.

- 3. Pass on a skillset  
Being so young, Gen Z can benefit from lifelong skillsets or hobbies that you can teach them. Think of all the skills that you have accumulated over the course of your life, such as cooking, sewing, knitting and barbecuing, and even more hobby-based talents like fishing, golfing or piano. Ask your grandkids what interests them so you can pass it on. Make regular plans to enjoy these hobbies together.
- 4. Make a family recipe book  
Work with your grandkids to create a book of classic family recipes and beloved holiday traditions. This project presents a unique opportunity to work together and create something special on the com-

puter that can be printed out and passed on for generations.

- 5. With their support, join the digital age  
Think of all the possibilities you have to video chat with your grandkids, send pictures and articles back and forth, and even play games with them online if you boost your comfort with technology. If you're feeling a bit uncertain, look for online resources that can help you learn the basics. For example, ABC Life Literacy Canada's Youth Teaching Adults program offers incredible free digital literacy resources for adults. Learn directly how to chat with your grandkids online, email, FaceTime, Zoom and much more on your computer, tablet or cell phone. Find more information at [youthteachingadults.ca](http://youthteachingadults.ca). [www.newscanada.com](http://www.newscanada.com)

## TOP HEALTH AND WELLNESS TRENDS IN 2022

The core elements of staying healthy, such as eating well and exercising often, may never change. However, scientists and health practitioners are always pushing boundaries on how best to do those things, and every year we hear of new life hacks to try out that may be the key to our health. Here are some top trends for 2022:

**Whole health**  
While there's no special ingredient or trick that can actually "boost" your immune system, that doesn't mean you can't take steps to keep yourself healthy and prevent illness. A key trend is a holistic approach to your health that recognizes the interconnection of eating nutritious food, being physically active and nourishing your mental health as core parts of staying well.

**Sleep hygiene**  
Now that many of us have discovered the extra z's you can get when you don't commute to an office,

we're loath to lose them. So, this year expect everyone to be talking about the best things in sleep hygiene, from creating a bedtime routine and avoiding screens to tech and apps that help track the sleep you're getting or improve its quality.

**Functional genetic testing**  
Maybe you know someone who's had their genetics tested to find out about their ancestry. With functional genetic testing, you'll be able to discover the health implications of your genes. This goes beyond markers for major diseases – tests from The DNA Company can indicate whether you're likely to gain weight in the cold, if you're hardwired for binge-watching and even if you're well-suited to a vegan diet. It's a new frontier in health and wellness sure to make a splash in 2022.

Find more information on getting a genetic profile at [thednacompany.com](http://thednacompany.com). [www.newscanada.com](http://www.newscanada.com)

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Lillian, Surrey



# 3 EXPERT-BACKED TIPS TO TACKLE WINTER BLAHS



For many people across Canada, winter can seem like the longest season of the year and productivity can feel challenging.

While many of us might be dreaming about warmer destinations, we can all be doers at home. As part of a recent survey carried out by insurance provider Belairdirect, Dr. Brynn Winegard, an award-winning business-brain expert, offers these three tips to bridge the gap between dreamer and doer, and help you feel like you can conquer winter this year.

## 1. Manage your expectations

To increase motivation for accomplishing, achieving and being productive, don't be hard on yourself. Break big projects or goals up into smaller compon-

ents and choose which ones to focus on first each day.

## 2. Right-size your to-do list

Pick one big thing that you want to accomplish every day and put only that on your list. Every morning, ask yourself: "what's my one big thing today?" If finding the right insurance coverage is on your list this season, insurance providers like Belairdirect help make that task simple.

## 3. Reach out for support

When in doubt, or if you start feeling sluggish with life goals or projects, ask for help. Friends, family and colleagues are often more than willing to lend a hand or provide advice.

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

# WHEN IS IT TIME TO GET HELP FOR YOUR MENTAL HEALTH?

Canadians' perception of mental health has come a long way. Far from the stigma that once made people feel ashamed to admit to experiencing mental health issues, nowadays it's common for people to seek out supports and treatment. Professional services benefit those struggling with mood and emotions, substance use, life changes and, especially in the past year and a half, feelings of isolation and anxiety during the pandemic.

Here are some signs that it's time to seek help:

## 1. It's affecting your daily routine.

If you're feeling overwhelmed with the thought of returning to your pre-pandemic life, or fearful to even test the waters with what you are comfortable with, it might be time to seek professional help. A healthy dose of fear is normal, but when it's preventing you from functioning in your daily life, it's a good idea to find out why.

## 2. You're feeling extreme emotions, or nothing at all.

Anxiety, fear, hopelessness and anger are all perfectly acceptable, especially during hard times. But if you're feeling overcome with too many emo-

tions and your mind is racing a hundred miles per minute with stress, it can lead to serious health concerns.

At the same time, losing interest in the activities and hobbies that brought you joy and feeling unmotivated can also be indicators of something much more serious.

## 3. You're withdrawing from friends and loved ones.

Spending time alone is normal and can be therapeutic and calming. Introverts might even feel energized from spending some time solo. But if you're withdrawing from your social circles altogether or feel nervous about reaching out to your friends and family, you might need some extra support. Therapy can help you understand why you're dealing with these feelings, and help you get set on the right foot in reclaiming your social and mental health.

Fortunately, there are many virtual services you can access from your own space. If you're ready to get started on your wellness journey, the Wellness Together Canada portal offers free, reliable information and 24/7 support. Here, you can access self-assessment tools or choose to connect with peer support, social workers, psychologists and other professionals via confidential text sessions or phone calls.

Support is just a call or click away. Find more information at [wellnesstogether.ca](http://wellnesstogether.ca).

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# 7 TIPS FOR EATING SMARTER

Did you know that how we eat can be just as important as what we eat to maintain a healthy body? Here are some tips from the Arthritis Society for eating smarter:

## 1. Listen to your body.

Learn to listen to your body's signals about when to start and stop eating. Sometimes we eat out of boredom or a need for comfort.

## 2. Pause before you're full.

It takes time for your body to register it's full. Before taking a second serving, wait a few minutes.

## 3. Regulate your portion size.

Take a slightly smaller portion than you might normally. You can always go back for more, but we tend to keep eating if there's food in front of us.

## 4. Don't skip meals.

Eating regularly will keep your blood sugar stable and your metabolism working properly. Also, when we go too long between meals or snacks, we tend to end up overeating.

## 5. Keep healthier choices handy.

Plan ahead and have healthy snacks available, such as seeds, nuts or pre-cut veggies. This can help you avoid convenience snacks, which are often less nutritious.

## 6. Make it easy.

If fatigue or pain make it difficult to prepare a meal, use fresh or frozen pre-chopped produce and prepared salads.

## 7. Ask an expert.

Registered dietitians or nutritionists are a reliable source of information on vitamins, food and nutrition.

Find more tips at [arthritis.ca](http://arthritis.ca).

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## 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 thirteen 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 are 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 supporting the well being of your family members. Simply put, an estate plan is a road map for planning your estate and 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 is 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 are setting aside for them. Here are the things you will 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 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 intest-

ate), the province you live in will step in to administer your estate. In this case, you have 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 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 at once 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 key examples:

- Top up your TFSA at start of the year. Contribution limit for 2022 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 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 re-

spective 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 especially 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. Why pay if you do not have to? Work with your financial advisor to figure out what exactly is in your estate, and then devise your plan. If you do not have a financial advisor and need help with your Estate Plan call Rick at 604-535-3367 or email: rick@crsfinancial.ca to get a complimentary review of your estate plan.

### MIX IT UP: 3 WAYS TO BEAT EXERCISE BOREDOM

Doing just one kind of exercise is a bit like eating only one kind of food. It gets the job done, but it can also lead to boredom and imbalance.

This is especially true if you are living with arthritis, which requires a good mix of flexibility, strength and endurance to combat symptoms. Here, Trish Barbato, president and CEO of the Arthritis Society, shares how to mix it up.

#### 1. Flexibility

Stretching is Job One if you want to maintain or improve range of motion in your joints and cut down on stiffness. Yoga, tai chi and simple stretches like reaching your arms up and then reaching for your toes are all good choices.

#### 2. Strength

When you make your muscles stronger, you also make your joints more stable. Plus, your bones get stronger and become properly positioned. Using resistance bands or tubing, light weights or even soup cans are great ways to strength train. You can also do Pilates or exercise in water.

#### 3. Endurance

Aerobic exercise improves your endurance because it works your heart and lungs. The payoff? Decreased inflammation, as well as better mood, stamina, metabolism and energy. Walking, swimming, cycling and aquatic exercise are all excellent ways to build endurance.

Find more exercise tips at arthritis.ca.

www.newscanada.com

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## THE PHARMACIST REVIEW

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

### ANTIOXIDANTS

Anti-oxidants are free-radical fighters. Free-radicals are unstable atoms or molecules which have at least one unpaired electron. They are highly reactive and attempt to stabilize themselves by seeking out the missing electron in cells, which can cause lasting damage to the cells and tissues. They have been implicated in various diseases, including diabetes, cancer, cataracts, and cardiovascular diseases. Thus, they are regarded by some as the agent responsible for aging of body systems. Inflammation, exercise, and general mitochondrial metabolism are all examples of natural processes that lead to free-radical formation, while smoking, radiation, and pesticides are common out-side factors leading to free-radical formation. Anti-oxidants are theorized to neutralize free-radicals to render them harmless in the body. In effect, they can help reduce inflammation, maximize immunity, minimize stress on organ systems, and benefit your heart and joints.

Natural sources of anti-oxidants include fruits, vegetables, and plant-based whole foods. It is ideal to steam or blanch veggies slightly prior to consuming, as this will breakdown the indigestible plant cell-wall and release the desirable nutrients within. However, take care not to over-heat veggies, as that would destroy those same nutrients, including anti-oxidants.

Supplementation is often advisable. One major reason is that we should all be eliminating inadvertent sources of sugar from our diet, such as excess fruits, lentils, carrots, and tomatoes, which are all rich in anti-oxidants, but also high in unwanted sugars. Vitamin C and E are common anti-oxidants that we supplement with. It is important to source quality ingredients from reputable brands to ensure you are getting exactly what you want inside your body, especially when anti-oxidants are typically taken in relatively large quantities. You can even get buffered formulations that will not effect the pH-balance of your body. Sisu's "Ester-C" and Thorne's "Vitamin C with Bioflavonoids" are excellent choices.

Quercetin is often used for respiratory health. Co-Enzyme Q10 is often used for metabolic or muscle stress, such as in cardiac or cholesterol patients. Both these molecules are also strong anti-oxidants that can be purchased on their own, or in synergistic formulations combined with other nutrients such as selenium, green-tea extract, berry extract, bromelain, grapeseed extract, etc., in products such as AOR's "Antioxidant Synergy", New Roots Herbal's "Vitamin C8", or Sisu's "Ester-C Supreme", each of which contain some (not all) of the listed nutrients. Omega Alpha's "Anti-Aging Beauty" is a new formulation that incorporates 11 anti-oxidants into a single capsule for multi-organ protection.

Come chat with integrative pharmacists, Fred Cheng, Christine Cheng, and their integrative teams at Cloverdale Pharmasave or Pharmasave Steveston Village for details on how to choose the most suitable anti-oxidant for you.

*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. "*

### 5 RISK FACTORS FOR ARTHRITIS YOU CAN CONTROL

While we can't control everything in life, there are risk factors for arthritis we can affect.

"We can't change age, sex or genetics, but you don't have to feel powerless as there are a number of factors you can control," explains Trish Barbato, president and CEO of the Arthritis Society.

Work to modify these five risk factors to decrease your chance of developing arthritis.

1. Diet and weight.

Excess weight can contribute to both the onset and progression of knee and hip osteoarthritis, so maintaining a healthy weight can help.

2. Smoking.

Smoking cigarettes is linked to several health concerns, including the progression and severity of rheumatoid arthritis and lupus.

3. Physical inactivity.

Lack of exercise is associated with an increased severity and progression of many types of arthritis. Physical activity lubricates our joints and can help build the muscle around them, which provides support.

4. Occupation.

Certain jobs involving repetitive knee bending and squatting are associated with osteoarthritis of the knee and hip.

5. Joint injuries.

Damage to a joint can contribute to the development of osteoarthritis in that joint.

Learn how you can reduce your risk and find more information at [arthritis.ca](http://arthritis.ca).

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## FESTIVE PUDDING TO SATISFY YOUR HUNGER AND YOUR HEALTH

There are a lot of temptations during the holidays. Between desserts, drinks and special occasion foods, you may consume more sugar than usual. To help keep your health in check, here are a handy tip and a delicious festive dessert idea:

Don't go to a dinner party or potluck unprepared. Normally loaded with refined sugar and carbs, desserts can get tricky — especially if you have a health condition such as diabetes.

Bringing a lower-sugar dessert is a great way to keep you on track at a potluck, and still enjoy a delicious treat with the rest of the party.

Try this fragrant and sweet pudding, which has 5.2 grams of fibre and 9 grams of protein per serving to keep you nourished and full. It's drizzled in a fresh, fruity homemade syrup that will satisfy your sweet tooth and keep your glucose balanced.

### Festive Bread Pudding

Prep time: 45 minutes + 5 min

Cook time: 1 hour + 5 min

Serves: 8

### Ingredients:

• 3 bottles (237 mL each) vanilla Glucerna, a nutri-

tional drink with a low glycemic index

• 5 slices whole-wheat bread, cut into 2-cm cubes

• 375 mL (1 ½ cups) bran flake cereal

• 3 eggs

• 500 mL (2 cups) fresh or frozen soft fruit

• 30 mL (2 tbsp) lemon juice

• 2.5 mL (½ tsp) cinnamon

• 2.5 mL (½ tsp) vanilla extract

• 30 mL (2 tbsp) water

### Directions:

1. Place a rack in the middle of the oven and preheat to 175°C (350°F).

2. Butter an 8 x 11-inch (20 x 28 centimetre) mould.

3. Spread bread cubes in mould and cover with bran flakes.

4. Mix Glucerna and eggs in a bowl and pour over bread.

5. Let sit for 30 minutes until liquid is absorbed, pressing bread from time to time.

6. Bake for 1 hour or until centre is firm.

7. For the topping, put fruit, lemon juice, cinnamon,



vanilla extract and water in a saucepan and simmer for 5 minutes. Set aside or refrigerate.

If you struggle to consistently monitor your glucose levels, a flash glucose monitoring system may be right for you. The Abbott FreeStyle Libre 2 system is a digital health tool that makes it easier to keep on top of your glucose levels.

This technology allows you to check your glucose levels discreetly and consistently without the need to finger prick. Results are available in real-time on your smartphone, allowing you to make informed food choices.

Find more information at [myfreestyle.ca](http://myfreestyle.ca).

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





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!

HAPPY NEW YEAR



New Year  
Out with the Old  
Hats and horns  
Family and Friends  
Midnight  
Noisemakers  
Cheers  
Festivities

Auld Lang Syne  
In with the New  
Resolutions  
Bringing in the New Year  
January First  
Champagne  
Banging Pots  
Health Wealth and Prosperity

Celebrations  
Party Favours  
Small Gatherings  
Ball Drop  
Best Wishes  
Fireworks  
Dancing and Singing  
Happy New Year

4 TIPS FOR STAYING  
HEALTHY THIS WINTER

Most of us are venturing out of our homes more often this winter, with schools and offices reopening. This means it’s important to do everything we can to stay healthy for an enjoyable season. Here are some tips to remember:

1. Eat a balanced diet.

What we put in our body fuels us and helps protect us. Even though the holidays and hibernating on the couch during weekends can tempt us to reach for processed snacks, balance out indulgences with more nutritious foods. Fresh fruits and veggies are available throughout the season, so be sure to take advantage of them, and remember to include whole grains and lean proteins.

2. Get enough exercise.

Moving our bodies is great for boosting immunity and mood. Whether you prefer the gym or walking around the block, the key is to have regular physical activity. If you’re just starting out or don’t know what to do in the cold, try something new like snowshoeing or ice skating. Try partnering up with a friend or family member to get some quality time together and maintain motivation.

3. Visit your doctor.

Many of us have neglected regular checkups and doctor’s visits during the pandemic. But staying on top of these can make sure you’re healthy and able to fight off colds and viruses. Check that your vac-

cines are up to date, that any bloodwork required is being done and that you have a time booked for your physical. Don’t forget to make appointments with specialists, like your therapist or dermatologist.

4. Drink fresher water.

Canadian private and public drinking water supplies are generally of excellent quality. Whether it’s supplied by a municipal system or a private water well, water can carry contaminants that are harmful or cause the water to taste off. Use a DIY at-home test kit from My Water Quality to make sure your water is pure. Simply follow the instructions and use the courier service that is included with the testing kit to ship your sample to an accredited laboratory. An easy-to-read report card will arrive within five to 20 days and provide you with all the results.

Find more information at [mywaterquality.ca](http://mywaterquality.ca).  
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# CELEBRATING AT ALOUETTE BISTRO.



Article & photos by Lenora A. Hayman.

Birthdays are good fun shared over a fine meal. The Alouette Bistro, in the Executive Hotel Le Soleil (567 Hornby St. Vancouver 604-689-8862), was a great choice for Jim’s celebration. It’s a two level French dining establishment and our table on the mezzanine balcony overlooked the bar, open kitchen and diners downstairs.

I was pleased our server Wanita Cormier, recommended the Abbotts & Delaunay 2018 Fleurs Sauvages Viognier, with its peachy and apricot notes, for our courses.

We shared 2 starters, the delicious Fois Gras Terrine with hazelnut, mostarda of candied figs and mustard oil, and the Italian chickpea fries called Panisse with their creamy interior and nutty flavour, that are popular in the south of France from Nice to Marseille.

Jim’s main course was the classic Coquille St. Jacques with 3 King scallops, potato, watercress, kelp, tomato and scallop sauce.

I chose the rich Duck Cassoulet, with duck confit, lardon, sausage, cannellini bean, carrots, celeriac, tomato and onions.

To conclude the meal, Jim had an exquisite Crêpes Suzette, with peach, cocoa nibs, chantilly and brown butter ice cream. I had the smooth Crème Brûlée with the layer of hardened caramelized sugar, topped with elderflower and berries.

Chef Albert Tran, Culinary Director Mark Greenfield, GM Mark Featherstone, Barman Gavin Hobbs, Hamid Refaeikhalghimoghadam and staff, it was a pleasure to experience the Alouette Bistro, whose modern and traditional cuisines cohabit perfectly, combining terroir cooking with modern techniques.



Photo by Lenora Hayman: TOP: Hamid Refaeikhalghimoghadam, Mark Featherstone, Gavin Hobbs & Jennifer Shen at AlouetteYvr. BOTTOM LEFT: View of Alouette Bar from 2nd floor. BOTTOM RIGHT: Wanita Cormier & Jim Herbert.



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# INDIA REVISITED WITH MARGARET DEEFHOLTS

By Ursula Maxwell-Lewis

Surrey author Margaret Deefholts recently published her latest travel memoir, *India: A Travel Writer's Tales*. Recently we chatted about the timing and motivation for this follow-up to her successful first book, *Haunting India*, published in 2002.

What was your motivation to compile this one now? Stories I'd written were languishing on my computer," she explains. "Going back over them brought back some very good memories. The stories haven't aged in the sense of guide books. They were good general reading so I thought I might as well put them together in print."

"We all have memories," she reminds me. "Your past is part of you. How many people have interesting lives but never get around to writing about them? It wasn't just cathartic, though. I simply felt the journeys would interest a wider audience." Her son, Glenn, agreed. "I'm glad you did India from your perspective," he told her.

Margaret and her sister, Phyllis, were born in India where their Anglo-Indian heritage spans three centuries of sub-continent history. As the family of an All India Railways Class One officer accountant, the girls grew up travelling the length and breadth of the country.

"On one transfer back to Bombay [now Mumbai] we had to live on a train in a siding for week because our flat hadn't been vacated by the previous occupant," she remembers. My mind leaps immediately to jam-packed Indian train images. She reassures me. "No! We were luxuriously housed in an officers' saloon — a veritable home on wheels — complete with three bedrooms, living and dining rooms, stenographer's office and a kitchen for the cook." Chuckling at the memory, she says, "I still love railways."

In 1977, Margaret, her husband, Leon, and their children, Susan and Glenn, immigrated to Canada. By

1987 it was time for a solo sentimental return journey to her birthplace.

Visiting family and friends was on the itinerary, but checking up on her paternal grandmother's grave in Chunar, a small British officers' settlement village near Varanasi, was (and has since remained) a priority. Echoes, perhaps, of her father's annual Christmas visits to his mother by train and tonga, the Chunar cemetery sojourns are sentimental, but also practical. "Untended graves are just dug up," she tells me. "They'll just reuse the plot for somebody else."

This 'Gran,' she reports, was a character - a strong personality not known for getting along with her daughters-in-law. She was an accomplished pianist, a Theosophist (a nineteenth century religion) and a clairvoyant. Perhaps ensuring her final resting place is well tended is a wise investment!

The results of Margaret's adventures generated a plethora of popular print and online stories published in Canada, Britain and Australia.

I ask how things have changed in the world's second most populous country since she was child. "Walking down village streets nothing has changed", she says. "People will ask you in for a cup of tea. It's very touching. They apologise for their place, but are honoured that you'll visit. Under the surface, though, there are a lot of changes." It's a complex country, so I understand what she means.

We talk about the unvarnished directness of Indian locals. A prime example is her tale of a middle-aged friend who boarded her train to discover the her



Surrey author Margaret Deefholts offers readers warm memories of India for chilly winter days.

reserved private suite reservation had been switched to a curtained passageway bunk. Attentively, respectfully, the porter listened to her venting her displeasure before politely explaining, "But, Madam, now you are no longer a temptress."

*India, A Travel Writer's Tales* is a lively travel-memoir medley of cultural, country and family anecdotes. "It was just a fun thing to do," she concludes.

Margaret Deefholts is an active Anglo-Indian Recreation Club member. Contact her at [margaretdeefholts@gmail.com](mailto:margaretdeefholts@gmail.com)

*Ursula Maxwell-Lewis writes monthly columns for Today's Senior and other publications. Contact her at [utrael@shaw.ca](mailto:utrael@shaw.ca)*

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# 3 TIPS TO STAY SHARP AND MAKE THE MOST OF RETIREMENT



Being retired has a lot of benefits — more time with family, not having to go to a job every day and getting more opportunities to do what you really want. But we may want to make some adjustments to our daily routine to help keep our minds and bodies healthy and strong in the years ahead.

Here are some ideas with surprising benefits for your body and your mind. Following these tips can help boost physical activity while reducing the risk of depression and social isolation — which all can contribute to reducing the risk of dementia.

1. Be social  
Your social network can change when you stop going to work every day. Retirement may present an op-

portunity to renew or rebuild your social connections. Whether you join a new group activity or make extra efforts to keep up old friendships, being social is an important part of being happy and healthy — even if you have to do it virtually.

2. Keep learning  
Stay engaged in the world around you. Find a new hobby or take a class on something completely new to you. Regularly challenging your brain with new things to think about can keep you entertained and help prevent depression.

3. Get active  
Even if you've never been a fan of exercise, it's never too late to find an activity that keeps you mov-

ing. Make regular physical activity part of your new retirement routine, especially if you have more free time or a flexible schedule.

From a simple daily walk or yoga, to dancing in your living room or taking a virtual exercise class, there are plenty of ways to get active in ways you will enjoy whatever your level of ability. What is most important is to move as often as you can. It will help ease the transition to your new life chapter, boost your mood, keep you engaged with the world, and keep your mind and body in shape.

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



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## WRITE AS I PLEASE

By Mel Kositsky

Get ready for another rocky road in 2022 -- and that is not just another tasty ice cream flavour.

If you thought 2020 and 2021 were difficult, this year may be even more challenging! It is not because things will get worse -- it is because there is still so much uncertainty out there. So better be prepared!

"Peace on Earth and Good Will towards All" should be a saying that is used for more than just a few weeks in December. It is a saying that should be followed throughout the year. But of course politics always gets in the way. And it is the current global and national political atmosphere that will continue to cause even more uncertainty. It seems people just can't get along anymore.

The COVID-19 pandemic and its increasing variants are making it more difficult for everyone. But instead of bringing people together to fight against this lingering virus, they are now fighting with each other over the various responses. There is a global emergency to deal with this issue but many do not see it that way. They are too busy playing politics and new media platforms make it easier to play the various games while many still suffer.

While vaccinations are proven to be effective in

helping control this virus, people are still taking chances and are not getting the required shots. Vaccines are not a cure for COVID, they just make people less vulnerable to the effects of this disease. But we are still seeing widespread protests against vaccinations. Medical experts are encouraging third -- and maybe even fourth shots -- yet many refuse to get any. But they claim their rights and freedoms are being compromised as more and more activities are requiring proof of vaccinations before people are permitted entrance or participation.

However, while concern rages over the rapid spread of variants, politicians allow major events like the Winter Olympic Games to go on, sending their athletes and a host of team officials to mix with foreigners. The February games in Beijing could become a "superspreader" event and set the tone for another very challenging year, but at this point there is no stopping them. Why? Because too much money is involved.

That is what the Olympic movement is all about these days. Making big money!

It is difficult to understand why a growing group of countries, including Canada, are holding a token "political" boycott of the Games. What exactly does that mean and what will it do? Many will argue that politicians have no place at the Games in the first place. The real test will come January 10 when the National Hockey League players decide if they want to pass on going to China this time. Hockey is the marquee sport of the Games and the biggest money maker. If the pros don't play it will be a big blow, The NHL is having problems now controlling COVID and going to the Games offer a big risk to their season.

The Olympics used to be about promoting "amateur" sports but not any more -- it is all big business. One definition of the word amateur -- "one who engages in a sport without payment." -- certainly does not apply to millionaire hockey players. Many of the other sports involve professional (paid) athletes too so the original ideals no longer apply. While many will

still argue that the Games should go on because the athletes have been in training for years for this opportunity -- that discussion no longer applies either.

Countries, including Canada, now pick their teams at the last minute -- just weeks before the start. And in many cases the selections are all done in a very "political" fashion. It is time for a global re-evaluation of the so-called Olympic movement. The decision to object to the Beijing Games should have been made years ago as China should never have been awarded the Games in the first place. (The word "amateur" can also denote incompetence or being inept in a particular activity.)

There will also be a number of other political competitions to watch for in 2022. There will be provincial elections in Ontario and Quebec. And later this year, on Saturday, October 15, municipal elections will be held across B.C.

The following is some great advice taken from an unknown source. It may be worth following as we start a New Year.

Seven Reminders for this week

1. Be kinder than necessary because everyone you meet is fighting a great battle.
2. A sharp tongue can cut your own throat.
3. Of all the things you wear, your expression is the most important.
4. The happiness of your life depends on the quality of your thoughts.
5. The heaviest thing you can carry is a grudge.
6. One thing you can give and still keep is your word.
7. One thing you can't recycle is wasted time.

Life is too short to wake up with regrets.

So love the people who treat you right. Forget about the ones who don't.

Believe everything happens for a reason. If you get a second chance, grab it with both hands.

If it changes your life, let it. Nobody said life would be easy, they just promised it would be worth it.

## MANAGING PESKY FLU SYMPTOMS



While you likely didn't experience a cold or even the sniffles last year, as restrictions ease flu season is back and will likely sneak up on us when we're least expecting it.

If you find yourself feeling under the weather, John Papastergiou, a pharmacist at Shoppers Drug Mart, shares tips for recovering from the flu and how to avoid it all together.

Eat right.

The flu can take a toll on our bodies, so it's important to fuel ourselves with foods rich in essential vitamins and minerals to help our immune systems fight off the virus. Vegetables such as broccoli, tomatoes and peppers, as well as meats, shellfish and dairy, are a good place to start. Soups, such as a warm chicken noodle, also count as a liquid that will help to keep your body hydrated.

Flush out the toxins.

Fluids, especially water, help your body to flush out toxins. Keeping your respiratory system hydrated helps your body fight more serious infections by avoiding thick mucus buildup in the lungs. Make sure to drink more fluids than usual because your body will lose a lot of liquid in the form of sweat if you are battling a fever.

Stay well rested.

If you are sick, stay home. This tip has become more prevalent than ever over the past year, but it's important to take some time off work or school to give your body some much-needed downtime. The best thing for your body is rest so it can focus on attacking the virus.

Avoid spreading germs.

Just because you're on the mend doesn't mean that your flu season is over. Don't forget to disinfect shared surfaces to avoid spreading the virus to more vulnerable populations. Young children, senior citizens and pregnant people are even more likely to catch the influenza virus than the average adult.

Your best defense.

The flu shot is always your best protection. To avoid the flu altogether and help protect your family and friends, stop in at your nearest Shoppers Drug Mart and get vaccinated today.

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## 3 WAYS BOOMERS CAN USE TECH TO IMPROVE HEALTH

Research shows that most older Canadians, especially those 55 and over, want to maintain active, independent lives as they age. Fortunately, there are plenty of tech tools that make it easy to keep up with wellness goals while staying safe.

1. Set step goals with your devices  
One simple way to boost your wellness is by making a daily commitment to physical activity. Most mobile devices now come with a pedometer, and an ability to keep your fitness data connected to a personal health record so everything is in one place.

Setting a daily step-count goal can help you prioritize fitness in a simple, attainable way. Better yet, set a goal with a friend or family member and get active together while creating a little healthy competition and moral support.

2. Create happy habits with apps  
Reducing stress is key to enhancing quality of life, improving happiness and reducing chances of illness as we age. From daily gratitude journals to guided meditations, there are many free and paid apps that can help us achieve greater happiness and well-being right from our smartphones or tablets.

3. Adopt savvy solutions for peace of mind  
Research shows that one in three older adults aren't prepared to manage a medical emergency when alone. Dr. Sinha, director of health policy research at the National Institute on Ageing, says digital tools or devices that help people improve activity levels while monitoring and addressing personal

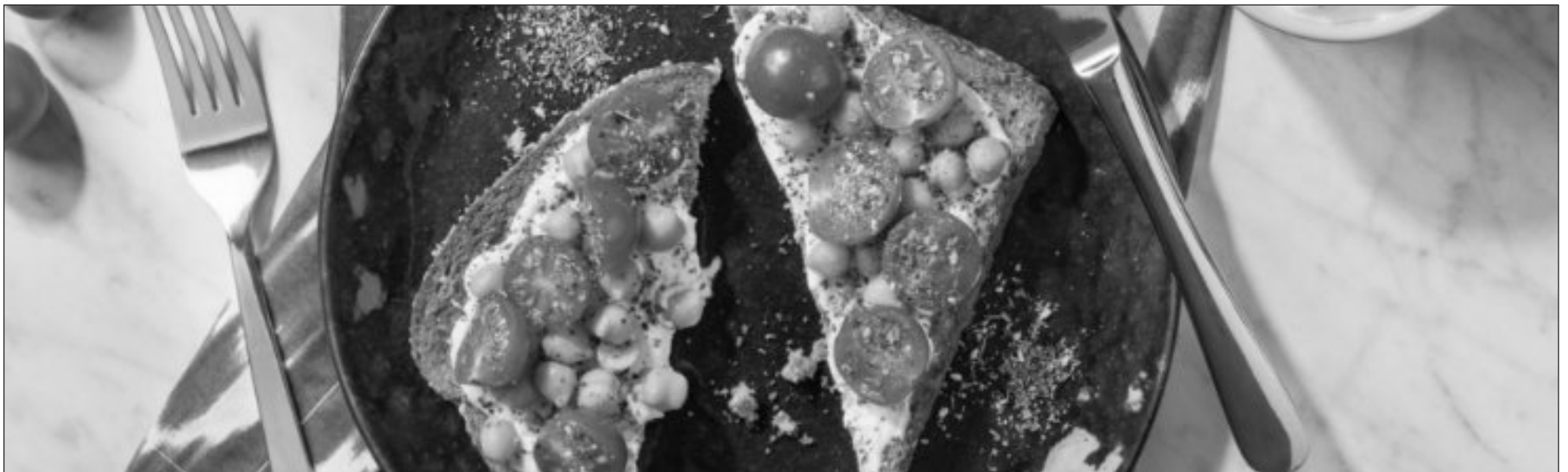


safety can be incredibly important in supporting healthy ageing.

One new technology enabling independence and safety is Telus Health Companion on Apple Watch. Equipped with automatic fall detection and 24/7

emergency monitoring, this device provides access to a live emergency operator from anywhere, all through the modern and powerful design of Apple Watch. Learn more at [telus.com/companionwatch](https://www.telus.com/companionwatch). [www.newscanada.com](https://www.newscanada.com)

## EASY HEALTHY FOOD RESOLUTIONS THAT ARE ACHIEVABLE ALL YEAR LONG



The start of the year is a great time to re-evaluate our lifestyle habits. This includes the food we eat, so we can make sure that we're nourishing our bodies. While it can seem hard to get started, try these simple and achievable resolutions for 2022.

Incorporate more whole grains.  
While many of us grew up eating white bread at home, whole grains are the more nutritious alternative. In fact, whole and multi grains are better sources of fibre and nutrients like iron, folate and selenium. Look for bagels, English muffins and sliced breads in tasty whole grain varieties.

Rethink dieting.  
The new year is synonymous with hopping on the dieting bandwagon, trying out whatever is trendy (but not necessarily better for us). While you may see fast results, studies show people who go on restrictive diets usually end up gaining more weight

back than they lost over the long run. Instead, focus on making better choices everyday, like choosing whole grain breads versus muffins or having fruit for your midday snack.

Choose sustainable ingredients.  
As you're reassessing the impact of your food on your body, take some time to think about the planet too. Look for food from local sources and companies with brands that have strong sustainability practices, like Bimbo Canada, which offers high-quality yet affordable foods made with the simplest ingredients. The company behind bakery favourites like Dempster's is committed to using 100 per cent sustainable packaging and reducing food waste by 50 per cent by 2025.

Cook more meals at home.  
Many of us grew tired of our own cooking during the pandemic, and with much of the world reopen-

ing and the indulgences of the holidays, it's been tempting to rely on takeout and restaurants more. But research shows that cooking at home is an effective way to improve diet quality, lose weight and prevent diabetes. So, search for some new nutrient-dense recipes you can cook yourself and get back in the kitchen.

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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.

A new year is upon us and let's hope 2021 is now behind us and we can rebuild and enjoy our beautiful province.

Many have lost most if not all of what they owned as rain, floods and natural disasters hit B.C. I struggle to understand it all and feel Mother Nature just lost control.

I do hope all you seniors out there have been as resourceful as I believe you all are. Your life's experiences I'm sure hold many stories of the past and I am inviting some of you to share them with Cozy Corner.

For those of you who are no longer able to do everything for yourselves I hope friends and family have been there for you.

I learnt a lot this past year as I watched BC become so caring and each in their own way taking care of their neighbors, friends, and families.

I always feel humor is a good antidote and so share this old perk from past issues.

## THE PERKS OF BEING OLDER

Sent in by: Laura Koykka

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run into a burning building.
4. People call at 9 PM and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.

7. Things you buy now won't wear out.
  8. You can eat dinner at 4 P.M.
  9. You can live without sex but not without glasses.
  10. You enjoy hearing about other people's operations.
  11. You get into heated arguments about pension plans.
  12. You have a party, and the neighbors don't even realize it.
  13. You no longer think of speed limits as a challenge.
  14. You quit trying to hold your stomach in, no matter who walks into the room.
  15. You sing along with elevator music.
  16. Your eyes won't get much worse.
  17. Your investment in health insurance is finally beginning to pay off.
  18. Your joints are more accurate meteorologists than the national weather service.
  19. Your secrets are safe with your friends because they can't remember them either.
  20. Your supply of brain cells is finally down to a manageable size.
  21. You can't remember who sent you this list.
- For all your computer users, it seems there is a virus out there called the Senile Virus that even the most advanced antiviral programs cannot take care of it -- so be warned!
- SYMPTOMS OF SENILE VIRUS:
1. Causes you to send same e-mail twice.
  2. Causes you to send blank e-mail.
  3. Causes you to send to wrong person.
  4. Causes you to send back to person who sent it to you.
  5. Causes you to forget to attach the attachment.
  6. Causes you to hit "SEND" before you've finished the.

As past articles have indicated the Lark Angels Foundation is still making Sensory Bags for people with Dementia. These are by donation and each bag is different.

Usually a bag will hold, a lap blanket, a fidget mat, a hand warmer, a bib and other hand made items by the TELUS Ambassadors and small business donating to the foundation.

If you wish to purchase a care bag, please let us know. Provide your phone number for contact when emailing. [larkangelsfoundation@gmail.com](mailto:larkangelsfoundation@gmail.com)

Looking forward to a better 2022 and speaking with you all again next month.  
[cozycornernews@gmail.com](mailto:cozycornernews@gmail.com)

# 5 QUICK TIPS FOR YOUR FIRST TRIP SINCE THE BEGINNING OF THE PANDEMIC



If you're fully vaccinated, you probably feel that you have held back long enough and can't wait to start travelling again. After all, you're in great need of new memories and new photos of the family having fun together outside the home.

If you are going to travel, here are a few quick tips to help you in your preparations:

1. Be sure that the entry requirements at your destination will not be an issue.
2. Carry your proof of vaccination with your passport during travel.
3. Stop your mail and all deliveries so that it doesn't look like no one's at home.
4. Be sure to have the documentation you need if you're travelling with children.
5. Make sure your travel insurance covers itinerary modifications in case things change suddenly at your destination.

Since it's always good to plan for any eventual-ity, keep in mind that your return to Canada might involve taking a COVID-19 tests, which can add to the cost of your vacation.

Also, it's important to remember that changes in travel restrictions are unpredictable during the COVID-19 pandemic and travel still exposes you to greater risks. Get all the information you need, register your trip and find out what is needed to re-turn to Canada at [travel.gc.ca](http://travel.gc.ca).

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

# EXCEPTIONAL CARE CONTINUES IN EXTRAORDINARY TIMES

At the beginning of March 2020, Surrey resident Gunnar Allansson found himself instantly "with the feeling of home" at Langley Memorial Hospital after his family doctor referred him to Langley Memorial Hospital's orthopedic surgeon, Dr. Lukasz Soswa.

"Everyone [was] so friendly and laughing and the mood was upbeat," Gunnar recalls.

"It's those little things that add up."

Gunnar knew he needed a hip replacement, but with the first few cases of COVID-19 in BC coinciding with his visit, he was unsure how anticipated hospital restrictions would affect the wait times for surgery.

It turned out that even Gunnar didn't know how urgently he needed a new hip until his consultation with Dr. Soswa. Gunnar was scheduled to received his surgery the very next day.

Growing up playing soccer, and then walking regularly 10 to 15 kilometres to and from work, all added up over the years, taking a toll on his left hip.

"When I saw Dr. Soswa he said, 'I'm surprised you can even walk,' because it was just a peg left."

Gunnar was instantly blown away by the care and kindness he received, not only from the nurses and Dr. Soswa, but the physiotherapy staff as well.

"Nurses, doctors and physiotherapy staff - everyone bent over backwards to help me."

On Friday, the day after his surgery, the physio-therapist checked on Gunnar and gave him exer-cises to start working on each day.



Gunnar Allansson, 2020

"They helped me walk that day, and by Saturday I could fully walk unaided," he said.

Gunnar is thankful for the quality of care and at-tention he received even in a time of great stress and anxiety and is most grateful for "the feeling of comfort that everything is going to be fine."

"They are the best at what they do."

To learn more about giving a gift in celebra-tion of good care provided by hospital staff, visit [lmhfoundation.com/celebration](http://lmhfoundation.com/celebration)

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Details on page 3.





## Straight from the Horse's Mouth

By Mel Kositsky

Racing dates for 2022 have now been approved by provincial authorities and the B.C. horse racing industry is looking forward to better days ahead.

Harness racing at Fraser Downs is hoping for a strong winter/spring meet after dealing with a variety of challenges in the fall, despite the casinos in B.C. reopening to full capacity. It is hoped that the weather will finally cooperate through the winter months and not cause poor track conditions -- and that racing fans will start coming back to view live racing cards at the Elements Casino facility in Surrey.

Live racing will resume at the Cloverdale fairgrounds track on Sunday afternoon, January 2 and continue Monday evening, January 3. The change in racing days at Fraser Downs is not just for the holiday weekend, but continues until the final card of the season on Monday, May 9. Live racing was last held on Boxing Day.

The Harness Racing B.C. board of directors decided to change up the schedule for the new year. In late November they agreed to cancel the race dates of Wednesday, December 29, and Thursday, December 30, 2021 since the current horse population would have made it difficult to fill three cards within a week. The industry was facing two unique challenges -- a shortage of horses due to the spread of an equine virus in Alberta and the closure of major highways in B.C. as the result of flooding damage.

The race dates for 2022 have now been approved for the first part of the year. Live racing at Fraser Downs will now be held on Sunday after-

noons, with a 1 p.m. post time, followed by Monday evenings, with a 7 p.m. post time. The winter/spring meet will consist of 38 days of live racing, ending on Monday, May 9. HRBC officials are now working on getting the balance of the 2022 dates approved, along with the new stakes schedule.

A full schedule of live racing at Hastings Racecourse in Vancouver has also been approved for 2022.

Beginning on Saturday, May 7, which is also Kentucky Derby day, thoroughbred racing will return to the Pacific National Exhibition grounds. A total of 45 live racing dates have been approved, with the season ending on Sunday, October 16. Hastings will go back to racing on Saturday and Sunday afternoons, with post time both days at 2 p.m. An expanded stakes schedule has also been approved, along with some special days on the calendar. The purses for several of the races have been raised to protect the Grade 3 status on some stakes, such as the BC Derby.

Season highlights include the Deighton Cup on July 23, BC Cup Day on August 1, and the BC Derby for three-years-olds will be contested on September 10. The schedule is altered in late August for two weeks to accommodate the annual PNE Fair. Live racing will be held on Monday, August 22 and Tuesday, August 23, then Monday, Aug. 29 and Tuesday, Aug. 30, and then resume on September 10 for the Derby.

Meanwhile the figures are now out for a very successful season at Canada's top racetrack, which operated under Ontario pandemic restrictions. The following is part of the track's news release in December:

Woodbine Entertainment today announced the 2021 Thoroughbred season produced an all-sources handle of \$505,348,339, the third highest season total in Woodbine Thoroughbred history.

For the second consecutive season, the COVID-19 pandemic caused a shortened season, as the 2021 Woodbine Thoroughbred meet did not begin until June 12. Originally scheduled for 133 race dates, the 2021 season included 99 race days, three more than last year, and 946 races contested.

Despite the delayed start, the 2021 season topped \$500 million in all-sources handle, propelled mightily by Woodbine's highest single-season foreign wagering handle ever of \$420,666,755.

The strong foreign numbers can be attributed to enticing and consistent field sizes, as Woodbine averaged 9.0 starters per-race to rank as one of North America's leading racetracks in the category.

"Growing and strengthening the Woodbine brand across North America has been a focal point of our day-to-day activities over the past several years," said Jim Lawson, CEO of Woodbine Entertainment. "We're proud of our success in this area, as it's evident these efforts continue to raise the profile of our world-class racing product at Woodbine."

"Although our gains in the US are considerable, we're intently focused on revitalizing wagering in our home market area for 2022. Through evolving restrictions, we now have our racetracks and off-track locations operating, while also sporting our largest number of HPIbet users ever. Our task now is to leverage all options available in 2022 to push this area towards sustainability."

The impressive average field size of 9.0 helped push a 4.8 per cent increase in average per-race handle, which came in at \$534,194 for 2021.

"Our racing team did a great job in creating appealing and competitive races throughout the entire season," said Lawson. "The support of the owners and trainers through these hard times deserves recognition and our commitment to providing the best overall experience to those racing at Woodbine will only heighten in 2022."

The 2022 Woodbine Thoroughbred season is tentatively scheduled to begin on Saturday, April 16. A total of 133 race-dates are on the schedule, headlined by the 163rd running of The Queen's Plate on Sunday, August 21.

Key Highlights of 2021:

- Record foreign wagering handle of \$420,666,755 for the 2021 season
- Third highest all-sources wagering handle of \$505,348,339 for 2021 season
- Record handle for a Ricoh Woodbine Mile card of \$13,856,030 on Saturday, September 18
- Record handle for a closing day card of \$8,530,593 on Sunday, December 5
- Second highest handle for a Queen's Plate card of \$16,122,170 on Sunday, August 22, up 11 per cent over 2020 event
- Total of 241 races contested over Turf Courses, generating average per-race handle of \$577,895.

## SHOULD YOU BE CONCERNED ABOUT YOUR INDOOR AIR?

On average, people spend about 90 per cent of their time indoors. Indoor air can contain all kinds of particles, including dust, pet dander, and chemical pollutants and smoke entering from outside, or produced indoors by using incense, smoking or cooking. A portable air cleaner, more commonly referred to as an air purifier, is one way to help improve indoor air quality in your space.

Air purifiers work by removing very small particles in the air. Designed to clean a single room, air purifiers remove particles by pulling the air through a filter.

If you're considering purchasing a unit, follow these tips for choosing the best one:

- Look for a unit tested by Consumer Reports or certified by the Association of Home Appliance Manufacturers (AHAM).

- Check the Clean Air Delivery Rate (CADR). As a general guideline, the smoke CADR should be equal at least two-thirds of the room's area. If your room has higher than 8-foot ceilings, or if the outdoor conditions are extreme (from wildfire smoke, for example),

consider a higher CADR.

- Consider an air purifier with a high-efficiency particulate air (HEPA) filter, which can trap smaller particles than a non-HEPA filter can. Some devices also include an activated carbon or other absorbent filter to remove gases such as volatile organic compounds.

- Follow manufacturer instructions for placement and operation to ensure good airflow. Generally, higher fan speeds and longer run times will increase the amount of air filtered.

- Consider selecting a unit with a lower noise rating.

- Avoid air purifiers that produce ozone, such as electrostatic precipitators and ionizers, as ozone can impact your health. Air purifiers that use UV light or photocatalytic oxidation also produce ozone and are not effective at removing harmful particles from the air. If you choose an electronic air purifier, make sure it is tested and produces low levels of ozone. The California Air Regulatory Board lists units that have passed testing for ozone emissions.



Don't forget to clean or replace the filter as recommended by the manufacturer. Find more information on keeping a healthy home at [canada.ca/healthy-home](http://canada.ca/healthy-home).

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





# PEDALS IN PARADISE KAUAI ON TWO-WHEELS



*By Rick and Chris Millikan*

The Hawaiian chain's fourth largest and oldest island, Kauai delivers memorable communes with nature. And bicycles provide terrific ways to experience Kauai's grandeur.

To support cyclists, Kauai has developed bikeways and widened shoulders along some roadways. So when visiting this island, consider packing your bicycle along with your sunglasses, beach towels and snorkel gear. If not bringing a bicycle, island rentals are available. Once there, pedal away mainland stresses. Apply car rental savings to good times! Cycling to parks for picnics or daily errands can be practical and adds zest to Hawaiian vacations!

Consider also two-wheel escapades! Launch an exhilarating adventure from Lihi Park on Ke Ala Hele Makalae Kapaa bike path. This scenic pathway takes you along the coast north above a string of golden sand beaches. This breezy breathtaking 13.5 kilometer round trip can end at Donkey Beach or atop Ahihi Point's rugged cliffs.

Or like us, sign up for an extraordinary guided bicycle tour. Our leader Lucas shuttles us from Poipu to the top of Waimea Canyon Park. Arriving at an

altitude of over 1,000 meters, Pu'u Hinahina provides a splendid viewpoint. From atop the bluff, we gaze at Waimea Canyon's awesome rusty red, grey and black lava walls dripping with brilliant green vegetation. In the distance, silvery Waipo'o Falls cascades 250-meters downward... feeding the serpentine Waimea River.

"Over many millennia torrential rains of Mount Wai'ale'ale carved this geologic marvel," Lucas explains. "Mark Twain dubbed it the Grand Canyon of the Pacific!" Through drifting morning mists, we spot snow-white tropicbirds dipping and swooping effortlessly in the spectacular expanse.

With our fitted helmets firmly buckled, we mount sturdy road bikes and begin our descent. With the caress of warm breezes, we proceed through exotic greenery. Soon waving us over, Lucas points out another view of the immense canyon. Returning to our bicycles, we notice roosters strutting around park tables, several crowing loudly. All sport brilliant red hackles, big floppy combs and shiny black bodies. "If you're wondering, they're a blend of jungle fowl, fighting birds, and domestics," grins Lucas. "Having no threatening mongoose on Kauai, these feral birds freely populate Kauai."

Winding downhill, our group of eight enjoys 360-degree island panoramas. Rolling on smooth pavement, we pass through groves of feathery

bamboo groves and under towering mahogany.

Once more, Lucas waves our off the road. "This isn't just any bike ride!" he quips. "It's a nature walk on wheels!" Stopping on a wide shoulder, he identifies endemic Koa trees. "These beauties were once carved into outrigger canoes; nowadays they're milled and finely crafted into stylish furniture!"

Remounting, our band swooshes onward. Small wildflowers now line the roadway. Distant trees flaunt large purple, orange, pink and maroon flowers and include orchid, Jacaranda, African tulip, and octopus trees. During another roadside stop, Lucas points out plants brought to Hawaii after Captain Cook landed in 1778. In a trio of sensory pleasures, we sniff fragrant leaves of paper-bark eucalyptus, chew refreshing mint leaves and slurp sweet yellow pineapple guavas.

Continuing downhill, every switchback reveals wondrous new panoramas. Kauai's beautiful western shore and Nihau Island flash past. Entering arid cattle country, tall grasses, lacy acacia and spiny cacti grow alongside the roadway.

Our picturesque 19-kilometer pedal in paradise ends with a leisurely ride into little Kekaha. The community's sugar mill now lies abandoned. Flat-topped bungalows still border its long sandy beach. In Kekaha's General Store, we grab pungent coffees and return to the van. Traveling back to our condos, everyone chats up the merits of two wheeling. All agree that cycling is a great way to experience the Garden Isle of Kauai.



# IMPOSSIBLE CHOICES: 1 IN 8 CANADIANS STRUGGLE TO ACCESS THE FOOD THEY NEED

Although many of us are excited to go back to indoor dining and welcome family and friends back into our homes, millions of Canadians struggle to access the nutritious food they need due to a lack of money, which has led to an ongoing epidemic of food insecurity.

One charity working on the problem is the Maple Leaf Centre for Action on Food Security, which is committed to working collaboratively across sectors to reduce food insecurity in Canada by 50 per cent by 2030. Sarah Stern, leader of the centre, provides these eye-opening statistics on food insecurity across the country:

Daily impossible choices.

“Food insecurity is a reality for one in eight households in the country, and it forces hardworking people to compromise the quality and quantity of the food they buy for their family so they can pay fixed expenses like rent and heat,” explains Stern.

These difficult choices include whether to pay for rent or feed their children, or whether to buy winter boots for their growing child or feed them breakfast before school.

Food charities won't solve food insecurity. "Hunger in Canada will not be solved through food charity; it requires concerted action from all levels of government," says Stern. "For too long, food banks

have borne responsibility for responding with emergency food relief, but this is not a sustainable solution.”

No one in Canada should have to rely on charity relief to ensure adequate nutrition for themselves and their loved ones. While charitable giving of food or monetary donations is important and supports those in need, Stern believes it should not be viewed as a long-term solution to food insecurity. To make a lasting impact, the priority should be to change the systems that perpetuate food insecurity.



cause people get behind it. We make noise. We band together. We commit and contribute. We have the means and the public will. Let's act now. Because at its heart this is a social justice issue, not a food issue or a matter of charity."

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

## 5 WAYS TO BETTER PREPARE FOR MEDICAL APPOINTMENTS

It can sometimes feel like a health appointment flies by and that some questions are left unanswered. But there are some things you can do to feel more control and make the most of the limited time.

“Preparation is key to the success of any appointment,” explains Trish Barbato, president and CEO of the Arthritis Society. “The best person to advocate for you is yourself.”

Here are five steps to make sure you're ready for your next visit to your care provider, whether it's in person or virtual.

1. Track your symptoms. Keeping track will help you effectively communicate the impact of your symptoms and understand what contributes to making them worse or better.
2. Come prepared with any healthcare information.

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

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