

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S SENIOR NEWSMAGAZINE



Flowered and empowered by the musical lyrics and memories of the past.
(Photo: Dan Propp) page 4

JUNE - 2023

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ACCORDION TO DAN

Flower power as a subject matter used as lyrics in songs have the magic to transport us back to many musical hits of the past. For example, the song ‘When you wore a tulip a sweet yellow tulip and I wore a big red rose’, may bring back a memory or two, eh? Thus, going crazy with my relatively old fashioned seven megapixel digital camera, amazing spring flowers caught my eye, after a cold and cloudy February and March. The following bit of rhyme sprouted while enjoying a ‘double-double’ coffee at a fast food place.

HOW MUSICAL MEMORIES CAN BLOOM

Do you remember ‘Tip toe through the tulips with me’? Those few lyrics brought a flash back of the Tonight Show with Johnny Carson. Specifically with Tiny Tim’s rendition just a few decades ago. Then another song, probably as old as the hills, when ‘Roll out the Barrel’ was popular on both sides of the Atlantic. Other songs related to flowers, might reprise more recent lyrics such as ‘She was a wild and lovely rose’ made famous by Al Martino. Other British flowery tunes may drift back automatically. Such as Gilbert and Sullivan’s famous ditty ‘Oh the flowers that bloom in the spring, tra la’. The power of music is truly fantastic. It can make fond memories of the past blossom and bloom.

Great Performers Who Shaped Our Lives ‘I’m so glad we had this time together’, of course, takes us back to Carol Burnett, and perhaps the old family tv screen. She recently turned ninety and looked much younger than her age, featured recently on a major magazine cover. Sad to hear that Harry Belafonte is no longer with us. When Vancouver’s Queen Elizabeth Theatre opened, one of the early performers was Belafonte. I’ll never forget, watching his performance as a kid at the Q.E. was a magical experience. It’s amazing what he achieved for music and racial equality! A book everyone should read is Just Getting Started by Tony Bennett, published in 2016 when he was ninety. The book focused on the performers he has known over the years, including his close friend Harry Belafonte. It’s a must read. Now recently retired, many may remember Tony Bennett’s appearances at Vancouvers Cave Theatre restaurant.

OLD JINGLES AND BC DAYS Do you still remember, ‘Use Ajax boom, boom, the foaming cleanser’ commercial? How about the days of ‘Dollar forty-nine day, Tuesday’ and shopping at Woodward’s Department Store. A time or era perhaps, in retrospect, more cohesive, stable, and less controversial. The days of ‘Honest Nat’s Dept Store, 48th and Fraser’. Remembering those jingles may bring back some happy times, back to shore. Another example is Dominion Food Store chain and their catchy commercial, ‘It was mainly because of the meat’, a very popular short jingle. Do you recall the jingle from Household Finance Company(HFC) ‘Never borrow money needlessly...but if you must’?. Of course, who could ever forget ‘A



Little Dab'll Do Ya! Brylcreem’. Back when a cup of coffee was a dime, we listened to Jack Webster’s ‘City Mike’, Red Robinson playing rock and roll on CKWX and Jack Cullen’s Owl Prowl also on CKNW, wasn’t that a time!

ENOUGH TO MAKE ONE ...SHUTTER Photography today what with the digital age, has almost become artificial intelligence just around the corner. Oh well, at least us humans still do the composing. Next decade who knows what to ‘picture’. Thus the following...

PAST DEVELOPMENTS Do you remember Rolleiflex, Exakta, and, Leica, the ultimate dream for most, Minolta, Yashica, Speed Graphic and Linhof? One shutters at the manual apertures of the past that from today’s perspective now their exposure has literally almost turned to toast. Enlargers, darkrooms, developers, stop baths, fixers have practically gone. This includes flashbulbs filled with magnesium also basically went ‘poof’ too. Today we are supposedly more enlightened with computerization exposed. There’s hardly anything for us photographically left to do. From a metaphorical perspective, humanities doors may also be restricted or closed. Meanwhile, at least there’re still viewfinders for us to compose with, but down that new (AI) artificial Intelligence road, eh, who knows?



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Photo: Flowered and empowered by the musical lyrics and memories of the past.
(Photo: Dan Propp)

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HAVE A SNAP HAPPY SUMMER

By Ursula Maxwell-Lewis

You know the old adage, your best camera is the one you have with you. Nowadays, despite still lugging my mirrorless Fuji, it's that trusty cel phone camera that gets the workout. So, a few words about summer photography seems appropriate.

Until I started the Cloverdale Reporter (now owned by Black Press Newspaper Group) the photographers I'd been associated with had all been assigned to whatever story a reporter was working on. These days one photojournalist often covers

both writing and photo jobs - which was exactly what I was unexpectedly required to do as an independent publisher and managing editor.

To my surprise, being my own newspaper photographer gave me the opportunity to better understand what visuals best suited both Reporter readers as well as the page layouts.. Heights, backgrounds, expressions, colours, distances, lenses, signage. Previously insignificant details suddenly all became either critical, intriguing, frustrating - and (or) amusing.

"When you change the way you look at things, the things you look at change", became my mantra.

Essentially I'm a photo hobbyist. A writer searching for inspiring and entertaining visuals. When I get discouraged I remind myself that great photographers shot a ton of film before producing iconic works now synonymous with their names. I can dream, can't I?

If you haven't already done so, may I suggest you experiment with the various settings tucked into most cameras. Consider Pro and Portrait settings, for example. Irrespective of camera type, I'm terrible at keeping horizons level, so grid lines matter. Yes, your camera has an app for that. A screen grid is a reminder to adhere to the rule of thirds. In other words, place your subject to the right or left of the frame, rather than in the centre. White, or negative, space is helpful not only for emphasis, but also for inserting text. However, don't disregard the occasional need to fill the frame, too. Your inner artist will gradually guide you as you experiment, or study work by those you admire.

Tripods make a huge difference, says she who is often lazy about lugging one along - then regrets it. When doing post-production clean up, checking image edges can demonstrate the value of a tripod. If still unconvinced, may I suggest remembering stellar sunrises, sunsets and Northern Lights shots which (generally) all demand stabilization?



Cloud backdrops charm me, as do moody rainy day shots. I envy the expertise and patience of wildlife photographers. My photographic equipment simply doesn't allow me to compete in this realm.

Food photography. I confess, drives me wild. A delicious dish too often (in my opinion) translates into unappetizing plastic-looking vittles. A pro I've travelled with is notorious for the time he takes setting up for such shots, but his results are award-winning images.

Angles, height, light, eyes, shadows, action. Photography is an endless adventure. May your summer produce memorable results irrespective of your choice of equipment. Happy snapping.

Ursula Maxwell-Lewis is a Scottish-born writer now living in Surrey, BC. Contact her at uttravel@shaw.ca

Photo:

TOP LEFT: Mountains and clouds set the scene at Northview Golf and Country Club, Surrey.
TOP RIGHT: Details matter. Stop and reflect. Seasonal photos.
Photos Ursula Maxwell-Lewis

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RESILIENCE Study

What is the study about?

As adults age, there is a decline in immune function which increases the risk of development and/or progression of infections and other diseases. An example of this was demonstrated during the COVID-19 pandemic, in which older adults suffered disproportionately.

The **RESILIENCE Study** is evaluating the effectiveness of QBKPN Site-Specific Immunomodulator in improving natural immune function and reducing respiratory infections in adults aged 65 years and older.

Who can participate?

You may be eligible to participate if you are:

- ✓ 65 years of age or older
- ✓ Interested in participating in a clinical study evaluating a new therapy designed to enhance your natural immunity

If you would like to hear more about this study:

Please contact the **Qu Study Team** who will be pleased to discuss the study with you and answer your questions.

Email: info@isstudy.ca
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What is QBKPN?

QBKPN is a new medication in a class known as Site-Specific Immunomodulators (SSI).

SSIs are designed to train and/or improve innate immune function to reduce the risk of infections, improve immune response to cancer, and slow the progression of chronic inflammatory diseases.

What does the study involve?

If you are eligible and want to participate, you will be:

- Randomly assigned to receive QBKPN or placebo given through a small needle under the skin three times a week for 16 weeks
- We will measure your immune function using blood tests over the course of the study, monitor you for infections, and ask you about your quality of life, over a period of a year.

Who is conducting the study?

Study Sponsor: Qu Biologics, which is receiving funding from the National Research Council of Canada Industrial Research Assistance Program, to support the study.

Qu Biologics is a clinical stage biotechnology company located in Burnaby, British Columbia, which is developing the immunomodulatory platform called Site-Specific Immunomodulators (SSIs.)

Principal Investigator: Dr. Theodore Steiner

Dr. Steiner is a Professor of Medicine at the University of British Columbia. He is also an Infectious Diseases Specialist at Vancouver General Hospital, a Research Scientist at BC Children's Hospital Research Institute, and the Chief Medical Officer for Infectious Diseases at Qu Biologics.



FINANCIAL NEWS

by Rick C. Singh, Founder, President,
and Financial Advisor,
CPCA (Certified Professional Consultant on Aging)
CRS Financial Wealth Management.

ARE FINANCIAL HEADLINES KEEPING YOU AWAKE AT NIGHT?

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

The ongoing volatility in financial markets since 2008 and the sudden declines in 2022 have caused a lot of investors to stay awake at night because their investments were fluctuating from their previous highs. Retirees and those planning for retirement are re evaluating what they invested in previously, and are looking for safety and security.

Most of the clients that I deal with are boomers and retirees and over the years they have instilled in me that what's important to them is not the returns they get on their investments, but it is the return of their investments. They want assurances that their investments will be safe in the future so they can plan their retirement. They want investments that give them the opportunity to participate in the upside of the markets, but protect the deposit value if the markets should go down. They want to know that their income is guaranteed, and has the potential to increase, rather than go downwards when the markets decline. They especially want to be able to pass on a guaranteed value from their investments to their spouse, children or grandchildren in case of death, and not just the market value at death.

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

Guaranteed Investment Funds (GIF) for Estate Planning

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

Using guaranteed investment funds for estate planning is one component. It's a way to protect your

investments and distribute them to beneficiaries more quickly, with fewer expenses and greater privacy.

Protect your capital with the death benefit guarantee

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

Avoid Probate and Estate Fees

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

Transfer Assets without delays

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

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

Distribute your assets with privacy

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

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

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

LADNER BANDFEST - MEMORIAL PARK – LADNER – 3&4 JUNE 2023



Are you looking for free fun for the whole family?
Are you interested in music?

Are you hiking or biking in Delta,
and looking for a break?

Are you visiting the lower mainland and looking for
some local colour?

Then you may be interested in the Ladner Bandfest taking place at Memorial Park -5010 47 Avenue, Delta. Starting back in 2005, Delta Music Makers has hosted some 16+- adult community bands from 11am- 5.30 pm on the first weekend in June; this year the 3rd and 4th. Over the past few years, the highlight has been the Naden Band of the Royal Canadian Navy from Victoria, expected to close out Sunday afternoon. Musical types and genres are not restricted: expect to hear marches, Broadway, light classical, light jazz, and some funky Latin rhythms.

Admission is FREE (but, donations to help defray costs will not be ignored).

Parking is FREE, and located just to the south, with further parking available five minutes walking distance away at the high school. (Close to bus routes, too!)

Some food service will be available through TOOB, washrooms are available close by.

Children getting antsy? There's a whole park next door!

But, DO bring your own chair – there is some seating, but it's limited.

Please join us 3&4 June at Memorial Park in Delta for some great music!

For further info and full schedule, Google LadnerBandFest, or: <https://www.ladnerbandfest.org/>

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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

LOWERING BLOOD PRESSURE NATURALLY

Approximately 1 in 5 adult Canadians have hypertension and almost 1 in 5 people with high blood pressure don't know it. While medications are commonly prescribed to manage this condition, many individuals seek natural alternatives to support their cardiovascular health. In this article, we will explore the potential benefits of using supplements to lower blood pressure (BP) naturally. These supplements, when combined with a healthy lifestyle, can provide a holistic approach to maintaining optimal BP levels.

PreCardix contains bioactive marine peptides derived from cold-water shrimp. These peptides have statistically significant effects on blood pressure health and can inhibit the Angiotensin-Converting Enzyme (ACE) similarly to traditional BP

medications like ramipril and lisinopril. According to one study, the average reduction after 8 weeks was 9.5mmHg for systolic and 4.2mmHg for diastolic BP. 43% of participants saw a reduction higher than 10mmHg in systolic BP.

Patients who have an allergy to shellfish should not take PreCardix. Patients who are also taking BP medications should be monitored for low blood pressure. 31% of patients saw a significant reduction after just 2 weeks, however, 89% of patients saw a significant reduction after 8 weeks. PreCardix has no documented major side effects and clinical research found no occurrence of dry cough that can be seen with ACE inhibitor drugs.

A recent systematic review and meta-analysis of randomized controlled intervention trials provided valuable insights into the relationship between micronutrients and cardiovascular disease risk factors. The micronutrients shown to have moderate to high-quality evidence of benefit in reducing BP were alpha lipoic acid, curcumin, l-arginine, l-citrulline, and quercetin. CitraNOX by Ortho-Molecular contains L-Citrulline, Quercetin, and Grape Seed Extract and is formulated to provide antioxidant and nitric oxide synthesis support. Nitric oxide helps relax arteries and may improve blood flow through the body thus helping to lower BP.

Red Beet crystals (by Salus) contain naturally high levels of nitrates which the digestive system converts to nitric oxide. This in turn relaxes and widens blood vessels and lowers BP according to a study in February 2015 Hypertension.

These supplements should be used as part of a

comprehensive approach to managing hypertension, which includes adopting a healthy diet, regular exercise, stress reduction, and maintaining a healthy weight. Before incorporating any new supplements into your routine, consult with a healthcare professional who can provide personalized guidance based on your specific needs and medical history.

To have a look at the root cause of what may be causing high blood pressure. Consider attending one of my upcoming monthly seminars on the root cause of high cholesterol, type 2 diabetes, high blood pressure, and belly fat. I will give details of a UBC study using dietary measures that showed a 13mmHg reduction in systolic BP after 12 weeks. The next seminar is June 22 nd, 2023.

Lyle Sunada is a compounding pharmacist and NAMS Certified Menopause Practitioner specializing in hormone balancing and alternative medicine at Cloverdale Pharmasave. Everything mentioned in the article is available In-Store.

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A DELICIOUS EXPRESS RECIPE FOR WEEKNIGHTS

Make room for Spring at the table with this recipe full of sunshine and freshness. Quick and delicious, it will be your best ally on busy weeknights with its exotic spices and avocado from Mexico creamy sauce. Treat yourself while waiting for the return of sunshine.

Spicy rice and black bean bowl with grilled shrimp and avocado sauce

Preparation time: 20 minutes
Cooking time: 15 minutes
Serves: 4 - 6
Ingredients

Rice and black beans

- 2 tbsp (30 ml) olive oil
- 1 onion, minced
- 2 garlic cloves, minced
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 1 ½ cup (375 ml) rice
- 2 ½ cups (625 ml) water
- 1 can (540 ml) black beans, rinsed and strained
- 3 green onions, minced
- Cilantro leaves, to taste
- Salt and pepper

Avocado sauce

- 2 avocados from Mexico, peeled and pitted
- ¼ cup (60 ml) sour cream

- ¼ cup (60 ml) cilantro leaves
- 3 tbsp (45 ml) chive, minced
- 2 tbsp (30 ml) olive oil
- 1 garlic clove, minced
- ½ jalapeño, seeded and minced
- Zest and juice of 1 lime
- ½ cup (125 ml) water
- Salt and pepper

Garnishes

- 2 avocados from Mexico, peeled, pitted and sliced
- 1 mango, peeled and sliced
- 2 beets, cooked and thinly sliced
- 4 radishes, thinly sliced
- 12 large shrimp, grilled
- Lettuce or other greens, to taste

Directions

1 In a saucepan, heat oil and sauté onion with garlic and spices. Add rice and stir. Add water, reduce heat and cover. Simmer until rice has absorbed all the liquid. Remove from heat. Add black beans, green onions and cilantro. Season to taste.

2 For the avocado sauce, using a food processor or blender, purée all the ingredients and season with salt and pepper. Add water, if necessary, until smooth.

3 Transfer the rice to serving bowls and garnish, to taste. Drizzle with the avocado sauce.

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HOME IMPROVEMENT
“ASK SHELL”

By Shell Busey

ALONG THE WAY... WITH SHELL
by Chuck Davis

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Shell’s Story continued from last month

community with an offer to buy the store. We had it for about a year-and-a-half. We didn’t make a heck of a lot of money, but we got our money out of it.

“In the spring of 1981 we bought the Windsor Plywood store in Coquitlam. Windsor was still specializing in panelling, but you could get other products through individual suppliers. We were really strapped sometimes with the Coquitlam store, but Windsor was good: if you were in & cash-flow pinch, they'd give you another month." in the spring of 1983 Shell and Frankie left the Windsor Plywood franchise. "We began to operate privately and independently under the Mr. Build Centre name. We registered the Mr. Build name, but didn't trademark it. Then we discovered there was a 'Mr. Build' in California. And they had recently started negotiations with a Canadian businessman to expand into Canada. And the Canadian was Peter Thomas!"

Peter Thomas became a household name in Canada when he developed Century 21, which became the largest real estate network in Canada. Eleven years later, he founded Samoth Capital Corporation, a real estate investment company and merchant bank.

"Well, I was with CJOR by now, and becoming really well known, and so the Mr. Build people were excited about the prospect of working with me.

Alas, it was not to be. The philosophies of the two companies didn't mesh well, and the Buseys ended the connection and changed the stores' names to Build-It Centre.

But now another problem arose, She bad anticipated he started his radio program, Shells business began to be affected by this ‘running into the city all the time on Saturday morning.’ Then, because it was becoming so popular, CJOR made his show longer. "But my income went up very very little when they expanded he show. Still, I could see the exposure I was getting. There was that sense of satisfaction at the consumer saying, I listen to your show.’ But it got to the point where I went to see Harvey Gold one day, and I said, ‘Harvey, this just isn’t working out. I'm spending too much time on the radio show; and going to and coming from the show, the busiest day of the week!"

The problem was solved very quickly: CJOR moved the show to Shell's store. They installed equipment that connected the store to the station. "This was right in North Delta, on 95A Avenue. Now what I would do, come the time of the show, I'd just go up and flick a switch in my office and do the show right from there. That made a huge difference."

Something else was happening, too: Shell was becoming "Mr. Information." His very skill at answering every conceivable household hassle was creating a time squeeze. "Consumers were coming to the store and I was coming down during the commercial breaks to wait on them, 'cause they wanted Shell to

SUNNY DAYS

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Star fish	Beach Ball	Boating	Frisbee	Kayaking	Bacci Ball
Sunsets	Badminton	Swimming	Volleyball	Crabbing	Sand Dollars
Fishing	Canoeing	Sun Bathing	Shorts	Water Sports	Sandals
Sun Glasses	Camping	Travelling	Holidays	Schools Out	Sunscreen
Sailing					

wait on them! And I'd wait on them, and then I'd run back and continue the show!"

There was another down side. "I wasn't able to buy the volume that an operation like Lumberland could. So here's the situation: I was the guy in the know, I was giving all the information, but a lot of homeowners armed with that information they were to where they could buy the cheapest, So they would come back and say they’d gone to Lumberland! It got to the point where I said it, go just can't continue in this way. Were supplying information, but making no sales.

I became a challenge that wasn't worth the hassle. In January 1985 they sold the Coquitlam store, and the Delta location two years later. "What did you do then?" this writer asked. "Breathed a sigh of relief," Frankie laughed.

"All my employees, when I eventually sold out," Shell says, "got work at Dick's Lumber, and to this day they're some of the most successful Dick's Lumber people. They're all managing, or in top positions, and very well respected by Dick and Delma Alexander, the owners.

Shell was still doing his show on CJOR when he was lured away temporarily by a new (and ill-fated) Canadian FM network called CKO. He was now being heard right across Canada, but CKO was struggling and soon Shell found himself back at CJOR, who were delighted to have him back. And then they changed their format. Shell laughs when he recalls it. "I was the last open-line show on CJOR. They changed their format, went from Talk to Rock right after my Build-It show. This was at the Pacific National Exhibition, at the old Modern Living Building. "Folks," I said, 'this is the last broadcast of the Build-it Show. I hope you've enjoyed it. Goodbye.' And BAM they started a rock record!"

After 40 years in the business, Shell still sets an extraordinary pace: he seems to be perpetually on the road. (Creston, Nelson, Mission, Colwood, Victoria Sidney, Duncan, Quesnel, Prince George, Vernon, Prince George, White Rock, Kelowna, Calgary, Edmonton, Winnipeg... at home shows, store openings, charity events, sales promotion, He thrives on it, and his reception is always good. From a March 5, 2001 item in the Kamloops Daily News: "Busey, who hosts the Home Discovery Show, a weekly radio show, was one of the main draws to the home show event at the KXA over the weekend. From tips on fixing a chipped driveway to improving the heating efficiency of the home, Busey had a captive audience ..

That live audience, by the way, is a turn-on for Shell. He'll take a question about a problem from an audience member and, if it's appropriate, build it into an extended lesson in how to handle that problem. At Home Expressions, Manitoba's Home and Garden Show, for example, attendees were told: "Mr. Busey will randomly select six audience members and build his hour-long presentation around their actual repair or renovation dilemmas." He told the Calgary Herald: "I find that an interactive audience helps those who are afraid to ask the questions. Many times I'll get questions I haven't heard before.

I make a mental note and make it part of my book-writing .. I don't want anyone to leave the show with unanswered questions." And he elaborated on that in response to a question from the Edmonton Sunday Sun: "I like people, so I have a lot of fun dealing with people. I bring them toward a level of understanding. The motivation is in seeing the people and getting the information to them, solve-

Shells Story to be continued next month...



LUNCHING AT THE LEGACY SENIOR LIVING.

Article & photos by Lenora A. Hayman.

Did you know that the Ash Street Bistro in the Legacy Senior Living (The Leo Wertman Residence), 611 W. 41st. Ave. Vancouver 604-240-8550, is open for the public? Reservations are required 24 hours in advance for Breakfast A la Carte (8:00am-2:00pm), Lunch (11:00am-2:00pm), Dinner (4:00pm-7:30pm) and Happy Hour (3:00pm to 5:00pm). They also have a wine wall displaying a good variety of international wines.

I decided to have lunch prior to attending a seminar there on Fraud Prevention for Seniors. Chef Rob. Cleland had just got some fresh Effingham oysters from Effingham Inlet located in Barkley Sound on the West Coast of Vancouver Island, so I had a delicious appy of Effingham oysters with Bok Choy, baby tomatoes and seaweed. I paired it with a glass of Australian Hardy's Riesling Gewurztraminer with its touch of citrus and pineapple.

Sous Chef Audy Oreiro prepared a tender, medium-rare New York steak with herbed French fries and roasted tomato aioli. The residents eat here also and the variety of food on the menu is good including a smoked turkey deli and artisan Brie cheese sandwich, salmon fish and chips and prawn fried rice. I shall have to return to try their evening menu which includes lamb chops with peppercorn and brandy café au lait. After the seminar our group went back for happy hour cocktails and enjoyed a margarita, a cosmopolitan and a Legacy spritzer while viewing beautiful Mexican paintings adorning the walls and a huge statue, also from Mexico on the patio.

Leo Wertman grew up in Ruzaniec, Poland and was the last survivor of his family during the German occupation. He obtained food and



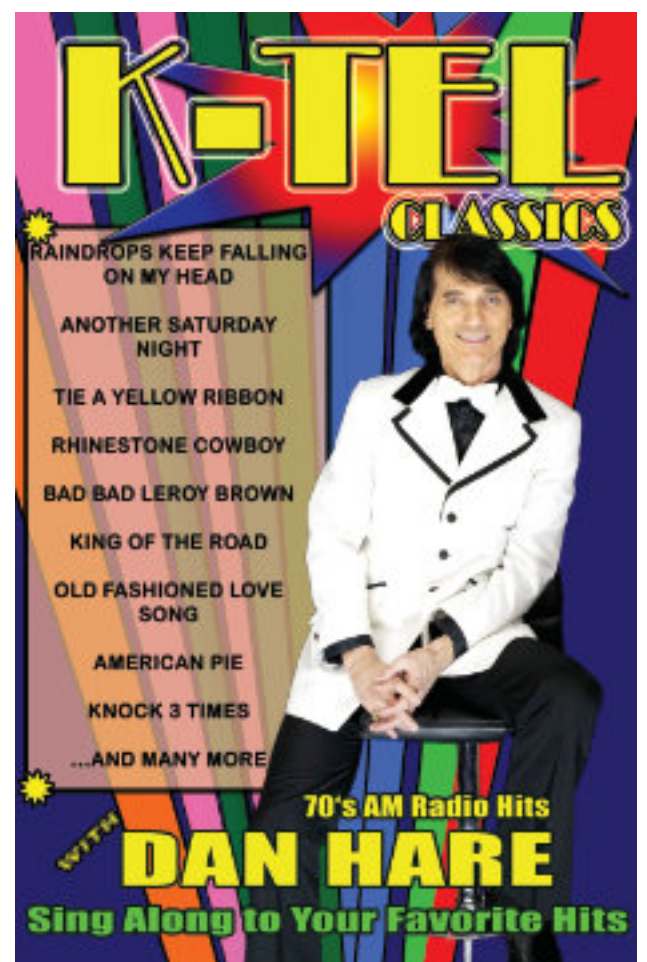
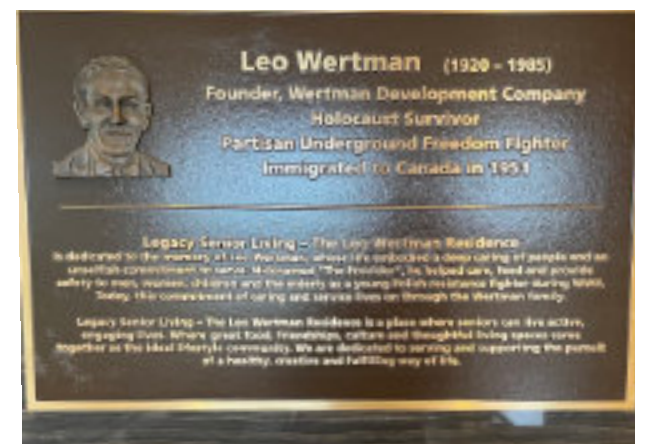
medical supplies and thus saved the lives of about 200 people. On migrating to Canada, he started a scrap-metal business prior to investing in the construction of residential real estate in the 1960's. Leo Wertman's son Joseph and grandson Jason have developed the family business into a multi-faceted development company. It's wonderful that the family is honouring the legacy of Leo Wertman by building Legacy Senior Living (The Leo Wertman Residence) where seniors can enjoy a higher quality of life.

3 Colour photos by Lenora A. Hayman

TOP: Exec Chef Rob Cleland(4th from L) Suzanne Samson, Maitre d'(3rd from L), Audy Oreiro, Sous Chef (2nd from L) & Legacy staff.

LEFT: Kyle Goodwin, Assist GM & Suzanne Samson, Maitre d'

RIGHT: Leo Wertman-Founder Wertman Development.



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HOW TO MAKE THE MOST OUT OF A BEACH DAY

What could be better than a sunny day at the beach? Beach trips are accessible and offer countless hours of fun and relaxation. Clear your calendar and make the most out of your day trip with these four tips.

Pack like a pro

Hydration is important if you're spending all day outdoors, and you may also work up more of an appetite than you think. Pack your cooler with ice at the bottom, then your lunch, then water bottles and snacks on top for easy access. A hard cooler with wheels and handles is often easiest to pack, pull across a parking lot and carry on the sand.

Beat the heat

The sun can be both our friend and our foe. To avoid pain and regret tomorrow, an all-important beach day step is to protect yourself from the sun. Bring an SPF 30 or higher sunblock and reapply frequently. Wait at least 15 minutes after applying before going in the water. However, the best protection from the sun is limiting your exposure. Camping supply manufacturers like Coleman have popup shelters that are great options to protect you from the sun, so you can spend even longer at the beach.

Swimming safely

Even if you feel the beach is safe, it's always a

good idea to be aware of potential dangers and watch young swimmers closely. Make sure kids have a strong foundation when it comes to swimming and teach them to float on their backs when they get tired. Lastly, know what to do if you get caught in a rip tide: Remain calm and try to swim parallel to shore.

Enjoy the day at your own pace. Some members of your party will be active all day, while others will be perfectly happy lounging with a book, taking in the fresh air.

Remember to pack fun things like footballs and frisbees, but don't forget a few good chairs. Compact ones can allow you to relax inside or outside your shelter.

Find more inspiration on how you can make the most of a beach day at colemancanada.ca. www.newscanada.com



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INVASIVE SPECIES TAKE A TOLL

Invasive plants are more than just unsightly weeds. They can have significant economic, environmental and safety impacts.

If you have ever inadvertently come into contact with giant hogweed or wild parsnip you will not forget the encounter anytime soon. The sap from these invasive plants is toxic to the skin and can cause severe irritation.

Other invasive plants like phragmites, also known as common reed, can spread quickly and aggressively choke out native vegetation. This can be devastating for local ecosystems. While there are various options for controlling these plants, which can include mowing, flooding and compression, sometimes these steps can actually stimulate the growth of more of the invasive reeds.

Whether it's giant hogweed, wild parsnip or phragmites, sometimes the best option for controlling them is by using an herbicide.

"Unlike other removal methods, herbicides get to the root of the problem, effectively killing the entire plant," says Pierre Petelle, president and CEO of CropLife Canada. "All pesticides in Canada are regulated by Health Canada to ensure they can be used safely without harm to humans or the environment."

Invasive species can have long-term

impacts on natural environments from forests to wetlands and lakes. These plants compete with native vegetation for water, nutrients and space, which impacts soil and water quality, wildlife habitat, biodiversity and natural fire protection.

Invasive plants can also invade recreational areas, making them less attractive and less enjoyable for people and their families. Dense vegetation can make it difficult for people to enjoy walking trails, and popular swimming areas can become unusable due to uncontrolled

aquatic plants. Unfortunately, outdoor recreation enthusiasts can inadvertently spread infestations by tracking seeds and other parts of the plants to new areas.

However, with an effective range of tools, which includes pesticides and mechanical methods to control invasive species, local land managers can keep our natural environments and urban green spaces healthy.

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- Cafe's and Diners
- Flower Shops
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- Salons and Spa's

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WRITE AS I PLEASE

By Mel Kositsky

"Take me out to the ball game!"

It's that time of the year again when the boys of summer are in full swing in professional ball-parks or just down the street at your neighbourhood playing field. There is something magic about taking in a ball game and all that comes with it. It is a great family outing and usually in-expensive.

"Buy me some peanuts and crackerjack!" Kids can make a mess at a ballpark and no one really cares. It is hard not to make a mess when crack-ing open fresh peanut shells. And for some reason hot dogs always smell and taste better when at the ballpark, which nowadays also offers such foods as pizza and beer (for adults). "Roll out those hazy, crazy days of summer" (with apo-logies to Nat King Cole).

However, if you can't get to a ballpark, radio is

still the best way to listen to the sport. There is just something special and exciting about the ra-dio broadcast of a baseball game. The creativity of the announcers is outstanding -- and listening to the descriptions of what is happening on the field is like watching an artist draw a painting. And baseball announcers have to be inventive and be able to fill dead space with interviews and knowledge of the game. In the past great play-by-play announcers became household names in their respective cities -- and no one ever knew what they looked like. It is only in this modern era that some announcers have to do double duty -- both radio and television.

But like everything else, sports broadcasting is changing. The powers that control the game want to speed it up as it can create havoc with their television schedules. Now pitchers are on the clock to throw their balls and strikes faster, but also extra inning games do not last long. To avoid marathon games, runners now start at second base if there is a 10th inning and beyond. So much for tradition.

Baseball was never a made-for-television sport. Playing and watching the game on a "field of dreams" was never meant to be tinkered with in this way. It is a symptom of a hurry-it-up society. Some-times it is better to just slow down and smell the roses.

Football, basketball and hockey have become television productions -- and sometimes the pre-game hype lasts longer than the games. Because these games are timed, it allows not only for reg-ular commercial breaks but the development of "expert panelists" who take over the halftimes or period breaks. The "Halftime Shows" have be-

come a major part of the games and are usually promoted during actual play. They don't want viewers leaving their television sets to go to the bathroom and make snacks. And all these sports have become copycats with their tables of panel-ists making "flip" comments mostly about each other. And they call this sports entertainment.

But if you like "live" baseball and are able to travel, the July series between the Toronto Blue Jays and Seattle Mariners is expected to be sold out. Both teams are playing well and had a very exciting three-game series in Toronto last month. Mariners' announcers are already encouraging their listeners to get their tickets now -- before the hoards of Canadian fans invade their stadium.

With the unexpected May heat wave, gardens are blooming and you can expect the summer berries to be large and juicy. And you will be able to taste them earlier than ever! Usually strawber-ries are ready in early June, followed by raspber-ries and blueberries -- and don't forget about those darn blackberries! (They grow wild every-where.)

The main problem facing berry growers this year will be getting all the fruit picked before they go rotten. Labour shortages all over make it difficult to find pickers. Much of the agricultural force these days is dependent on temporary for-eign workers and immigration policies. The dif-ficult housing situation makes that even more challenging. However farmers are quite resilient and usually rise to the challenge. They don't just stand around and complain about climate change -- they just deal with it the best they can.

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SENIOR READS

By Pamela Chatry

LOSING US A DEMENTIA CAREGIVER'S JOURNEY

By Rosella M. Leslie
Publisher: Friesen Press

Dementia and Alzheimer's are on the rise. "In 2020, there were 597,000 people in Canada living with dementia, with 61.8% of those people being women. The number of people with dementia is expected to grow to 955,900 in 2030. The costs of dementia to the Canadian economy and our healthcare system is over \$10.4 billion". (Source: Alzheimer.ca)

This month's book, Losing Us, is a tough read and entails a very real story about living and caring for a loved one with dementia. The book takes a hard look

at what really happens when someone becomes a full-time primary caregiver. The author, Rosella M. Leslie, does not protect the reader from the daily struggles of caring for a loved one with this insidious disease. As her husband John slowly loses his memory and his personal care needs accelerate, so do her caretaker responsibilities - twenty-four hours a day, seven days a week. The increased demands take a huge emotional and physical toll on her health and well-being.

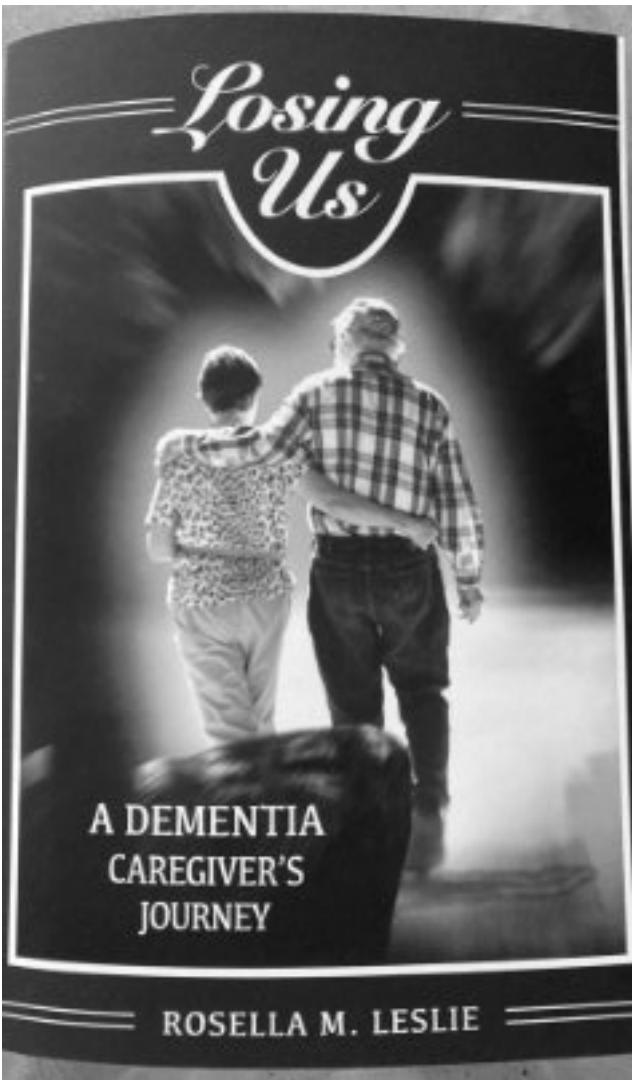
Dementia doesn't take people quickly. In John and Rosella's case, it's a 12-year long journey filled with a heartbreaking combination of poignant, sweet moments and an emotional roller coaster of anger and frustration.

There is a lot of beauty in this book, too. In addition to being an author, Leslie fills the book with her poetry. She keeps a journal while taking care of her husband and finds therapy in writing poems about her experiences. The poems often recognize beauty in a world where she often struggles to see the good in anything.

In addition to the author's story, the book serves as a useful guide and toolbox for any caregiver (not just caregivers of Dementia) needing to navigate the complex British Columbia medical system. There is an extensive listing of many organizations across Canada, which provide information and support.

Best of all, Losing Us is the love story of a 37-year marriage. It's a reminder of what the wedding vows, "For better or for worse. In sickness and in health" - are all about. As the author writes in the beginning of her poem, "Abandoning him was not the choice for me," Rosella loved John enough to walk with him through his dementia journey, until the very end.

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 handpicked books every month to seniors.

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Straight from the Horse's Mouth

By Mel Kositsky

It's a bold move but one that can only benefit thoroughbred racing in B.C. and across Canada.

While there already is a Canadian Triple Crown based at Woodbine and Fort Erie race tracks beginning with what will now be called the King's Plate again, there will also be a Western Canadian Triple Crown across three provinces. It should lead not only to improved media coverage but new investment in the sport. The new Western Canadian Triple Crown not only has a nice ring to it, there is also an awareness that the racing and breeding industries must collaborate in order to survive and grow. Innovation is the key.

A news release put out last month by the Horsemen's Benevolent and Protective Association of Alberta said Assiniboia Downs in Winnipeg, Century Mile outside of Edmonton, and Hastings Racecourse in Vancouver will band together to present a combined Derby extravaganza during the 2023 live racing season, which is now under way at all three places.

The Western Canadian Triple Crown connects the \$125,000 Manitoba Derby (August 7), the \$200,000 G3 Canadian Derby in Alberta (August 26) and \$125,000 G3 British Columbia Derby (September 16). In addition to \$450,000 in purse money, there will be a \$100,000 bonus to the owner(s) of a horse that wins all three of the

prestigious Derby events.

"To link a meaningful financial bonus to the already robust purse offerings should only elevate the participation and competitiveness of the races," says Darren Dunn, Assiniboia Downs Chief Executive Officer. "It also results in a rewarding outcome for both the racing fans and related horse connections. We are excited to work collaboratively with our western provincial partners who are so energized to put an even brighter spotlight on these historic Derby events."

Allen Goodsell, Racing Manager at Century Casinos, saluted officials at both Assiniboia Downs and Hastings Racecourse for their participation. Goodsell said: "This initiative will bring additional fanfare and excitement to Western Canada's premier races for three-year-olds. We look forward to additional collaboration in the future which only strengthens our collective industries."

Nichelle Milner, B.C.'s Director of Racing, is pleased Manitoba and Alberta asked Hastings Racecourse to be involved in the concept. "A Western Canadian Triple Crown has such great potential. I can see eventually awarding points for first, second and third place finishes and having the top three connections profit from it. We're thrilled to be part of it."

Earlier this year Manitoba and Saskatchewan breeding industries joined forces to help build up the dwindling number of horses available for racing in those provinces. Horses born in Saskatchewan will now be considered as Manitoba breds and able to earn the various breeders incentives available at Assiniboia.

By bringing the races together like this, it will provide an even greater incentive for horse owners to head back east or south of the border to find a three-year-old who would be competitive in these fields. It will also provide an option to the 164th King's Plate (August 20) runners from Toronto to ship west and try the series, especially if they miss Canada's top race or if they do not want to compete in the Prince of Wales at Fort Erie on September 12, which is the second leg of Canada's Triple Crown.

The competition goes on the following dates:
Western Canadian Triple Crown

\$125,000 Manitoba Derby
Assiniboia Downs
Monday, August 7, 2023
\$200,000 Canadian Derby (G3)
Century Mile
Saturday, August 26, 2023
\$125,000 BC Derby (G3)
Hastings Racecourse
Saturday, September 16, 2023

Meanwhile live racing continues at Hastings on Saturday and Sunday afternoons. Post time for the first race is 2 p.m.

Many racing fans were pleased for trainer Jim Loseth, who is making a comeback this summer. A BC Racebook newsletter story by Bailey Williams captures the excitement:

"If there appeared to be more enthusiasm than usual in the winner's circle after Race 3 on Saturday, May 13 at Hastings, it was with good reason. It marked the return of veteran trainer Jim Loseth after saddling Shamra, his first winner in more than a decade dating back to September, 2011. And, as usual, the lady listed as assistant trainer – Jim's wife Sandra – was right smack in the centre of the celebration.

No strangers to the B.C. breeding and racing industry, Jim and Sandra are two of the hardest-working people you'll ever find behind the scenes at a racetrack. They own and operate Emerald Acres, one of the lower mainland's last standing breeding and training facilities. Through the fall and winter months there are upwards of 60 horses experiencing their first steps towards a racing education as multiple trainers send their horses to Jim and Sandra.

Along with the beautiful training amenities at Emerald Acres is the breeding shed. Two standing stallions are on site – Pop Artist and Lent.

Lent is the sire of 4-year-old filly Shamra out of Honey Dew Honey, bred by Sandra Loseth, owned by Sapphire Stables and Ted Feentra, trained by Jim Loseth and ridden by Brian Boodramsingh, a newcomer to the jockey colony at Hastings. With the Jim and Sandra training tandem just shy of 300 career wins, there is still plenty of time for the husband-and-wife team to add to their victory dances this season at Hastings."

FIND PEACE OF MIND ABOUT FIRE AND CARBON MONOXIDE AT HOME

According to the Canadian National Fire Information Database, 80 per cent of fire deaths occur in homes without working smoke alarms, often due to missing alarm batteries or expired alarms. Whether you're installing smoke and carbon monoxide (CO) alarms for the first time or looking to upgrade your existing alarms, here are some tips to help keep you and your family safe.

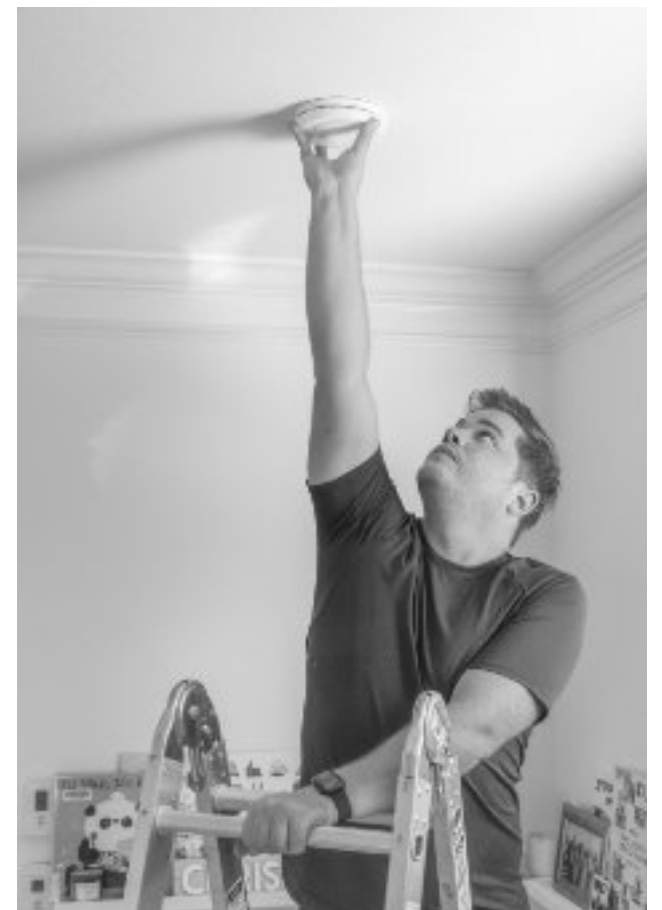
Install in the proper locations. Smoke and CO alarms should be installed on every level of your home, including the basement, inside every bedroom and outside each sleeping area. Smoke alarms should generally be installed at least three metres from a cooking appliance to minimize false alarms. Remember, smoke rises, so place smoke alarms high on the wall or on the ceiling. Lastly, don't install alarms near windows, doors or ducts because drafts might interfere with their operation. Your alarms' user manuals will have specific recommendations for placement.

Test and maintain. Remember to routinely check that your alarms are operating properly by using the test button. For battery-operated alarms, make sure to replace the batteries at least every six months or upgrade to ones that will last a decade, such as First Alert 10-year sealed battery alarms. Some jurisdictions suggest or require installing 10-year battery alarms since they eliminate the need for battery replacements. Every alarm should be replaced completely at least every decade.

Plan and practice. Installing working smoke and CO alarms is just one step in protecting your family and home. In the event of a home emergency, it is also important to have an escape plan. Together with your family, identify two exits out of every room and designate a meeting spot outside of your home. Practice your plan twice a year to help ensure every family member remembers.

Find more information about alarms and home safety tips at firstalert.ca.

www.newscanada.com



RISING FOOD COSTS LEAD TO GARDENING BOOM

It is no surprise that rising food costs are a top concern for Canadians. According to research from The Canadian Centre for Food Integrity, the cost of food has consistently been the number one worry among the majority of Canadians for the past five years, with a continued increase in 2022. Last year, 69 per cent of Canadians were concerned about the cost of food and 56 per cent were concerned about keeping healthy food affordable.

These rising food costs have led to more people thinking about growing their own vegetable gardens at home to save money. A new study by the Agri-Food Analytics Lab at Dalhousie University found that one in five Canadians have started growing food at home in the past three years.

“Canadians have been under an incredible amount of financial strain in recent years with food price increases leading the way. That has led to more people thinking about growing some of their own food at home,” says Paul Lefebvre, new product development manager at Premier Tech Home & Garden, a Canadian manufacturer and marketer of consumer lawn and garden products.

While food security is a complex issue affected by a number of factors, urban or home gardening can, in some cases, help get more healthy food to those who need it. Home gardeners, like farmers, have access to a toolbox of options, including a range of biological, organic and synthetic pesticides to help them protect their crops from attacks from insects, weeds and diseases.

“Canada has some of the best regulation and legislation related to the evaluation of



pesticides,” says Lefebvre. “Many government regulatory agencies around the world look closely at pesticides to ensure they are safe for use.”

Whether you are a long-time home gardener or planting your first vegetable seeds and plants this year, enjoy the fruits of your labour.
www.newscanada.com

NEW REGULATIONS MAKE SAFETY EASIER FOR SMALL FOOD BUSINESSES

(NC) More food than ever before is being traded across borders. Many of the foods we eat and ingredients we use – from flour to coffee – are imported and exported within Canada and around the world.

While all this travel can bring adventure to our taste buds, it’s true that more trade can add potential risks for these items, such as exposure to contaminants along their journey.

However, Canada has a very safe food

system with rules in place for products that cross provincial or international lines. And as the food system has globalized, the regulations have undergone changes as well.

Previously, these rules were split up into 14 separate sets of requirements, and this made it complicated for small or micro food businesses to comply with them. But now, changes have created a single set of more clear, consistent food safety rules for all food, across all sectors. So, Canadians can be confident in the safety of the food they’re eating – regardless of where it originated.

Called the Safe Food for Canadians Regulations, these rules include licensing, preventive controls and plans, and traceability requirements. The rules also include new requirements for businesses in the manufactured foods sector.

If you are new to federal food regulations, find more information about these rules – including helpful tools and resources – at inspection.canada.ca.

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MIRACLES AND MEMORIES OLD HAVANA, CUBA

By Chris Millikan

Our tour of World Heritage old Havana begins in Necropolis Cristobal Colon. Once through its magnificent baroque-style Gate of Peace, countless elaborate monuments and statues stretch before us.

“Known fondly as Cuba’s largest ‘open-air sculpture gallery,’ this 19th century cemetery oozes art and history,” explains Ramon, our guide. “Since 1868, over a million people have been buried in these decorative tombs and graves. Medical students; politicians; artists; martyrs; veterans; writers; baseball players...and even star-crossed lovers are immortalized here in Italian Carrera marble. And memorializing wealthy families, grandiose mausoleums dominate some gravesites.”

A map shows how ‘streets’ create a grid; major byways form a giant cross. At the intersection stands an octagonal Romanesque chapel, its butter-yellow walls gleaming in the warm sunshine.

Farther along a tree-lined walkway, we stop at the towering firefighter memorial, almost 23-meters high. The topmost figure portrays a firefighter lost battling to save Havana from the great 1890 fire. To respect their heroism, no other monument can be built higher than theirs.

One notable tomb is heaped with fresh flowers.



Its marble sculpture portrays a serene young mother holding her infant in one arm, a simple cross in the other. “Known as Amelia of the Miracle, she’s the cemetery’s most celebrated soul,” recounts Ramon. “While her husband was away, Senora Amelia de Goyri died birthing their stillborn child in 1901. According to custom, mother and child were buried together, baby resting at her mama’s feet. When he returned, Senor de Goyri was so bereft, he had their bodies exhumed. And behold! His beloved wife was found, now hugging their child! Expressing his great loss with this meaningful memorial, the devoted husband shared this inspirational miracle.” To this day, Amelia’s many followers pay her tribute, placing flowers on her gravesite as they pray for their own miracles. Beguiled by Amelia’s poignant story, we continue thoughtfully with our explorations...

Catching a vintage cab downtown, we check into colonial-style Hotel Inglaterra. A designated National Monument, its lobby mosaics, stained glass windows and huge skylight evoke Havana’s turn-of-the-century charm. Opening in 1875, Spanish aristocrats, plantation owners and world acclaimed entertainers all gathered here. And during the Spanish-American War twenty years later, international journalists and spies stayed at this historic hotel

From our second-floor balcony, we sight 1950’s taxis waiting below. Across the street in Parq Central stands a grand statue of Jose Marti, poet, and early Cuban liberation hero. His poetry provided lyrics for ‘Guantanamera,’ a longtime popular Cuban anthem.

Gran Teatro de la Habana lies adjacent to our hotel. The oldest operating theater in the western hemisphere now houses Cuba’s National Ballet and Opera. The domed Capitolio stands just south. Fidel Castro had served there as a discontent senator.

Following the 1959 revolution, it became Cuba’s Academy of Sciences. Continuing onward, we take in some Cuban jazz and sip luscious Mojitos in Ernest Hemingway’s favourite haunt.

After breakfast, we ramble old Havana’s cobblestone streets. Along our way, we enter small chapels and large churches, peek into courtyards and find street artwork, sometimes picturing revolutionary icon Che Guevara. Pastel, multi-story 18th century apartments



border streets surrounding Plaza Vieja. Off Cathedral Square, we discover a huge sepia wall painting depicting Havana’s prominent 19th century writers and artists.

Castillo de San Salvador marks the Malecon’s beginning, an 8-kilometer seaside walkway. Near this 1590’s fortress, a horse drawn carriage awaits. Clip-clopping us back to our hotel along Paseo del Prado, we notice smartly dressed locals and visitors strolling its shaded 18th century promenade.

Our two-day immersion in old Havana provides lasting memories: a glorious cemetery, colonial-style architecture, provocative street art, and stately monuments.

Debby Donaldson

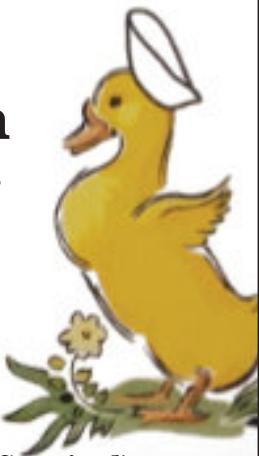
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Dentures on Implants

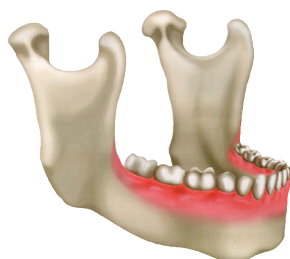
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Adental Implant is the new standard in tooth replacement. It gives denture wearers the fit, feel and function of natural teeth. There is no denture slippage or movement when a denture is connected to dental implants. Regardless of age, dental implants can provide an excellent solution to secure teeth and prevent bone loss.

Bone loss in the jawbone occurs when there has been extraction of natural teeth.

The jaw bone is only designed to last approximately 30 years before it completely deteriorates and dental implants are not an option.

Apart from being able to smile, eat, speak and look better; dental implants are well known in their ability to stop bone loss and the onset of poor facial profile.



Natural Teeth



Resorption: 10 Years



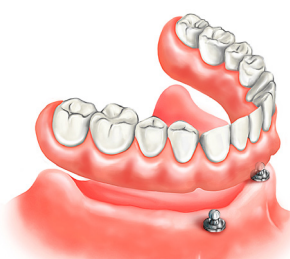
Resorption: 30 Years

What Is A Dental Implant?

A dental implant is a device which anchors artificial teeth or dentures to the jawbone. They're made from the same medical grade titanium used in hip or knee replacement and strategically placed in the jawbone for optimum stability and function.

Dental implant placement is a common procedure and an implant specialist or dental surgeon performs the procedure, usually under local anesthetic. Dental implants have a long lifespan under normal conditions and are not sensitive to heat or cold, or susceptible to decay like natural teeth.

The number of dental implants you will need to secure your denture is determined by the denture design and your restorative expectations. Some people will tolerate a small amount of movement from the denture and others don't want any movement at all. We will work with the implant specialist to determine the right design for you.



Implant Retained Denture
2 Implants



Implant Bar Supported
Denture
4+ implants

Dentures on Implants vs. Conventional Dentures

Despite considerable advancements in conventional dentures, they cannot rival the benefits dentures on implants offer to people missing their natural teeth. Dental implants improve functionality and sore spots become a thing of the past. Denture wearers can speak and eat without denture movement and their diet improves because they can eat virtually anything due to superior denture stability and fit. This treatment also allows the denturist to make your upper denture with an open palate design to increase your sense of taste and reduce the size of the denture.

Who is a Candidate for Dental Implants?

An initial consultation with your denturist will help to determine whether you're a suitable candidate for dental implants. If the denturist believes you could benefit from dental implants, they will refer you to an implant specialist. The denturist and dental implant specialist will work together as a team to achieve the best possible results for you.

What is the cost of dental implants?

Dental implants are an investment in your health and well-being. The cost of dental implants will depend on several factors such as the number of implants, if you require extraction of teeth and the smile design option you choose. The good news is that the cost of dental implants, extractions and dentures can be used as a medical expense deduction on your income tax return. These expenses also qualify for dental financing. We can help you with the details.

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