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DECEMBER - 2023

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LOWER MAINLAND EDITION

Volume 30 - Number 3

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ACCORDION TO DAN



December for seniors is often a good time to contrast the way of life now to when we were young 'whippersnappers'. Over that time so much has changed in Canada. The flag, the paper dollar, manual typewriter, inches, feet, yards, and a favorite tongue twister 'Peter Piper picked a peck of pickled peppers'. I don't even remember what a peck represented. Some of us still feel more comfortable with a mile compared to a kilometer and the old Fahrenheit system. Now no longer relevant up here, for some of us it provides more comfort, familiarity, and warmth somehow.

When we arrived from South America in nineteen fifty, our new home was in the basement of an old wooden house on Vancouver's Davie Street. I still remember two horses pulling a dairy cart, and the sound of 'klippity klop', 'klippity klop' still resonates like it was almost yesterday. Thus, the following bit of song and rhyme may bring back a nostalgic thought or two.

REMEMBERING THOSE DAYS

I called them Buttermilk and Chocolate, they were horses. In Vancouver they pulled a dairy van as they went downtown to all those wooden houses with their friendly delivery man. It was kindergarten time for me at Gordon House down by Vancouver's English Bay. That building is still there! If memory serves me correctly, Canada's Prime Minister was Louis St. Laurent. There were telephone booths, dial phones, manual typewriters, wooden rulers, and people depended upon pen and ink. There were no words such as face time, google, or digital; and Amazon was exclusively still a river, me thinks.

A FEW DECADES LATER

Wow, did they ever take off! The old main post office in Vancouver on Granville Street (now Sinclair Centre) suddenly played second fiddle to the new one. Almost next door where the old Pacific Stage Lines used to be, as well as the new Queen Elizabeth Theatre close to Dunsmuir Street, and where the old Alcazar Hotel once stood. Recently that huge new main post office has now been transformed to house Amazon. Talk about a river of change, eh! Thus a few more old-time reminders through lyrics and rhyme.

TRANSPORTATION AND OTHER PONDERINGS

At Richmond's Vancouver International Airport, do you remember the propeller driven Vanguards, Viscounts, TCA, CP Air, jet carriers like the DC-8? Wow those years sure flew by fast. How about the Sunshine Coast Black Ball ferries such as the Smokwa, Quillayute and Bainbridge.

Plus, who could ever forget the Princess of

Nanaimo ship that sailed back and forth from Vancouver; ah yes, there are so many memories that last. The way of life in BC used to be, compared to today. Wasn't it a blast!

'Yup,' like Hollywood actor Gary Cooper used to say. December nostalgia can also take us back to Vancouver's theatre row and the neon lights of downtown Granville, perhaps, to the one-and-only movie theatre found in Sechelt, Powell River, Hope or Prince Rupert. Those 78 rpm vinyl records also reprise the era of 1950's magic. Thus, the following.

GOING BACK JUST A TAD

Do you still remember that novelty song about the 'One-eyed, one-horned purple people eater' that was very popular pre-era of the Sputnik and Cape Canaveral space race. Back when we were still thrilled seeing technicolor at the local theatre. Some seniors may still recall Ma and Pa Kettle at the farm starring Marjorie Main. How about the Bowery Boys? Remember Roy Rogers' horse providing other happy memories to 'trigger' and chase.

Who could ever forget all those famous cartoon characters? Where did they all go, like Little Lulu, Bugs Bunny ('what's up doc') and Mr. Magoo?

In closing, one wonders whether the switching of Daylight Saving and Standard will soon become history, too.

ADDING AN HOUR IN 2024

No, it is not true, former German Chancellor Konrad Adenauer (add-an-hour), eh, did not invent daylight saving time. However, that system sure

seems to put pressure on life's routines today. Besides, what's life without having a fun 'time' without a bit of rhyme and a pun.

Happy Holidays and all the very best in the New Year!

Please visit www.Nostalgicroads.Weebly.com
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Plus books via www.amazon.ca

Photo: A slice of the past. (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: todaysseniorn@shaw.ca

Publications Mail Registration #40025695

Printed in Canada, Blackpress

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Main Office / Distribution 778-751-4188

OFFICE HOURS: 9:00am-Noon

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GATEWAY OF HOPE INSPIRES LANGLEY SORORITY CHAPTER

This year Langley Alpha Rho Master, a sorority chapter of Beta Sigma Phi International, chose the Salvation Army's Gateway of Hope as the recipient of their annual Christmas fundraiser.

Maureen Bush, chapter president, presented the cheque for \$1,000 to Rachel Martin, Gateway of Hope Volunteer Coordinator at the Murrayville home of Reyna Coombes.

After thanking the group, Rachel shared the reasons donations are so important by describing the incredible community work the Salvation Army Gateway of Hope at 5787 Langley Bypass, Langley, shoulders to help less-fortunate individuals.

Homelessness, addiction, mental health and related social issues increase as the population increases, but approximately 50 Salvation Army staff, plus volunteers, appear undaunted and committed to

providing a staggering array of social services. Food and social services ranging from just a safe place to chat, play board games and shower, through to assistance with crafting resumes, job searches and other practical forms of rehabilitation and encouragement are ongoing at Gateway of Hope. .

"Women tend to have more support than men due to women's shelters," Rachel explains, yet remarks on the increase in senior women in need of food or other essentials.

The Emergency Shelter, Rachel explains, accommodates 32 guests (male and female) for a maximum 3-month stay. Bunk beds, lockers, three meals a day, refreshments, showers are provided including the opportunity to work with shelter staff to create a plan for their future with guidance through the process.

The Relief Shelter is a converted meeting room at nighttime. Guests still have access to the services, but regulations require they be in by 9 pm at night and out a 9 am. In this shelter they can stay as long as they wish - some have stayed over two and half years, but must observe the curfew. Rules are firmly enforced: no alcohol, no drugs, respect for other guests. Pets are welcome, too.

"People don't even tell us their names, or show us ID," says Rachel. "As long as they're 'clean' and are not a danger to themselves or anyone else they can come and stay with us. We're 'low barrier' which means that even if you're using drugs or drinking, you just can't do it here, bring it on property or bring in paraphernalia."

"But, if you come to us and you're high, we'll take care of you and make sure you're not overdosing and things like that. We don't want that to be a barrier for people to come and stay with us. A lot of them are struggling with addiction or mental health issues," Rachel explains.

In Transitional Housing on the third floor, guests have to be sober, clean. Applications and interviews are necessary. This is a two-year dormitory-style, full board program for those out of treatment who want to rebuild their lives and take the opportunity to work with an adviser and create goals. "We've had people who have gone back to school, become employed. One resident is about to graduate. He has found housing and will be moving in a couple of days. He did all of that while he was with us. Although the goals may vary, the goal is to enable you to live your

best life, whatever that looks like for you. Ages range from 19 to retirement age."

A Shower Program is available on Thursday afternoons for non-residents. People used to a transient lifestyle, but who don't want to abide by the rules of respect for others, etc., might just pick up a lunch.

"You're not invisible because you're struggling," says Rachel. "We treat our guests with respect, dignity and love because we are a Christian organization"

"Then there's the Meal Centre,"she continues. "Feeding someone is a huge deal. Anyone can come and partake. We get so much support from local grocery stores and restaurants who partner with us. This is where we do about 400 meals per day thanks to our wonderful volunteers and cooks."

"Family Services is where we try to support families with kids. There's a free summer camp, Camp Sunrise at Gibson's on the Sunshine Coast, and we do a backpack program". Families or women in crisis are also supported by giving them Salvation Army Thrift Store vouchers for clothes or furniture. Throughout the year food hampers are also prepared for families and seniors in need.

"Life struggles can just beat people down," concludes Rachel. "But we try really hard to be diverse and inclusive."

The Salvation Army began in London, England, in 1865. William Booth, a minister, abandoned the conventional concept of a church and a pulpit and took his message of hope to the poor, the homeless, the hungry and the destitute. By 1867 The Salvation Army had developed into a ministry offering basic schooling, reading rooms, penny banks, soup kitchens and relief aid to the destitute. It began its work in Canada in 1882.

Booth's concept of 'soup, soap and salvation' eventually developed into the comprehensive social service programs The Salvation Army operates today.

Now, when you drop a few coins into the Salvation Army red kettles, or 'tiptap' a donation, you can rest assured that Langley Gateway of Hope Salvation Army folks make your support go an incredibly long way. Merry Christmas!

Photos by Ursula Maxwell-Lewis

LEFT: Alpha Rho Master chapter Ways and Means committee with Rachel Martin, Gateway of Hope Volunteer Coordinator. **RIGHT:** Maureen Bush, President of Alpha Rho Master sorority chapter, presenting a \$1,000 cheque to Rachel Martin, Gateway of Hope Volunteer Coordinator, Langley, BC.

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THE SEVENTH AT THE OR GALLERY.

Article & photos by Lenora A. Hayman.

Such a pleasure to see the solo exhibition of The Seventh KWIKWI: Lauren Brevner and James Harry, until Feb 10, 2024, at the Or Gallery, 236 E. Pender St. Vancouver, 604-683-7395. Open Wed-Sat.12:00pm-5:00pm.

The Seventh sculptural works interrelate with Lauren Brevner's Japanese and Trinidadian heritage and James Harry's First Nation connection and is curated by Jenn Jackson, the Director/Curator of Or gallery.

James Harry's grandmother, Gwen Mildred Harry explained that their daughter Hana's birth, marked the seventh generation since European contact on the Squamish territory. The Squamish believe that one should also think seven generations ahead of one's own life since "it takes seven generations for a trauma to heal"!



The Great Thunderbird also has seven symmetrical tail feathers-three feathers pointing left depict the past, the central feather portrays the present, and the three feathers to the right show the future.

Gazing from the walls of the gallery are the faces of seven watchers whose portraits in acrylic paint and anodized aluminum on wood panels, are the pathways that connect the spirit with the physical world and represent the combined identities of Brevner and Harry.

The Super Natural Eye 11 column shows a connection between earth, sea and sky. Light filtering from the column creates a beautiful pattern on the floor and the ceiling.

The two Transformers: Sha7m Sea, 2023 and Sha7m Sky, 2023 are cedar carvings honouring the powers of former ancestors. The sea represents water as the giver of life and sky, the connection to the spirit world.

Thank you this exhibition offers us a deeper understanding and respect for ancestral interpretation.

Photos all by Lenora A. Hayman.

TOP: Watcher 11 by Lauren Brevner &

James Harry.

TOP RIGHT: Super Natural Eye 11 by Lauren Brevner & James Harry.

BOTTOM: Sna7m Sea Transformer by Lauren Brevner & James Harry.



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FINANCIAL NEWS

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

Leaving an inheritance outright to a spouse has some implications if there are children from a previous marriage. You can look after both interests by naming your spouse as a successor annuitant, and children as irrevocable beneficiaries on your RRIF or other investments.

There are times when leaving an inheritance outright to a spouse may not be the best choice. For example, you may want to ensure that children from a previous marriage receive an appropriate bequest after your spouse passes away. Or you may be faced with a situation in which your spouse is physically or mentally incapacitated- or financially irresponsible.

In these cases, enacting a straightforward strategy called the “Registered Retirement Income Fund (RRIF) successor annuity or Joint Life option” allows you to retain greater control over how your RRIF is handled after your death.

Recently I had to advise one of my clients who is on his second marriage and had previously designated his children as beneficiaries on his

investments. However, he got remarried and wanted to make sure that his new spouse is looked after financially after he passes away as he is older than his new wife. He also wants to make sure that his children from his first marriage will still be able to inherit the remaining assets from his RRIF investments when his second wife passes away. I was able to use a little know strategy of naming his spouse as a successor annuitant on his RRIF and named his children as irrevocable beneficiaries.

How does it work?

When you name your spouse as your RRIF beneficiary, the RRIF can be transferred to your spouse on a tax deferred basis on your death. With some contracts your spouse will assume complete control of the RRIF as the successor owner, and the contract will continue. This means that your spouse will begin to receive an income stream and will be able to exercise their rights under the contract, including the right to change the beneficiaries, adjust the payment stream or cash in the investments.

When you name your spouse as the successor annuitant or Joint Life, he or she also assumes control of the RRIF as the successor owner on a tax deferred basis. However, by designating irrevocable beneficiaries, who are not your spouse, you can preserve the tax deferral and give your irrevocable beneficiaries a say in the management of the assets that will ultimately pass to them.

Naming irrevocable beneficiaries effectively restricts your spouse’s ownership rights, and your spouse will need the written permission of the irrevocable beneficiaries to change the beneficiaries, increase the income stream or cash in the investments. Meanwhile, if the successor annuitant or Joint Life (your spouse) predeceases you or no longer qualifies as your spouse at the time of your death, the death benefit will be paid

directly to the irrevocable beneficiaries.

These features make the RRIF successor annuitant or Joint Life option an attractive solution in certain specific situations outlined in more detail below.

Married with Children from a previous marriage

You may want to provide an income stream to your spouse after your death, but at the same time ensure that children from a previous marriage receive any assets remaining in the RRIF upon your spouse’s death. Naming your spouse as the successor annuitant or Joint Life and your children as irrevocable beneficiaries means your spouse will receive the periodic payments after your death but will need the kids’ consent to cash in the policy, increase the income stream or change the beneficiary designations- thereby protecting their residual interest.

Spouse is Financially Irresponsible

Perhaps you are concerned that our spouse may cash in the entire policy and, as a result, fall short in meeting future living expenses.

Naming your spouse as the successor annuitant or Joint Life and designating irrevocable beneficiaries means that the irrevocable beneficiaries would have to authorize any withdrawals or changes in payments. The irrevocable beneficiaries can ensure that the income stream changes to match your spouse’s needs, and that the investments are not cashed in and spent.

To find out more about estate planning for your RRIF contact your investment advisor or contact Rick at 604-535-3367 (Suite 220-3388 Rosemary Heights Cres. Surrey, BC. V3Z 0K7) or email: rick@crsfinancial.ca for more information on when to consider using the RRIF successor annuitant or joint life option, and irrevocable beneficiaries.

3 ECO-FRIENDLY HABITS TO EMBRACE THIS FALL



Take advantage of the change of seasons and find new ways to step up for sustainability this fall. From delicious recipes to décor inspiration, here are three tips:

1 Leave the leaves

Falling leaves signal the arrival of autumn. Instead of raking and throwing them away in plastic garbage bags, consider leaving them on your lawn.

Leaves play an important role in the health and natural cycles of plants and soil – leaving them can improve your garden and lawn. If you’d prefer to remove the leaves, consider composting them instead of throwing them away. If your municipality doesn’t pick up yard waste, it’s easy to start composting at home.

2 Decorate using nature

When it comes to fall holidays, it’s time to pull out the decorations you stored away last year. While you shouldn’t throw out the ones you already own, try to avoid purchasing new plastic decorations and use natural options if you need more. Pinecones, leaves and flowers can all be used to create a wreath or other decorative pieces. There is endless colourful and creative inspiration to be found in nature.

3 Embrace seasonal recipes

Warm up with a delicious fall meal like chicken stew in a slow cooker. As slow cookers use less energy over a long period of time, they give off fewer emissions than a conventional oven.

As a bonus – you might have leftovers, so you can spend less on food for the rest of the week. Choose chicken and other proteins from companies that are prioritizing eco-friendly initiatives, such as Maple Leaf Foods, which is a carbon-neutral food company.

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THE PHARMACIST REVIEW

By Christine Cheng, R.Ph.

Pumping Up Your Iron

By Christine Cheng, R.Ph.

Feeling overly tired or weak? Have pale skin and feeling cold? Experiencing chest pain or a rapid heartrate? Feeling an uncomfortable tingling or a creepy-crawly sensation in your legs? Fighting infections frequently? These are some of the possible signs and symptoms of iron deficiency and if you experience all of these, you should speak with your doctor. Iron is a very important mineral in our bodies as it is an essential component of hemoglobin, which carries oxygen to the tissues. In addition, it is a component of vital enzymes in the production of energy as well as a co-factor in the synthesis of several neurotransmitters in the brain. Pregnant women, young children, those with bleeding disorders or digestive disorders (e.g., Coeliac disease), those on strict diets, and the elderly are at greater risk of being iron deficient.

If your doctor has assessed your condition and suggested you take an iron supplement, you have many options available to you...so how do you choose? Keep in mind that inherent to taking an iron supplement is the risk for constipation. This is because unabsorbed iron will nourish certain microbes in the intestinal tract, which can upset the normal microbiota thus resulting in decreased intestinal wall contraction...otherwise known as constipation. To make a long story short, the better the iron molecule is absorbed, the lesser the risk of experiencing constipation. The main reason there are so many options on the market for iron supplements (and the varying prices) is that each company has come up with their own way of enhancing the absorption of iron. Here are a few that have garnered good feedback from our customers.

Of the many formulations available, FLORADIX® is a time-honoured formula that utilizes chelated plant iron along with ferrous gluconate.

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HEME-IRON (by New Roots Herbal) utilizes heme iron polypeptide derived from animal sources for maximal intestinal absorption. This hematinic formula includes biologically active forms of folate (5-methyltetrahydrofolate) and vitamin B12 (methylcobalamin) to enhance the synthesis of hemoglobin and red blood cells, which in turn increases the blood's oxygen carrying capacity and reduces some of the symptoms of iron deficiency.

Vegetarians who want a hematinic formula (i.e., a complete blood building formula) like Heme-Iron can consider FERRASORB® from Thorne Research. This formula links iron to the amino acid glycine, which the body readily absorbs resulting in a relatively high bioavailability for iron. Ferrasorb® also contains active forms of B vitamins to enhance the synthesis of red blood cells. Along the same vein is the IRON BISGLYCINATE products from CanPrev, which are available in both capsule and liquid form.

Flora Health's "FERRITIN+" takes things even further. Ferritin is a naturally protein-coated storage form of iron that is found in many organisms, including algae, bacteria, higher plants, and animals. The protein coating allows it to be a timed-release formula as well as offer maximum absorption. Ferritin+ is ideal for vegans as the ferritin is derived from organic peas. Just one capsule a day is typically adequate to maintain healthy iron levels, and it is even safe during pregnancy. Unlike many other iron supplements, Ferritin+ will not interact with other minerals or medications, making this an ideal choice for those already on multiple medications and/or supplements.

Most iron supplements should be taken on an empty stomach as food can significantly decrease the absorption of iron. Drinking citrus juices at the same time as your iron supplement can increase its absorption. Avoid taking dairy products at the same time as iron as calcium can compete for the absorption of iron. Always follow the label or your healthcare practitioner's directions as taking too much iron can result in toxic effects.

Christine is a registered pharmacist with training in Natural Health Products and a passion for Integrative Medicine. She works at the unique family-operated Pharmasave in Downtown Cloverdale, BC. Their pharmacy team specializes in natural remedies and compounding for both human and veterinary use.

3 WAYS TO AVOID ONLINE SCAMS

No one wants to be scammed, but it can happen to anyone. As online scams continue to grow more sophisticated, here are three ways to help you avoid them.

Look carefully

While it's not always obvious, there can be signs that give away many scammers. Look at a website address or email address and make sure the spelling is correct. If it looks unprofessional, say riddled with typos or has a blurry corporate logo, it's best not to engage. On websites, look for store and company policies, contact information, and an https or padlock symbol in the address bar. Remember, the government will never ask you for personal information in an email, text or voicemail.

Confirm another way

Instead of replying or going ahead when you receive an unusual message from someone you think you know – say a text from your grandchild asking for emergency money or an email from your boss asking you to purchase gift cards – you should try to confirm the request using a totally different method of communication. Phone the person directly to see if they really mean to do that or if it was a scammer. The grandparent and gift card scams are common.

Get more digitally literate

Scams are always evolving, and the more comfortable you get using technology, the better you might get at recognizing when something's suspicious. There are lots of reputable sources to help you become more tech savvy, including ABC Life Literacy Canada, a non-profit organization that has free courses and tools to boost your digital know-how.

Ultimately, it's best to trust your gut and stay safe rather than sorry. You can find more reliable tips and free resources to help you stay safe online at abconnectforlearning.ca.

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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

obvious radio will continue to play a major role in his life and career. The HouseSmart Centre hums with activity, and it seems there's always another personal appearance at a store opening, or home show, or building dedication.

Then there are Shell's books. This is the fourth in a series written by Shell for the consumer and, who knows, there may be another.



Shell and Frankie with Chuck Davis
Author of "Along the Way"... with Shell

The future looks busy!

A Final Note:

Partial proceeds fund this book will be shared by the CKNW Orphans Fund and SOS Children’s Village BC.

First and foremost, thanks to Shell and Frankie Busey for the time and are they took in helping me ferret out the information needed to complete this short book. Shirley Barfoot, Shell's sister, is the family historian and a good one. Al Wightman, Irv Nelson and Randle Jones-all of whom worked with Shell in the past helped to fill in lot of the blanks. Rafe Mair recalled his early days working with Shell, and CKNW's program director Tom Plasteras explained why his show continues to earn high ratings.

Thanks to Shell's operator Jonathan Hartman for the scoop on Scoop, and to Harold Parsons for the scoop on super-trains! Joan Hyslop, Registrar/Archivist at the Grey County Museum filled me in on the early industrial days of Owen Sound, and Janet Iles of the Owen Sound Library dug out ancient addresses and phone numbers. Styn Furness of the Owen Sound Collegiate Vocational Institute was especially helpful with details on Shell's alma mater. Don Schulz, who runs the satellite Smart House Centre in Burnaby, gave me a tour and explained how the company's seminar program works. David Brown, Ray Dagg, John Plul and John Ashbridge remembered Hydro's Home Ideas Show and Shell's key role in it. And Al Krueger of the Corus Network filled me in on all the stations that carry the busy Busey.

MERRY CHRISTMAS

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- Merry Christmas
Mrs Claus
Jingle Bells
Candles
Tinsel
Wisemen
Fruitcake
Presents
Snowman
Carolling
Ornaments
- Santa
North Pole
Holly
Christmas tree
Star
Strings of Lights
Stockings
Chimney
Noel
Twelve Days of Christmas
Nuts and Bolts
- Elves
Sleigh
Mistletoe
Angels
Jesus
Shortbread Cookies
Milk and Cookies
Rudolph
Reindeer
Letters to Santa
Family Traditions

3 HELPFUL TIPS TO BOOST YOUR
IMMUNE SYSTEM AS YOU AGE

As we age, our immune system weakens, which is why older people are more susceptible to getting sick and often take longer to recover from illness than they did before. So, the older we get, the more important it is to give your immune system the support it needs. Here are three ways you can do that.

Eat well

The food you eat is the fuel your body needs to function. Consuming a variety of foods, including plenty of fruits and vegetables, to get all the nutrients you need while minimizing the amount of processed foods you eat will help you stay healthy.

Smoking and drinking alcohol both negatively affect your immune system, so you should avoid or minimize consumption of both if you’re looking to boost your immunity.

Remember adult vaccines

Throughout one's life, vaccination including adult vaccinations provides effective protection against disease. While many of us are familiar with childhood vaccinations, they don’t provide lifelong immunity against every disease. As well, some vaccines are prescribed only for adults.

Adults require helper, or booster shots to maintain immunity for some conditions. And, if you didn’t get all your shots as a child, you could still be at risk of infection from vaccine-preventable

diseases.

For example, if you are among the 90 per cent of Canadian adults over 50 years old who’ve had chickenpox – you should consider a vaccine to help prevent shingles. It’s a painful disease caused by the same virus that causes chickenpox.

Exercise regularly

Regular exercise improves your cardiovascular health, lowers blood pressure and helps protect against a variety of viruses and diseases.

A balanced diet and regular exercise will also help you maintain a healthy body weight, which in turn helps boost your immune system.

While exercise is important, allowing your body to rest is equally valuable. Sleep is the tool your body uses to recharge its batteries, including your immune system.

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6 TIPS TO REDUCE TRAVEL STRESS DURING THE HOLIDAYS

Travelling can be a stressful experience, from catching flights to getting around in new environments. If you live with a chronic health condition or an autoimmune disease like arthritis, there might be added pain, fatigue and discomfort to worry about. These tips can help you prepare for travel over the holidays:

1 Shoes wisely
Choose shoes that provide a firm grip for your heel. If the back of the shoe is too wide or too soft, your foot will slip, causing instability and soreness. Look for shoes with great arch support, or that can be worn with orthotic supports. Lack of arch support can cause your foot to flatten and can affect knee, hip and back pain.

2 Bag it up
It's easier on your body to carry a bag with an across-the-shoulder strap (or a backpack), than to carry a handbag. Additionally, suitcases, backpacks and briefcases with wheels reduce the physical stress maneuvering luggage can have on your body.

3 Drive smart
When preparing your car for a trip or when choosing

a rental car, consider adjustable components like the steering wheel and seatback. Bring a beaded or vinyl seat cover to make it easier to get in and out of the car and look for extra features like a swivel seat and wheel grips.

4 Keep meds handy
Your medication should be at the top of your packing list for any trip. Be sure to pack medication in your carry-on luggage, as checked luggage could go missing. When booking your stay for a trip, ask for a mini fridge in your room to store medication that requires staying cool.

5 Pack a snack
Travelling often means you can't always control what – or even when – you will eat, so make sure you pack a snack before you head off. While you're travelling, try to eat fish, skinless poultry and meatless proteins more often than red meat, and opt for vegetables, fruits and whole grains when possible. Keep water with you and sip throughout the day – when you're well hydrated, your body functions better, your joints feel better and you have more energy. To reduce the risk of inflammation, limit your intake of alcohol, caffeine and sugary drinks.

6 Get moving
Your joints may be sore after a long flight or drive, so it's essential to get moving by walking or

doing simple stretches. If your trip involves a lot of walking, remember to take some breaks, and consider bringing a mobility-assisting tool, such as a cane to help you stay active on your trip. Find more travel tips arthritis.ca.

www.newscanada.com

TODAY'S SENIOR NEWSMAGAZINE

Todays Senior Acknowledgment

We would like to extend our sincere apologies for any confusion that may have been caused by the article published last month regarding at-home radon testing kits. It has come to our attention that the accompanying photos on that page may have been confusing for some individuals. The photos showcasing images of local businesses are unrelated to the article on radon safety and testing.

We understand the importance of accurate and transparent information, and we regret any inconvenience this may have caused. Our commitment to delivering reliable content and encouraging public safety measures is of utmost priority, and we are taking steps to prevent such errors in the future.

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WRITE AS I PLEASE

By Mel Kositsky

Affordability!

That is probably the “Word of the Year” as 2023 comes to a close. It will probably top such words as “physicality”, which has taken over the sports world and “ignite”, which is a new buzz word marketing people are using for moving forward. Another much used and misunderstood word is “progressive”. It seems to have taken over political dialogue, referring to the philosophy of the ultra left movement.

But what is affordability and why is it thrown around so easily in the media – and much too frequently. It seems to have become the favourite word of rich politicians and academics. How long will this “affordability crisis” go on?

As the gap between the rich and poor continues to grow, the former “middle class” is losing its place in society. News reports now place the middle class as people earning between \$80,000 and \$180,000. How many of today’s seniors even made that much in their lifetime work? It seems that the average salary these days is in the \$60,000 range and that does not buy much in this inflated monetary system.

We are all concerned with affordable housing, affordable groceries, affordable fuel (gas or heating oil), affordable health care, affordable interest rates (mortgages or rent) and the list goes on and on.

Now the new buzz word seems to be “liveability”. Look for that to be prominently in use in the next year. It seems to have replaced “sustainability”. That word has been around for years but it has always been a concept that is hard to understand. No adequate definition could ever be agreed upon and now “affordability” faces the same issue.

What is affordable to some people is out of the range of ordinary people – especially those who are getting by day to day (and week to week) on meagre or fixed incomes with minimum wage jobs, while overpaid politicians talk up a storm about helping out those less fortunate -- but in reality take little action.

And now that there is continuous talk of recession, who knows what the New Year will bring. Brace yourself! There are no easy fixes and the political climate in this country and around the world has become very unstable.

Prime Minister Justin Trudeau recently posted on social media: “Homes are for Canadians to live in, not for investors to build financial portfolios with.”

Governments are attempting to take actions to change this. But will any of the new legislation

being introduced by the federal and provincial governments really make a difference.

Prices are up and the people who benefit want to keep it that way. The federal government got out of housing many years ago and left it to the provinces. Some provinces downloaded responsibility to municipalities and some built major housing authorities, such as BC Housing. But with so many different systems in place, there is no easy fix – and new regulations may only work in certain parts of the country.

But fortunately, there is still hope. One of the more affordable activities still available is getting outside and enjoying nature. And it is mostly free. (There may be parking or camping fees at some locations.)

Parks, trails and other green spaces can easily be accessed in most communities and they are much undervalued gems which various governments have put aside for our enjoyment. One group of people who have found such great pleasure for years are members of the Langley Field Naturalists – and they have now documented some of the knowledge gained in their exploration of nature.

Originally planned as a history of the Langley Field Naturalists (LFN), a book entitled “On the Trail; 50 Years of Engaging with Nature” morphed from a simple history book filled with dry facts and figures into an entertaining story about how a small group of individuals worked together over 50 years to preserve and protect numerous areas in and around Langley.

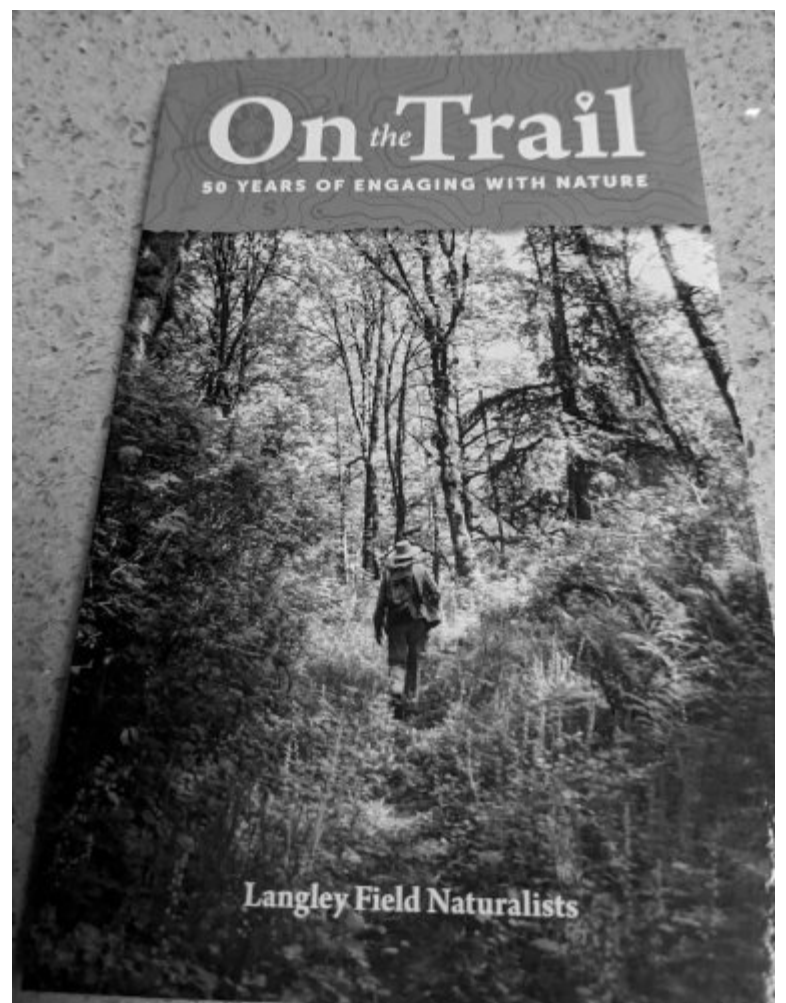
This book celebrates Langley’s wonderfully diverse natural areas and their inhabitants: the plants and animals that live in forests, fields, streams, bogs, and lakes. It also pays tribute to a group of like-minded people who have loved and cared for these natural areas over the past 50 years.

The Langley Field Naturalists learned much about working together as a team and facing both failures and successes in conservation battles.

“On the Trail – 50 Years of Engaging with Nature” reveals tactics that worked to help protect nature. It also reveals that joy, community, and flexibility are critical to a society’s success and endurance. The

book project was coordinated by writer, Lilianne Fuller and LFN Past President Bob Puls. Members of the team included John Gordon, Anthea Farr, Nora Truman, Joanne Rosenthal, Phil Henderson, Toots Tucker, Lisa Dreves, and Kathy Masse.

In addition to telling the story of the Langley Field Naturalists, the group consider this book a ‘call to action’ to local youth.



“Youth are our future, and they will be the ones to solve the climate crisis. We felt it is important to ensure that young people have access to a copy of our book,” said Fuller. To that end two copies of the book have been donated to all the Secondary and Middle schools in Langley.

A launch will be held early in December at a location to be announced and books can be purchased then. The books are \$20 and are available now at the Langley Environmental Society (LEPS) office at 4839 221st Street, Monday through Friday, between 10 a.m. and 3 p.m.

The books can be purchased by using an E-transfer to lfntreasurer@gmail.com, cheque, or cash. For more information, or to purchase a book, contact Lilianne Fuller at 604-533-0638.

“They will make wonderful Christmas presents,” said Fuller.

Best wishes to all for a wonderful holiday season. Let’s hope for peace on earth and good will to all. It is a message we should heed always, not just during this time of the year. Have a very happy, healthy and prosperous New Year!

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SENIOR READS

By Pamela Chatry

The Noel Stranger By Richard Paul Evans Publisher – Simon & Schuster

Book Review by Pamela Chatry

'Tis the season! For me, the holidays are incomplete without a few Hallmark Christmas movies and some festive reading. And this month's literary gem? None other than 'The Noel Stranger' by the talented Richard Paul Evans, brought to you by Simon & Schuster.

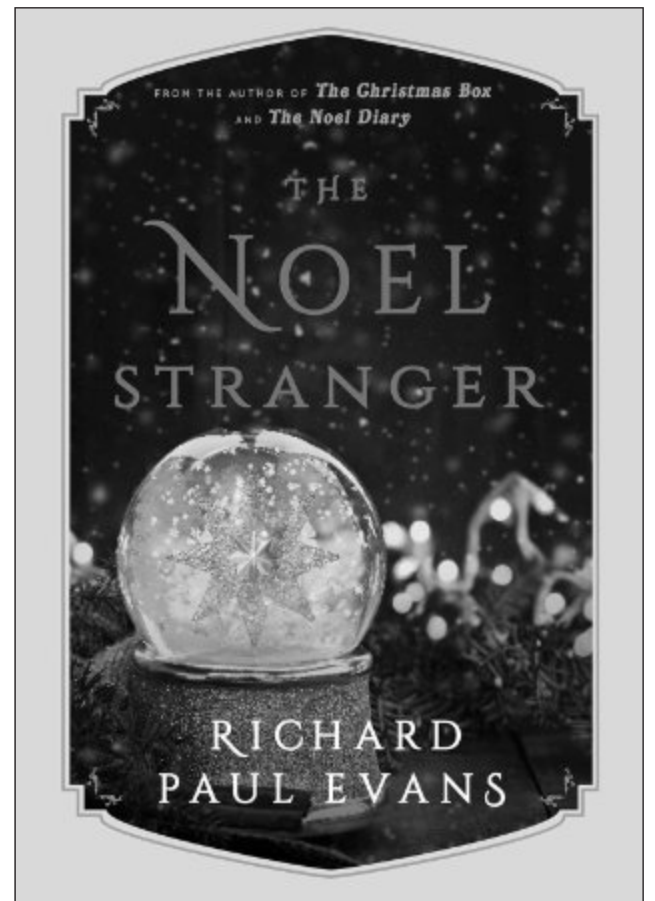
Hailed as "The King of Christmas Fiction" by The New York Times, Evans boasts over thirty-five bestsellers and a whopping thirty million copies worldwide. 'The Noel Stranger' unfolds as a romantic tale, masterfully blending suspenseful twists into the festive mix.

The story kicks off with Maggie Walther, whose discovery of her politician husband's double life becomes a public spectacle, leaving her wounded. Determined to reclaim the Christmas spirit, Maggie visits a local tree lot, where she encounters Andrew, the charming new owner. Sparks fly, but Andrew's story holds more than meets the eye.

The narrative even takes a turn to Cabo San Lucas, Mexico, treating readers to a picturesque escape with beautiful beaches, quaint towns, and local restaurants.

In this heartwarming holiday read, Evans navigates themes of new relationships, loneliness, and the enchantment of Christmas, making it the perfect companion for a cozy evening with hot chocolate and a warm blanket.

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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HOW TO FIND MONEY YOU DIDN'T EVEN KNOW YOU WERE OWED



Sherry MacLennan,
Executive Director of BC Unclaimed.

There's nothing like the thrill of finding a crisp \$10 bill in the pocket of a jacket or pants you haven't worn in a while. Well, you may have more forgotten cash than you think. All it takes is a quick search online to find out.

In British Columbia, there's a non-profit Society named BC Unclaimed that serves as a

lost and found for forgotten money. There's approximately \$210 million in unclaimed money in BC waiting to be reunited with the rightful owners. This includes a \$1.9 million estate that the beneficiaries are unaware of.

You can check if you have any unclaimed money by searching BC Unclaimed's free online database at bcunclaimed.ca. If you find an unclaimed account in your name, you can claim the funds by completing a simple verification process that confirms your identity as the rightful owner. Searching for and claiming forgotten funds through BC Unclaimed is free.

Unclaimed money held by BC Unclaimed comes from dormant credit union accounts, unpaid wages, outstanding estates and insurance payments, overpayments to debt collectors, proceeds from courts, liquidated companies, pension funds, real estate deposits, and undistributed securities. Many claims are under \$500, but the average of claims paid in 2023 was over \$8,000. In May 2023, BC Unclaimed paid out a claim for \$1.98 million from a court case.

"People lose track of their money for various reasons," explains Sherry MacLennan, Executive Director of BC Unclaimed. "People move around, change jobs and may not leave a forwarding address. Sometimes, they simply forget to close an account. In many cases, they may not be aware that there are unclaimed funds

owing to them, such as with unclaimed inheritances, funds in court, or insurance payments."

In 2023, BC Unclaimed returned approximately \$3.6 million to verified claimants. The Society, which recently celebrated its 20th anniversary, was established in 2003 to administer the province's unclaimed property program. Since its inception, BC Unclaimed has returned more than \$21 million to the rightful owners.

In addition, BC Unclaimed sees unclaimed funds support environmental and social programs through its partnership with the Vancouver Foundation. The Foundation directs these funds to diverse areas of need, from food security to grizzly bear conservation, literacy, and Indigenous programs. BC is the only jurisdiction in North America that has a not-for-profit society managing its unclaimed property program, where a portion of inactive funds are donated each year for charitable purposes.

Sherry MacLennan encourages all British Columbians to check the BC Unclaimed database regularly to see if they have money waiting for them. "We receive new submissions of unclaimed money monthly," she says, "so make it a habit to check our database. You never know if there's a windfall waiting for you."



Straight from the Horse's Mouth

By Mel Kositsky

The popularity of international racing is increasing with “live” broadcasts from around the world, as well as online productions. Racing fans have been able to watch broadcasts from Australia, England, Saudi Arabia and Dubai. Next up some of the best horses and jockeys in the world will compete in Hong Kong for some major races.

The Hong Kong International Championships take place Sunday afternoon, December 10 (Saturday night here) on the turf at Sha Tin Racecourse. A few nights earlier (December 6), 12 top riders from around the world will compete in the International Jockeys' Championship being held at Happy Valley Racetrack. England's Ryan Moore heads a star-studded list of European, Australian and Japanese riders, including female jockeys Hollie Doyle (England) and Rachel King (Australia).

The 2023 Breeders' Cup World Championships, which once again offered more than \$30 million in purses over the two-day extravaganza, was another great success at California's Santa Anita Park last month. The next two editions will again be held in California at Del Mar Racecourse, near San Diego. The Breeders' Cup races, in both 2024 and 2025, will be held the first weekend in November.

The \$6 million Classic was captured by Kentucky-bred White Abarrio, a four-year-old colt by Race Day, who ended up the favourite for the

one and one-quarter mile race for three-year-olds and older. White Abarrio is starting to live up to the potential he showed as a three-year-old when he captured the 2022 Florida Derby. Now trained by Richard Dutrow and ridden by North America's leading jockey Irad Ortiz Jr., the uniquely coloured horse is rapidly becoming a fan favourite.

White Abarrio is expected to continue racing in 2024, with potential starts in the Pegasus World Cup at Gulfstream Park in south Florida on January 27 before heading to Saudi Arabia and Dubai for the world's richest races in the spring.

Harness racing action continues at Fraser Downs in Surrey on Thursday and Friday nights until December 15. Live racing begins each night at 7 p.m. After a break for the holidays, it is expected racing will resume the first week of February. Racing dates for 2024 have not yet been confirmed.

Jockey Amadeo Perez won his second straight riding title at Hastings Racecourse as the Vancouver track wrapped up its 2023 season on October 15. A recent Canadian Thoroughbred article by Jennifer Morrison gave a complete wrap-up racing activities.

Perez won an impressive 95 races through just 45 racing dates for his sixth title at Hastings since 2012. Perez, who was second to Woodbine jockey Kazushi Kimura on the list of Canadian riders, had 50 more wins at Hastings than runner-up Silvino Morales. The top apprentice was Fraser Aebly with 29 wins. (Aebly then went to Woodbine and Fort Erie to gain even more experience to finish out the year.)

Barbara Heads won her second training title as she saddled 37 winners from 138 starters with earnings of more than \$552,000. Heads is just seven wins away from 700 career winners. Steve Henson was second on the trainer list with 28 winners.

Dairen Edwards' Willow Creek Farm led all owners by purse winnings and tied for first by wins at 16 with Rob and Sheena Maybin. Willow Creek's starters earned \$237,154 just ahead of WYN Racing Stables, which collected \$196,969.

Bellaroo won the most races at the meet, with five victories from nine starts. The Kentucky bred five-year-old by Successful Appeal won two of these for Rob and Sheena Maybin and three for current owner Jordan Froelich and trainer Dino

Condilenios. Bellaroo was claimed for \$6,250 by Froelich in June.

The \$75,000 Glen Todd Ascot Graduation for two-year-olds at a mile and a sixteenth on Oct. 14 was one of two final stakes races of the meeting. Getting to the wire first was Peter Redekop's August Rain in a quick 1:44.40 under Amadeo Perez for trainer Barbara Heads. The BC-bred son of Sungold – Bitatude by Super Saver sat most of the trip in the three-path and, with the blinkers being removed for the race, he relaxed kindly behind a moderate pace (23.81, 47.84 and 1:12.92) before sprinting home when asked and drawing clear for the victory.

Canyon Farm's Vector saved every inch of ground on the inside with Antonio Reyes aboard, then angled out on the final turn before running on strongly to the wire and was well clear of the field in the second spot for conditioner Craig MacPherson. Wil-a-Way Farms, Gail Jewsbury and Pat Jarvis' Diocles was far back off the early pace and flew home late to get third.

August Rain is now three for five in his career, having also won the BC Cup Nursery Stakes and CTHS Sales Stakes. He has earned \$73,844.

The \$75,000 Glen Todd Fantasy for two-year-old fillies going a mile and a sixteenth went to Don and Sue Danard's Brooke Magic, who was given a textbook ride by Brian Boodramsingh, positioned just behind the speed and, when the rail opened turning for home, she shot through for a big win in 1:45.76 for trainer Mel Snow. Bred by Prescott Farms, Brooke Magic was purchased by the Danards for \$22,866 at the BC CTHS yearling and mixed sale last year.

The filly is a daughter of Honor Code – Curlin's Prize by Curlin and this was her second career race and first win. Renfrew Racing, B and B Racing, Breen Racing, Eugene Chan and Dave Milburn's Lizzie's Rayne was given every chance by Amadeo Perez, sitting on the lead through comfortable splits of 23.82, 48.16 and 1:13.99 and won the battle for second by a nose for trainer Dave Milburn. Russ and Lois Bennett's Viva La Diva set the pace from the rail under Antonio Reyes, but drifted at the top of the stretch, allowing the winner to get through and then lost a tight photo for second.

HOW TO STICK TO YOUR NEW YEAR'S RESOLUTION THIS YEAR



Seeing any New Year's resolution through to completion is tough for many of us, but it's a good way to push yourself towards important goals.

Whatever your resolution is this year, here are a few tips to help you stay on track:

Make a plan

Creating a realistic step-by-step action plan makes it easier to pursue your goal when the going gets tough. If you're quitting smoking, for example, decide on the date of your last cigarette and choose

tools and methods to manage cravings. Include your reasons for quitting to come back to for motivation. Plan out how you'll avoid situations that will make you want to smoke again and come up with ideas of what you'll do instead of reaching for a cigarette – maybe brushing your teeth or going for a brisk walk – so you don't have to come up with an alternative action on the spot.

Ask for accountability and support. Tell someone about your goal and how you plan to achieve it. If you want to work out more often, you can enlist a gym buddy or send them a photo of every session you complete. If you're quitting cigarettes, you can ask someone to remind you why you're stopping or to help distract you from cravings.

Having someone to cheer you on and be proud of your accomplishments can go a long way to help you move any goal along. This support might look different for everyone. It could come from a friend, family member or a health professional like a counsellor or quit coach.

Try multiple methods

There probably isn't one right way to achieve your goal, so why not try a few strategies at once? A combination of tools and support is actually proven to increase the chances of quitting smoking for good. Health Canada says quit aids like nicotine replacement gum and/or prescription medication alongside counselling can double your chances of triumph.

Know that every step is a success

If you're like most people, you may not be able to stick to your resolution without a few hiccups the first time you try. But every step you take towards your goal is more experience under your belt and something worth being proud of. Learn from your slip ups to plan your next attempt.

When it comes to smoking, it's common to need a few tries to quit. And that's okay, it's continuing to try that will get you there in the end. If your resolution is to quit smoking, know that it's possible and that there are plenty of free quit-support services in communities across the country. You can find more information and advice from real people and their success stories at canada.ca/quit-smoking. www.newscanada.com

HOW TO KEEP YOUR VEHICLE RUNNING SMOOTHLY ALL WINTER



There's an old joke that there are two driving seasons in Canada: winter and road construction. Well, we're moving into the winter part of the year. So, now is a good time to make sure your vehicle is ready to carry you safely through the season.

Here are a few safe winter driving tips from Aviva Canada:

Switch to winter tires

Quebec and most highways in British Columbia are the only two jurisdictions in Canada where winter tires are required by law. But every Canadian driver should invest in winter tires for safety. All-seasons just don't provide the traction needed in snowy or icy conditions.

For year-round safety, you should regularly check your tire pressure. In cold weather, tire-pressure will drop. Properly inflated tires grip the road better and improve fuel efficiency.

Top it up

Winter driving means a messy windshield.

Regularly top up your washer fluid and store an extra jug in your car in case you run out on the road. You should also inspect your wiper blades and replace them if they're starting to leave streaks.

Also regularly check the levels of your oil and coolant, particularly before heading out on longer trips. And try to keep your gas tank at least half-full in case you get stuck in a storm.

Be prepared

Always keep an emergency kit in your car. It can truly be a lifesaver if you have a breakdown in winter. It should include some non-perishable food, water, a flashlight and a first-aid kit. Add some candles and matches or a lighter to provide emergency warmth if you're stuck for a long time. You can also include some warm clothing or a thermal blanket.

Check the basics

Check your battery, lights, windshield wipers and brakes to ensure they're all in good working

order before cold weather conditions start. This includes keeping your gas tank at least half-full at all times. This will help you out during any unexpected delays.

Hail damage

Hailstorms can cause significant damage to your vehicle. If your vehicle is damaged in a hailstorm, call your insurance company immediately. They will be able to guide you through the claim process if needed.

Finally, consider storing a bag of kitty litter in the trunk that you can use to provide some traction if your tires are on spinning on the ice.

Find out more about car insurance options for protection this winter and year-round at aviva.ca.

www.newscanada.com

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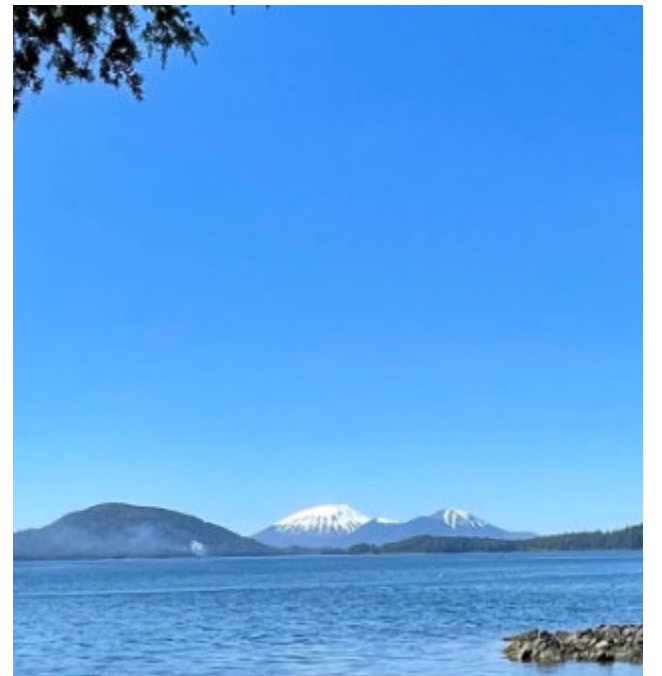
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ALASKA'S TONGASS NATIONAL FOREST SITKA'S NATURAL SIDE

By Chris Millikan

Our ship arrives in glorious Glacier Bay. Like us, passengers gather on the promenade, sundecks, and bow to view spectacular Margerie, Grand Pacific, and Johns Hopkins tidal glaciers. National Park rangers roam the decks, pointing out marine birds and mammals. Though wishing for whale sightings, everyone loves watching otters play. Later that sunshiny afternoon, our ship leaves this resplendent bay and heads for Sitka, our next port.

Onboard lectures present the history of Alaska's oldest city. Located on Baranov Island, Sitka was Russia's fur trading centre for 63 years. In 1867, the USA purchased Alaska, aptly signing the agreement in Sitka...its first state capital.

These presentations remind us of our previous visit. Decades ago, we'd encountered Sitka's Russian and indigenous Tlingit heritage. Discoveries included the 1842 Russian Bishop's House; onion domed St. Michael's Orthodox Cathedral and Sitka National Historical Park, where the Russians defeated the Tlingit...

As our captain manoeuvres through Cook Inlet toward Sitka, densely forested islands slip past our window. Nieuw Amsterdam berths at Halibut Point's Old Sitka Dock, 8-kilometres outside town. From excursion options, we pick the 'Tongass National Forest Hike.'

Meeting above the dock, trail guide Hillosa leads our hardy group to a shuttle. Onboard, she smiles,

"Today's hike provides an overview of everything the natural world offers in the world's largest temperate rainforest..."

Dropped off in a small park, our trek proceeds to the Mosquito Cove trailhead. In the shade of tall evergreens, yellow skunk cabbages bloom profusely. Hillosa explains, "Their enormous green leaves are used to wrap delicate foods like seafood for grilling." Further along, we learn about Devils Club's surprising health benefits.

On an off-trail beach, Hillosa discusses edible seaweeds. A distant, cone-shaped mountain sparkles with snow. "That's Mt. Edgecumbe's now dormant volcano sitting out on Kruzof Island," Hillosa points out. "Tlingit ancients may have witnessed its legendary first eruption over 4000 years ago...and again around 1200 AD. They considered it sacred."

"Mt. Edgecumbe's layers of volcanic ash eliminated mosquito-like pests here," she smiles. "So, Sitka enjoys a benign environment. However, soil toxicity impairs plant growth. Like many others, I use seaweed to detoxify my garden plot!"

At another trail stop, Hillosa describes cedar and spruce versatility. "The Tlingit use the solid, straight-grained yellow cedar to make homes, canoes, clothing, tools, bentwood boxes...and yes, totems. They split and dry Sitka spruce roots to weave hats and watertight containers. As well, Russian, and American sailors built their ships with durable spruce."

Raised boardwalks wind us above extensive grassy marshes. We're told that bears love grazing in the surrounding meadows. "During summer and fall, our coastal brown bears eat about 90 pounds of feathery sedges daily. They don't go into deep hibernation like other brown bears; their shorter sleeps are called twerpers," Hillosa says. "Genetically related to polar bears, coastal brown bears only live around Cook Inlet, Sitka, and on some islands."

Re-entering the forest, a gravel trail climbs steadily upward toward a flat muskeg area. Stunted green hemlock, shore pine and hardy, low-growing vegetation dominate these boglands. The Muskeg Trail's boardwalks zigzag us above spongy sphagnum moss carpets and tufted brown bulrush. Pausing on a bench, we immerse ourselves in this unusual landscape. "Cloudberries, bog blueberries, cranberries...and medicinal Labrador teas thrive in this acidic, perpetually damp environment," Hillosa notes. "Later in summer, you'd see tiny sundew and butterwort plants. Their sticky leaves and sweet aroma lure insects. Leaf enzymes digest them, adding needed nitrogen unavailable from nutrient-deficient muskeg."

Gradually descending through evergreens, we arrive back at the park. Looping through four distinct ecosystems, our 6-kilometer hike reveals Sitka's unique natural surroundings.

4 WAYS TO REDUCE GIFT-GIVING STRESS THIS HOLIDAY SEASON

Finding a great gift for a friend, family member or office Secret Santa can prove challenging. Sure, there's the worry of the gift selection itself when attempting to buy for the person who has everything, or for someone you barely know. Add in the stresses of gift wrapping, timely delivery if you're ordering online, and trying to score a just-right item that suits your budget, and you've got a perfect holiday-anxiety storm.

Fortunately, reducing holiday stress is very possible. Here are four ways that can help:

1 Whittle down your list. Even if it feels like your people-to-shop-for list is set in stone, know this: it's okay to reassess each year. Buying for kids instead of adults in a family-and-friends dynamic is a great way to minimize spending. Or, incorporating an ornament exchange with hard-to-buy-for types will keep the spirit of giving alive without sacrificing your sanity in the process.

2 Be a purposeful shopper. A great way to avoid buying items your recipients don't want or need or spending over your limit? Make a list. Whether you prefer to shop in-store or online, being prepared before you buy will help minimize unnecessary purchases. And making a list early on will also help you determine if you're planning to buy too many gifts, period.

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

3 Get emotional. A study published by the Journal of Consumer Psychology found that many participants chose to give a personal but predictable present, assuming the recipient would prefer it. Interestingly, the study found gift recipients valued emotional presents that tugged at their heartstrings instead. So, consider choosing a meaningful gift that helps others through tough times. Take the stress out of personalizing it completely with something like the World Vision catalogue. Since it helps children in the world's most dangerous places, it can be one way to help everyone feel good about giving.

4 Shop early and shop smart. Sometimes it's not possible to finish your holiday shopping well in advance. So, whenever possible, set aside a few hours on a weekend or after work to chip away at your list online or in person and avoid the chaotic last-minute rush. And for those who prefer to shop online but are concerned about delivery dates, shopping early (and with reputable retailers) is even more important.

Find more information about the gift catalogue
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KEEP YOUR SKIN LOOKING FRESH AND HYDRATED THIS WINTER

Whether you hunker down in your home or head to the ski slopes and backyard rinks, it's important to keep your skin healthy and protected from crisp, cold weather and dry indoor air during the winter months.

“While we protect our skin from the sun and UV rays in summer, winter weather brings on a different set of skin-care challenges for many people,” says Dr. Christine Palmay, a family physician and contributor to digital health-care platform Care to Know. “It’s important to be sensitive to how your skin feels in winter and adjust your skin care routine to avoid irritation, flakiness and redness caused by dry air, both inside and outside.”

Tips to keep your skin healthy and radiant during winter months

- Use more moisturizer according to your skin type. For normal and dry skin types, use a rich, thicker lotion; for oily skin, a light lotion won't block pores or cause blackheads.
- Gently exfoliate to remove dirt and dead skin, allowing moisturizers to better penetrate dry skin.
- Limit hot showers and gently pat yourself dry to help you avoid losing moisture in your skin.
- Moisturize your entire body after you shower.
- Use a sunscreen every day to protect your exposed skin from harmful UV rays, which do damage during any weather and every season.
- Drink water to help maintain the natural moisture in your skin that can be compromised by indoor heating, harsh winds and frequent hand washing.
- Use a humidifier to add moisture to the air which otherwise can be removed by indoor heating systems.
- Wear lip balm to moisturize and protect your lips from the elements.
- Apply lotion to your hands frequently after washing them and wear gloves outside to protect them.

Find free information and updates on many health-related topics including how to maintain healthy skin at caretoknow.ca

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Dentures on Implants

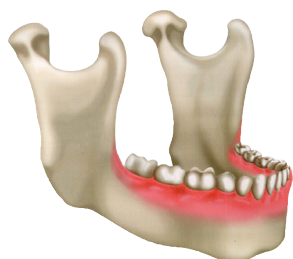
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Bone loss in the jawbone occurs when there has been extraction of natural teeth.

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?

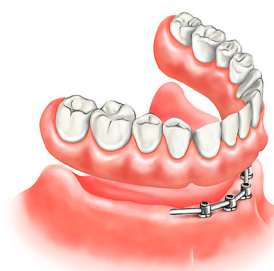
A dental implant is a device which anchors artificial teeth or dentures to the jawbone. They're made from the same medical grade titanium used in hip or knee replacement and strategically placed in the jawbone for optimum stability and function.

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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