

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S SENIOR NEWSMAGAZINE



BC's North Coast: Haida Gwaii by Chris Millikan by Page 17

FEBRUARY - 2022

FRASER VALLEY -
LOWER MAINLAND EDITION

Volume 27 - Number 04

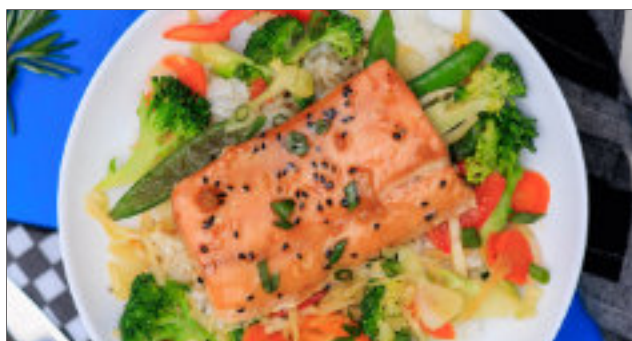
FREE - Please take a copy
or by SUBSCRIPTION see page three

CANADIAN PUBLICATIONS MAIL PRODUCT
SALES AGREEMENT #40025695

Inside This Issue

ACCORDION TO DAN	
by Dan Propp	3
FINANCIAL NEWS	
by Rick C. Singh.....	6
THE PHARMACIST REVIEW	7
WORD FIND PUZZLE	8
HOME IMPROVEMENT	
by Shell Busey	8
LOIS PETERSON: AUTHOR. ARTIST. NO REGRETS.	
by Ursula Maxwell Lewis.....	11
MICHELANGELO'S SISTINE CHAPEL COMES TO VANCOUVER.	
by Lenora A. Hayman	12
WRITE AS I PLEASE	
by Mel Kositsky.....	13
COZY CORNER	
by Janet Isherwood	15
STRAIGHT FROM THE HORSES MOUTH	
by Mel Kositsky.....	16
BC'S NORTH COAST: HAIDA GWAI	
by Chris and Rick Millikan	17

FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE



No Prep No Fuss!

Our classic comfort food and seasonally inspired favourites are cooked just the way you do at home. You don't need to sign up or commit to a weekly delivery – order what you want, when you want, online or by phone. So what are you waiting for? Your meals can get a lot easier, and tastier, too!

batch. food.

#3 - 6280 202 street, Langley, V2Y 1N2

604-533-0700

info@batchfood.com | www.batchfood.com

It's more than
a new place to live,
it's a new way
to experience life

CALL 604-599-9057
FOR INFORMATION
OR BOOK A TOUR
BEAR CREEK VILLA
8233-140TH STREET SURREY



CRS Financial
WEALTH MANAGEMENT
Call: 604 535 3367

220 - 3388 Rosemary Heights Crescent, Surrey, BC, V3Z 0K7

Wealth Management
advice for families
built upon honesty
and integrity.



Get the latest from Dan Propp

Please visit
www.Nostalgicroads.Weebly.com Search for Song CD's
by Dan Propp via cdbaby.com and also
www.soundcloud.com plus books via www.amazon.ca



All-Inclusive Senior Living in Langley

Freedom, simplicity independence—the benefits of all-inclusive senior living. We offer bright and comfortable suites complete with:

- Three delicious homemade meals a day
- Recreation teams committed to your active lifestyle
- 24-hr reception and personal safety services
- Access to our courtesy shuttle for local trips
- Month to month residency agreements

Get a taste for living with us! Come for a tour, and we'll treat you to lunch.
CALL TODAY
604.351.8668



SUNRIDGE GARDENS
A BRIA COMMUNITY
Murrayville, BC



MAGNOLIA GARDENS
A BRIA COMMUNITY
Langley City, BC

RETIREMENT. LIVING!

BriaCommunities.ca



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

✓ Mobility Scooters

✓ Power chairs

✓ Walkers

✓ Wheelchairs

✓ Cushions

✓ Bath Safety

✓ Tires

✓ Batteries

✓ Accessories

✓ And more!



BUY SELL RENT
TRADE-IN PROGRAM

20412 FRASER HWY, LANGLEY
604 539 8200

You Smile... We Smile

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

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



20 Years Experience!

Read our Great Reviews at
SullivanDentures.com!

Tricia Thobaben
Registered Denturist
(formerly practiced in Langley)



#110 5450 152 Street
Surrey, BC V3S 5J9
info@sullivandentures.com

604-577-0007
www.sullivandentures.com



ACCORDION TO DAN

Well, here we are in the New Year of 2022, after all that snow, nothing to do but to think back, listen to the latest news and possibly reflecting a bit about different times and good memories.

Since the 1950s we have all been entertained in our living rooms by television, thanks to antennas on roof tops, rabbit ears, cable and today, satellites. For those of us in the Greater Vancouver area, it all began with a couple of channels from Vancouver, Bellingham and Seattle. The following bit of rhyme might bring back a few nostalgic memories.

CLASSIC TV RECEPTION

A popular evening program called Almanac on CBUT—Channel Two, with Bob Fortune doing the weather, and Bill Bellman hosting, do those happy memories renew? Warm television reflections can make us seniors feel so much better.

Do you remember KVOS, Bellingham? Long before satellites or cable, on the roof top we needed a channel twelve head. As well as other reasonably local channels broadcast from Uncle Sam. ‘That’s the way it is’ or ‘that’s the way it was’, as Walter Cronkite at the end of the good old CBS news always said. Before that, do you still recall Douglas Edwards, and on another network Huntley and Brinkley? Wow, if we had aials on top of our rooftops we could actually have a choice of five channels! Weather conditions permitting, usually.

Today, screens are practically everywhere, it seems. “You bet your life”, as Groucho Marx would often say. Since perhaps, you and I were still teens. “I’m thinking it over” (does that bring back Jack Benny and possibly Rochester and Dennis Day)?

Now in the year of 2022, all those programs of days gone by, still have a significant impact on many of us who still fondly recall all those great shows and names.

DO YOU REMEMBER

Do you remember Desi Arnaz and Lucille Ball and Regis Philbin. Mat Dillon in Gunsmoke and the famous line “Wait for me Mr. Dillon”. How about Bob Hope singing “Thanks for the memories” and of course, Jackie Gleason’s “And Away We Go!” “I’m so glad we had this time together,” of course, Carol Burnett with yet another fantastic comedy skit season. Hawaii Five Oh, when TV every season was getting even better. How about Sonny and Cher. All those commercials like ‘Things Go better with Coke’ and being part of the Pepsi Generation and all those jingles for Ajax...‘boom, boom, the foaming cleanser’ and Swan or Lux soap. Back when that picture tube in our living rooms, in black and white and then living colour was such a novel sensation. THOSE PUBLICATIONS THAT WERE AND THE FEW THAT SURVIVED

These days it appears that magazines, comics, and magazine racks are somewhat diminished in most retail locations. Perhaps today’s computer technology has played a role.

WHAT HAPPENED?

Every week dozens of them like, Life Magazine, Look Magazine, US and World Report, Reader’s Digest, Newsweek and Canada’s Maclean’s. Seniors, do you recall those days compared to today, what a reduced publishing scene. There used to be such a huge choice from which to browse, marvel and peek. Sports Illustrated, Popular Photography, Alfred E. Newman on the cover of Mad. It remains a bit of a mystery, suddenly now just a part of history. All those publications in retail locations we once had.



A CBC TV show in production, 1970s. (photo: Dan Propp)

As the new year begins, spring is not that far behind and hopefully the pandemic of two years plus, truly becomes history. Let’s hope this year will become a turning point and positive priorities and good health will blossom again.

In closing, this bit of further reflection might provide fond memories.

NOSTALGIC MISHMASH

The yo-yo and the hool-a-hoop, the Frisbee and boomerang. Discovering an original ice cream scoop. Remembering ‘Sugar in the Morning, Sugar in the Evening’ when Doris Day sang and Sinatra, ‘Three Coins In the Fountain’ and who would always say, ‘Yup’...Gary Cooper (or his nick name, Coop). Do you still remember Gene Autry, how about Hopalong Cassidy? Do you still remember as a kid buying Life Savers, spearmint or juicy fruit gum?

TV and radio electricians tested and replaced vacuum tubes, used soldering irons, and tested resistance and capacity. You could get Pez candy dispensers at the corner Ma and Pa grocery shop. Ice cream cones were still a nickel. Plus, the choice of an orange, lime and even root beer popsicle. All those jawbreakers...three for a penny!

Please visit www.Nostalgicroads.Weebly.com



SUBSCRIPTION

Twelve Issues for \$30.00 (Tax Included)
Please enclose cheque or money order!

Name
Address
Phone
City
Postal Code

Send To:

TODAY'S SENIOR at Box 61533
Brookwood P.O., Langley, B.C. V3A 8C8

Search for Song CD's by Dan Propp via cdbaby.com and also www.soundcloud.com
Plus books via www.amazon.ca

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

Publications Mail Registration #40025695
Printed in Canada, Blackpress

Publishers / Copyright Disclaimer:

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

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

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

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

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

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

Telephone Contact Numbers PRODUCTION / DISTRIBUTION

Main Office / Distribution 778-751-4188
OFFICE HOURS: 9:00am-Noon
Tuesday, Wednesday, Friday
Online: todaysseniornewsmagazine.com

Emergency 604-992-0721
ADVERTISING
John Ross 604-992-0783

WHAT ABOUT YOUR OTHER VACCINATION STATUS?

Vaccines have been at the forefront of almost every conversation over the past year, but do you know if you're up to date on your routine vaccinations?

The reality is that one-in-five adults over the age of 55 aren't up to date on their vaccinations or are unsure of their status. This is concerning, as Canadians are busier than ever with demanding work lives and commitments taking over their evenings and weekends. Stress, whether from being busy or a fear of missing out, can take a heavy toll on your body and immune system, and it may contribute to some diseases.

According to Shoppers Drug Mart pharmacist, Victor Wong, one of the most common culprits to take over our weakened immune systems is shingles.

"Shingles is caused by the chickenpox virus, which stays inactive in your nervous system even after you have recovered from the itchy red spots," explains Wong. "Years later, the chickenpox virus can reactivate as shingles causing a painful, blistering rash that can last up to four weeks with the associated



debilitating pain lasting for months or in some cases years."

With one third of Canadians likely to develop shingles at some point in their lifetime and an estimated 130,000 new cases in Canada each year, shingles usually appears in one small section of your body. Symptoms can include pain, burning, sensitivity to touch, itching and blistering. In severe cases, complications can include vision loss (if you develop shingles in and around the eyes), inflammation of the

brain, facial paralysis, issues with hearing or balance, as well as bacterial skin infections.

"While there is no cure for shingles, the good news is that it is preventable," says Wong. "If you're over 50 and have had chicken pox or feel as though you might be at risk, talk to your doctor or pharmacist about the shingles vaccine, as well as other routine vaccines you may be missing."

Find more information at shoppersdrugmart.ca www.newscanada.com

IS COOKING A SOURCE OF AIR POLLUTION IN YOUR HOME?



As winter sets in, our minds turn to thoughts of comfort foods and home-cooked meals. But did you know that cooking is one of the largest sources of air pollution in your home?

Regardless of your ability to create a delicious meal, cooking can affect indoor air quality and have an impact on your health.

Whether you cook on a gas or electric stove, cooking creates small particles from heating oil, fat and other food ingredients, especially at high temperatures.

In addition to particles, gas burners produce carbon monoxide, nitrogen oxides and formaldehyde. Meanwhile, electric burners release a lot of ultrafine particles in the air.

Exposure to these particles and pollutants can

cause or worsen a wide range of health problems such as eye, nose or throat irritation, headaches, fatigue, wheezing and coughing. Young children and people with asthma, other respiratory issues and heart or lung diseases are especially vulnerable.

To reduce health risks, be sure to use the range hood exhaust fan while cooking and follow these tips:

- Always turn the exhaust fan on when using any stove burner.
- Use the highest setting on your exhaust fan, especially when cooking something that can produce smoke or odours, such as frying, sautéing or grilling.
- Cook on back burners if possible, because the range hood exhausts this area more effectively.
- Make sure your range hood exhaust fan vents to the outdoors.

If you don't have a range hood exhaust fan, you may want to consider installing one or improving the air quality of your home in other ways, such as opening windows, running a central heating or cooling fan, or running a portable air cleaner while cooking.

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

www.newscanada.com

BITE, CHEW & LOOK GOOD TOO™

Troubles . . . with your dentures?

While talking, eating . . .

We focus in lower hard to fit dentures

Chhun Lim, R.D.

DENTURE CLINIC In Fleetwood

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

604-507-9958

NEW LOCATION (On Google Map)

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

FINALLY I CAN EAT!

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

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

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

Lillian, Surrey

CREATE YOUR COMFORT ZONE WITH HYGGE STYLE

Looking for design inspiration that doesn't sacrifice on comfort? Take inspiration from Hygge – the Danish feeling or atmosphere of warmth, relaxation and connection to bring a stylish sense of harmony to your home.

To help you achieve the look in your space, Sharon Grech, Benjamin Moore colour and design expert, shares her top three tips.

Hygge your home.

Pronounced hue-guh, hygge is any place that's cozy, comfortable and welcoming. This makes it an ideal esthetic choice for family homes or anywhere you want to get snug. However, the concept is also a celebration of Scandinavian design, and embraces a simple, uncluttered and functional approach to living.

"Hygge is about comfort, but not about clutter," explains Grech. "To create a streamlined but cozy space, choose furniture with concealed storage and opt for pieces with clean modern lines for a Scandi-chic feel."

Inviting layers.

A warm atmosphere is a hallmark of the style. From sitting surrounded by candlelight or next to a blazing fire with friends, creating a backdrop for peaceful moments will help you embrace hygge.

"Add warmth to any room with soft lighting, textiles and natural materials such as wood and wicker," suggests Grech. These elements invite you to linger and get comfortable.

Look to the skies.

For an easy way to get the look, consider repainting in a hue that evokes the colours of Scandinavian skies.

You can give your space a hygge makeover by painting a room or accent wall with a product like Aura interior paint in a matte finish that will stay true over time. "Steam AF-15 and Quiet Mo-



ments 1563 are colours that instantly create serenity and invite light into any space." www.newscanada.com

TRY A MEXICAN TWIST ON A CANADIAN FAVOURITE

Our favourite French-Canadian comfort food got a serious healthy makeover...made in Mexico. This delicious dish can be turned into something nutritious as well, without compromising on taste.

What happens when the spicy flavours of Latin American meet the tastes of our childhood classics? Get ready to fall in love with this poutine featuring avocados from Mexico.

Mexi-Canadian Poutine with Veggies and Avocados

Prep time: 30 minutes

Cook time: 20 – 25 minutes

Serves: 4

Ingredients:

Vegetable sticks

- 1 sweet potato, peeled, cut into sticks
- 1 turnip, peeled, cut into sticks
- 3 parsnips, peeled, cut into sticks
- 3 carrots, peeled, cut into sticks
- Splash of canola oil

- Salt and pepper, to taste

Sauce

- 1 cup (250 mL) ready-made poutine sauce
- 2 tbsp. (30 mL) tomato paste
- 2 tsp. (10 mL) Worcestershire sauce
- 1 tbsp. (15 mL) hot sauce (such as Valentina, Red Hot, etc.)
- 1 tsp. (5 mL) cumin seeds (optional)

Poutine

- Kernels from 2 grilled ears of corn
- 2 grilled peppers, diced
- 1 ½ cups (375 mL) cheese curds
- 2 avocados from Mexico, peeled, pitted and cubed
- 2 shallots, minced
- 2 tbsp. (30 mL) cilantro, roughly chopped

Directions:

1. Heat oven to 180°C/375°F.
2. Mix vegetable sticks in a bowl with the oil, salt and pepper. Place on baking sheet lined with parchment paper and cook on centre rack for 20 to 25 minutes.

3. Add sauce ingredients to a pan and cook over medium-low heat for 10 minutes. Set aside.

4. When vegetables are done, put roasted vegetables, cheese curds, roasted peppers, grilled corn and avocado from Mexico cubes on a serving platter (or 4 individual plates). Top with shallots and cilantro. Drizzle with sauce before serving.

www.newscanada.com



Does your local business have a special for seniors?

Advertise your senior specials to over 13,000 seniors today!

ARE YOU LOOKING FOR PHYSIOTHERAPY OR SUPERVISED EXERCISE PROGRAM FOR YOUR LOVED ONES?

We provide in home/mobile physiotherapy and active rehab services for the following conditions:

- 1- Falls management
- 2- Pre and post joint replacement
- 3- Stroke
- 4- Parkinson's disease
- 5- Loss of mobility due to dementia
- 6- ICBC cases and more..

SERVING
Surrey/Langley/Aldergrove/White Rock area
Please call or text Ajay at 778-322-6748
Visit rehabthroughmotion.ca



FINANCIAL NEWS

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

TAX FREE SAVINGS ACCOUNT COMPLIMENTS YOUR RSP

Four years ago, the Canada Revenue Agency announced that the TFSA contribution limit will increase to \$6,000 for 2019. This is in keeping with increasing the limit from time to time, which was last raised in 2013 to \$5,500 from the original deposit amount of \$5,000 when the TFSA was first introduced in 2009.

Tax-Free Savings Account (TFSA) allows Canadians, age 18 and over, to set money aside tax-free throughout their lifetime. Each calendar year, you can now contribute up to \$6,000, plus any unused TFSA contribution room from the previous years, and the amount you withdrew the year before. All income earned and withdrawals from a TFSA are tax-free. Plus, having a TFSA does not impact federal benefits and credits. It's a great way to save for short and long-term goals. If you have been over the age of 18 and a resident in Canada since 2009, at the beginning of 2021 you could technically have contributed \$81,500 to a TFSA. A couple could essentially be able to have a combined total of \$163,000 in a TFSA.

More and more Canadians are learning that using a Tax Free Savings Account (TFSA) in combination with an RRSP gives them many advantages

Excerpts from an article written back on Tuesday November 17, 2009 by Rudy Mezzetta in the Investment Executive, is still very informative on the topic of combining RSP and TFSA in your investment strategy. I am sharing it with you again to help you better understand the differences between an RSP and a TFSA.

Although the tax-free savings account is still less than thirteen years old, it has already established itself as a useful component in the financial plans of many Canadians. The TFSA is also becoming an essential companion to the RRSP program. "One complements the other," whereas the RRSP is intended to help Canadians save for retirement, a TFSA has been de-

signed to encourage medium- or long-term savings for any purpose. "The TFSA gives you another tool to plan your income level to meet your lifestyle needs,"

Introduced on Jan. 1st, 2009, a TFSA allows a Canadian over the age of 18 to contribute \$6,000 annually into a tax-sheltered account. If you started contributing the maximum each year in 2009 this amount totals \$81,500 per individual. The TFSA rules are mirror opposites of those for RRSPs: while TFSA contributions are not tax-deductible, withdrawals are free from taxes. Unused TFSA contribution room is carried forward indefinitely, and any withdrawal in a given year is added to the contribution room of the following year.

If a taxpayer is unable to maximize both an RRSP and TFSA, and their income is higher today than it is expected to be in the future, it might make more sense to favour the RRSP and receive the tax credit. If an individual is in a lower tax bracket, then a TFSA contribution might make more sense.

Another strategy for individuals with limited resources is to make an RRSP contribution and then contribute the refund to a TFSA. Generally, all investments that are RRSP-eligible are also eligible for a TFSA. It's helpful to keep in mind that locked-in investments, such as a guaranteed investment certificate, will not permit the investor to take advantage of one of the TFSA's key advantages — withdrawals without taxes that can be redeposit in future years.

Retirees, and those approaching retirement, have been the quickest to take advantage of the introduction of the TFSA. Older Canadians may be more experienced with investing, and thus quicker to interpret and understand the many positive attributes of the TFSA. TFSAs offer Canadians, particularly retirees and those who've converted their RRSPs into RRIFs, an opportunity to shelter more of their income. In addition, money that must be withdrawn from a RRIF can be used to contribute to a TFSA.

In the 2008 tax year, due to market downturn many Canadians found themselves selling investments held in their RRIFs at a loss in order to make their mandatory minimum withdrawals; but there are no mandated minimum yearly withdrawals from TFSAs, another positive feature for retirees.

Unlike RRSP or RRIF withdrawals, those from a TFSA do not affect income-tested benefits and credits such as the Canada Pension Plan or old-age security. Contributing to a TFSA rather than an RRSP during the working years might be particularly useful for low-income Canadians who don't want to risk losing any of their income-tested benefits in retirement.

A TFSA holder can name his or her spouse as a successor account holder of the account. Upon the death of the original TFSA holder, the spouse takes over as the new owner of

the account, which remains tax-exempt. If the surviving spouse already has a TFSA, the money in the deceased's TFSA can be rolled into the surviving spouse's TFSA without affecting contribution room.

All provinces and territories, except Quebec and Nunavut, permit a TFSA holder to name a beneficiary. Doing so prevents the TFSA from being included in the estate, thus avoiding probate costs.

But unless the TFSA passes to a surviving spouse, the plan loses its tax-exempt status. All income earned or gains made prior to the death of the holder are not taxable, but the gains made after the holder's death are subject to taxes.

To receive a free consultation on your TFSA and RSP strategy contact Rick at CRS Financial Group: Call 604-535-3367 or email: rick@crsfinancial.ca

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

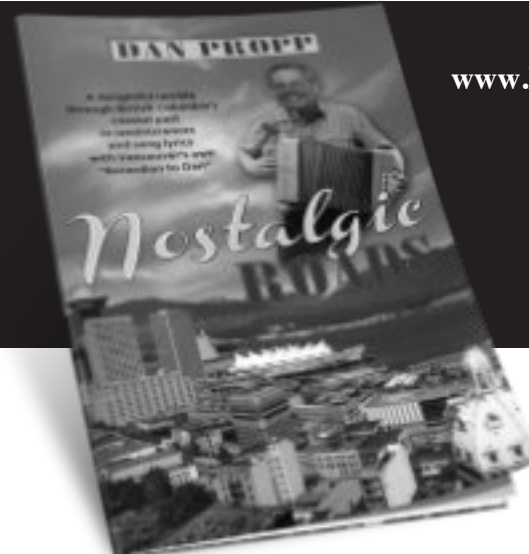
2. Right-size your to-do list

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



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

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

Financial Advisor

RESP: More than just a gift...

Pave the way for a child's future.

A Registered Education Savings Plan (RESP) is designed to help save for post-secondary education for a child.

Anyone can contribute to a child's RESP. It makes a great gift and offers many benefits.

An RESP provides clients tax-deferred growth, government contributions, as well as flexibility.

If a child decides not to attend post-secondary education you may be able to choose a new beneficiary.

The child has up to 35 years to use the funds if they decide to attend post-secondary at a later age.

An RESP contribution makes a great gift and gives a head start in preparing for a child's future.



220 - 3388 Rosemary Heights Crescent
Surrey, BC, V3Z 0K7
Phone: 604-535-3367



THE PHARMACIST REVIEW

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

N-Acetylcarnitine is not L-Carnitine

A "neurological disorder" is any disorder affecting the nervous system, and can vary from paralysis, seizures, dementia, changes in level of consciousness, confusion, to pain, loss of coordination, fatigue, and muscle weakness. The WHO estimates that up to 1 billion people suffer from these disorders worldwide. Stress, malnutrition, genetics, medications, and emotional and physical trauma can all lead to neurological dysfunction. Common integrative therapies include lifestyle modifications, pain management, physiotherapy, and dietary modifications, including supplementation with natural foods and products.

Carnitine is an amino-acid derivative that has garnered much interest lately. It has historically been available in the "L-Carnitine" form, but, recently, the more absorbable esterified form, "N-Acetyl-L-Carnitine" (or "NALC") has become readily accessible.

NALC is not the same as L-Carnitine. NALC can cross the blood-brain barrier more readily, allowing for higher bioavailability and more cognitive benefits than conventional L-Carnitine. Both occur naturally in our bodies, and the two interconvert inside the body, and are involved with transporting long-chain fatty-acids into the mitochondria for converting fat into energy via "beta oxidation". There is evidence

that NALC can help with neuropathy (eg. in diabetics) by regenerating nerve fibres and clusters. NALC may decrease the rate of Alzheimer's progression, and improve memory, other cognitive scores, and behaviour in dementia patients. Mental fatigue, mental acuity or sharpness, and depression can be improved with appropriate NALC doses in some individuals. There is even some indication that NALC can boost male fertility, as well as athletic performance, and there is ongoing research into its longterm benefits on the mental effects of alcoholism. Benefits are generally noted over extended use (eg. over several months).

Trustworthy sources of NALC capsules that are approved for use in Canada by Health Canada are Omega-Alpha's "N-Acetyl-L-Carnitine", and AOR's "Alcar". Both are highly absorbable, carry a low risk of side-effects and interactions, and are viable integrative options for treating neuropathic pain, cognitive decline, and neurological dysfunction. The dosing range varies greatly depending on your therapeutic goal, so definitely consult your physician or talk to one of the integrative pharmacists at Cloverdale Pharmasave or Pharmasave Steveston village to find out what will suit you best.

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.

LOSE WEIGHT; FEEL YOUR BEST

Achieve Your Ideal Weight!

- Medically developed protocol
- Lose weight and keep it off
- 1-on-1 coaching
- Pharmacist supervised

Authorized Centre
Call today to find out more

IDEAL PROTEIN

PHARMASAVE

Downtown Cloverdale
5778-176A Street, Surrey B2M 6T6 604-576-1888

Steveston Village
2105-12420 No. 1 Road, Richmond B6A 2J2 604-272-0159

www.iPharmasave.com

CAN I USE LAST YEAR'S WINTER TIRES?

Cold weather brings with it a long to-do list, from maintenance around the house to unpacking your winter wardrobe. It can be tempting to abandon some tasks on your list, but one thing you shouldn't skip is switching to four quality winter tires for your vehicle.

It's proven that driving with four winter tires reduces your risk of collision. This is because winter tires are made from compounds that are specifically designed to remain flexible in extremely cold temperatures, providing better traction in winter conditions than all-season and all-weather tires.

Wondering if you can save by using last year's tires? If the tread is still good, then yes. To check the wear, use the "quarter test." Put a quarter headfirst into a groove of your tread. The top part of the queen should be covered by the tread. If you can see the queen's whole head, it's time to replace the tire.

You can also ask a technician to measure the remaining tread depth before installing your old tires. Ask them to adjust the air pressure and to rotate your winter tires from last year's position.

If it's time for a new set, be sure to shop for longevity — your winter tires should give you good traction for at least three seasons. While not all tires are created equally and performances vary, the differences in performance when a tire wears have an even greater disparity.

For long-lasting performance, consider Michelin's family of winter tires including the X-Ice Snow. The brand designs and tests many of its tire lines against the competition in both new and worn conditions. These tests help them develop innovative compounds and tread designs that will continue to provide performance as the tire wears.

Find more information on winter driving safety at michelin.ca.
www.newscanada.com

3 HOME MAINTENANCE STEPS TO REMEMBER THIS YEAR

There's always more to do at the end of the year, and your home maintenance is no exception. With summer gone and fall almost over, there are a few things to do before winter hits. Here are some ways to keep your home in top shape and keep your family safe:

1. Prepare your garden for winter.

Many of us have recently taken up gardening. But just because there are no flowers to water anymore doesn't mean your work is done. Make sure your garden is off to a great start when spring hits by removing annuals, cutting down perennials and protecting delicate blooms, plants and shrubs from the freeze-thaw cycle by piling up leaves around them.

2. Check your smoke detectors.

This season is when we start using space heaters, candles and fireplaces to keep cozy. But if you're not careful, a fire can start and damage your home. Follow basic safety tips like never leaving a flame unattended and check that your smoke detectors have fresh batteries and are in good working order. Don't forget to examine your carbon monox-

ide detectors, too.

3. Test your water quality

Your municipal water supply may be safe at its source location, but contaminants can sneak into your home's water via plumbing. If you live in a rural area and draw water from a well or a surface water source, you likely do not know what is in your water. That's why testing the quality of your water on a regular basis is a key part of maintaining a safe and reliable water source at home.

A simple at-home DIY test kit can let you easily and affordably test your water and receive a professional analysis.

Find more information at my-waterquality.ca
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!

FEBRUARY



February	Ground Hog Day	Valentines Day	February fourteenth
Love	Hearts	Flowers	Chocolates
Candlelight	Cherubs	Candies	Dinner
Lovebirds	Champagne	Valentine Cards	Punxsatawney Phil
Seeing Shadow	Spring or Winter	Poems	Proposal
Ring	Heart Candies	Love Hearts	Anniversary
Love Letters	Music	Better Half	Love is in the Air
Sweet Heart			

3 SIMPLE TIPS TO BOOST YOUR HEALTH AT HOME



For many of us, it’s been tricky to create or maintain healthy habits while the world continues to be so topsy turvy. To help you be healthy, follow these three simple tips:
Stay active – keep moving.
We all know this one, but it’s important. There are countless online workouts and yoga classes to try for free or by subscription, but you can also dance while cooking or doing the dishes, take jumping jack breaks, or go for a walk to mark the end of your workday. Every move counts, and so try to bring the fun into everyday activities.
Get the right set up – ease your pain
After a couple of years of working from home, it's time to get serious about your home office setup if you haven’t already. Though you may be back in the office part or most of the time, hybrid work is likely here to stay.
Whatever your workspace looks like, making it er-

gonomic is crucial. It’ll save you a lot of neck and back pain or discomfort, eye strain and visits to chiropractors. Do your research and ask your friends and family what’s worked for them to help you find the best fit.
Make sure your home is safe – test for radon
Radon is a radioactive gas that’s in all our homes. If your home has a high level of radon, all the time you’re spending at home these days could be increasing your exposure and your risk of lung cancer. Long-term exposure to elevated levels of radon is the number one cause of lung cancer in non-smokers.
The only way to know the radon level in your home is to test. You can buy an inexpensive DIY kit or have a professional come in and do the test for you.
Find more information about radon testing at canada.ca/radon.
www.newscanada.com

SMALL AND ACHIEVABLE GOALS TO
HELP MANAGE DIABETES

Positive health routines are important for everyone but especially for people with diabetes. Lifestyle habits like brisk walking and healthy eating can have a positive effect on diabetes management.
Set small achievable goals this year by follow these simple tips to help manage your diabetes and stay healthy this winter and into the spring.
1. Get outside during light hours.
You can’t underestimate the power of sunlight. A walk helps you meet your exercise goals and is a key component to managing diabetes. It can also improve your mood. Get outside daily for a brisk 15-minute walk to get your heart rate up and help ward off seasonal blues.
2. Add more seasonal vegetables.
Reap the benefits of seasonal produce:
• use spaghetti squash in place of noodles in your favourite pasta dish for a low-carb alternative,
• add fibre to your meal with roasted or shredded Brussels sprouts,
• eat vitamin-rich sweet potatoes instead of white potatoes
• crunch on carrots as a midday snack, and
• don’t forget your greens, add spinach and broccoli to soups, stews and in stir-fries
3. Talk to your doctor
For Canadians living with type 2 diabetes, death from heart disease at an earlier age is a serious risk. If you have type 2 diabetes and a history of heart disease, controlling your blood sugar alone might not be enough reduce the risk of dying from heart disease. Speak with your doctor about type 2 diabetes treatments that may help prevent an early death from heart disease.
Find more resources at myheartmatters.ca.
www.newscanada.com



BC's *Largest* Home Medical Supplier

STAY SAFE IN YOUR HOME

Stairlifts • Mobility Scooters
Walkers • Wheelchairs
Lift Chairs • Ceiling Lifts
Crutches Canes • Hospital Beds
Bathroom Safety

Sales • Rentals • Service
Rent-to-Own • Free In-Home Demos

12 BC Locations to Serve You:

- North Vancouver
- Vancouver
- Burnaby
- Surrey
- Tri-Cities
- Abbotsford
- Nanaimo
- Victoria
- Kelowna
- Kamloops
- Vernon
- Prince George

Plus branches in Alberta, Ontario, Quebec,
New Brunswick & Nova Scotia

1-833-NSM-MOVE
1-833-676-6683
www.nsm-seating.ca





LOIS PETERSON: AUTHOR. ARTIST. NO REGRETS.



By Ursula Maxwell-Lewis

Interviewing Nanaimo writer Lois Peterson reminded me of a quote from Natalie Goldberg, (Writing Down the Bones) who observed, "Writers live twice".

When Peterson's appealing watercolour artwork popped up regularly on my Facebook feed my curiosity was piqued. Knowing she had authored nine books, what, I wondered, had inspired this newly unveiled talent? Where might it be leading? A living twice moment?

"Dad was a talented caricaturist, my uncle was good at sketching and Mother was a quilt maker and designer," she tells me by phone. Clearly she has inherited their appreciation of colour, texture and keen eye for converting blank pages into charming works of art. "I'm painting as we're talking," she says, "A cedar waxwing. I paint daily. Right now I'm enjoying it more than writing."

Born in Britain, educated in England and Iraq, Lois immigrated to Canada in 1971. "I actually have no sense of home," she reflects pragmatically. "I'm not a citizen and have no loyalty to any particular place. I don't have goals as such. Being in the now is more important than in the future." Capitulating slightly, she admits Cornwall's legendary coast, where her boarding school and grandmother lived, might be the exception. We digress into mutual admiration for Cornish coast towns like Truro, Falmouth, Perranporth, St. Mawes. "Boarding school formed a lot of the person I am. Living with 40 other girls and no family nearby made me independent from a very young age."

Peterson, now retired from a public library career, recalls, "I loved working with kids, locating exactly the right book for homework projects, helping parents in libraries." Writing and lecturing skills subsequently blended into crafting books for young readers and hosting writing workshops.

Travel and painting co-exist companionably for her. She favours water colour pencils over a camera. "Painting is like looking at things a little closer. It made my last trip to Turkey more meditative," she recalls. Her artwork gift cards and 25% of the royalties from her latest book assist with fundraising for the Nanaimo Unitarian Shelter (Unitarian Fellowship of Nanaimo) where she served as Executive Director for over two years and with which she is still associated.

"I have no regrets," she says, responding to the

question... then pauses. "One thing I wanted to be growing up was a foreign correspondent. I would have spent my time in the thick of war, tragedy, destruction." Perhaps, in a way, her career path and shedding more insight on the burgeoning homelessness crisis through writing and art has brought this latent yearning to fruition in an unexpected way.

We talk about her latest book, 'SHELTER Homelessness in Our Community, published in 2021. "Nanaimo is not the most compassionate community. I wanted to educate the kids about how people might feel with nowhere to call home." In the book she sensitively, clearly without pulling punches, introduces young readers (and adults) to realities of homelessness, addiction, root causes, the impact and reactions to it by communities, businesses and healthcare systems. Referencing aging and homelessness she points out, "Although some seniors qualify for affordable housing, there is not enough of it for everyone who needs it, and there are long waiting lists."

Knowing she once volunteered to teach writing at Matsqui Institution (Abbotsford, BC, federal medium-security prison) with the late Ed Griffin, founder of the Surrey International Writers' Conference, I ask about that. "The most compelling thing about it was that most of the inmates nobody has ever listened to. It was a brutal, brutal environment. It showed me how much people want to express themselves. In the prison, most inmates I met couldn't." She has no regrets, but no desire to repeat the experience.

A popular workshop presenter, Lois Peterson confesses, "I love doing workshops! I'm a showoff and like to show off in front of the class. I understand the ease of no parking and going to class in pjs, but I miss talking to people in person."

She notes a huge demand for memoir courses and associated topics such as how to use your life experiences in different projects such as family documentation.

A colour working sketch of the cedar waxwing landed as the interview concluded. Call me impressed.

To contact Lois Peterson go to <http://loispetersonwriter.ca>

Ursula Maxwell-Lewis is a retired editor, journalist and publisher. Contact her at utrael@shaw.ca



Photos submitted by Lois Peterson

Debby Donaldson

Retired Registered Nurse

Services:

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

Serving New Westminster, Burnaby, Surrey and White Rock

References upon request.

778-773-3999

ddonaldson650@gmail.com



MICHELANGELO’S SISTINE CHAPEL COMES TO VANCOUVER.

Article & photos by Lenora A. Hayman.

Years ago I was disappointed not seeing the Sistine Chapel, however others consoled me by saying they were only allowed 15 minutes and no photos were allowed. Therefore I was thrilled that Michelangelo’s Sistine Chapel: The Exhibition, created by the Los Angeles-based company, See Attractions Special Entertainment Events under CEO Martin Biallas, has arrived in Vancouver. They have re-created the 33 masterpieces plus The Last Judgement which was produced about 25 years after the completion of the ceiling frescos. What a thrill to see them up close!

The Fall of Man and Expulsion from Paradise, from the arched roof depicts the story of Adam and Eve. There are two successive scenes, with the left-hand side showing the fall of man with Eve taking the fruit of knowledge from the serpent, and in doing so going against God’s will.

Adam is also seen reaching out for the fruit on the right-hand side. Archangel Michael uses his extended sword to expel the sinners.

The Delphic Sibyl appears to be reading her scroll, before being influenced by the word of God. The Delphic Sibyl foretold that the Messiah would be mocked with a crown of thorns.

The Last Judgement extends across the entire western wall behind the altar and has 390 figures. According to the New Testament, The Last Judgement “will precede the complete renewal of God’s Kingdom when Christ will appear and judge the living”. St. Bartholomew, one of the 12 apostles of Jesus, is said to have been martyred for converting Polymius, King of Armenia to Christianity. Pictured is St. Bartholomew, who was skinned alive, but the face of Michelangelo is on the skin, who at times felt skinned alive by his critics. Several of Michelangelo’s contemporaries complained of the many naked figures!

Michelangelo (6 Mar 1475-18 Feb 1564) painted the Sistine Chapel (1508-1512) and The Last Judgement (1536-1541).

Michelangelo’s Sistine Chapel: The Exhibition, is at Exhibit Hall A of Vancouver Convention Centre East from Wednesdays through Sundays.



Photos all by Lenora A. Hayman
TOP LEFT: The Last Judgement.
TOP RIGHT: The Delphic Sibyl.
BOTTOM RIGHT: The Fall of Man and Expulsion from Paradise.

SENIORS...

You May Be Eligible for Financial Assistance from the Gov't. of B.C.

CALL US TODAY!

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
- Higher toilet and grab bars
- Chairlifts and ramps
- Single handle lever faucets in kitchen and bathroom
- Slip resistance flooring
- Door knobs with lever handle
- Counter height modifications
- Gliding shelves in kitchen and bath for easy access

604.857.5990

profilerenovation.ca

PROFILE

RENOVATION DIVISION

NKBA

NATIONAL KITCHEN BATH ASSOCIATION







*Independent Living
Residence for Seniors*



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

Call for a Tour
778-373-0299

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

BETHSHANGARDENS.ORG
17528 59TH AVENUE | SURREY-CLOVERDALE | 778-373-0299



Caring Shepherd

Home care services

Your skilled & compassionate caregivers

24 / 7 AVAILABILITY

- Companionship and Conversation
- Live-in & Live-out Caregiving
- Dementia Care
- Palliative Care
- Respite Care
- Housekeeping
- Alzheimer Care
- Parkinson Care
- Postoperative Care
- Transportation Services

604-614-8544 (Digna) 778-522-1544 (Ruben)
caring.shepherd.23@shaw.ca caringshepherd.ca

• LICENSED • INSURED • WCB • ICBC REGISTRATION



Natural Fibre • Fair Trade • XS-4X

9 locations in B.C., including:

- North Vancouver • Kitsilano
- Commercial Drive
- Outlet Centre (1453 Lonsdale Ave)

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



NEW Spring/Summer 2022 Collection Arriving In-Store & Online Now



WRITE AS I PLEASE

By Mel Kositsky

How about some old-fashioned weather forecasting? One that doesn't use a lot of technology!

We have already experienced some crazy winter weather but we will find out on Groundhog Day exactly what Mother Nature has planned for us. You gotta' believe!

According to Wikipedia, Groundhog Day (Pennsylvania German: Grund'sau dâk, Grundsaudaag, Grundsow Dawg, Marmeltag; Nova Scotia: Daks Day) is a popular North American tradition observed in the United States and Canada on February 2. It derives from the Pennsylvania Dutch superstition that if a groundhog emerging from its burrow on this day sees its shadow due to clear weather, it will retreat to its den and winter will persist for six more weeks; if it does not see its shadow because of cloudiness, spring will arrive early.

While the tradition remains popular, studies have found no consistent correlation between a groundhog seeing its shadow and the subsequent arrival time of spring-like weather. The weather lore was brought from German-speaking areas where the badger (German: Dachs) is the forecasting animal. This appears to be an enhanced version of the lore that clear weather on the Christian festival of Candlemas forebodes a prolonged winter. The Groundhog Day ceremony held at Punxsutawney in western Pennsylvania, centering on a semi-mythical groundhog named Punxsutawney Phil, has become the most frequently attended ceremony. Grundsow Lodges in Pennsylvania Dutch Country in the southeastern part of the state observe the occasion as well. Other cities in the United States and Canada also have adopted the event.

The day is observed with various ceremonies at other locations in North America. Due to Nova Scotia's Atlantic Time Zone, Shubenacadie Sam makes the first Groundhog Day prediction in North America. "Daks Day" (from the German dachs) is Groundhog Day in the dialect of Lunenburg, Nova Scotia. In French Canada, where the day is known as Jour de la marmotte, Fred la marmotte of Val-d'Espoir has been the representative forecaster for the province of Quebec since 2009. A study also shows that in Quebec, the marmot or groundhog (siffleux) are regarded as Candlemas weather-predicting beasts in some scattered spots, but the bear is the more usual animal.

In Pennsylvania, Punxsutawney Phil has become a popular tradition. On February 2, people within the city will gather to find out whether or not Phil's shadow is revealed. With that, he will allegedly determine whether spring will soon begin by not seeing his shadow, or if winter will ensue for six more weeks. Punxsutawney Phil's statistics are kept by the Pennsylvania's Groundhog Club, which cares for the animal. Phil has predicted 103 forecasts for winter and just 17 for an early spring. Most assessments of Phil's accuracy have given accuracy lower than would be expected with random chance, with Stormfax Almanac giving an estimate of 39%, and meteorologist Tim Roche of Weather Underground giving a 36% accuracy rate between 1969 and 2016 (a range chosen because local weather data was most reliable from 1969 onward), and a 47% record in that time span when predicting early spring.

The National Centers for Environmental Information, using a basic metric of above-normal temperatures for early spring and below-normal temperatures for more

winter, placed Punxsutawney Phil's accuracy at 40% for the ten-year period preceding 2019. Other poor results from analysis are reported by the Farmer's Almanac (which itself has been known for forecasts of questionable accuracy) as "exactly 50 percent" accuracy, and The National Geographic Society reporting only 28% success.

But a Middlebury College team found that a long-term analysis of temperature high/low predictions were 70% accurate, although when the groundhog predicted early spring it was usually wrong. Canadian meteorologist Cindy Day has estimated that Nova Scotia's "Shubenacadie Sam" has an accuracy rate of about 45% compared to 25% for Wiarton Willy in Ontario. Part of the problem with pinning down an accuracy rate for the groundhog is that what constitutes an early spring is not clearly defined. Assessments of the accuracy of other groundhogs such as Staten Island Chuckdo use an objective formula (in Chuck's case, a majority of days that reach 40 °F (4 °C) in New York City between Groundhog Day and the March equinox).

Prediction based on an animal's behavior used to be given more credence in the past when stores of food became scarce as winter progressed. One theory states that the groundhog naturally comes out of hibernation in central Pennsylvania in early February because of the increasing average temperature. Under this theory, if German settlement had been centered further north, Groundhog Day would take place at a later date. However, the observed behavior of groundhogs in central New Jersey was that they mostly come out of their burrows in mid-March, regardless of Groundhog Day weather.

There are several different ways of defining when spring begins, but by some common methods of doing so, the first day of spring is around March 20, which is always just under seven weeks after February 2, even in leap years. Also the idea of "spring arriving early" is a highly subjective notion which could arguably refer to almost anything, from several days to several weeks. At any rate, Groundhog Day serves as a convenient and whimsical milestone to mark the end of the darkest three months of the year (November, December, and January in the Northern Hemisphere), and bookends nicely with Halloween, the two holidays being opposite and roughly equidistant in time from the Winter Solstice, with Halloween festivities starting after sunset and taking place in the nighttime, and Groundhog Day being a celebration of sunrise and morning.

The Winter Olympics will go ahead this month in China despite the COVID-19 pandemic. Athletes from around the world are willing to take their chances in the Beijing "bubble" and the International Olympic Committee (IOC) and the Chinese government are out to prove they can hold a successful Games in the same way Japan completed the Summer Games last year. Why? It is all about the money!

Organizers do not really care that National Hockey League players have pulled out of the Games because it will make for a better competitive tournament, with less focus on the "stars".

They are banking on still getting a healthy television audience and most of the games' events and activities are geared to that audience. They are not ready to give back sponsorships and advertising revenue!

You probably won't hear the word "Omicron" mentioned in any broadcasts. The Olympics are no longer about "sport" -- they are just "big business".

With labour shortages hampering industries across the country, a new survey from The Harris Poll, commissioned by Express Employment Professionals, has found that employers are ignoring an effective option to keep some of their most experienced and knowledgeable employees working.

A majority of Canadian employees say they would partake in semi-retirement, but most companies don't offer the option. As a result, employers are losing employees during one of the worst labour shortages the country has faced in a generation.

More specifically, a majority of employees say they'd be likely to partake in semi-retirement by having a flexible work schedule (79%), transitioning to a consulting role

(62%) or working reduced hours with reduced benefits (57%). However, only around 1 in 5 (22%) say their employer offers semi-retirement.

While few employers formally offer the option of semi-retirement, some employees (43%) say their employer has brought retired employees back, either to be a knowledge expert (21%), act as a mentor to current employees (16%) or handle key client relationships (14%).

More than 3 in 5 (63%) employees wish their company offered more help for transitioning to retirement and only half (51%) report their company has an adequate successor in place for their role when they retire, according to the news release last month.

The survey results reflect what James Norris, an Express franchise owner in London, Ontario, is experiencing in his area.

"I have not seen companies do enough to bring people back out of retirement," he said. "Companies need to change their ways of thinking and realize that if someone is at retirement age they likely do not need to work, and therefore the company has to make it as attractive and stress free as possible."

Hanif Hemani, an Express franchise owner in Saskatoon, Saskatchewan, says labour shortages have caused employers to begin to realize the value of "boomers" and points out that keeping them in the workforce has many benefits for employers.

"This generation of workers has a strong work ethic, they have learned through experience, and they have wisdom," said Hemani. "They have the ability to answer the question 'if I knew then what I know now,' which is a very powerful question to answer in business."

Norris agrees that there are many benefits to keeping older employees.

"Many people who have been in a role for a very long time have found or created efficiencies in their jobs," said Norris. "Not having someone train directly under them to transfer this knowledge could result in years of learned efficiencies being lost."

His advice to companies: identify employees close to retirement and develop succession plans.

"It is becoming more difficult for companies to hire external employees and business leaders need to ensure they have someone in place to learn as much as they can from their seasoned employee before they leave," added Norris. "Not doing so can cause an enormous amount of risk to the business that can be easily mitigated with proper planning, training and development."

In terms of the best way to structure semi-retirement, Hemani and Norris agree that transitioning to consulting roles and offering flexible work schedules are key.

"Transitioning an employee to a consulting role gives the most flexibility to the employee as it can be customized very easily and they also feel like they have more control over their pre-retirement," said Hemani. "Employees who are retirement age likely want to spend more time with family and friends, pursue hobbies and travel, so a flexible work schedule would certainly be desirable to them."

"If someone does not need to work, but the company needs them, then the work schedule has to be on the employees' terms and flexible," added Norris. "By moving workers into a consulting role, they can help train new employees in a reduced labour-intensive capacity, which is key for many individuals who now have difficulty maintaining the more physical duties of the role."

"One day, we will inevitably lose baby boomers entirely from the workforce, but until then, we can all benefit from their talent and skills while offering them the chance to enjoy semi-retirement," Express CEO Bill Stoller said.

The survey was conducted online by The Harris Poll on behalf of Express Employment Professionals between Sept. 28 and Oct. 13, 2021, among 2,065 Canadian adults ages 18+ who are employed full-time, part-time, or self-employed. Data were weighted where necessary by age by gender, education, region, household income, household size, and marital status to bring them into line with their actual proportions in the population. This sample of employees includes 445 Boomer employees (defined as employees ages 57-75) that were weighted individually. For more information, visit www.ExpressPros.com.

A REFRESHER COURSE TO GET YOU BACK IN THE AIR

Air travel is gradually resuming as people take the trips they've been putting off due to the pandemic. So, if you're like most people getting on a plane these days, it's been a while, and there's plenty to remember.

Before you get to the airport — before you start packing, even — check out these tips to get back up to airspeed:

Learn about liquids

Any liquids, aerosols or gels in your carry-on bag need to be in containers of 100 millilitres or less, and they all need to fit in a single, resealable one-litre plastic bag. There are exceptions for prescription and non-prescription medications, as well as for food and drinks for children under two.

Befriend the bins

When you get to the pre-flight security screening checkpoint, you'll need to place your carry-on bags and other personal items in bins to go through the x-ray. Your liquids bag will need to come out of your carry-on and be placed separately in the bin. Same for your laptop, but make sure not to place anything on top of it, so the operator has a clear view.

Small items like cellphones and wallets can stay in your carry-on — this reduces the time you'll spend gathering your things on the other side and minimizes touchpoints for increased health and safety.

Masks and more

You're probably already an expert mask-wearer, but it bears repeating that you'll need to wear one at the airport. You'll also need to show proof of vaccination. Plenty of other measures are in place to protect you and everyone else in that space, including extra hand-sanitizer stations before and after security and enhanced cleaning procedures. You're also asked to keep a two-metre distance from other passengers and staff, where possible.

Find even more information to help you get back into the air with ease from the Canadian Air Transport Security Authority, the organization in charge of pre-flight security screening. Check out their website at catsa-acsta.gc.ca.

www.newscanada.com



Multiple Realty Ltd.

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



D'arcy
Hamilton

DO YOU NEED DENTURES?

Missing a few teeth or have no teeth at all? A Caring Licensed Mobile Denturist serving Vancouver, Burnaby and Tri-Cities area.

FREE CONSULTATION!
PLEASE CALL: 604-724-0031

All safety precautions are taken in consideration due to Covid-19.

TODAYS SENIOR NEWSMAGAZINE
READ THE LATEST EDITION AS WELL AS BACK ISSUES
todaysseniornewsmagazine.com





Cozy Corner "Lets Talk"

By Janet Isherwood

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

Beneficial information previously printed.

Every year the subject of seniors and falls comes up. I spoke with Sonia Brodie, MSc CCRP at the Surrey's Health Tech Connex and some suggestions related to seniors and falling are listed below.

Preventing Falls and Maintaining Function for Seniors. The ability to be independently functional is important at any age; For seniors, putting the work in to maintain physical function should be a priority.

Take the Risk for Falling Assessment below to see how you score:

1. Have you fallen in the past year?
2. Do you use a cane or walker to get around safely?
3. Do you feel unsteady when walking?
4. Do you steady yourself by holding onto furniture?
5. Do you ever feel worried about falling?
6. Do you push with your hands to stand up from a chair?
7. Do you have trouble stepping up?
8. Do you often rush to the toilet?
9. Have you lost feeling in your feet?
10. Does your medicine make you drowsy?
11. Do you take medicine for sleep?
12. Do you feel sad or depressed?

If you answered YES to 4 or more of these questions, you may be at an increased risk for falling.

Age-related deficits in the musculoskeletal, visual, and cognitive systems, in addition to other neurological factors related to aging, can all contribute to decreased functionality and an increase in the risk of falling.

At the Surrey Neuroplasticity Clinic in Surrey B.C, their clinicians can measure brain and body health using sophisticated technologies and provide specialized treatment to help you reduce your falls risk and improve your functional independence.

The Surrey Neuroplasticity Clinic also offers free, virtual classes that seniors can participate in from the comfort of their homes. These classes include education on why balance problems or dizziness may be oc-

curing, self-care tips, and guided exercises and movements to help improve functionality.

If you yourself or a loved one are experiencing balance or dizziness problems, it is important to see a healthcare professional. Falls are not uncommon in older adults and continue to be the leading cause of disability for seniors.

For more information on any of their services, including their free online classes, you may reach them at (604) 424-8280 or e-mail them at info@snpc.tech

For 2022 availability.

Safety checklist in-house:

1. Make sure electric cords and plugs are in good shape and out of the way.
 2. Are your stairways well lit, have sturdy handrails and are free of all objects.
 3. Make sure of your footing before you climb.
 4. Care full of loose rugs in your home.
 5. Make sure your bathtub has a tub rail and a non-slip surface.
 6. Within your home install handrails along corridors if you have poor balance or mobility issues.
 7. Washrooms - install toilet and bathtub rails for weight bearing and easy movability.
 8. See that toilet paper is in an easily accessible spot.
 9. See that tubs or showers have a nonskid floor
 10. Adjust the water temperature in the home so that the fear of scalding water is not an issue
 11. Have a small fire extinguisher installed near the stove in the kitchen.
 12. Storage - do not place items above head level when storing items in all rooms of your home.
- Over one-third of people aged 65 and over will fall at least once each year. Falls are the most common cause of injury and the sixth leading cause of death for seniors.

Safety check outside your home:

1. See that walking surfaces to and from the house are even. If necessary, provide a ramp not stairs for future entrances.
2. Is your 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 doors.
5. Make sure door locks are easy to use yet allow maximum security.
6. Install a peephole at eye height or install an inter-

com so you do not have to open your door.

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

8. Have a flashlight ready for an emergency.

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

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

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

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

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

Another area of concern is footwear. So many seniors are not wearing sturdy footwear. Make sure that their shoes are a good fit. Secondly make sure shoes are suitable to the present weather. So many seniors are in slippers and while warm not suitable for outside use.

Check that a senior's footwear has a good grip sole. Make sure shoes or boots are ribbed so to grip the pavement or floor. Try not to have laces as they come undone and can be tripped on.

While these were just a few suggestions on preparing for weather changes, remember you want your home to be comfortable and safe where everything is easily accessible.

To all my readers, friends and business associates with Today's Senior News Magazine. Such a wonderful group but there comes a time in everyone's life when it is time to say good-bye. My 20 years writing the Cozy Corner Column has been wonderful and I do hope I have answered your many questions. Times are changing and my life is now taking a new road.

Take care, I will miss you all terribly and I hope the best for you all in your senior years.

Janet Isherwood

Thank you Janet for your many wonderful contributions to our community paper! We hope you enjoy retirement and continue to tell amazing stories and provide valuable information to those around you. We fully believe that Cozy Corner helped countless people in the community.

- Sincerely your friends at Today's Senior Newsmagazine.

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 reopening 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.

www.newscanada.com



Straight from the Horse's Mouth

By Mel Kositsky

Harness racing continues this month at Fraser Downs, located on the Cloverdale Fairgrounds as part of the Elements Casino Surrey complex. Despite a rough start to 2022, the two-days a week racing schedule appears to be back on track. It is hoped that as the weather improves, the track conditions will remain stable and the winter/spring schedule will be completed. At this point there is racing on Sunday afternoons and Monday evenings.

With casinos back operating at 50 per cent of capacity, fan attendance at "live" racing is limited, but bettors are still supporting the sport and horse industry through Internet betting sites. In Canada, www.hpiabet.com remains the only legal site for betting on horse racing.

Fraser Downs will offer two major stakes races this month with some changes to the format, as approved by the board of directors of Harness Racing BC. The Keith Linton and Penny Bath (foals of 2018) Stakes will go ahead -- but as four-year-olds in 2022. All horses celebrate their birthdays on January 1 and those stakes scheduled for the fall have now been rescheduled into February due to weather and track conditions.

The elimination heats of both the Linton and Bath will go Sunday, February 13 and the finals will

be scheduled for Sunday, February 20. The purses being raced for will be adjusted to 75 per cent of the original allocated amount of \$75,000 to the new purse of \$56,250. The eliminations will compete for a purse of \$10,000.00 per division.

The Linton is named after one of the top drivers in North American racing history, who finished his career at the Cloverdale track. It is for colts and geldings. The Bath is named for a standardbred horse breeder, who raised a number of B.C. champions.

Winter racing always has a number of weather-related challenges but Fraser Downs was able to complete a 12-race card on January 17, with a total betting handle of \$172,801 (one of the highest of the current meet). One of the highlights of that evening was local driver Rod Therres passing the 1,000-win milestone with three wins on the card. The veteran horseman reached the 1,000 mark on just his second drive and then added two more wins. The win came with his stable star Hurried Romance - a distaffer he owns and trains. The daughter of Dragon Again-Shes Just Rockin was hustled to the lead from post four by Therres, who cut out fractions of :28, 1:00 and 1:30.1 with the mare before using a :30.1 closing panel to seal the deal by 3-1/4 lengths over Yjuliahos in 2:00.2. Race favourite Riverrunsnappy, also trained by Therres, was third. Hurried Romance was an \$11,000 B.C. Yearling Sale purchase.

The Langley horseman has won more than \$5.2 million in earnings with the horses he has sat behind in a career that began in 1989, when he went winless in 11 drives at the Cloverdale track. More than 800 of his wins have come with horses from his own barn. He has competed in more than 7,300 races.

There is no "sure thing" in any sports betting as many punters have found out over the years, but Internet bettors have found a less risky investment at Fraser Downs. It seems some people are willing to take the minimum five cents on the dollar return and

are laying down big "Show" bets at the Surrey track.

While the return on investment is better than current bank interest, it still represents a very low return. However there seems to be limited risk at Fraser Downs due to all the small fields of five or six horses. Usually with a heavy favorite in the race, there is very little chance that favorite will not finish at least third -- and most races at Fraser Downs are won by short-price favorites. A contender would have to run into very bad racing luck not to place in the top three finishers - given the past performances.

While there are no guarantees, bettors are also assured there is so "monkey business" or "hanky panky" in the given race because all racing is highly regulated by lay judges and government officials -- who are there to protect the integrity of the sport. With limited racing opportunities now available, and the small fields covered by video and constant replays, it is next to impossible to get away with any dirty tricks on the track. And the penalties would put you out of a struggling business.

Since racing involves speed and skill, it is possible to make a mistake during a race. But that is unlikely to happen when there is such a shortage of horses available to fill racing cards.

But with any betting, you must be able to absorb the loss as "entertainment" before you place your wager. What looks like a sure thing often is not.

If you would like to
ADVERTISE
in *Today's Senior News-*
magazine

Details on page 3.

TRADITIONS RENEWED: THE POWER OF COMMUNITY TO INSPIRE

When Dr. Elaine Mah invites you to her birthday party, you'd be smart to RSVP right away and not miss a moment of the fun.

As a guest, you'll enjoy an evening of live music, dancing, door prizes, raffles, and a buffet, and you'll be encouraged to donate to Langley Memorial Hospital Foundation to help advance the hospital in excellence in patient care.

It all sounds like fun and games, but it's so much more, firmly rooted in family tradition and in the principle that generosity is inspired and strengthened by community ties.

"I've always donated every year and I've attended most of the galas, but I just thought I could do more," says Dr. Mah, a gynecologist and obstetrician who's been caring for Langley Memorial Hospital patients for nearly 30 years. "That's when I started to use the birthday parties to raise money for the Foundation."

Her philanthropic principles took shape from her own family history, beginning in the early 1920s, when her grandfather immigrated to Canada from China at the age of 15.

All her life, Dr. Mah witnessed the generosity of her own parents, who'd welcomed newcomers into

their home for weeks at a time, guiding them through the bureaucracy required to settle into a better life in Vancouver. Her grandmother would visit new immigrant Chinese residents in hospital, to bring them Chinese food.

"My grandparents and my mom and dad—they were all my role models," she says.

Given her background, Dr. Mah's path from a studious child immersed in her family's philanthropic traditions to a leader in her medical field and a fundraiser in her own right, seems like a natural progression.

To this day she donates generously to Foundation events and her own whimsically titled "49 and holding" fundraising celebration in honour of her 50th birthday raised \$12,000. A decade later, her most recent "59 and holding" fete raised an impressive \$19,000.

"That's the way I liked to do it, growing up in a large extended family—by celebrating community."

To start your own fundraiser for Langley Memorial Hospital Foundation, visit lmhfoundation.com/celebration.

FIND MICRO JOYS: A FRESH WAY TO BEAT THE WINTER BLUES

Holiday celebrations are over and the weather outside is frightful, which can only mean one thing: the winter blues are officially here. Fortunately, you can kick those seasonal blahs to the curb with a simple practice — celebrating micro-moments of joy.

Micro joys are small, unplanned moments of happiness or appreciation that you experience throughout the day. Finding and celebrating these small moments can ultimately make a big difference in how you feel.

Surround yourself with things you love. When you fill your space with items that make you happy, it will be easier to find joy in the tiny things. Celebrity designer Amanda Aerin is a big fan of using delightful décor to create a sanctuary at home. "Creating a space filled with beauty and meaningful treasures is a great way to lift your spirits."

Be present

Living in the moment and taking time to appreciate small wins can help improve your mood and your mindset.

Refresh your home

Being grateful for your surroundings is a lot easier when your home is warm and cozy, so use a few tricks to brighten your mood if need be.

"For me, scent really helps boost my mood, so I use Febreze Unstopables Touch fabric spray everywhere from the pillow cushions to the carpet. It delivers a burst of freshness every time you touch it, and a whiff of that scent is the perfect pick-me-up," says Aerin. Learn more at febreze.com.

www.newscanada.com



BC'S NORTH COAST: HAIDA GWAI



By Chris Millikan

From Vancouver's south terminal, my daughter and I fly to Masset. Landing two hours later, a shuttle whisks us to the car rental office. "First timers, eh?" grins Herb. "Well, you're on Graham Island's most northerly point. Of Haida Gwaii's 150 islands, Graham and Moresby to the south are the biggest. You'll love it here! I came for a two-day job...and stayed forty years!"

Crossing the causeway, we settle into Copper Beech Guest House, a heritage B&B owned by Susan Musgrave, renowned Canadian writer. She urges us to 'just take it easy' and 'see what unfolds' during our four-night stay. Already, we suspect our time here will be too short.

Driving south after breakfast, we stop near Tlel to hike the 10-kilometer Petsuta Trail. An easy path leads along forested hillsides; thick mosses carpet the ground. Pausing often to drink in breathtaking views, we descend to East Beach. In the distance, Petsuta's stark skeleton rises from deserted sands. This 60-meter log carrier ran aground during a ferocious 1928 storm. Mostly buried or washed away, only its bleached wooden hull and rusted portholes endure. Returning to the car, we continue to Skidegate Village, a bustling Haida settlement founded along Rooney Bay about 1850.

There, the award-winning Haida Heritage Centre proves magnificent. Totems carved in 2001 front stylized 'longhouses' representing six early villages. Glass windows allow sweeping views of Hecate

Strait and forests beyond. Wonderful collections of artifacts and artwork showcase a remarkable history. In the pole gallery, ancient totems from Tanu and Skedans dwarf us. And in the canoe house outside, carvers chisel new poles from fragrant cedars.

Next day, our goal is to investigate three windswept beaches east of Masset. Driving through Naikoon Provincial Park's rainforest becomes an experience in itself! Gnarled, moss-covered trees soaring along Tow Hill Road seem to envelope us. And off the narrow gravel road, we discover a delightful little bakery amid stately evergreens. Stopping in, we munch fresh-baked cinnamon buns at an outdoor table.

Strolling North Beach recalls a Haida legend describing how raven coaxes the people from clamshells and onto these expansive sands. Today, locals in four-wheel drives race along the vast, low tide beach. A few hardy souls swim in frigid waves. Battling stiff headwinds, we beachcomb toward Tow Hill, a massive basalt fortress. Tempted to climb its steep trail to the viewpoint, we instead head to nearby South Beach.

There, we gather moon shells of all sizes. Staggering up and down shifting dunes, we laugh like toddlers. Prowling Agate Beach last, we search for the crystalline gems said to have healing powers. Spotting these irregular, translucent stones amid millions of beach rocks turns out to be tricky. Luckily, several beauties reveal themselves!

Our last day's escapade follows the coastal road

into Old Masset. An illustrated map guides us to totems located throughout the village. By identifying symbols like the wealth-bringing frog; resourceful eagle; strong whale and powerful wolf, we interpret a meaning for each pole.

Browsing Sarah's Haida Arts remains a highlight. Locally carved argillite figures, paddles, masks and totems attract us. Woven cedar-bark baskets and traditional sunhats stand out amid artworks. Exquisite handmade jewelry incorporating gold, silver and abalone spark the trying on of countless earrings, bracelets and pendants. Jessica purchases an etched silver ring featuring raven, the trickster, and her favourite creature.

On our way back to the airport, we take one final look at South Beach. This time, swirling silver mists shroud the rugged coastline. Immersed in mystic, otherworldly beachscapes, we reflect on Haida Gwaii's inspiring culture and memorable natural beauty. As Herb predicted, we DO love it here!

When You Go:

- www.pacificcoastal.com daily flights to Masset in summer; three times weekly in winter
- www.copperbeechhouse.com Copper Beach Guest House
- www.sarahshaidaartsandjewelry.com Sarah's Haida Arts & Jewelry in Old Masset
- Rustic Car Rentals in Masset (250) 626-7089
- Haida Gwaii Tourism www.gohaidagwaii.com



**REMEMBER
HONOUR
CELEBRATE**



Langley Memorial
HOSPITAL FOUNDATION

Celebrate an important milestone or pay tribute to a loved one by donating to a favourite charity in their honour.

In lieu of birthday gifts, wedding favors, or memorial flowers, donations to Langley Memorial Hospital Foundation still celebrate a loved one while also providing important medical tools and programs that advance life in your community and improve the future of health care.

GET STARTED TODAY

LMHFoundation.com/Celebration
604.533.6420



604-596-9670

**Palm Springs
Las Vegas Coach Tour**

April 2-14th, 2022

13 Days. This is a relaxing itinerary with just enough site seeing and the perfect amount of rest and relaxation. Highlights include: Las Vegas two nights, Palm Springs 3 nights, Death Valley, Reno. Book by **Feb 2th** and save \$50 per person! Come and join the Pitmar family and find out why we have so much fun! \$3,195 Cdn pp. dble occ. Proof of full vaccination required.



Other tours to have fun on !!

Steam Train Robbery & Wine	TBA	3 Days
Newfoundland & Labrador	July 1-14th	14 Days
Quadra Island & Sandcastles	Aug 13-15th	3 Days
Waterton, Rockies & Drumheller	Sept 18-25th	8 Days
Storm Watch on Van Island	TBA	3 Days
Butchart Gardens & Chemainus	Dec 5-7th	3 Days
Leavenworth, Warm Beach Lights	Dec 15-18th	4 Days

Door to door home pick up and return (only if you have fun)

Call for your 2022 Brochure

www.pitmartours.com
info@pitmartours.com



**TRAVEL
PROTECTION**



Manulife



LICENCED BY:
**CONSUMER
PROTECTION BC**
BC Reg # 3561

ABSOLUTELY FREE To Low Income Seniors & Disabled!!

NEW BC GOVERNMENT GRANT!

PAYS YOU up to \$17,500!!!

You May Qualify for FREE Bathroom Modifications!!!

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

✓ **WALK-IN
BATHTUBS**

✓ **WALK-IN
SHOWERS**

✓ **CUSTOM
KITCHENS AND
BATHROOMS**

✓ **OFFERING ALL
CUSTOM HOME
RENOVATIONS**

**All Free To Qualifying
Seniors & Disabled!**



BEFORE



AFTER



AFTER

**Easily Replaces
Your Bathtub
or Shower**



**ALL CANADIAN
COMPANY**



**SENIORS
DISCOUNT**

CALL TODAY TO SEE IF YOU QUALIFY!

HANDI BATH 778-323-0304

CALL FOR YOUR FREE BROCHURE TODAY!

Dentures on Implants

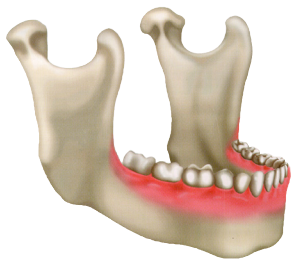
Take the next step

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.

Call for a complimentary consultation!

www.yourdenture.com • 604-530-9936

"Confidence starts with a Smile."



Brookwood Denture Clinic Ltd.

DENTURE AND IMPLANT SOLUTIONS

102 – 20103 40th Avenue, Langley

 /BrookwoodDentureClinic



Darren Sailer R.D.
Denturist



Colin Harty R.D.
Denturist

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

CELEBRATING 25 YEARS OF CREATING GREAT SMILES!