

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S SENIOR NEWSMAGAZINE



Strolling in B. C's Past Emily Carr's Victoria By Rick Millikan - Full Article page 17

AUGUST - 2022

FRASER VALLEY -
LOWER MAINLAND EDITION

Volume 27 - Number 10

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

MAUD LEWIS: LEGENDARY NOVA SCOTIA
FOLK ARTIST

by Ursula Maxwell Lewis..... 4

WHAT'S NEW IN LAS VEGAS?

by Lenora A. Hayman 5

FINANCIAL NEWS

by Rick C. Singh..... 6

THE PHARMACIST REVIEW 7

WORD FIND PUZZLE 8

HOME IMPROVEMENT "ASK SHELL"

by Shell Busey 8

SALMON ARM & SHUSWAP 10

WRITE AS I PLEASE

by Mel Kositsky 13

SENIOR READS

By Pamela Chatry 15

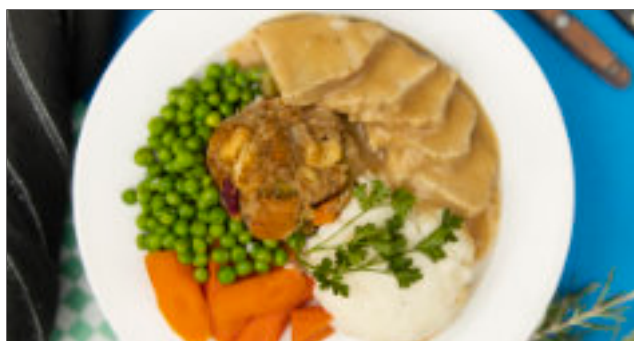
STRAIGHT FROM THE HORSES MOUTH

by Mel Kositsky 16

STROLLING IN B. C'S PAST EMILY CARR'S ...

By Rick Millikan 17

FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE



Comfort Food, Delivered!

10% off you first order! You don't
need to sign up or commit to a weekly
delivery. Order what you want when
you want from our seasonal menu of
classic comfort meals prepared by
chefs and delivered right to you.

Or come visit us in store!

batch. food.

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

604-533-0700

info@batchfood.com | www.batchfood.com



CRS Financial
WEALTH MANAGEMENT
Call: 604 535 3367

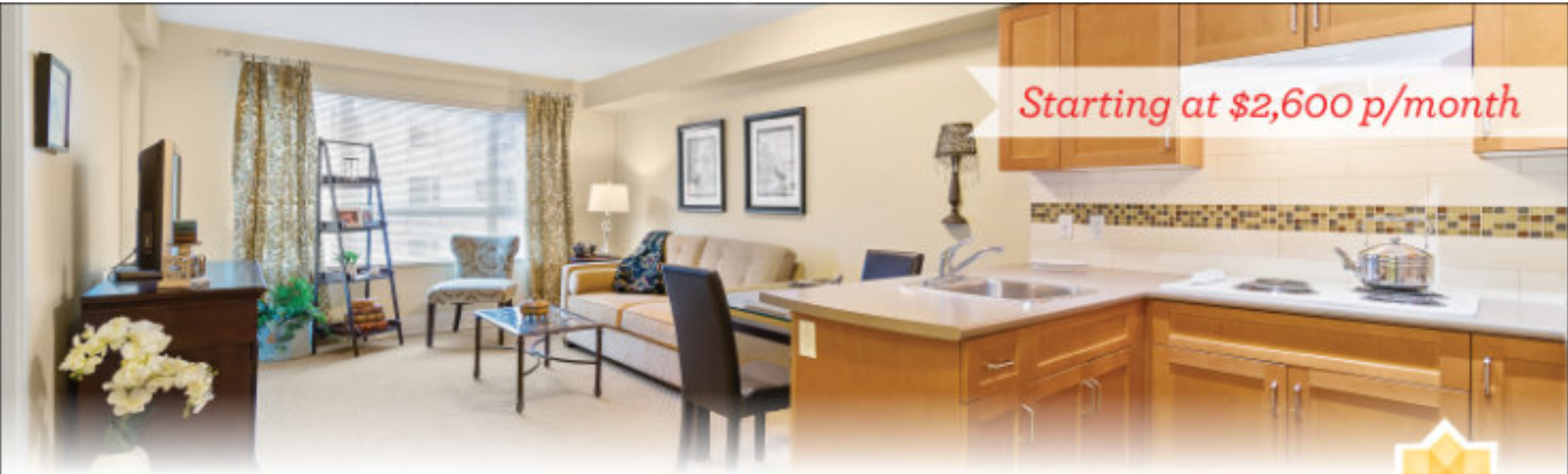
220 - 3388 Rosemary Heights Crescent, Surrey, BC, V3Z 0K7

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

A bright and comfortable suite is just the beginning! Enjoy a carefree all-inclusive lifestyle full of perks:

- Freshly-made, delicious menu options each day
- Fitness, recreation, entertainment and social events
- 24-hr reception and personal safety services
- Access to our courtesy shuttle for local trips
- Flexible month-to-month residency agreements

Come for a tour,
we'll treat you to a
complimentary lunch.
CALL SHERRI TODAY
604.351.8668



RETIREMENT. LIVING!

BriaCommunities.ca



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

- | | |
|---------------------|---------------|
| ✓ Mobility Scooters | ✓ Bath Safety |
| ✓ Power chairs | ✓ Tires |
| ✓ Walkers | ✓ Batteries |
| ✓ Wheelchairs | ✓ Accessories |
| ✓ Cushions | ✓ And more! |



**BUY SELL RENT
TRADE-IN PROGRAM**

20412 FRASER HWY, LANGLEY
604 539 8200



604-596-9670

Storm Watch Nov 8th-10th 2022: 3 Days



Experience the raw power of the mighty Pacific Ocean as the waves roll in from Asia and pound the shores of the rugged west coast - nature in all it's fierce majesty! Feel the pulse of a winter storm from the comfort of your ocean view room with breathtaking vistas. \$885 PP Dble occ. \$1125 single, plus GST.



SOUTHERN ROCKIES (SOLD OUT)	SEP 18, 2022	7 Days
CHEMAINUS AND VICTORIA	DEC 6, 2022	3 DAYS
LEAVENWORTH AND WARM BEACH	DEC 15, 2022	4 DAYS



www.pitmartours.com
info@pitmartours.com





ACCORDION TO DAN



A few months ago, I was walking along Georgia Street in downtown Vancouver when I did a ‘double take’. In front of the art gallery there was a poster of Yoko Ono and the word ‘Peace’. So many memories flowed of John Lennon and Yoko Ono and the hopeful, idealistic goals of the nineteen sixties.

Some of us still remember Vancouver artists like Jack Shadbolt and Tony Emery, the director of the Vancouver Art Gallery when it was located several blocks west. If I remember correctly, admission was free then. After construction, the gallery will be moving from its current location (the former Vancouver Court House now often used by ‘Hollywood North’ for dramatic photo shoots) to where the old Pacific Stage Lines bus depot used to be, close to the Queen Elizabeth Theatre, which was built many moons ago for around six million dollars. Today, a regular mega size house costs about that amount.

Going for a stroll along Theatre Row on Granville Street. I noticed so much has vanished. If it wasn’t for landmarks like the Vogue Theatre and Orpheum, some of us seniors might even get lost!

CLASSIFIED INFORMATION

Do you still recall the thick classified sections in Vancouver’s daily newspapers? Hard to find old 1960’s copies, but sometimes these treasures are found at a garage sale, thrift store or a flea market. Articles on the cost of a house compared today is incredible! Back in the 1960s, you could get a reasonably and reliable but used Ford, Chevrolet, or Pontiac for about two or three hundred bucks. That’s what I would drive, distributing and selling souvenirs like postcards and even genuine canned BC Pacific Air to retail stores. Thus, this bit of rhyme.

CANNED MEMORIES FOR REFLECTION

I was marketing genuine Beautiful B.C canned Pacific air souvenirs, postcards of Vancouver, Vancouver Island, including Victoria. Lots of memories there, because those days can nostalgically restore, ya’. Takes one back, how it used to be, driving an old Chev, Ford or Pontiac loaded with all kinds of local merchandise to sell, which brings back so much demolished history.

Those days when we still had the paper dollar bill plus a shiny fifty cent piece too. It was amazing, how just a few dollars an empty gas tank could fill. The era of cassette tape machines and transistor radios the good times help renew. So much that was amazing

now, ‘old hat and historic’. When hamburgers were as low as twenty-five cents and ‘deluxe’, a whopping fifty cents, in contrast to today’s ever-changing times.

INSTRUMENTAL CHANGES

Do you remember all that acoustic music that grasped the souls of millions? The Limelighters, Kingston Trio, Peter, Paul and Mary, Ian and Sylvia, the open mikes and coffee houses, the magic and idealism that grasped a generation, like magic. Compared to what is offered today on the air waves, the following lyrics might strike a chord or two.

MUSIC WITH SOUL

“I Found My Thrill”, of course we think back to Fats Domino, and “I’m Busted” by Ray Charles, two great songs. While today music seems to play an ever-important commercialized role. Convenient, fast, and missing something that used to inspire or enlighten, to imagine the ideals of humanity and peace, that John Lennon attempted to inspire.

THE CHANGES SEEN

Flea markets, garage sales, thrift stores mirror so many reminders of what has passed. They are like increasing waves of yesterday’s shores. Where lifestyles that used to linger now never seem to last. Film cameras, manual typewriters, magazines were staples for numerous decades. Like news today quickly ends up metaphorically wrapping tomorrow’s fish, and dreams, it often seems.



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

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

PHOTO: Imagine 'Peace', a concept that still resonates at the Vancouver Art Gallery. (photo: Dan Propp)

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



MAUD LEWIS: LEGENDARY NOVA SCOTIA FOLK ARTIST

By Ursula Maxwell-Lewis

Art and artists fall into a variety of categories, but the common denominator is a drive to share their souls, emotions and visions. Consider, for example, the poignant tale of Maud Lewis, a folk artist brought to mind during my southwestern Nova Scotia visit in June.

Maud Dowley was one of two children born into a comfortable working class Yarmouth Nova Scotia family on 1901. Diminutive in stature and with almost no chin, she was reportedly a happy child whose mother introduced her to painting water colour Christmas cards for sale. Little did they know that this

- despite Maud's severe rheumatoid arthritis and poverty in adulthood - would lead to her folk art fame.

By 1937 both parents had died. Maud lived briefly with her and aunt and brother before answering a "live-in or keep house" Marshalltown (west of Digby) notice board ad posted by 40-year-old bachelor fish peddler Everett Lewis.

The pair married in 1938, shortly after Maud moved in. The tiny roadside 4.1 x 3.8 meters structure consisted of one main floor room and a sleeping loft. Without electricity or indoor plumbing, a wood stove and coal oil lanterns supplied heat and light for the generally impoverished couple.

The film "Maudie" documents most of the story, including Maud's gradual fame through sales of her cards and paintings until her death in 1970 from pneumonia at the age of 67.

The house, inside and out, was eye-catching. Maud's passion for bright colours, coupled with her delight in butterflies, daffodils, swans, bluebirds and nature at large was lovingly painted on every available house surface, including cooking implements.

In 1984 the Province of Nova Scotia purchased the Maud Lewis House. It was meticulously restored before being moved permanently to the Scotiabank Maude Lewis Gallery at the Art Gallery of Nova Scotia in Halifax.

As happens with travel, though, that's not the end of my - and Maud's - story.

Our tour, 'Flavours of Southwest Nova Scotia', was hosted by Yarmouth and Acadian Shores Nova Scotia tourism associates after the Travel Media of Canada conference in Yarmouth.

The post-tour highlights were to be fresh-caught lobster, Digby scallops, mussels, oysters and those who harvested and prepared them. More about all that next month.

Fortunately, our tour driver/hosts Henry Wielinga and Laura Muise willingly flexed our schedule when we spotted the Maud and Everett Lewis Memorial Park where the original house was located.

Minutes away we noticed a folk art "Maud Lewis House Replica" sign leading us down a country lane to 11585-Hwy 217 to meet Murray Ross. Ross, who had been acquainted with Maud and her family, built

and maintains a colourful scale replica of the Maud Lewis House. Being unable to visit the real thing this was an excellent alternative. Visits are by donation.

In Maud's lifetime her art sales averaged \$2 to \$10 per piece. On May 14 2022 at an Ontario auction, one of her paintings, Black Truck, sold for \$350,000, more than 10 times the estimate of \$272,000. Maud Lewis originally bartered this painting in the 1960s to British artist John Kinnear for a grilled cheese sandwich.

For more information about about this area go to www.yarmouthandacadianshores.com or www.novascotia.com

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

Photos by Ursula Maxwell-Lewis

LEFT: Maud Lewis Replica House near Digby Nova Scotia.

TOP RIGHT: Maud Lewis Replica House Interior

BOTTOM RIGHT: Murray Ross with his Maud Lewis Replica House. Photo Ursula Maxwell-Lewis

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)

8438-140st Surrey, B.C. V3W 5L2

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

Debby Donaldson

Retired Registered Nurse

Services:

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

*Serving New Westminster,
South Burnaby and Surrey.*

*References
upon request.*

778-773-3999
ddonaldson650@gmail.com





WHAT'S NEW IN LAS VEGAS?

Article & photos by Lenora A. Hayman.

In June, I braved the 38.3 Celsius (101 F) heat and checked out "What's New in Las Vegas"?

I bedded down in the MGM Grand Las Vegas, with its 6,852 rooms, 31 eating establishments, 4 swimming pools and Lazy River.

Their Nellies Southern Kitchen, honouring the great grandmother of the Jonas Brothers pop rock band, offered a tender Southern comfort style fried steak with four cheese mac and drunken collards, accompanied with a Whoa Nellie of vanilla vodka, amaretto and pineapple juice.

Another night I enjoyed a charbroiled miso Chilean Sea Bass at their International Smoke.

Perception Las Vegas, is a three-gallery digital art museum where enthralled guests see 5 stages of Leonardo da Vinci's life, philosopher, scientist, inventor, architect and painter, explode in light and sound on a 28-foot-tall four-wall theatre. Of course The Last Supper and the 6 versions of Mona Lisa are seen in a new light.

I am thrilled that the Canadian owned Fly Over Las Vegas recently opened.

The best deal is to buy 2 consecutive shows and a drink. Our strapped in seats in The Real Wild West allowed us to sweep over the Las Vegas strip and the Grand Canyon, and Legendary Iceland had us flying through Iceland's river canyon.

We walked through Bellagio's lobby with Dale Chihuly's ceiling of 2000 enormous hand blown glass flowers, to the Bellagio Conservatory and Botanical

Gardens. Their theme changes 5 times a year, Lunar, Spring, Summer (Patriotic 4th July), Fall (Halloween) and Holiday. The "Jungle of Dreams" had a zebra, toucan, flamingos etc. honouring the coronation of the 34-foot-tall lion. Freeze-dried roses and seeds decorated the animals. Beneficial insects rather than pesticides kill the bad bugs.

After a lunch of cheese blintzes at beautiful Saddle's Café overlooking the garden, Keith Sels treated us to a Behind-the-Scenes of the Fountains of Bellagio. The fountains in the 8-acre lake have a sequence of 35 different displays and music.

A recent exhibit called Area 15, which includes Meow Wolf's Omega Mart supermarket and Wink World is a digital immersive playground of flashing lights more suitable for the under 30's. However their restaurant The Beast by Todd English, four-time James Beard Award Winner, produced a fabulous BBQ sampler of fork tender brisket, St. Louis ribs and pulled pork.

Don't miss the Mob Museum created by Mob Attorney and Mayor of Las Vegas, Oscar Goodman and located where his first court originated. Relive the unsolved murder of "Bugsy" Siegel (June 21, 1947) after his completion of the Flamingo hotel. The underground speakeasy and distillery offered a

Bathtub Fizz with sloe gin, aperol, bitters and egg white in a cute bathtub container.

The first Las Vegas non-smoking hotel Park MGM has the Eataly Las Vegas, an upscale Italian Food court with quick service counters, groceries and La Pizza e la Pasta Restaurant. Try their house made lasagne with béchamel sauce and a Limoncello spritz with prosecco.

The new Cirque du Soleil Mad Apple had recently opened at New York-New York Hotel and Casino. It was a mixture of acrobats, comedy and musical acts as seen in a New York variety show. Six of us were chosen from the line-up to witness a private magic show prior to the evening.

Finally you do need access to a smart phone to download the ArriveCAN app to report trips and vaccination status, 72 hours prior to entering Canada. Although international travel requires more planning, it's still fun!

Photos all by Lenora A. Hayman.

TOP LEFT: Eataly Las Vegas at Park MGM.

TOP RIGHT: Lion in Bellagio's Conservatory & Botanical Gardens.

BOTTOM RIGHT: Perception Las Vegas, with Laila, Anuhea, Antony & Gaby.





FINANCIAL NEWS

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

THE IMPORTANCE OF
PLANNING FOR A WEALTH
TRANSFER

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

Failing to have a will:

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

Treating equal beneficiaries unequally:

Often when splitting assets, the intention is to divide them equally among the beneficiaries - for example, equally among three children. However if you fail to take into account the tax consequences, the wealth transfer may not be equal. Take a simple example in which you have three assets: a registered Retirement Savings Plan (RRSP), a home and a non-registered mutual fund portfolio. Each asset is worth \$1 million. You name your first child as beneficiary of your RRSP, and in your will you leave the house to your second child and the mutual funds to your third child. You think that you are leaving \$1 million to each child, but the reality is that the third child, who is receiving the mutual fund under the will, is going to have his or her share reduced by any tax your estate pays on the RRSP and the mutual funds. Assuming a 40% effective tax rate, your estate will pay \$400,000 in taxes on the RRSP, in addition to any potential taxes on the deemed disposition of the mutual funds, which we will assume are \$100,000. As a result, the third child will be left with \$500,000-significantly less than the \$1 million the first and

second child each received, and not what you had intended.

Spousal Issues:

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

Failing to name a beneficiary on insurance policies and contracts:

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

As you can see there are many reasons why it is important to plan for a wealth transfer. If you don't have a will, arrange for your lawyer to prepare one. Review your will and beneficiary designations particularly after a life changing event, to ensure they still reflect your wishes. In addition meet with your financial advisor to discuss your wishes for wealth transfer. He or she will be able to ensure that your assets are distributed as you wish. If you do not have a financial advisor to consult with, please feel free to contact Rick C. Singh a Financial Advisor and a Certified Professional Consultant on Aging, to get a free consultation on your wealth transfer strategy. Rick can be reached at 604-535-3367 or by email at: rick@crsfinancial.ca

HOW TO AVOID COLD
SYMPTOMS COME SUMMER

Warm weather is finally here and with limited sunny days to enjoy, catching a summer cold is the last thing you want to deal with.

Unfortunately, like winter colds, they can set us back and are a pain to deal with. At the end of the day, a preventative approach of minding your diet and lifestyle choices is the best way to make sure you don't miss out on any enjoyable summer weekends.

Reduce stress
Unchecked stress can have a negative impact on our immune health, making anyone more susceptible to catching a cold. Find time each day to bring balance back to your mind and body through activities that help calm the nervous system. For example, studies have shown that fresh air and time in nature can do wonders for our health and can help to lower stress.

Catch high-quality Zzzs
Lack of good sleep also predisposes our bodies to the common cold. Sleep plays an important role in maintaining a healthy immune system. Create a solid sleep routine and prioritize getting deep and restorative rest to keep your immune system balanced through the summer and all year-round.

Include a variety of whole foods in your diet
Whole foods are those that have not been processed, refined or had extra ingredients added to them, and they help to keep us healthy. These foods include fruits, vegetables, legumes, nuts, seeds, whole grains, meat, fish and eggs. There are so many delicious fruits and vegetables in season during the summer, so be sure to take advantage of them and fill your daily diet with variety.

Consider a supplement like zinc for immune health

This mighty trace mineral plays a crucial role in the body's immune and detoxification processes. It is involved in more than 300 biochemical reactions in the body.

"Zinc is essential in the sense that your body doesn't produce or store it, so daily zinc intake is important," says Jenna Mangan, a certified nutritional practitioner with CanPrev. "Apart from its role in immune health, zinc also does a lot of big jobs for one unassuming mineral like helping maintain healthy blood sugar levels, keeping your thyroid functioning as it should, and supporting wound healing, growth, taste, and vision."

Find more tips at canprev.ca.
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.



CRS **CRS Financial**
WEALTH MANAGEMENT

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.

PERFORMANCE BOOST FOR THE WEEK-END WARRIOR

by Frederick Cheng, R.Ph, Christine Cheng, R.Ph

Staying active is crucial to mental and physical health. The key word here is "staying". It's great to get out and exercise, play sports, and enjoy the outdoors as much as you can, but it's terrible if a short bout of activity leaves you needing months of rehab because you have over-exerted or injured yourself due to the fact that your body is not ready for such activity. So, are there supplements a person can take to ensure the body is poised in optimal condition to face an active lifestyle? Lots! Here, we will look at a few of the most crucial ones that will maximize your preparation, performance, and recovery from exercise. Remember not to leave things till last minute.

A daily practice of adequate hydration and healthy eating is invaluable at maintaining your body in optimal muscle and body fat composition for overall health and sports performance. Establish a dietary lifestyle that is based on an adequate intake of protein, with high levels of fibrous veggies and good fats,

while maintaining as low a carbohydrate intake as possible. This will also put the body into a low inflammatory state, which benefits exercise recovery. Furthermore, the cascade of hormone system benefits will leave you feeling more positive, energized, and give you better balance in your food intake as well as sleep.

Foods made of protein isolates are ideal for their ease of full absorption and utilization. They are available in powder or food forms such as ready-to-serve liquids, bars, crisps, oatmeal, soups, etc.; Ideal Protein is a trusted brand. Electrolytes and branched chain amino acids ("BCAA"s) are crucial to maximizing muscle performance as well as minimizing muscle break-down from exercise; TruMe is a delicious, natural BCAA powder that can be used as a pre- and post-workout drink. A smart glucosamine and hyaluronic acid formula like Recovery Extra Strength can prevent and treat damage to the soft and connective tissues in your joints and elsewhere in your body due to the stress from repetitive sports movements, such as running, jumping, batting, etc. It can be combined with a specific length collagen, such as those by CanPrev, to maximize resilience in your joints. Consult your integrative pharmacist, nutritionist, or health practitioner for your specific dietary needs.

Rescue Remedy (by Bach Flower), mushroom blends such as Complete 360 (by Purica), and herbal adaptogens and adrenal formulas (such as Adrenal-Pro by CanPrev) can prepare you both mentally and physically by managing associated stress and anxiety during training or in games; Complete 360 will also benefit overall immunity. You will stay more composed and make more intelligent plays. The homeopathic options will not carry any side-effect risk such as prescription or even herbal options (eg. drowsiness or changes in appetite), so therapies such as Rescue Remedy can be used chronically as well as sympto-

matically (eg. several times a day during training, and up to 3 times an hour just prior to an event or performance). Rescue Remedy will also not test, meaning you can improve mental performance by having some in your water bottle; allow adequate time for the slight bit of alcohol used as a preservative to dissipate.

If you still need a bit of energy boost despite a healthy eating and rest/sleep pattern, then consider adding a Vitamin B supplement. Thorne makes a great line of Vitamin B's with specific needs in mind (eg. Stress B Complex), and AOR has a complete Advanced B-Complex with the right amounts of each B Vitamin for general use. Spirulina and alfalfa tonic can also address daily fatigue and give you much needed energy.

Each body has its specific needs, so be sure to consult a trusted integrative pharmacist or health practitioner for specifics. This article is not nearly a comprehensive discussion on the topic of performance enhancement, but the integrative team at Cloverdale Pharmasave and Pharmasave Steveston Village are well-versed to keep you performing at an optimum level. We can even help your furry friends, be they a dog, cat, horse, or cow.

BUY 1 GET 1 FREE COLLAGEN

From healthy hair, glowing skin and strong nails to gut and joint health this super powder has super powers!

BEST DEAL!
Buy 1 500g and get 1 FREE!

Limited time offer, while quantities last.

PHARMASAVE

Downtown Cloverdale
5710-5715A Street, Surrey B04-570-2888

Steveston Village
8185-82428 No. 1 Road, Richmond B04-232-0539

Cloverdale Health Centre 500-2003 • Steveston Village 500-2003

www.iphasmasave.com

HOW TO SAVE ON THE FUN STUFF THIS SEASON



With the high cost of necessities like food and gas, it's no surprise that fun outings can take a back seat to essential purchases.

But there are a few tricks to help save on your favourite splurges even when you're on a tight budget. Here are some ideas:

BYOB

You might know the concept of "bring your own," from party invitations, but with some variation it can help you save on an evening out. In fact, many restaurants now let you bring your own wine. They may charge an uncorking fee, but it will most likely still be cheaper than a restaurant bottle. See if it's an option at your favourite place.

Pack a lunch

Apply the bring your own concept to other events, like carry a picnic to your favourite attractions

so you're not forking out for overpriced, unhealthy meals. Most sites like zoos, water parks, museums and malls have areas for you to eat your own lunch and snacks.

Try out trainees

If you live in a town with any kind of college or vocational programs, such as a beauty school, see if they offer services provided by students. You could enjoy a top-notch manicure or gourmet meal for less because you're taking a risk on student talent. But don't worry, there should be an experienced supervisor ensuring things go smoothly.

Do your research

A little bit of research goes a long way. Whatever your idea of fun, a quick internet search or check in with your network and you never know what kind of deal you'll find. You might discover weekly or

monthly discount days at your favourite stores or attractions. Many cities around the world offer a combined ticket to multiple top tourist spots that offer significant savings on each.

Earn and redeem points

Review the value you're getting out of your rewards programs and remember to use the points you earn. Look for a program that helps you take advantage of everyday purchases like groceries, transit and gas, such as the BMO eclipse Visa Infinite card. It gives five times the points on those day-to-day purchases to help you rack up points more quickly, and it allows special access to some unique events, restaurants and wineries.

Find more information at bmo.com/eclipsevisa.
www.newscanada.com



HOME IMPROVEMENT
“ASK SHELL”

By Shell Busey

FIRE SAFETY TIP

During the cold months it is very important to be aware of fire and conditions that may contribute to causing fires in homes.

We tend to pile things close to heating systems during the warmer months only to let them go unnoticed in the fall and winter until they can become a fire hazard.

This is in areas such as the furnace, fireplace, chimney, gas hot water tanks, boilers, dryers etc.

Before the heating season, always check around the areas in the basement, garage and laundry rooms for potential fire hazards.

For instance the clothes dryer vent should be vacuumed and the duct to the outside clear of any lint that could plug the exhaust duct backing up into the dryer and causing a dryer fire.

Remove and replace all batteries in smoke and fire detectors. This should always be done on the anniversary of each year.

Mark it on your calendar NOW!!

If you haven't purchased a C.O. (Carbon Monoxide) detector as of yet please do it now for it may be your lifesaver. Purchase the digital plug in model with battery back up.

SUMMERTIME



Summertime	Barbeque	Sunshine	Swimming	Wildflowers	Sandcastles
Beach	Lake	Ocean	Fishing	Boating	Tubing
Waterskiing	Paddleboarding	Canoeing	Kayaking	Life Jackets	Sunbathing
Hiking	Towels	Water	Sea Shells	Cabin	Tent
Picnic	Icecream	Slushies	Sprinklers	Pool	Stay Safe

4 EASY-TO-REMEMBER TIPS FOR MANAGING FATIGUE



Fatigue is a common symptom that affects people with chronic conditions such as arthritis. It can be hard to manage since it can affect most areas of your life. But there are strategies that can help.

"We've found the 'four Ps' is one of the best techniques to help people cope with fatigue," says Trish Barbato, president and CEO of the Arthritis Society.

1 Prioritize

Keep a list of all your activities for one week and arrange it in order of importance. Then determine what you can skip, do differently or delegate. By only taking on your top priorities, you can conserve your energy.

2 Plan

If you usually feel better in the mornings, schedule your more demanding activities then. Just don't overdo it. Something big coming up?

Book rest time before and after.

3 Pace

Break up your daily activities so you're not overdoing it. There are several ways to do that. You can take regular breaks and alternate activities so you don't put too much strain on one part of your body. You can also give a nod to the "two-hour pain rule" which suggests you overdid it if you feel pain for more than two hours

after an activity.

4 Posture

Correct posture distributes weight over your larger muscle groups, helping you conserve your energy. To check your posture, align your ears over your shoulders, chin tucked in, shoulders down and back, tummy in, seat tucked under, and knees unlocked. When driving, sit close to the wheel with your knees bent and use a supportive pillow at your lower back.

Learn more tips for managing fatigue at arthritis.ca. www.newscanada.com

Multiple Realty Ltd.

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



D'arcy
Hamilton

ADVERTISEMENT

Benefits of walk-in tubs

**\$1000
OFF!
See Ad
Below**

As we age and begin to lose our mobility and sense of balance, bathing can not only become difficult but also a cause of additional stress and anxiety. Fear of falling and a fear of not being able to get out of the tub are two of the most common occurrences with many of our seniors today. Walk-in tubs have become extremely popular in the last decade and estimates show that people who go ahead and install a walk-in tub in their homes today, will be able to live independently for an additional five years.

Walk-in tubs are exactly what the name implies, tubs that have large doors that open, and you simply walk in and sit down on a 17-inch-high seat. You close and lock the door and the tub fills rapidly while you are sitting comfortably and safely inside. All the taps and controls are easily accessible at your fingertips. Once you are done your bath, turn the dial and the tub quickly drains and you simply open the door and walk out of the tub. The various models all have numerous grab bars and non-slip surfaces making getting in and out worry free. Walk-in

tubs are designed for an aging population who desire to remain independent for many years to come.

Manufacturers have optional tub designs accommodating every shape and size of person and bathroom. There is a tub size that will fit in the space where your existing tub or shower is. Walk-in tubs can be as basic as a soaker tub to as deluxe as your own personal spa. Offering numerous options such as heated back, multi-speed warm air jets, water jets, ozone, light therapy, aromatherapy, and more.

The benefits of a walk-in tub are numerous. Many people crave being able to confidently have a bath again and find relief by just soaking in a warm tub. Owners say they believe they sleep better after a soothing bath. The warm air or water jets give a deep massage and help to stimulate circulation, thus carrying additional healing oxygen throughout the body to the hands and feet. This has shown positive results increasing mobility and helping to relieve the pain and symptoms of such conditions as arthritis, chronic back pain, fibromyalgia, diabetic



and peripheral neuropathy, as well as various other acute and chronic conditions.

The Canadian Government website states that 1 in 4 seniors fall every year, and 25% of these falls are serious, leaving the victims permanently disabled and bedridden. A large percentage

of these falls take place in the bathroom. Aside from all the pain and suffering it also ends up costing the Canadian medical system two billion dollars annually. Therefore, the British Columbia and Federal Governments are helping many people who decide to purchase

“ Perhaps, one of the best decisions I’ve made is when I decided to go ahead and put a walk-in tub in my house. I no longer have a fear of falling and this will help me live in my home for many more years to come.”

Jean S.

a walk-in tub now. The help comes in the forms of a tax credit, a Provincial Sales Tax waiver, and in certain qualifying cases a \$7,500.00 Government Grant.

As we all age and the years fly by, many seniors are faced with the reality that taking proactive steps today and deciding to retrofit their homes with a walk-in tub is one of the best investments they can make to help them age in place, comfortably and independently in the home they love.

Sponsored content provided by Walk-in Tubs Fraser Valley.

BE SURE TO ASK ABOUT
GOVERNMENT GRANT
& TAX CREDITS!

30 YEARS

Go ahead and request a personalized, free no obligation quote today, you will be glad you did!

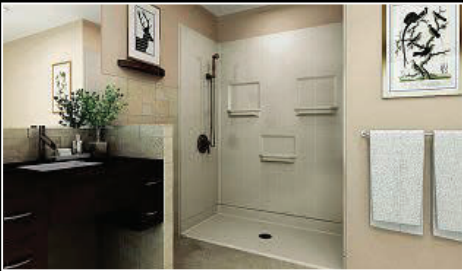
Walk In Tubs Fraser Valley offers Professionally installed Canadian assembled products providing, Peace of mind, Confidence and Independence to seniors for over **30 years**.

Enjoy a relaxing bath or shower with **NO WORRIES** using our **SAFE WALK IN TUBS** and **BARRIER FREE SHOWERS**.

• **Lifetime Warranty** • **Reasonably Priced**

\$1000 OFF INSTALLATION FOR YOUR WALK-IN TUB OR BARRIER FREE SHOWER

COUPON MUST BE PRESENTED AT TIME OF ORDER. OFFER ENDS OCTOBER 31, 2022



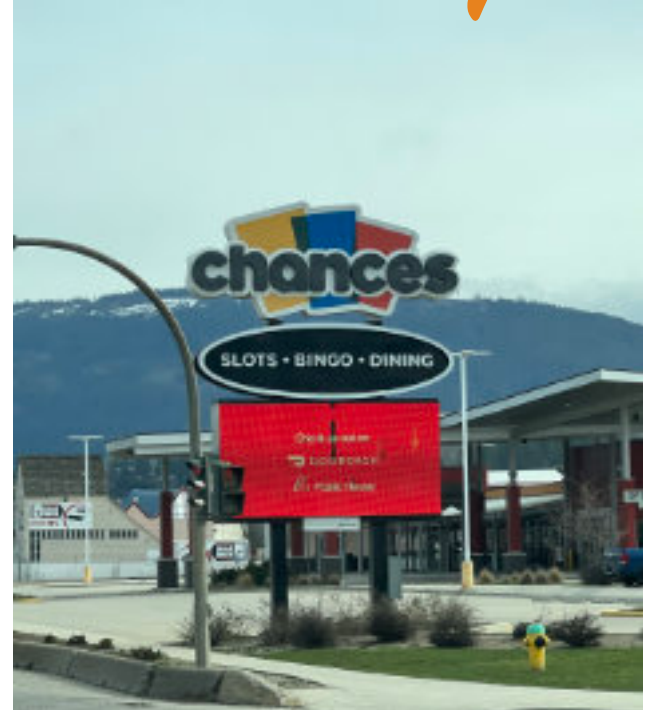
**WALK-IN TUBS
FRASER VALLEY**



ACCREDITED
BUSINESS

604-866-6897 • WWW.WALKINTUBSFRASERVALLEY.COM

Salmon Arm & Shuswap



TAPPEN RESIDENT IN SHOCK OVER \$1-MILLION LOTTO 6/49 WIN

Larry Anderson was blown away after realizing he scored a Guaranteed \$1-million prize from the June 8, 2022 Lotto 6/49 draw.

The Tappen resident was at home with his wife when he discovered the shocking win after checking his ticket on BCLC's Lotto! App.

"My wife saw something on Facebook that said there was a winner in our area," he recalled of the moment he realized he was the winner. "I hadn't really thought about what I would do if I won!"

Naturally, his wife was the first to find out about his windfall, followed by his children

"I called my kids who didn't believe me at first!"

Anderson, who purchased his ticket from the Blind Bay Village Grocer in Shuswap, plans to take his time figuring out what to do with his prize as the shock wears off.

"I need to think about it for a while first," he added.

So far in 2022, B.C. lottery players have redeemed more than \$83 million in winnings from Lotto 6/49.

Lotto 6/49 is a nationwide lottery game drawn on Wednesdays and Saturdays after 7:30 p.m. (PST). Each draw includes a Guaranteed Prize Draw of \$1 million.

Players can purchase tickets at any lottery retailer or at PlayNow.com. Players can now check their lottery tickets anytime, anywhere on iOS and Android devices. Learn more about the BCLC Lotto! app here.

BCLC offers socially responsible gambling entertainment while generating income to benefit all British Columbians. Remember, play for fun, not to make money. For more information, visit GameSense.com.

Media Release: BCLC



MAY EVENTS AT THE SOUTH SHUSWAP LIBRARY.

You are welcome to come in and choose your materials! We ask that you sanitize your hands before you browse. Our two computer stations are available to use.

We also have chairs and tables available for use in branch and free Wifi.

Proof of vaccination is not required for Library use or program attendance.

Please call the branch if you have any questions – 250.675.4818

BOOKS FOR CONNECTED COOKS Do you love to cook? Join this fun book club to get new recipes and to share cookbook titles. Book club will meet on the 3rd Thursday of each month at 10:00 a.m. from March 17 – December 15. Registration is required. Please call 250-675-4818 to register.

CREATIVE CREW LOOK WHAT YOU CAN DO Display your creative works in branch until August 31 that you made from an ORL book. Art, crafts, woodworking submissions all welcome.

PAGE TURNERS BOOK CLUB Held on the 1st Thursday of each month at 10:00 a.m. Registration is required. Please call the South Shuswap Branch at 250-675-4818 to register.

BLIND BAY GARDEN CLUB If you have a green thumb and would like to share or learn some gardening tips, drop in every 2nd Tuesday of the month at 10:00 a.m.

FIRESIDE KNITTERS Join the knitting crew on the 1st and 3rd Friday of each month at 10:00 a.m. Please call the South Shuswap Branch at 250-675-4818 for more information.

LASS Free Computer Training for Seniors has resumed. Please contact LASS directly at 250-463-4555 to book your training session.

If you haven't seen our new shelving visit the branch to see how open and bright the library looks.

HOW DO I OVERCOME EXTREME HEAT IN MY HOUSE?

In the winter you can put on layers and hopefully turn up the heat. But if you don't have air conditioning in your home, it may be difficult to stay comfortable when the temperature rises high.

Here are some key tips to cool down in your overheating home:

- Close your curtains and blinds to block out the heat of the sun
- Open windows overnight to let cool air in, if it's safe
- Go somewhere air conditioned for a couple of hours to take a break from the heat
- Have friends or family stop by to check on you and see if you're okay
- Be patient with yourself, as it's hard to be physically or mentally productive when you're very hot
- Plan and prepare recipes that don't need the oven — cold or no-cook meals are best
- Drink cool liquids such as water before you feel thirsty to keep hydrated
- Dress to keep cool in light-coloured, loose-fitting clothing made of breathable fabrics

If your home is very hot, it's also important to watch for the signs of heat illness. Keep an eye out for symptoms like unusually rapid heartbeat and breathing, nausea or vomiting, dizziness or fainting, and extreme thirst. If you experience them, get somewhere cool immediately and drink cool liquids.

Call 911 if someone you're with has a very high body temperature, is unconscious or confused, or has stopped sweating. These can be signs of heat stroke, which is a medical emergency.

Find more information and tips for staying cool at Canada.ca/health.

www.newscanada.com

**TODAY'S
SENIOR
NEWSMAGAZINE**

**Looking for a salesrep in the
Salmon Arm Shuswap Area:
Please call (604) 992-0721
for more information**

5 MOST POPULAR GETAWAY DESTINATIONS FOR SUMMER 2022



3 WAYS TO REFRESH YOUR OUTDOOR SPACE ON A BUDGET

Creating a beautiful and comfortable outdoor space doesn't have to break the bank. Whatever your budget, here are three simple things you can do to add a fresh feel to your yard.

Stain your deck or siding

Staining your deck or siding is an easy and budget-friendly way to transform your backyard. Using eye-catching stain colours from a brand like BeautiTone means you can not only enhance the natural beauty of the wood and your space, but also provide years of protection. If you're looking for a stain that will make your outdoor space pop, consider a rich black like 'Ebony'. This timeless neutral is a holistic complement to natural wood, lush greenery and brightly landscaped yards.

Pressure wash your surfaces

Outdoor cleaning is more than just a springtime task, it's something that should be maintained throughout the year. A pressure washer can help you tackle those tougher cleaning jobs in no time, so you can spend more time with friends and family in your freshly cleaned outdoor spaces. It's an easy way to get rid of dirt and debris buildup and feel a sense of satisfaction while you do it. From washing down your exterior siding to blasting grease and grime off your driveway, a pressure washer can make beautifying your property a breeze.

Paint a door

Sometimes the easiest projects create the biggest impact. Picking an exterior door to paint or stain can change the entire feel of your home and boost curb appeal. There are endless colour options, so consider what kind of statement you're trying to make. Show off your personality and rethink colour by using a bright yellow on the front entry or create drama with a rich black on your garage doors. This budget-friendly project will easily breathe new life into your outside space.

You can visualize your favourite paint or stain shade before you buy at BeautiTone.ca.

www.newscanada.com

Over the last two summers, many of us have found a new love for nature and the great outdoors. Now, with fewer restrictions and a higher comfort level, that love is still influencing many of our favourite getaway destinations.

The recent Toyota Canada Summer Road Trip Survey found that more than half of respondents were planning weekend or long-weekend getaways. Overall, the most popular destinations for this year, include:

The home of family or a friend

With the freedom to travel again, we just cannot wait to see the far-afeld friends and family members who we've missed.

Back to the beach

For those who love the gentle lapping of water on the shore or the feeling of soft sand between your toes, many of us will be found soaking up the sun and the fun at the beach this summer.

Parkland wonders

Canada is home to some of the world's most beautiful national and provincial parkland. With vacation budgets tight and a newfound appreciation of time outdoors, these monuments to nature will be popular destinations in 2022.

Camping in the great outdoors

For some, there's nothing like trekking into the woods, claiming our space and roughing it in the wild, but for others, the wilds are tamed by renting a tranquil spot with access to electricity, restroom facilities and hot and cold running water. Either way, camping is where we want to be.

Cabin or cottage getaway

More rustic than home, with access to a wide range of outdoor summer fun, for many of us the cabin or cottage is this year's preferred destination to step off the grid and enjoy some well-earned rest and relaxation.

www.newscanada.com

VINTAGE
Pasture
SALE 2022

DETAILS

**August 6th
10 - 4pm**

40+ VENDORS | \$5 ADMISSION
ANTIQUES & VINTAGE | FARM &
HANDMADE GOODS

VINTAGEPASTURESALE.CA

EST. 1921
vintage
PASTURE SALE
CURATED VINTAGE & ANTIQUES

MACINNES FARMS
Langley

7111 252 St, Langley

WHAT WE MISSED OUT ON LAST SUMMER DURING THE PANDEMIC



With restrictions lifting, many people are eager to get back to the activities they once took for granted. It's been a long time since we could enjoy a cup of coffee in a café or host a family reunion. This summer let's fill our calendars with all the things we can do once again and enjoy the season to its fullest.

Get together

There is a lot of catching up to do with family and friends both near and far. The warm weather and easing of limits make this the perfect time to celebrate with children's birthday parties and backyard barbeques. Or avoid the cooking and cleaning and enjoy the vibrant buzz of a crowded restaurant.

Activities and entertainment

From little league to the big leagues, baseball is back in full swing along with soccer, summer hockey

and camps. For the evenings, there's nothing like experiencing the fine arts with live concerts and theatre performances.

Travel

Travel freely, whether it's in your own town visiting the local tourist attractions or to far-off places that you've always wanted to see. You can make your travel, entertainment and dining more cost-effective with a best-in-class travel reward card, like the BMO Ascend World Elite Mastercard. After two years of staying close to home, it's time to take in the sites.

With all these activities to catch up on, the next time you chat with someone you haven't seen in a while you might not even mention COVID at all.

www.newscanada.com

AFTER THE ACCIDENT: AVOIDING AUTO REPAIR SCAMS

Being involved in a minor auto collision is bad enough. Falling prey to a criminal fraudster certainly makes things worse. Unfortunately, post-accident scams are on the rise and can range from false repair estimates to maintenance hook schemes and part replacement problems.

"When navigating an auto accident, there are many different parties involved, like tow trucks, auto body shops and rental companies," explains Bryant Vernon, chief claims officer at Aviva Canada.

"We always recommend calling your insurance company as soon as you can – ideally at the scene. They can guide you through the claims process and help you avoid costly mistakes or delays because they vet and monitor preferred vendors to ensure the best customer experience. Aviva customers who go through a preferred vendor have their claim settled, on average, 30 days faster and are more satisfied overall."

While insurers have seen customers fall victim to these scams, fortunately, there are steps you can take to avoid post-accident fraud:

- Once everyone is safe, record the details of the accident, noting the vehicles involved and the people you interacted with.
- Insist on going to the repair shop recommended by your insurance company.
- Take time to read the fine print, ask questions and do not sign blank forms or documents you do not understand.
- Report any suspicions of fraud to your insurer. www.newscanada.com

British Columbia Search and Rescue Association

We represent 80 Search and Rescue groups in British Columbia, consisting of over 2500 volunteers.

Helping to keep families safe in the outdoors!

Support for BCSARA appreciated
www.BCSARA.com/donate

Visit our Search and Rescue Prevention partners at www.AdventureSmart.ca to learn about their free outdoor safety awareness programs for children and adults.

AdventureSmart

Does your local business have a special for seniors?

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

Today's senior newsmagazine is cost effective and talks directly to your customer, with articles written by seniors.

Some business's that should advertise their seniors special:

- Retail Stores
- Restaurants
- Cafe's and Diners
- Flower Shops
- Toy Stores
- Salons and Spa's

Grandparents today are busier than ever doing the things they love whether its going out to dinner or buying new toys for their grandchildren. Make sure they know about your seniors specials.

"Advertising in Today's Senior was easier than I thought and made a major difference when I was running a seniors special in my restaurant. Thanks to the great support of the newspaper."

To find out more call our office 604-574-1964 Or visit us online: www.todaysseniornewsmagazine.com/advertise

EASY PLANT-BASED RECIPE WIN FILLED WITH BARBECUE FLAVOUR

Whether you have access to a grill or not, chances are you crave that meaty barbecue flavour from time to time. While ribs are of course the classic barbecue kings, there are plenty of delicious non-meat options for barbecue-sauce lovers who are vegetarian, trying to cut back on meat, working to trim the grocery bill, or simply looking to mix things up.

These easy and sublime pulled mushrooms become the perfect vehicle for your favourite barbecue sauce. The meaty vegetable, worth keeping in your grocery cart,makes just the right mouth-watering addition to a sandwich or taco. They can even be cooked in the oven.

Easy BBQ Pulled Mushrooms

Prep time: 15 minutes
Cook time: 30 minutes

Serves: 4

Ingredients

- 6 large portobella mushrooms or 1 lb (500 g) king oyster mushrooms
- 1 tsp (5 mL) vegetable oil
- 2 cups (500 mL) sliced onions
- 1/4 tsp (2 mL) each salt and pepper



• 1/2 cup (125 mL) favourite BBQ sauce

Directions

1. Preheat grill to 425°F (220°C). Remove the stems of the portobellas and set aside. Remove the gills from the mushroom caps and place mushroom caps, bottom side up, on a parchment lined baking sheet. Cook for 20 minutes.
2. Heat oil in a large skillet over medium heat. Add in onions, salt and pepper. Cook for 8 minutes stirring. Meanwhile, use your hands or two forks to “pull” the mushroom stems apart. Remove

mushrooms from the oven, and once cool enough to handle shred the mushrooms using your hands or two forks.

3. Stir shredded mushroom caps and stems into the onions and barbecue sauce. Cook, stirring over medium-low heat for five minutes. Serve as a sandwich, in lettuce wraps or use in tacos.

Find more recipes at mushrooms.ca.
www.newscanada.com

TIPS FOR SUPPORTING YOUR IMMUNE SYSTEM



The immune system is a powerful thing – helping us stay healthy as we come across germs throughout each day. Fortunately there are some things you can do to support the essential functioning of the immune system, including eating nutrient-rich foods and adopting healthy lifestyle behaviours.

Here are some nutrients shown to be good for your immune system, and where to find them:

Folate
The body uses folate to make DNA and genetic material, and you can find it in foods including asparagus, broccoli, kidney beans and avocados.

Selenium
This nutrient helps prevent cell damage to keep your body’s tissues healthy. It’s in crimini and portabella mushrooms, brazil nuts, halibut, ham and turkey.

B12
This vitamin helps nerve and blood cells stay healthy. You can get it from protein-rich salmon, tuna, beef, chicken, eggs, milk and nutritional yeast.

Zinc
Zinc supports the immune system to do what it

does best – fight off invading bacteria and viruses. It’s found in mushrooms, lobster, beef, pork, swiss cheese and nuts.

B6
This vitamin is required for enzymes to work properly, and it helps the body use and store energy. Foods such as shiitake mushrooms, bananas, squash, chickpeas and tuna contain this one.

While you might be aware of the health benefits of green vegetables, nuts and high-quality protein, you might be surprised to see how often mushrooms show up on this list. And yet, they certainly pack a nutritional punch. Choosing a variety of powerhouse foods like mushrooms alongside your leafy greens is a great way to get the nutrients you need and support your immune system without over-thinking it. In addition to other healthy lifestyle behaviours such as being physically active and reducing stress, it’s helpful to vary the proteins, fruits and vegetables you eat to get a wider range of benefits.

Find more tips and healthy recipes at mushrooms.ca.
www.newscanada.com

3 UNUSUAL THINGS YOU DIDN'T KNOW YOU CAN RECYCLE

Most of us know it’s a good idea to recycle to help reduce waste. But it can be a challenge to remember what items can be recycled. You might use some things every day and not realize they can be remade into raw materials to help create new products. Here are three things you can recycle that might surprise you.

Old carpeting
If you’re tearing out carpet in your home, you might not know what to do with it. Believe it or not, carpets can be recycled. Most will not be accepted in regional blue box programs, but if you call the manufacturer or a local recycling company, they can bring it to the depot for recycling. It will then be turned into a new carpet or other things like plastic auto parts or paneling. Carpets are often made from synthetics or fossil fuel-based materials, so it makes a difference to keep them out of the garbage.

Air fresheners
With various fragrances and all the plastic in these products, packaging and refill cartridges, you’d be forgiven for thinking you can’t recycle air fresheners. In fact, it’s true that many municipalities won’t take them. But a free program from TerraCycle lets you drop off or mail in your old fresheners and packaging from any brand for recycling.

Smoke-free products
You know you can return empty bottles and cans of alcohol for recycling – but it turns out you can also recycle items used for nicotine consumption. The Smoke-Free Recycling program allows for the recycling or safe disposal of vaping devices, pods, and certain heated tobacco devices. While vape pods are not currently recyclable, the program accepts these products so they can study methods to recycle them.

You simply collect your items in any old box, print a free shipping label, and send them off in the mail. There is even have a program for recycling cigarette butts, since those contain a plastic filter.

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



WRITE AS I PLEASE

By Mel Kositsky

It's all about the hair! It is just too funny!

Political leaders of today must be able to take the heat -- and the haircut!

After years of political satire sent in his direction, the cartoons must have finally gotten to him. British Prime Minister Boris Johnson finally announced his retirement last month looking more dishelved than ever before. Will he finally get a haircut once he goes back to private life? In today's modern world of social media posts, everyone who has a cell phone becomes part of the paparazzi. It doesn't take much these days for an awkward photo to go "viral". (Whatever that means?)

So Johnson, who has been serving as Prime Minister of the United Kingdom and Leader of the Conservative Party since 2019, is leaving his post while under tremendous political pressure. He will remain as the British PM until a new leader is chosen and that process is accelerating as media outlets throw everything they can at him, including the fact that he is in his third marriage. Maybe the tabloids do not like that the 58-year old was born in Upper East Side New York (according to Wikipedia), and they don't want an American to continue running their country.

It wasn't so long ago that the American media was all over former President Donald Trump about his hair -- Was it real? What colour is it anyway? There were so many cartoon depictions of his full head of hair that, unlike Johnson, was always perfectly groomed. They are still doing it whenever they can.

Now the "hair controversy" has come to Canada.

By the time you read this article, it may be that Prime Minister Justin Trudeau has grown back his "infamous" longer locks of hair. It has been one of the most talked about media items since he emerged a real candidate for political power. It was part of the second coming of "Trudeaumania" in 2015 (although his father never had much hair). And for the past few COVID years, his flowing locks and wavy hair, along with various facial hair designs, have been the centre of attention.

Now his July haircut has been all the rage -- as social media posts and major media pokes fun at the nation's leader. The 50-year-old Trudeau was seen in mid-July with much shorter hair than usual and looking much younger -- clean-shaven and relaxed in casual dress. In fact, it was such an unusual cut that it attracted more attention than he may have wanted. (Then again, they say in politics any publicity is good publicity. You want the media to focus on you and not your opponents.)

Several online comments and photo postings sparked a great debate about his new look, with many comparing him to Canadian actor-comedian Jim Carrey's famous character "Lloyd Christmas" in the 1995 movie Dumb and Dumber. It is a very similar "bowl" cut if you haven't seen the comparative photos yet.

Don't be surprised this summer if the photo media and political pundits start going after Conservative party leader candidate Jean Charest. Now a little older than he was when Premier of Quebec, Charest still has

a full head of hair and sometimes wild "do". It has become his trademark. Now he is locked into a bitter leadership race. Canadian Conservatives will choose a new leader on September 10.

The B.C. Day holiday is celebrated on the first Monday in August, but by some strange quirk of the calendar the holiday weekend will be mostly in July. This year August 1 falls on a Monday so all the weekend holiday events -- and there are many -- will take place from Friday, July 29 through Monday's civic holiday. With pandemic restrictions mostly eased now (although COVID-19 and its variants are still here), community events have re-kicked started all over the province.

Two such "live in-person" events making a comeback that weekend are the Abbotsford Agrifair and the White Rock Sea Festival. But there are many more all around the Vancouver area and province.

The Abbotsford Agrifair is a community fair that normally includes agricultural displays and amusement rides. In 2020 it happened as a drive-thru event on the long weekend at its usual Exhibition Park venue in downtown Abbotsford. Agrifair happens as a live in-person event with rides, concerts and other family-friendly activities. It features everything from Canadian wrestling to logger shows, farm animals to look at and live entertainment. There are also amusement rides, live concerts, food vendors and all kinds of fun activities. Agrifair takes place from July 29th to the 31st, so from Friday to Sunday on the long weekend. For more information, check www.agrifair.ca. The seaside resort town of White Rock usually celebrates its Sea Festival on the August long weekend. The free event includes children's activities, fireworks, a torchlight parade and live entertainment. Most years the festival takes place on the Saturday and Sunday of the first weekend in August (but in 2022 it's the last weekend in July). This year the festival takes place on July 30th and 31st.

The Township of Langley has been recognized with a prestigious Award of Excellence from the Planning Institute of British Columbia (PIBC) for their exceptional work on Our Thriving Community: Township of Langley Social Sustainability Strategy.

The Silver Award was recently presented by the PIBC at a national conference jointly hosted by the Canadian Institute of Planners in Whistler, according to a news release.

"It is an honour to receive this recognition from peer professional planners on our Social Sustainability Strategy and it's especially fulfilling as it is the Township's first comprehensive social plan," said Patrick Ward, Manager of Strategic and Social Planning who accepted the award on behalf of the Township. "Thank you to the hundreds of residents and local organizations that contributed to the success of this strategy by sharing their hopes for our future as part of the planning process."

"Many people in the Township currently enjoy a great quality of life, and the Social Sustainability Strategy is a roadmap for building an even more connected, inclusive, and resilient community," commented Township Mayor Jack Froese. "This strategy will help sustain the positive qualities of our community, proactively harness the opportunities to tackle social challenges, and thrive in the face of change."

The Social Sustainability Strategy was unanimously endorsed by Council in early 2022, and Council budgeted \$50,000 per year for five years to implement it. The annual budget will also help obtain other funding and grants from community organizations and other government agencies to support projects in the community.

One such example is the food recovery and repurposing project at the Aldergrove Community Station House, a partnership between the Township and Langley Meals on Wheels. Through the Social Sustainability Strategy, the Township was able to receive \$50,000 in provincial grant funding to support the project, which will repurpose blemished produce into

preserves and soups for distribution in the community.

"The Social Sustainability Strategy is already helping our community build the capacity to cope with ever-changing social challenges," said Shannon Woykin, Executive Director of Langley Meals on Wheels. "We commend the Township for developing this innovative strategy and for following through with action."

PIBC gives annual awards for Excellence in Planning to honour the best in professional planning work undertaken by members across British Columbia and the Yukon. The Excellence in Policy Planning category recognizes leading-edge and visionary plans that demonstrate quality in innovation, community engagement, and sustainability. To learn more about social planning in the Township, visit tol.ca/socialsustainability.

5 SIMPLE TIPS TO LIVE A MORE SUSTAINABLE LIFESTYLE



Lower your energy usage

By using less energy, you can help to reduce carbon emissions. There are a number of ways you can save energy at home, including switching off standby appliances, moderating your use of your AC and hanging clothes to dry instead of using a dryer.

Reduce, reuse and compost

Be conscious of the products you are shopping for and look for eco-friendly options such as reusable containers and jars or gifting preloved clothes to friends and local charities. Composting food versus throwing food in the garbage when possible is also a great plan.

Grow your own produce

Building a small box garden or herb garden can be simple, easy and great for the environment. Even if you don't have space or time to care for something extensive, you might be surprised what you can grow in containers on your balcony or porch, from tomatoes to hot peppers.

Support sustainable businesses

With a little research, you can easily find businesses that are making sustainable choices, such as Henry of Pelham Winery, which models sustainability from soil to shelf. In fact, they are launching a new sustainability tour June 2022 where you can learn more about sustainability in wine.

Save water in your home

Be conscious of using excessive water when brushing your teeth or showering. Catch rain water in your backyard to repurpose for your garden, and try installing a water butt to make use of grey water to avoid wasting drinking water.

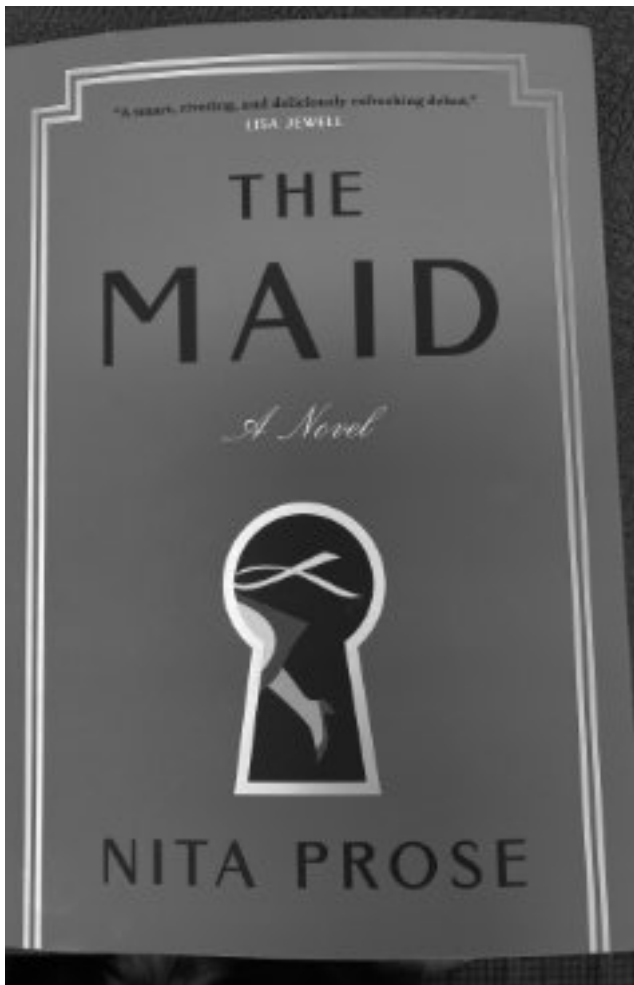
These simple, but effective tips can easily be incorporated into your everyday life and will leave you feeling good about your choices.

www.newscanada.com



SENIOR
READS
By Pamela Chatry

Oh my, what a Character!
If only the characters in our favorite books were real! Imagine getting to know Harry Potter, having tea with Anne Shirley, or having Scarlett O’Hara as a friend? Or maybe not! Well, a wonderful new and utterly unforgettable young 25-year-old woman named Molly Gray is now on my invite list! In the book, ‘The Maid’, author Nita Prose has given Molly to the rest of the world to remind us to check our assumptions about people like her at the door.
For those of you who have always felt like a square peg in a round hole, this heroine will especially resonate with the misfit in you.
‘The Maid’ is a wonderfully charming mystery and central character, Molly embodies the Sherlock Holmes of the hotel world. She’s a chamber maid who loves cleanliness and order to the extreme. She is passionate about her work but finds socializing a challenge. Molly’s encounters with smooth-talking guests, nasty gangsters and likeable



- and not so-likable- staff can be described as quirky at best. When a hotel guest is found murdered, Molly’s eccentricities put her front and centre as the prime suspect in a brutal homicide.
It soon appears as if Molly is caught in a web of lies and doesn’t understand quite how to navigate her way out of it. Thankfully, a cast of characters come to her rescue because like the book jacket

says, “A dead body is one mess she can’t clean up on her own.” You’ll quickly grow to love them all almost as much as you love Molly.
‘The Maid’ has enough unexpected plot twists and turns to keep you absorbed into the wee hours of the night. It’s a book that you can’t wait to finish but end up feeling sad that you have to say good-bye to Molly. There are so many little life lessons she leaves us with. It’s also hard not to fall in love someone who thinks ‘Olive Garden’ is a fancy restaurant and uses the TV character ‘Columbo’ as her wise mentor!
So, the next time you meet someone who sees the world a bit differently remember Molly. And if they appear to be a little odd, quirky or out-of-step, perhaps you can buy them a coffee and get to know them. You never know what they, too, can teach you.

Pamela Chatry is a voracious reader and an admitted addict of books. She had an unfulfilled dream of owning a bookstore. So, instead, she founded The Book Bags and now shares her love of books with Seniors in the Fraser Valley. The Book Bags delivers a free bag of books every month to seniors, handpicked by Pamela and her volunteers.

If you would like to
ADVERTISE
in *Today's Senior*
- ALL AREAS -
Phone: **778-751-4188**

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





Straight from the Horse's Mouth

By Mel Kositsky

The best in summer horse racing is under way at two historic locations.

Saratoga, long considered the "mecca" of racing, is only open from July until Labour Day at a beautiful vacation spot in upper state New York. Horsemen and racing fans flock to the small town, which is also the home of racing's Hall of Fame. On the other side of the country, summer thoroughbred racing is held at Del Mar, the seaside track built by Bing Crosby and friends just outside of San Diego. It is known as "where the turf meets the surf" and has its own theme song which was sung by Crosby. Both tracks host major stakes races, which attract some of the best in the business.

Canada also has its most prestigious race this month -- the 163rd Queen's Plate, which will be raced at Woodbine, located near the Toronto airport, on Sunday, August 21. The Queen's Plate (known as the King's Plate from 1901 to 1952, when the reigning monarch was male) is Canada's oldest Thoroughbred horse race, having been founded in 1860. It is also the oldest continuously run stakes race in North America.

The \$1 million Queen's Plate is the first jewel of the OLG Canadian Triple Crown of Thoroughbred Racing, which includes the Prince of Wales at Fort Erie and the Breeders' Stake back at Woodbine in the fall on turf. The Plate, and the series, will showcase the top Canadian bred three-year-olds at different distances. Like the Kentucky Derby, the Plate is contested at one mile and one-quarter -- and will some-

times see fillies go up against the boys.

The race will be broadcast nationally on the TSN network, during its new summer horse show "Race Day Live", which usually airs on TSN on Sundays, starting at 11 am Pacific Time. The regular show features racing from Woodbine and other major races, including some from Saratoga. The program is expected to continue each Sunday until the end of August. From handicapping the races, to interviews with trainers and jockeys, to world-class racing, Race Day Live has all the angles covered as the Woodbine Thoroughbred season shifts into high gear. Visit Woodbine.com for live racing schedules, news, notes and more.

Another major racing event this month is the annual Gold Cup and Saucer at the historic Charlottetown Driving Park on Prince Edward Island.

The 2022 edition of the Gold Cup & Saucer will feature a record six-figure purse for Charlottetown Driving Park's signature race to be held on Saturday, Aug. 20 during Old Home Week.

The purse will increase from \$60,000 to \$100,000. The announcement was made by officials with Red Shores Racetrack & Casino and Atlantic Lottery, the 2022 presenting sponsor for the Gold Cup & Saucer, at a press conference held at Charlottetown Driving Park.

The Red Shores locations in both Charlottetown and Summerside have long been a part of Atlantic Lottery operations and this partnership marks the beginning of a new chapter in Gold Cup & Saucer history.

"Atlantic Lottery has been involved with the Gold Cup & Saucer final for many years now, but this new partnership has us more involved and excited than ever," said Michael MacKinnon, vice-president of gaming at Atlantic Lottery, who spoke at the announcement at Red Shores Racetrack & Casino. "We are thrilled to be deepening our contribution to one of North America's most prestigious harness racing events, that is such an important part of P.E.I.'s culture and history."

An Island tradition dating back to 1960, the Gold Cup & Saucer is the biggest harness racing showcase in Atlantic Canada. The new record purse of \$100,000 for the final makes the track only the second invitational in Canada on a half-mile racetrack to reach this purse level.

"We know that the Gold Cup & Saucer attracts the

very best horses and drivers from all across North America and draws viewers from around the globe," said David MacKenzie, general manager of Red Shores Racetrack & Casino. "With the newly increased purse adding even more excitement to the race, we simply cannot wait for Old Home Week so we can welcome Islanders and visitors alike to celebrate together."

The Gold Cup & Saucer final is an annual highlight of P.E.I.'s Old Home week and tourism season, bringing roughly 20,000 people to Red Shores Racetrack & Casino and thousands of others to watch the broadcasts from around the world.

"We appreciate the commitment from Atlantic Lottery to increase the purse of our signature event on P.E.I.," said Blaine MacPherson, Chairman of the Prince Edward Island Harness Racing Industry Association. For more information on this event go to: <https://standardbredcanada.ca/news/4-13-22/purse-increase-2022-gold-cup-saucer.html>

Hastings Racecourse is Vancouver continues its season on weekends, with post times of 2 p.m. There will be a special B.C. Day holiday card on Monday, August 1 featuring six \$50,000 stakes races. Those races will include the Sir Winston Churchill for three-year-olds and the BC Cup Classic. The day also features top B.C.-breds -- and many of them may have gone through the annual yearling sale. The BC CTHS 2022 Yearling and Mixed Sale catalogue is out with 77 entries, the majority of which are yearlings. The sale is on September 8 at the Thunderbird Show Park in Langley with a "Preview Parade" on Sept. 7. There are BC-, Alberta-, Ontario- and Kentucky-bred yearlings by a variety of stallions, including Kentucky Derby winners Always Dreaming and I'll Have Another, promising young stallions Connect, Ralis and Counterforce and top BC stallions Sungold, Lent and Numaany and many others.

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

Details on page 3.

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



STROLLING IN B. C'S PAST EMILY CARR'S VICTORIA

History enriches our Victoria walks. One stop along the public quay reveals a huge photo of a mid-1800's Songhees gathering. We learn the first nations band dug clams here on former mudflats. Nearby rises a symbolic bronze spindle. A plaque explains these traditional carved cedar tools spun fine wool for their clothing.

Midway along the waterfront, a brass marker identifies Hudson Bay Company's colonial trading post. Though their Fort Victoria was demolished in 1864, four original iron mooring-rings indicate its dock.

Crossing the modern Johnson Street Bridge, we follow Songhees Walkway to a point above Victoria Harbour's entrance. Behind its rocky outcrop and towering totem, we find another ornate spindle...and an explanation of this sacred headland. Songhees toddlers were brought here to absorb the waters' spiritual power.

From our accommodations overlooking the inner harbour, another stroll explores James Bay's turn-of-the-century neighbourhood. Eyes feast on pastel heritage homes sporting gingerbread woodwork and stained-glass windows. Some even flaunt gabled roofs with turrets and towers.

Canada's beloved artist and writer Emily Carr was born on Government Street. In *Growing Pains*, she recounts her long life here with eight siblings, father's Presbyterian fervor and escape into nature's spirituality. Visiting her home's flower gardens, we study several placards displaying exemplary paintings and quotes declaring her artistic quest: "Pictures should be inspired by nature but made in the soul of the artist."

James Bay Inn boasts later Edwardian architecture...and an interesting past. Built in 1911, it served as a 1940's hospital. As a patient, Emily continued painting and writing...and published her first three memoirs. She died there in 1945.

In Beacon Hill Park, a pathway takes us beneath stately red cedars to revisit Moss Lady. Inspired by Cornwall's Mud Maid, city gardeners created this compelling ten-meter earthen sculpture. Crossing a trickling creek on a quaint bridge, we find a metal marker stating it was a tribute to Emily, commissioned by her sister Alice.

Pausing along the park's man-made lakes, we observe widgeons, buffleheads, green teals, and mallard ducks paddling the calm waters; herons pose amid reeds; turtles bask on a log. An arched,

medieval-style stone bridge carries us across Goodacre Lake. At the park's main flowerbeds, bright daffodils and tulips encircle its sundial.

In the distance, stands the world's tallest free-standing totem. Emily's first book, *Klee Wyk* describes her determination to depict such magnificence while living among the Haida and coastal Salish.

Leaving the park at Cook Street, we cut through St. Anne's Academy's former school grounds. Its 1858 chapel remains, sandwiched between later school structures. Well-worn paths and remnants of a grandiose fountain suggest the once extensive gardens. Passing through a gap in the evergreen hedging, we arrive on a busy corner gazing at one of the city's lofty churches. Its signboard recounts its Episcopal bishop was once a Fort Victoria minister.

Beyond Crystal Gardens, brightly painted totems embellish the BC Royal Museum and Legislative Buildings. And fronting the opposite Empress Hotel, bronze statuary portray an older Emily Carr, her sketchbook in hand, pet monkey Woo on her shoulder and dog Billy nearby.

Another favorite walk explores Ross Bay Cemetery, named for one of Fort Victoria's chief factors. Though separated by social class and religion, all interred share this splendid 19th century necropolis. Natives and Chinese rest along its oceanside boundary. First governor of the British colony, Sir James Douglas, lies atop the hill under a soaring red granite tombstone capped with a Celtic cross. Just steps away, Emily Carr rests with her family. Bouquets of paintbrushes, feathers and pinecones adorn her simple gravesite.

Victoria always proves rewarding for avid walkers. This time was no different.

When You Visit Victoria:

- Find www.art/



handsoftime_brochure.pdf and discover twelve cast sculptures celebrating Victoria's history. Locating their city sites will reward your strolls with delightful insights.

- B.C. Royal Museum and Greater Victoria Art Gallery exhibit Emily Carr's paintings.

ARE YOU OR SOMEONE YOU LOVE SUFFERING WITH PAIN, BALANCE OR SLEEP ISSUES?

Welcome to the New Wearable Wellness World

We are proud to share with you a revolutionary product.

Up to 90% pain relief
31% better balance/stability
15 degree greater range of motion
22% more strength and energy
Fall protection

Our products are scientifically proven and come with a 30 day money back guarantee



Designed for anyone who wants the ultimate comfort, wellness, and performance. Tests show increased balance, stamina, recovery, strength, and range of motion.

The world's best sock!

For more information, contact

J & M WELLNESS - VOXXLIFE

Jackiemulder.com

Phone – 604.561.6200

WHEN YOU'RE READY FOR A CHANGE. NO STAIRS, NO YARD WORK!

COUNTRY QUIET, BUT WITH METROTOWN CONVENIENCE.



Come home to the serenity of Central Park spread out before you. Golf, tennis and miles of trails. Peaceful tranquility. Extremely quiet, yet only steps to Skytrain and Metrotown with all the amenities offered. You don't need a car.

No yard work, just acres of park for your pleasure. Forget about maintenance. This complex has been re-piped, has upgraded elevators, new boilers, and all new windows and doors.

This 2 bedroom home offers 2 updated bathrooms, and a fully updated kitchen. Bright and spacious, you can bring your favorite furniture pieces, they will fit. Plus an in suite laundry room (not just a closet).

A beautiful home in an unbeatable location.


Make it yours today.

\$524,900.00

Call today for your private viewing.




D'ARCY HAMILTON
604 788 3530






SEE RED?
SEE YOUR
DOCTOR.

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



**BLADDER
CANCER
CANADA**

FOR INFORMATION AND SUPPORT
VISIT see-red.ca OR CALL 866-674-8889

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!**



**Easily Replaces
Your Bathtub
or Shower**



BEFORE



AFTER



AFTER

CALL TODAY TO SEE IF YOU QUALIFY!
HANDI BATH 778-323-0304

CALL FOR YOUR FREE BROCHURE TODAY!

Dentures on Implants

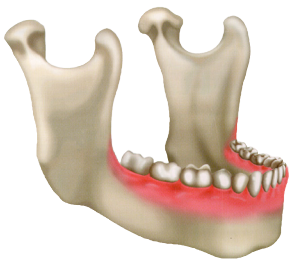
Take the next step

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!