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TODAY'S SENIOR NEWSMAGAZINE

FEBRUARY - 2024

FRASER VALLEY - LOWER MAINLAND EDITION

Volume 31 - Number 1

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A time for reflection as a sternwheeler recently comes into dock at Stanley Park. (photo: Dan Propp)

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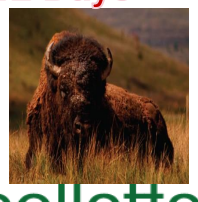

Bob and Teresa hosts this Collette Vacations National Parks of America tour. Scottsdale, Grand Canyon, Lake Powell, Zion, Bryce Canyon, Salt Lake City, Jackson Hole, Grand Teton & Yellowstone National Parks, Old Faithful, Crazy Horse Memorial, Mount Rushmore. * For bookings made after 2024-03-21 call for rates.* Included in Price: Round Trip Air from Vancouver Intl Airport, Air Taxes and Fees/Surcharges of $130 per person (subject to increase until paid in full), Hotel Transfers* Not Included in Price: Cancellation Waiver and Insurance of $399 per person* All Rates are Per Person and are subject to change based on air inclusive package. Save $100 pp if booked by March 21st. Double $7,749 Single $9,999

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December 17-20: 4 Days We have included a two night stay in Leavenworth at the Icicle Inn, a horse drawn sleigh ride, Bavarian style dinner. A drive through the millions of lights at Warm Beach Camp and the new light displays of the Tulalip Casino Resort Hotel. Visit to the Hibulb Cultural Center and Quil Ceda Creek Casino. 5 Meals - $1,455 Cdn pp dble occ, no GST. $1,955 Cdn single no GST. Call by Oct 12 and receive a $50 pp discount. This will be the last tour before Bob and Teresa retire in 2025 so book early..

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ACCORDION TO DAN

Photo: A time for reflection as a sternwheeler recently comes into dock at Stanley Park. (photo: Dan Propp)

Yet another February makes its entrance as even more folks today walk around totally glued to their cell phones. Some of us seniors ponder, could we ever have imagined such a common scene would ever endure in our lifetime. Sure, there was Dick Tracy's watch in the old comic books, which I believe is the iPhone of today.

Back then, the term 'developments' did not refer to high rises, but mainly connected to Kodak, Ansco and other films. Trying to 'process' a future like today's reality was impossible to 'picture', forgive the intended puns.

Discovering reminders of our youth of treasures at thrift shops of comic books like Uncle Scrooge, Donald Duck, or a DVD of older shows of Sesame Street or Mr. Rogers, or a picture of a once common Fargo truck can be nostalgically emotional.

Perhaps, finding an old cassette recording of the 1950's Brooklyn Dodgers game or radio commercial for Gillette razor blades. Do you remember the old jingle from Gillette "Look sharp, Feel sharp, Be sharp" or Arthur Godfrey's expression 'How ah ya, how ay ya' doing a Lipton tea commercial. Do you recall as a kid tuning in to that Westinghouse, Philco or GE vacuum tube radios? What about Jack Webster's City Mike on CKNW (Top Dog) and his pronunciation of 'Precisely' and Monty McFarlane's morning show on CJOR, broadcast from the basement of the Grosvenor Hotel. Red Robinson spinning rock and roll records from CKWX on Burrard Street. Do you still remember Pat Burns and his distinctive voice often saying, "Go ahead Doll".

Many of us also still miss Jack Cullens' 'Owl Prowl', his amazing interviews of famous performers at The Cave Theatre Restaurant; and all those old time radio shows from Jack Benny, Fred Allan, Our Miss Brooks, Jimmy Durante and possibly even Dinah Shore. Where has it all gone, eh?

OTHER MEMORIES TO PONDER

I still miss the old main Vancouver public library on Burrard, Vancouver's west end and how it used to be, experiencing the atmosphere of being downtown and the magic of Vancouver's neon 'theatre row'.

REMEMBER

Do you recall when Life Savers were still a nickel a roll and Hershey Bars a dime. A quarter pounder hamburger at McDonald's in 1960's cost 70 cents. Going back to those days is good for the soul. How about that famous Teresa Brewer song, "Put Another Nickel In The Nickelodeon", wasn't that an incredible time. Just like the old Shoot the Chutes ride hurtling down and splashing into the water at the PNE; the Shrine circus and candy floss; the Pacific Stage bus depot off Dunsmuir Street and the way many things used to be.

So much is now history compared to what Vancouver's cityscape now appears. Remember the hotels like the Devonshire, Alcazar, The Ritz. Where did they all go? All those cars we grew up with and their dealerships…Dueck on Broadway, Clark Simpkins, Brown Brothers Ford. Do you remember your parents or grandparents' old car?

February can indeed be a suitable time for plenty of reflection.

DO YOU REMEMBER?

The old Vauxhall Victor; a Wollensak tape recorder, Sunbeam Mixmaster. How about your favourite wind-up watch? Brownie 8mm movie camera and Bell & Howell projector and screen.

Memories for many of us that may still mean so much. Pre-credit plastic card days. When Woodworth and their soda fountain still flourished. The post office delivered postcards and handwritten letters galore.

A different lifestyle was encouraged. Far less corporate control and many an independent store. A different tide reached our shore.

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

Plus books via www.amazon.ca

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

Publications Mail Registration #40025695
Printed in Canada, Blackpress

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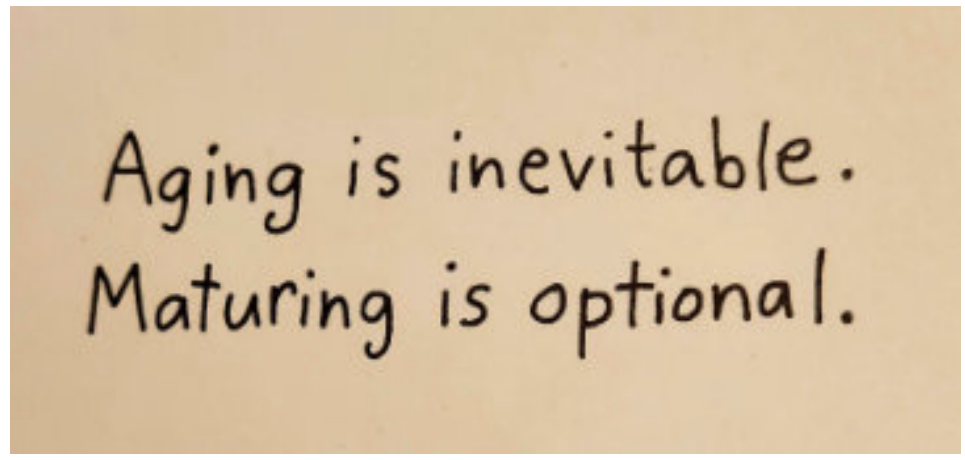

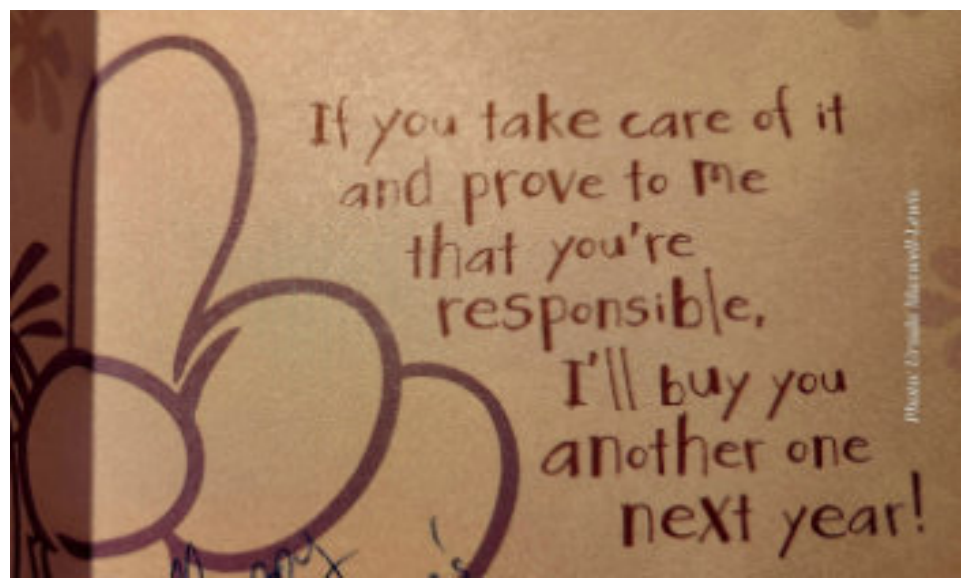

DOWNSIZING, DRAWERS AND DRAGONS

By Ursula Maxwell-Lewis

Recently friends started muttering the dreaded 'D' word' again. Downsizing! We did it when the kids grew up and hit the road, when the Dearly Departed departed, when another 'D' word changed the family home dynamic and when we all resorted to townhouses, and condos. For some, it's time to do it all again.

At least you've off-loaded the Royal Dalton Yellow Rose china, the gleaming (once upon a time) 36-piece sterling silver flatware, sparkling (once upon a time) crystal sherry glasses to water goblets and the three orange fondue sets. Right? "I'm in pretty good shape for a move to independent living," may be running through your mind.

Then - you fling open the cupboards.

You know, the ones five feet overhead in the 'I might use it one day' (but you never did) categories?

OMG! How did that stuff get so dirty? Hand-wash only!

Solutions zip across your mind:
The children will love it. (Good luck with that!).
Sell it online / offline / garage sale. (Good luck with that!).

You lose a month of your life glued to the Antiques Roadshow trusting your treasurers miraculously materialize. Priceless and in great demand. (Good luck with that!).

Even if Uncle Berties fiddle shows up, check the show date. Remember that plunging, devaluing sound?

How often have I thought, "Whoa! Bet they wished they'd off-off loaded that in Wales in 1984!"

That brings me to Valentines' Day. Specifcially: cards. The 40-plus years worth stuffed into a trunk, a drawer, or, in my case, my fining cabinet. Go ahead. Look! I dare you!

Valentine cards have generally defaulted online to that helpful, timesaving elegant Jacquie Lawson website. Somehow plugging everyone's name into #14 " 'til death do us part you've got my heart" plus roses popping into vases, Black Forest Cake (recipe attached, do it yourself), bunnies hopping, birds chirping. Cue Stevie Wonder crooning 'You are the Sunshine of my Life'. Yes. Really. I know. It's the thought that counts.

This column has taken longer than anticipated to craft due to research. In other words, my card drawer has taken longer to sift through than anticipated. Mother's Day cards from my kids are the highlights.

For example:
MOM! Where would this family be without your kind heart and loving example?

Probably on "Jerry Springer" throwing chairs at each other!

There's also one picturing a baby surrounded by dirty dishes - in a sink proclaiming "Why dads shouldn't baby sit." All that was missing was an armchair and a TV.

One depicting a mom in a car surrounded by kids asking questions:
"Thanks for all you did for me even though I drove you CRAZY!"

Scrawled inside from the daughter is: "But, what else are kids for?!"

Of course, there's the Christmas one to my mother in which someone has carefully printed: "Seasons Gratings, Gran. XO"

Let's just shut those drawers and cupboards, put off downsizing (again) and celebrate Valentines' Day, plus my favourite, Lunar New Year (Spring Festival). 2024 is the Year of the Wooden Dragon. Chinese New Year cards are available, so are those red Lucky Money packets for spreading the wealth.

Kung Hei Fat Choi! Which translates to: Wishing you great prosperity and good luck.

Celebrations (with dragons!) can be found throughout the Lower Mainland from Feb 10 to 24.

Ursula Maxwell-Lewis is a British Columbia writer and photographer. She can be reached at utravel@shaw.ca

Photos by Ursula Ursula Maxwell-Lewis
Photo #2 is the inside text on the Garfield card.
Photo #3 is the text on the 'shopping' card.

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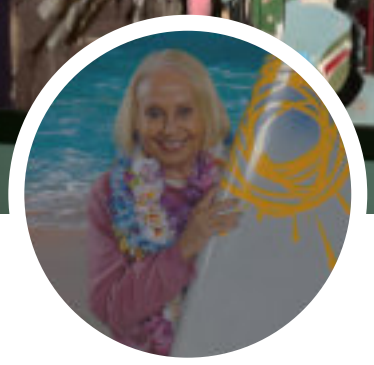

LEGACY OF DENYSE THOMASOS AT VANCOUVER ART GALLERY.

Article & photos by Lenora A. Hayman.

The Denyse Thomasos: just beyond, at the Vancouver Art Gallery until Mar.24/2024 honours the late Trinidadian Canadian painter Denyse Thomasos (1964-2012) and her abstract paintings, studio footage and journals that provide us with a greater understanding of her personal and political thoughts.

Thomasos was born in Port-of-Spain, Trinidad, raised in Toronto and lived most of her professional life in Philadelphia and New York. She graduated with a BA in Painting and Art History from the Univ.of Toronto and completed her MFA in Painting and Sculpture at Yale University.

Some of her wall paintings and architectural structures and grids are influenced by slavery and its impact and also the prison entanglement.

Describing the Figure, Thomasos said "My early work was both an attempt to capture the emotion of isolation and a means to learn about myself with respect to Black culture, history and politics".

The Arc, an 11-by-20-foot painting has 2 huge ribcage-like forms on the top-half of the production addressing political concerns, while the skulls represent Thomasos' alerting us to systemic racism and oppression.

Sadly Denyse Thomasos died suddenly in July 2012 at age 47, due to an allergic reaction to dye injected during a diagnostic medical procedure.

Thank you for allowing us to witness her remarkable career!

Photos all by Lenora A. Hayman.
BOTTOM RIGHT: The Grid by Denyse Thomasos.
TOP Right: The Figure by Denyse Thomasos.
TOP Left: Arc 2009 by Denyse Thomasos.

3 CREATIVE NOOKS FOR A COZY HOME

Everyone has their guilty or not-so-guilty pleasures, and it's important to embrace the little moments in life that make us feel at ease. When designing a living space, leave room for your everyday habits and favourite activities. Read on for inspiration and tips to create cozy corners within the home.

A space for reading

Create a cozy reading corner with comfortable seating, the perfect lighting and an accent wall that makes it feel like its own little room within a room. Choose colours like greens, blues or a deep brown that will help you stay immersed in the story you're reading.

A personalized coffee area

Start every day on the right foot with a personalized coffee nook. Choose a corner near windows for maximum sunlight exposure first thing in the morning. Here, you can paint window trim for a unique accent that will make the room pop. When selecting a colour for the trim, keep the wall colours in mind and go for a contrasting look.

A corner for wellness

In today's fast-paced world, creating a space that promotes your wellbeing is essential. From a skincare vanity to a dedicated fitness area, make your home your sanctuary and reserve an area for self-care and peace. Choose paint colours that calm the mind – such as Benjamin Moore Palest Pistachio 2122-60, a barely-there hue with crisp notes of blue and grey, or Benjamin Moore Natural Linen CC-90, a sandy neutral with just the right amount of rustic warmth and elegance.

www.newscanada.com

Image courtesy of News Canada/Benjamin Moore. Wall (left): Windmill Wings 2067, wall (right): Heron OC 57, banquet (base): Oxford Gray 2128.

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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.

First Time Home Buyers are One step closer to owning Their first home, with the launch of the First Home Savings Account

To help potential first-time homebuyers, the federal government has introduced the First Home Savings Account (FHSA), a new tax-free registered plan where Canadians can contribute up to a lifetime limit of $40,000 towards the purchase of a qualifying first home. But many young people may not have the savings they need right now to make contributions to an FHSA. This is a wonderful opportunity for parents and grandparents to step in. While they cannot contribute to their child or grandchild's FHSA directly, they can give them the money for a contribution ("as a gift").

With rapidly rising house prices and higher mortgage rates, the dream of owning a first home feels like it is out of reach for many Canadians. Fortunately, the new First Home Savings Account (FHSA), from Equitable Life® could make saving for a first home easier. The FHSA is a registered plan that gives first-time homebuyers the opportunity to invest up to $40,000 for the purchase of a first home on a tax-free basis. Like a Registered Retirement Savings Plan (RRSP), contributions are tax-deductible, and withdrawals to purchase a first home—including from investment income—are nontaxable, like a Tax-Free Savings Account (TFSA).

How much can I contribute to a FHSA? You can contribute $8,000 each calendar year. The lifetime limit on contributions is $40,000. You can claim an income tax deduction for contributions made each tax year. Unlike RRSPs, contributions made within the first 60 days of a given calendar year are not attributable to the previous tax year. For tax purposes, FHSA contributions can be carried forward and deducted in a later tax year. Once you open the FHSA, the contribution room will appear on your notice of assessment.

What is my contribution room? Unlike a TFSA, you do not accumulate contribution room if your FHSA has not yet been opened. If you withdraw money from your FHSA unrelated to a home purchase, this contribution room is not reinstated the following year. You can carry forward any unused portions of your annual contribution limit. For example, if you contribute $5,000 in year one, you can contribute the unused amount of $3,000 in year two, in addition to your annual contribution limit of $8,000 for a total of $11,000 in year two. Your carry forward amount must not exceed $8,000 and you cannot contribute more than $16,000 in the same calendar year. For example, if you contribute $1,000 in year one and $1,000 in year two, you can only contribute $16,000 in year three.

What if I contribute more than my limit? If your contribution exceeds your annual limit, you are subject to a 1% tax per month. This means if you contribute $9,000 in September of year one, you will pay 1% of $1,000 per month until January of year two.

What is a qualifying withdrawal? You must have a written agreement to buy or build a home in Canada by October 1st of the year after you make the withdrawal. You must intend to live in the home as your principal residence within a year of buying or building it. All FHSA funds may be withdrawn on a tax-free basis in a single withdrawal or a series of withdrawals. There is an exception that allows you to make qualifying withdrawals within 30 days of moving into your home.

Can I use my RSP funds for the Home Buyers Plan (HBP) and FHSA to purchase a home?

YES, you can use both the HBP and the FHSA for a first home purchase with a maximum of $35,000 under the HBP. There is no maximum from the FHSA. Your $40,000 contribution to the FHSA can grow to a much larger amount by the time you are ready to purchase your home. You will not need to pay back the FHSA withdrawal however, the HBP withdrawal must be repaid.

FHSA vs RRSP vs TFSA

An FHSA is not a replacement for an RRSP or TFSA, but a complementary add-on.

This new account type is specifically designed for aspiring first-time home buyers. It works together with the other accounts to provide you with:

More contribution room.

More tax savings

More opportunities for investment growth.

An FHSA takes the best features of the other accounts to give you a new and better way to save for your first home.

How long can I keep the FHSA? What if I decide not to use my savings to purchase a home? Your FHSA can remain open until December 31 of the year you turn 71. If you have not used the money 15 years after opening the account, the balance can be transferred to an RRSP or RRIF on a tax-free basis. If you do not transfer it by December 31 following the 15th anniversary after opening your first FHSA, the account balance is declared as income and is taxable.

Key Features:

The FHSA is for Canadian residents 18 to 71 who do not currently own a home or have not owned a home in which they lived at any time in the last four calendar years.

Annual contribution limit of $8,000.

Lifetime contribution of $40,000.

Unused contribution room can be carried forward from past years up to a maximum of $8,000.

Income earned is not taxable.

Unused FHSA proceeds can be transferred to a RRSP or Registered Retirement Income Fund (RRIF) on a tax-free basis.

Grandparents and Parents wanting to help their children or Grandchildren can gift the money to be invested in a FHSA on an annual basis or contribute monthly to take advantage of dollar cost averaging.

Talk to your financial advisor about the First Home Savings Account and how it can help your child or grandchildren save for your first home.

To find out more about FHSA 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

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HOW TO CHOOSE THE RIGHT AIR PURIFIER

As you gather to celebrate holidays throughout the season, you may be wondering about the quality of the air in your home.

Contaminants in your home can come from a variety of sources, such as:

- fuel-burning appliances
- wood smoke
- cleaning products
- second-hand smoke
- pet dander
- consumer products, such as cleaning products or craft supplies

All of these can impact your indoor air quality and potentially affect your health. The best ways to improve indoor air quality are to remove or reduce the source of the pollutants and to ventilate your home with clean, outdoor air.

Air purifiers, also referred to as portable air cleaners, can also help make your indoor air quality better by capturing small particles with a high-quality filter. Keep in mind that air purifiers do not remove gases and are designed to clean only a single room.

Here are tips to help you choose the best air purifier for your home this season:

- Measure the dimensions of the room where you will use your air purifier and calculate the square footage.
- Look for a unit tested by Consumer Reports or certified by the Association of Home Appliance Manufacturers (AHAM).
- Look for the suggested room size and the clean air delivery rate (CADR) on the AHAM label. Choose an air purifier sized for the room in which you will use it.
- The CADR describes how well the machine reduces tobacco smoke, dust and pollen. The higher the number, the more particles the air purifier can remove.
- Avoid devices that produce ozone, as ozone can impact your health. The California Air Regulatory Board lists units that have passed testing for ozone emissions.
- Consider selecting a unit with a lower noise rating.

Once you have selected the air purifier, make sure to follow manufacturer's instructions for placement and operation to ensure good airflow. Generally, higher fan speeds and longer run times will increase the amount of air that's filtered. Make sure to clean or replace filters as often as recommended by the manufacturer.

Find more information on protecting your indoor air at canada.ca/airhealth. www.newscanada.com

THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

PREVENTING HEART PALPITATIONS AND MAINTAINING A HEALTHY HEART NATURALLY

With February being Heart Month, I thought I would bring awareness to a not-uncommon symptom, heart palpitations. Heart palpitations are the sensation of your heart pounding or fluttering and are a common occurrence that can be unsettling but are not always indicative of a serious heart condition. They may last only a few seconds and can be triggered by various factors, including stress, illness, dehydration, pregnancy, caffeine, anemia, and certain medications. If palpitations persist or are accompanied by other symptoms like nausea, fainting, or feelings of unwellness, seeking emergency treatment is crucial to rule out underlying heart conditions.

Dehydration can lead to thicker blood, requiring the heart to work harder. Staying adequately hydrated by drinking water and monitoring urine color can help prevent palpitations. Maintaining proper levels of essential electrolytes such as potassium, calcium, and magnesium, is vital for heart health by conducting electrical charges crucial for muscle contractions, including those of the heart. Consider taking sugar-free **Electrolytes by Organika**.

Hawthorn preparations have a rich tradition as valuable tonic remedies for the cardiovascular system. The combination of hawthorn fruit, leaf, and flower in **Cardio Calm by Strauss** harnesses a spectrum of actions, including antispasmodic effects, antiarrhythmic properties, diuretic action, hypotension, vasodilation, and cardiotonic benefits. These attributes collectively strengthen and invigorate the heart and circulatory function, making hawthorn a versatile herbal remedy for various cardiovascular conditions.

Cardio Calm also contains Skullcap which has anti-anxiety properties to support and calm the nervous system; Peppermint which is commonly used to reduce sympathetic spasms causing palpitations; and Indian Sarsaparilla, an Ayurvedic herb traditionally used as a "blood purifier".

A cardiotonic and cardioprotective tonic to also consider is the original **Strauss Heartdrops**. The synergistic combination of Hawthorn, Garlic, European Mistletoe, Cayenne, and other herbs was shown over a one-year period to reduce LDL Cholesterol by 38% and Triglycerides by 63%. It also reduced the frequency and severity of cardiac symptoms by 44% in just 12 weeks.

For overall cardiovascular health, one should consider my favorite antioxidant for the heart, **CoQ10**. A study in the Journal of the American College of Cardiology Heart Failure described CoQ10 as "the first new drug to improve heart failure mortality in over a decade." The result of this study was that it significantly reduced deaths in patients with severe heart failure by half when compared to a control group. From reducing the risk of repeat heart attacks and improving outcomes in heart failure patients to lowering blood pressure and addressing statin-related side effects, CoQ10 appears to play a crucial role in supporting heart health. I recommend **CoQ10 MRB (water-soluble ubiquinone) or INNO-Q-NOL (the active form of CoQ10) by Innovite**.

For more information, consider attending one of my upcoming monthly seminars on the root cause of metabolic syndrome on Feb 29, 2024,

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.

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 you 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.

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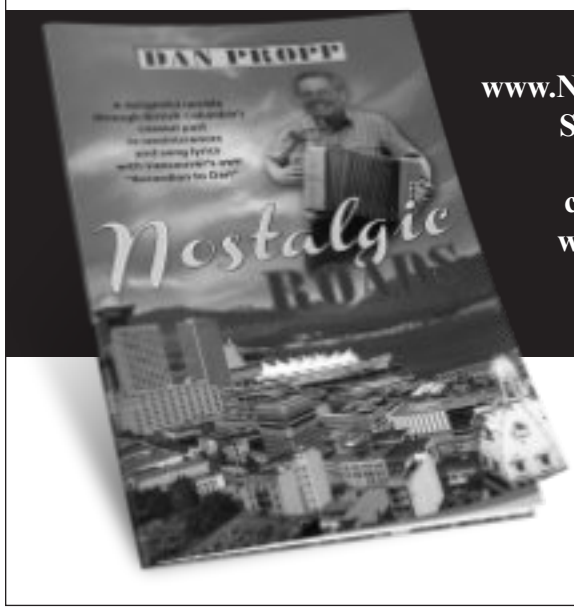

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HOME IMPROVEMENT "ASK SHELL"

By Shell Busey

Q) Hello Shell, I want to build a shed and was wondering if I can use composite as shed flooring instead of the concrete slab or treated wood? Thank you for your time.
John

A) I suggest you use dimensional lumber for the shed base using 4 x 4 treated lumber (sleepers) on a gravel road base (sand and limestone mix) at 12 inch centres. On top of the sleepers lay down 5/8 inch tongue and groove Fir treated plywood. Screw the plywood down with deck screws. You can even paint it or put another type of flooring on top (like vinyl decking or a roll on deck coating).

Shed's are like most things, if you keep it clean it will last longer and look better.

It's just that easy!

February 2024

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V	U	F	C	X	L	D	I	S	U	A	N	N	I	V	E	R	S	A	R	Y	U	G	F	A
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P	U	N	X	S	A	T	A	W	N	E	Y	P	H	I	L	P	W	L	L	O	F	I	F	Z

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

HEALTHY AGING: 3 COMMON ILLNESSES OLDER CANADIANS SHOULD KNOW ABOUT

Our golden years can be the best time of our lives, but your body may need a little more care than it did in years past. Regardless of how young you may feel at heart, there are illnesses that are more common at an older age.

Here are three conditions to be aware of that can significantly affect older adults:

1 Shingles

Herpes Zoster, typically referred to as shingles, is caused by the same virus that causes chickenpox. If you had chickenpox in the past, the virus remains dormant in your body and can reactivate later in life as shingles. Shingles often shows up as a painful rash or blisters that can last for weeks and can lead to nerve pain lasting for months or even years. It's estimated that one in three Canadians will get shingles in their lifetime, and with ninety per cent of adults over the age of 50 thought to have had chickenpox, shingles is a concern for older Canadians.

Treatment may have limited impact, but shingles can be prevented. The National Advisory Committee on Immunization and the Comité sur l'immunisation du Québec (CIQ) recommend vaccination for people aged 50 and over to help prevent shingles. The CIQ also recommends vaccination for people aged 18 years and older who are immunocompromised.

2 Respiratory Syncytial Virus (RSV)

RSV is a common and highly contagious virus that affects the lungs and breathing passages. Despite commonly being associated with infants and young children, adults aged 60 and older are also at increased risk for serious infection from RSV. The natural decline in immune function as we age makes the older-adult crowd more vulnerable to infections and health complications, including RSV. Additionally, immunity against RSV is short-lived, so you can catch it again even if you've already had it. Getting vaccinated, washing your hands frequently, disinfecting surfaces around you, and avoiding time spent close to anyone who is ill are a few steps to help avoid contracting the virus.

3 Chronic Obstructive Pulmonary Disease(COPD)

COPD is a lung disease that includes chronic bronchitis or emphysema. It causes a narrowing of the airways and can progress slowly over a number of years. Its typically diagnosed in those over age 40, and many people may not realize they have the condition. Symptoms can include a cough lasting longer than three months, wheezing or whistling when breathing, long-lasting colds and shortness of breath during everyday activities. Feeling short of breath is not a normal sign of aging, and those experiencing it should seek medical guidance. Those with the disease are also at higher risk of developing heart conditions, diabetes and low bone density. The good news is COPD is manageable with treatment.

There are all sorts of ways to enjoy life well into our golden years, but it can be helpful to know what you might be up against.

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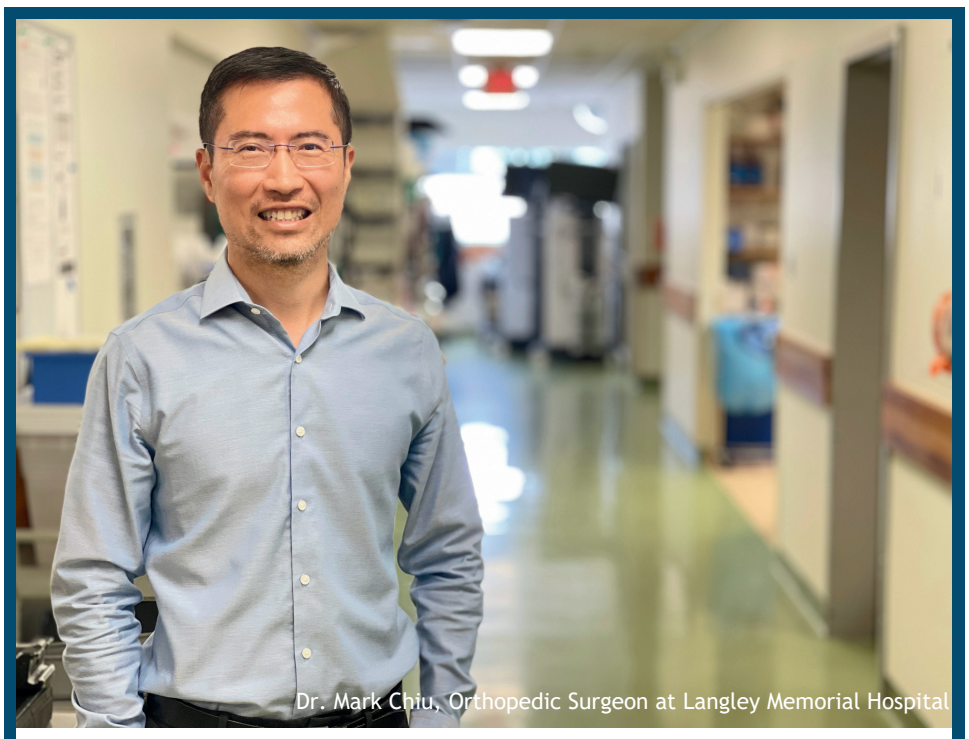
Dr. Mark Chiu, Orthopedic Surgeon at Langley Memorial Hospital

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5 SIMPLE THINGS YOU CAN DO TO FIGHT FOOD INSECURITY AT HOME

Do you feel like every time you go to the grocery store your bill is a bit higher than the last time? Ongoing inflation is making it hard for many of us to pay our bills. But there are some ways you can cut down on costs at the grocery store. Here are five options to consider.

Grow your own

Winter in Canada is not the best time to start an outdoor garden. But you can successfully grow some food indoors year-round. Potted herbs are among the easiest options, and they provide fresh flavour to add to your favourite dishes. If you have a warm, well-lit spot inside, you might also have some success with tomatoes, green onions and leafy greens like spinach. You could also start seedlings indoors in the spring to plant an outdoor garden when things start to warm up.

Stock up on sale items

Most retailers offer sales on "loss leaders" – items priced at or below cost to attract new customers. Check the weekly flyers and visit different grocery stores in your area looking for staple items you regularly use, such as canned beans or tuna, dried pasta and other non-perishables that you can store away until needed.

Buy in bulk

Most shoppers know that you can save money by buying in bulk. You can usually find a five-pound bag of potatoes for about the same price – or even less – than buying three or four individual ones, for example. To make sure you're getting the best deal, check the "price per gram" or other unit of measurement on the store shelf to determine which package is truly the cheapest.

Create a local co-op

As mentioned, buying in bulk is a great way to save on everyday items. But you may not always have the space to store all the bounty – or the money to splurge on a large amount of one item. A great way to take advantage of the savings and turn shopping into a social activity is to shop collectively with friends or family. Pool your resources and divvy up the products.

Support those in need

Once you've taken care of your own needs, consider lending a hand to others if you can. Many charitable organizations, including Canadian Feed The Children, support families abroad and here in Canada to have better access to healthy, affordable food.

Learn more and look through their gift catalogue at canadianfeedthechildren.ca.

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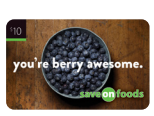

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LEAVING A LEGACY GIFT TO BC WOMEN'S HEALTH FOUNDATION

Every donor to BC Women's Health Foundation has a reason for giving. For Jennifer Randall Nelson, Board Chair at BC Women's Health Foundation, giving back was inspired by an experience she had during her daughter's time in the NICU at BC Women's.

Jennifer's daughter was born prematurely at 31 weeks and was immediately rushed to the NICU. She stayed there for just over 9 weeks to receive extra support at the beginning of her life. Jennifer says she and her daughter received life-saving care. "Knowing that the best doctors and nursing team were there managing her was such a peace of mind," she said.

During her weeks in the NICU Jennifer got to know other families, including one family who faced incredibly difficult circumstances of having a child in the NICU that lived far outside the Metro Vancouver area. Jennifer was stunned to learn that because of the financial hardship of travel and accommodations, the mom had to live in a camper van in the parking lot of the hospital.

"It struck me that we have really good healthcare in BC, but her circumstances were so disheartening and I thought surely we can do better," shared Jennifer.

This experience has inspired Jennifer's donations to BC Women's Health Foundation over the years and ultimately prompted her to leave a legacy gift to the Foundation.

"There is an enormous list of health issues and challenges women can face in their lifetime, many of which happen during their most vulnerable moments in pregnancy and postpartum," said Jennifer. "And that's why I felt it was important to invest in women's healthcare by leaving a legacy gift."

A legacy gift is one made through a Will or estate plan. The gift can be one of cash, securities, life insurance, or other assets.

Leaving a legacy gift to BC Women's Health Foundation creates a lasting impact for generations to come by ensuring well supported health services for women across our province. With your legacy gift, physicians, and health care staff at BC Women's Hospital + Health Centre will have access to new research and technology. It will ensure patients will receive the highest quality health care. It will help secure BC Women's Hospital as the centre of medical excellence for maternal and infant care and women's health research.

For more information on leaving a gift to BC Women's Health Foundation, please contact Lisa Shearer at 604-375-1224.

3 TIPS FOR GROWING OLDER WITH YOUR PET

The idea of "growing old together" is a goal many of us aspire to. It doesn't matter if that special someone walks on two legs or four – both of your needs will change as you enter your golden years together. Age gracefully along with your furry (or scaly!) family member with these tips:

1 Stay physically active and make your space more accessible for both of you. Reduced mobility is a common aspect of aging, and it applies to you as well as your pet. You may be used to your pet running circles around you or jumping up to your highest shelves, but as you two continue together, your pet's mobility will decrease faster than yours. Stairs can be challenging for pets to climb, particularly as they age. Keep an eye on them and consult with your veterinarian if you have concerns about your pet's mobility.

2 Watch what you (and your pet) eat. A good diet may be an obvious part of a healthy lifestyle, but it's essential for both you and your pet. You may both want to try some changes to your meals as you age. Speak with your veterinarian to make sure you are providing healthy and high-quality food for your animals.

3 Use medication responsibly for your pet and yourself. Your pet can get sick just like you, and they may be prescribed an antimicrobial medication, such as an antibiotic, to help them get better. It's essential that you both take medications exactly as prescribed by your veterinarian or doctor. Not following the directions for medication use can cause antimicrobial resistance (AMR), which means the medications that treat bacteria, fungi, parasites and viruses are less effective, or not effective at all. This could mean your pet's or your short-term infection is harder to treat, and can contribute to the longer-term problem of AMR.

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WE WOULD BE HONOURED TO BE A PART OF YOUR LEGACY

Leaving a legacy gift will make a lasting impact on future generations. Whether it is a bequest in your will, designating a retirement asset, or gifting a life insurance policy, your donation can have a transformational impact on the lives of women, newborns, and families across the province. Make the first step today by visiting **bcwomensfoundation.org/legacy**

For more information, please contact:
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WRITE AS I PLEASE

By Mel Kositsky

Many people believe that to be born on "Leap Day", thereby becoming a "leapling" is a sign of good luck. That's one of the many Leap Year myths and beliefs surrounding February 29.

This year, February will be extended by one day, which happens every four years. The short explanation for why we need leap years is that our calendar needs to stay aligned with the astronomical seasons.

One orbit of Earth around the Sun takes approximately 365.25 days – a little more than the Gregorian calendar's rounded number. Because of this 0.25 difference, the calendar gradually gets out of sync with the seasons. Adding an extra day every four years brings the calendar in line and realigns it with the seasons.

Experts say that without leap days - after 100 years - the seasons would be off by 25 days. Eventually, the months we call February and March would feel like summer in the Northern Hemisphere.

According to ancient folklore, the weather always changes on Friday during a leap year. Some people think getting married during a leap year is considered bad luck but there is no real evidence supporting any of these myths.

Leap Day has become known as "Ladies Day" or "Sadie Hawkins Day" based on an old tradition. It is the one day when women are free to propose to men. The tradition of women romantically pursuing men in leap years began in 5th century Ireland, when St. Bridget complained to St. Patrick about the fair sex having to wait for men to propose. St. Patrick finally relented and set February 29 aside as the day allowing women the right to ask for a man's hand in marriage.

The tradition continued in Scotland when Queen Margaret declared in 1288 that on February 29 a woman had the right to pop the question to any man she fancied. Men who refused were faced with a fine in the form of a kiss, a silk dress or a pair of gloves that were given to the rejected lady.

A more modern version of the tradition developed in a popular cartoon strip "Li'l Abner" created by Al Capp. The American "Sadie Hawkins Day" honors "the homeliest gal in the hills". On that day Sadie and every other woman in town were allowed to pursue and catch the most eligible bachelors in Dogpatch. Although the comic strip placed the day in November, it has become synonymous with February 29.

The City of Burnaby continues to follow through on its commitment to being a Living Wage employer, as City Council recently approved a 6.6 per cent increase in the Living Wage rate paid to City staff and contractors, keeping pace with the increased cost of living in the Metro Vancouver region.

As a Living Wage employer, Burnaby is committed to ensuring all staff and contractors are paid a wage which enables them to buy food, pay the rent and other bills — and contribute to their communities — while living in Metro Vancouver, according to a recent news release.

The Living Wage for Families Campaign (LFWC) calculates the annual living wage based on the amount that a family of four needs to earn to meet their living expenses including: rent, groceries, extended and healthcare and two weeks savings for each adult. The living wage increase of 6.6 per cent raises the amount from $24.08 per hour to $25.68, retroactive to November 20.

Elections Canada is getting ready for the next federal vote, which is not expected to be held until 2025. The House of Commons is adding five new Members of Parliament, increasing to 343 electoral districts from the current 338 ridings.

Information on the approved changes is now available on the website - www.elections.ca.

The Chief Electoral Officer of Canada, Stéphane Perrault, has been advised that the representation orders, which describe and name Canada's future electoral districts, came into effect on September 22, 2023, by proclamation of the Governor in Council.

The new boundaries and districts will be in effect for a federal general election called any time after April 22, 2024. A general election called before that date would be conducted using current electoral boundaries, as would any by-election called before the new boundaries are in effect.

Representation in the House of Commons is readjusted every 10 years, following the decennial census, to reflect changes and movements in Canada's population, which passed the 40 million mark last June.

Elections Canada can now begin the work of creating detailed maps and appointing returning officers for each district, as well as supporting the work of political entities as they adjust to the new electoral district boundaries. The commissions' final reports outlining the new electoral districts for each province are available on the Redistribution 2022 website.

Canadians can find their future electoral district by using the interactive map viewer on the Redistribution 2022 website. They can find their current electoral district by using the Voter Information Service.

"The independent review of electoral boundaries is a crucial part of our democratic system," said Perrault in a news release. "I want to acknowledge the complex work undertaken by the commissions that led the effort to determine the new electoral district boundaries."

GET YOUR RETIREMENT PLANS IN ORDER THIS YEAR

Whether you're just starting out in the job market or you're approaching the end of your career, it's never too late or too early to plan for your retirement. Make this the year you get those plans in order. Here are four things to consider.

Full stop or semi-retirement?

For some of us, one of the joys of retirement is that it means you'll never have to work again. Others plan to continue working part-time or seasonally to keep themselves active or to bring in some extra income. If your goal is to stop working completely, you'll need to make sure you have enough investments to fund the lifestyle you seek for as long as you're alive. An investment planner can help you determine how much money you'll need for the retirement of your dreams.

Downsize or age in place?

For many of us, our homes are our biggest investment. As such, some homeowners have it in the back of their minds to downsize when they retire and use the proceeds from the sale to help fund their retirement. But older Canadians are increasingly opting to "age in place" in the home where they lived or raised their family. If that's what you plan on doing, there may be options to draw on the equity of the home without selling. A financial advisor can walk you through your choices.

Diversify your investments

Fewer and fewer jobs come with pensions that can fully – or mostly – fund a retirement. As a result, people increasingly need to invest for their retirement on their own. The most common option is to invest in a Registered Retirement Savings Plan, or RRSP. But note that any funds withdrawn from an RRSP are considered taxable income for that year. With a Tax-Free Savings Account, or TFSA, any earnings on your investments are non-taxable, so you don't have to pay any taxes when you withdraw them. Other options include investing in the stock market or real estate, both of which come with risk and potentially significant returns. Do your research to decide what options are best for you.

Reap the rewards of your working years

If you can think back to your first-ever paycheque, it was probably a bit of a shock to see how much money was deducted for various taxes. The good news is that once you retire, you benefit from many of the programs that that money helped fund. This includes Old Age Security, a monthly payment you'll start to receive once you turn 65.

Another is the Canada Pension Plan. CPP Investments, the professional investment management organization that manages the Fund, recently reported a 10-year annualized return of 9.6 per cent, growing the Fund to a total of $576 billion. CPP Investments was the best-performing pension fund in the world from 2013 to 2022, according to Global SWF, and an independent review concluded the plan is sustainable for at least 75 years at current funding rates.

Find out more at cppinvestments.com.
www.newscanada.com

SENIOR READS

By Pamela Chatry

Miss Benson's Beetle
By Rachel Joyce

Publisher – Penguin Random House

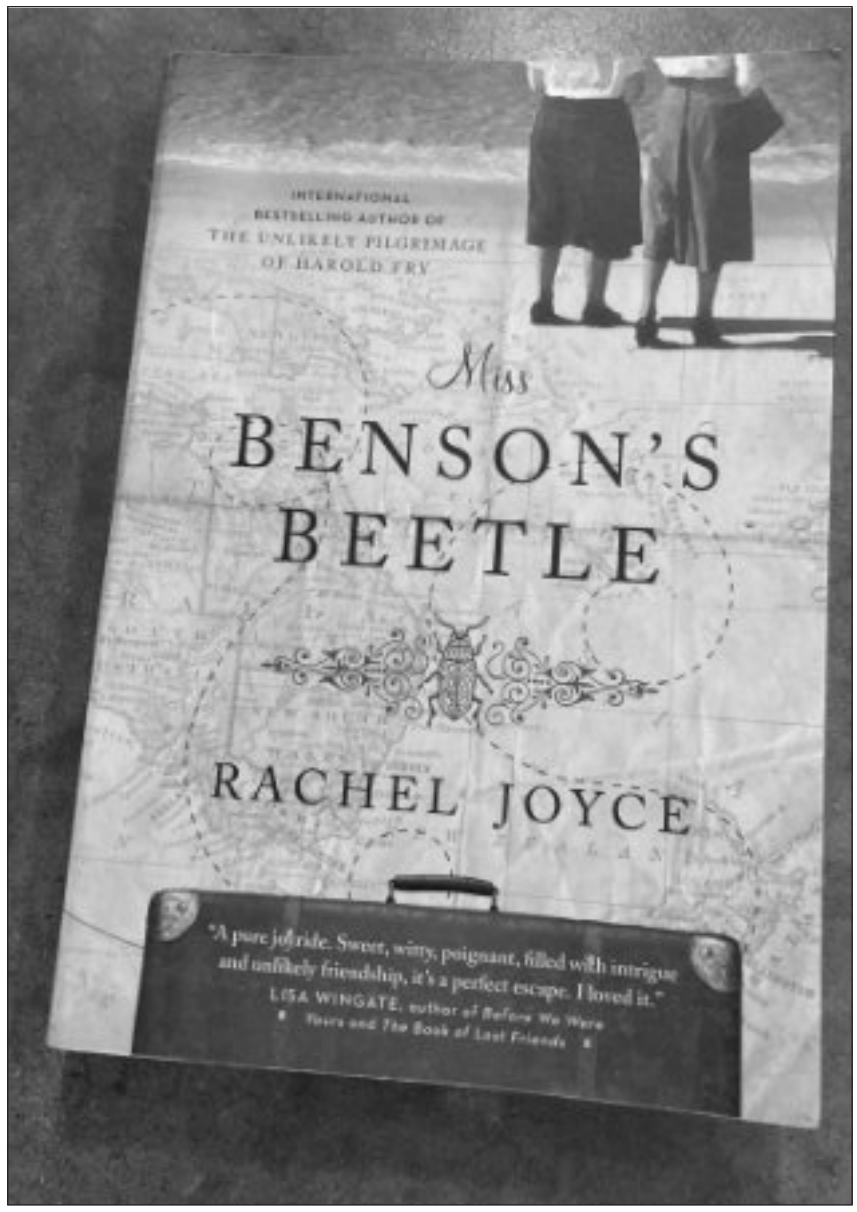
Book Review by Pamela Chatry

One of my top picks from 2012, The Unlikely Pilgrimage of Harold Fry by Rachel Joyce, captivated me with its beautiful narrative. The story unfolds when Harold, upon receiving a letter from terminally ill Queenie Hennessey, embarks on a poignant journey to reach her. This 87-day, 627-mile trek introduces him to people from his past and new friends along the way.

During a vacation in Costa Rica, I stumbled upon another book by the same author, Miss Benson's Beetle, which shares the theme of purposeful journeys but takes a unique turn. Miss Marjory Benson, the protagonist, finds solace in 'Entomology,' the study of insects and becomes fixated on finding the rare 'Golden Beetle.' This beetle and her studies give her purpose and distraction from the tragedy of her life. Through no fault of her own, she put aside this passion to live a very small and unrewarding life.

After a spontaneous decision post-WW2, Miss Benson embarks on a fast-paced Indiana Jones-type adventure through the New Caledonia jungle to find the rare beetle, all while being chased by a real villain!

The novel seamlessly blends humor, adventure, fun, and even some tears, making you cheer for Miss Benson and her unlikely companion, fun-loving Enid Pretty, as they become explorers in an unexplored world. Curious if they find the Golden Beetle? Dive into the book to find out!



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.

AN EASY AND NUTRITIOUS MUFFIN RECIPE TO MAKE THIS FAMILY DAY

Unlike most store-bought muffins, these are brimming with nutrients.

Made with Greek yogurt and chia seeds, these muffins have both protein and fibre, making them a healthy snack or breakfast. They're also chockful of oats, which are associated with lowering levels of C-reactive protein, a marker of inflammation found in the blood that's often associated with diseases such as rheumatoid arthritis.

Enjoy this healthy recipe from the Arthritis Society.

Banana Date Protein Muffins
Prep time: 10 minutes
Cook time: 18 to 20 minutes
Serves: 12

Ingredients:

- 2 ½ cups (625 ml) old-fashioned rolled oats
- 1 cup (250 ml) 1 per cent plain Greek yogurt
- 2 eggs
- ½ cup (125 ml) sugar
- 2 ripe bananas
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) vanilla
- ½ tsp (2 ml) baking soda
- 1 tsp (5 ml) cinnamon
- 3 tbsp (45 ml) chia seeds
- 6 Medjool dates (pitted and halved)

Directions:

1 Preheat oven to 400°F (200°C) and lightly grease a 12-cup muffin tin with oil.

2 In a food processor or blender, add rolled oats and process into oat flour.

3 Add the rest of the ingredients, except chia seeds and dates, and process until evenly mixed to form a batter. Fold in chia seeds.

4 Divide batter evenly into tin. Place half dates on top of muffins and bake for 18 to 20 minutes.

Tip: Instead of dates, you can use blueberries or raisins for sweetness.

Nutritional Information (per serving): Calories: 188; total fat 3g; saturated fat 1g; monounsaturated fat 0g; carbohydrates 37g; protein 5g; fibre 4g; sodium 148 mg.

Find more arthritis-friendly recipes at arthritis.ca.
www.newscanada.com

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Straight from the Horse's Mouth

By Mel Kositsky

He's a young rider with a bright future ahead on the thoroughbred racing scene.

Fraser Aebly has now joined a long list of great riders who got their start at Vancouver's Hastings Racecourse. For the apprentice rider, 2023 turned out to be a breakout year and people are beginning to take notice of his ability to boot home winners.

Aebly made a strong impression at Toronto's Woodbine racecourse after heading east from Hastings for the final months last year at Canada's top track. He showed racing fans what he had been doing in western Canada for most of the year – and may have earned himself a regular spot in the tough jockey colony there. He will spend the winter in northern Florida galloping horses at a farm in Ocala. It would be no surprise to see him pick up a couple mounts at either the current Tampa Bay or Gulfstream meets.

In only his second year of professional riding, Aebly won 15 races last fall at Woodbine to give him a total of 68 wins in 2023, competing at Hastings, Alberta tracks and Assiniboia Downs in Winnipeg. His mounts finished in the top three at a 44 per cent clip with purse earnings of just over $1.1 million (U.S.).

Aebly started galloping horses in Vancouver for trainer Steve Henson before beginning his riding career at Hastings Park in 2022. His first win came that September with Quagmire, who sprung an 11-1 upset over 6 ½ furlongs on the Hastings dirt. Aebly won three races from 23 starts that season.

His agent is former rider Gerry Olguin, who also started at Hastings before moving his tack east to Woodbine, where he had a successful career before announcing his retirement in 2017 after winning his 2,000th race.

Aebly's success prompted the Woodbine communications department to do a feature article on the up and coming rider, who has big hopes for 2024. If granted an extension, he will maintain his five-pound apprentice allowance until September.

The following is the link to an outstanding article on Aebly by writer Chris Lomon.

https://woodbine.com/blog/fraser-aebly-an-inspiring-ride/

The countdown to the annual Kentucky Derby is under way, with the hopes and dreams of all horse owners wanting to have a starter on the first Saturday in May in the world famous race. But this year the American Triple Crown series will have a new look.

While the competition for the Kentucky Derby begins to shape up at tracks around the U.S., the final leg of the three-race series will be much different this year. The middle leg is the Preakness Stakes, which is run in Maryland.

The 2024 Belmont Stakes will be held at Saratoga racecourse this year as construction continues at the Belmont facility near New York City. Usually the Saratoga summer meet does not begin until mid-July, but this year a new "racing festival" has been created.

The purse for the Belmont has been increased to $2 million and the distance they will be racing has been changed, as well. The three-year-olds will be racing at one mile and one-quarter (same as the Derby) instead of the gruelling test of one mile and one-half.

The Belmont Stakes will be part of a new concept meet – a 4-day "racing festival" from June 6 to 9 that will include 23 stake races with purses totalling $9.7 million.

Locally," live" harness racing resumes at Fraser Downs in Surrey on Thursday, February 1, and the weekly schedule of Thursday and Friday night races will continue until the end of April. The thoroughbred racing season begins at Hastings Park in Vancouver on Saturday, April 27. The summer-fall meet continues until mid-October.

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TIPS TO ORGANIZE YOUR FINANCES AT ANY AGE

Money – or a lack of it – will play a major role throughout your life. Even so, many of us lack confidence when it comes to managing the funds we have. Whatever age or stage you're at, here are a few things it's never too early or too late to do to help get your finances in order.

Know your money emotions

It's useful to understand how you react to money. We are often spenders or savers from a young age. As you grow older, what do you find challenging about managing money and what is it you like or find easy about it? Maybe you struggle with goal setting or impulsive spending, but you love tracking your purchases and crunching numbers. You can use this kind of insight to create a spending plan you're likely to follow.

The whys and hows of spending plans

Even though it can seem like a hassle, a budget or spending plan can actually remove a lot of stress from money management. It gives you a blueprint to come back to when you're tempted to overspend and gives you permission to buy something you want because you know there's room for it in your plan. You can tailor it to where you're at. Two popular methods include the envelope method and zero-dollar budget system, but figure out whatever works best for you.

Go back to basics

There are some fundamental concepts to understand when you're trying to get a handle on your finances, such as different types of bank accounts, how interest works and what credit is. These are great points to start teaching teens about money, and there are many resources online or at the library to help with that. For adults, an introduction or refresher on the basics can be just what you need to demystify what's holding you back. Organizations like the non-profit ABC Life Literacy Canada provide tools and workshops you can learn from for free.

Save for the near and far

Whether you're 17 years old or 77, an emergency fund is a smart asset. Even if you're procrastinating on better budgeting habits, you should still consider socking away even a few dollars a month for a rainy day. Any amount can build up into a small cushion that saves you from for unexpected expenses like a lost job, veterinary bills or a long-term illness.

With an emergency fund in place, you may have room in your plans for more long-term thinking when it comes to saving. Explore options like registered retirement savings plans and tax-free savings accounts, and learn about different types of investments.

Find more information and free resources to help you understand the fundamentals of finances at abcmoneymatters.ca.

www.newscanada.com

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NEW SEARCH AND RESCUE PARTNERSHIP SUPPORTS PEOPLE LIVING WITH DEMENTIA

Sidney/Vancouver, B.C. – In June, the Alzheimer Society of B.C. and the BC Search and Rescue Association (BCSARA) signed a memorandum of understanding to formalize their efforts to work together to reduce the risk of people living with dementia becoming lost or disoriented and requiring rescue.

The Alzheimer Society's mission is to ensure people affected by dementia are not alone by mobilizing a broad community of care and support around them and enabling research into the disease and the people affected by it. BCSARA's mandate is to support the unpaid professional ground search and rescue community by providing advocacy, support for funding and health and safety, access to information as well as public education and prevention.

Currently, search and rescue groups in British Columbia now average approximately 40 searches per year involving people living with dementia and the occurrence of dementia in British Columbians is predicted to increase by more than 200 per cent over the next 30 years. Both organizations have a desire to reduce the occurrence of dementia-related searches, which are not only extremely challenging in an urban environment but can also end in tragedy.

Through this new partnership, the Alzheimer Society of B.C. and BCSARA will:

- Provide training to Ground Search and Rescue (GSAR) members on how best to communicate with people living with dementia.
- When found, refer people along with their family and friends to the Society for information and resources, and to reduce the risk of losing their way in the future.
- Provide webinars to educate the general public on signs and symptoms of dementia and how to reduce the risk of a person living with dementia losing their way.
- Share data related to dementia between the two organizations.
- Continue discussions on further collaboration to advance our shared goal of creating dementia-friendly communities.

Quotes

"Searching for people living with dementia can be extremely difficult. Such searches are often in an urban environment with multiple avenues of travel including walking and public transit. These searches often take hours or days and, as time goes on, the risk of a positive outcome diminishes. Some are never found." – Dwight Yochim, CEO, BC Search and Rescue Association (BCSARA)

"No one thing will prevent a person living with dementia from becoming disoriented. We need to work together as a community, with an informed public and partnerships like these, to develop multiple strategies to reduce the risk. The Alzheimer Society of B.C. is always here to help people living with dementia and their families explore practical ways to stay safe in their communities." – Jennifer Lyle, CEO, Alzheimer Society of B.C.

About BCSARA

Ground Search and Rescue (GSAR) in British Columbia is provided solely by highly-trained volunteers. On call 24 hours a day, 365 days a year, these unpaid professionals provide their time, dedication and expertise as well as their own personal gear at no cost to the people of B.C. and to the individuals they rescue. BC SAR groups have never not responded to an activation in the 20-year history of the BCSARA organization. BCSARA is proud to represent the 3,400+ GSAR volunteers in B.C. who make up 78 groups across the province. To donate to support these volunteers, please visit here.

https://bcsara.com/donate/

How to request SAR help

All requests must go through 911 or, if using a satellite phone, through the Emergency Coordination Centre at 1-800-663-3456. Do NOT wait 24 hours to report someone overdue or missing. SAR groups can only be activated by a requesting agency such as the police or EHS. There is no charge for search and rescue in British Columbia.

SIMPLE SNACK IDEAS TO HELP YOU POWER THROUGH THE DAY

Whether it's back to school or back to the office, we all need a little boost to get us through the day. Rather than buying pricey, sugary treats that give you a quick energy boost followed by a steep crash, try these easy-to-prepare, healthy snacks.

Fresh fruit

It's hard to beat sweet and juicy fruit as a mid-afternoon pick-me-up. Conversely, there's nothing worse than biting into a bruised and browned banana or apple. So be careful how you pack your fruit.

If you're going to make a homemade fruit salad, include some citrus fruits in the mix or add a squirt of lemon juice to prevent browning. Slice kiwis in half, and pack with a spoon for you or your children to scoop the fruit right out of the skin.

Veggies and dip

Vegetables are typically on the list of things we should eat more. While many of us are happy with the crunch of carrot or celery sticks on their own, packing some dip to go with the veggies will make it more likely for others, especially children, to dig in. Consider making your own yogurt-based dips at home so you can control the ingredients, or blend your own hummus.

Pre-popped popcorn

For something that's a little different but doesn't pack all the preservatives of a bag of chips, make a batch of popcorn and seal it in an airtight bag or container. For a burst of flavour, add some salt or dried powder from your favourite dip mix.

Support those in need

Unfortunately, not every family has the resources to send their children to school with nutritious snacks – if anything at all. Organizations such as Canadian Feed The Children provide in-school meals and snacks for children around the world, including 30 Indigenous communities right here in Canada.

Learn more about the organization and how you can support at canadianfeedthechildren.ca.

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SENIORS...

You may be eligible for financial assistance from the Government of BC.

Do you worry about your safety while performing day-to-day activities in your home?

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EXPLORING PARIS: THE LATIN QUARTER

By Rick Millikan

While visiting our daughter, Jessica helps us explore Paris, her adopted city. Today she guides Chris and I from a south district rental into the Latin Quarter.

A subway whisks us to Place St. Michel. Exiting, we immediately face Fontaine Saint-Michel. A statue of the winged archangel Michael, straddles a wicked Satan. As second Emperor of France, Napoleon III constructed this ornate fountain, one of his many projects to beautify Paris.

Continuing along the River Seine, we notice Notre Dame Cathedral's ongoing reconstruction. Pont au Double takes us across the Seine to Ile de France, where a quartet plays jazz in a shady plaza. Skirting King Charlemagne' lofty equestrian statue, we stroll to the cathedral's opposite side. There, bulletin boards picture workers renovating the burnt cathedral with newly cut oak and quarried blocks. Photos also show artisans meticulously restoring stained glass windows and artifacts.

Recrossing the Seine, we follow the left bank to Square Rene Viviani. Amid summer flowers, a bronze sculpture reflects the aging process, portraying youthful, middle aged and elderly figures. A familiar green drinking water fountain stands nearby. Sir Richard Wallace gifted Parisians fifty of these art deco founts.

A tudor-style bookstore stands on the opposite corner. Shakespeare and Company serves anglophone residents…and 59,000 plus American, British, Canadian and Aussie expats. A lineup suggests a reading event inside. So, finding a shady table at this venerable bookstore's café, we sip cappuccinos and bask in its literary ambience.

Our chat focuses on getting around Paris. Jessica explains the mayor's goal of creating a 15-minute city by further restricting cars and improving public transit. Nowadays, 70% of Parisians commute using suburban trains, buses and metro. Others ride bicycles, electric scooters…or walk.

Jessica leads us into nearby Saint Severin Cathedral. Medieval stained-glass windows convey a series of biblical tales. Alcoves enclose chapels dedicated to saints. One celebrates newly canonized Mother Teresa.

Outside, our route passes the original Sorbonne established in 1257. Jessica studied French at another of the Sorbonne's many branches. This domed building represents one of Europe's first Universities. Hereabouts, teachers and students spoke only Latin until 1789. Parisians nicknamed it the Latin Quarter.

In a park beside a Medieval Museum, Chris waits on a shady park bench while we search a market for chic French sandwiches. We purchase three crusty, oven-fresh baguettes enfolding tuna and ham.

Our amble proceeds along another shady street. Sighting the golden-domed Pantheon recalls a previous visit. This mausoleum entombs and honours many of France's greatest figures. Glorious stauary of Napoleon and his legionnaires adorns one side of its foyer. On another, murals portray the heroism of Saint Genevieve, Paris's patron saint.

Joining locals and fellow tourists, we stream through Luxembourg Park's ornate, wrought-iron gates. A bronze statue of a jubilant Roman faun greets all. Numerous benches and chairs line tree-lined promenades. Comfortably seated, we relish our al fresco lunches.

Just beyond, tall marble sculptures depict prominent French women. Plaques highlight their lives. One acquaintance is St. Genevieve, whose prayers saved Paris from Attila the Hun. Another notable, Mary, Queen of Scots, we learn was raised in the French court before marrying King Louis XIII. Her mother-in-law, Marie de Medici stands adjacent. These twenty majestic statues dramatically encircle the palace's south façade and lower garden. Here, children sail toy boats in a huge shallow pool.

Beautiful three storied Luxembourg Palace was built in the 1600's for Marie de Medici. She developed its extensive gardens. Refashioned after the French Revolution, her Italian baroque palace became home of the Senate.

A city bus shuttles us pleasantly back to Montparnasse, ending our tres bonne Latin Quarter adventure.

OVER 50? THEN YOU'RE AT RISK OF CATCHING THE SHINGLES VIRUS

We all experience pain from time to time, whether it's from a stubbed toe or a mild burn on the hand. Typically, such pain goes away fairly quickly. However, when confronted with certain health conditions, escaping pain can be difficult.

While it might be tempting to brush aside the idea that you could develop chronic pain, you might not know that one-in-three people are at risk in their lifetime for a condition that can cause ongoing pain for weeks or even years.

Shingles is an infection that occurs when the virus that causes chickenpox reactivates in your body, and it's most likely to happen in those of us over age 50 and those of us who are immunocompromised by a health condition or treatment. This is because you're more vulnerable to it when your immune system gets weaker.

The first symptom is usually pain, tingling or burning that occurs on one side of the body, followed by a rash and blisters. The pain can be severe enough to interfere with work and other everyday activities.

While most cases of shingles last about two to four weeks, some people can experience chronic pain long after the rash has healed.

While there is no cure for shingles, getting the shingles vaccine, which is recommended for adults over the age of 50 by the National Advisory Committee on Immunization, can greatly reduce your risk of developing this disease and suffering from the pain related to it.

www.newscanada.com

TRAVEL TIPS FOR SENIORS

As the winter season quickly approaches, your vacation plans may be looming. Before you board your next flight, here are some helpful travel tips from the Canadian Air Transport Security Authority.

Arrive early. When planning your vacation, don't forget travel time to the airport. It is best to arrive early so you can park, check-in and get through security without the need to rush. Airlines recommend you arrive two hours ahead for domestic flights and three hours in advance for U.S. and international flights.

Ask for assistance. If you are unable to lift your baggage onto the screening conveyor belt, or if you need help removing your items from the bin after screening, you can let the screening officer know and request their assistance.

Look for the Family/Special Needs line at security. If you are travelling with a mobility aid like a walker or wheelchair, check if a Family/Special Needs line is available when you get to the security checkpoint. This line is designed for passengers needing more time or help with their belongings to get through the screening. If there is no line like this, let the screening officers know that you require assistance. Upon request, they'll expedite the screening process for you.

Identify your medication. When travelling through security, medications should be removed from your carry-on bag for inspection. Prescription and essential non-prescription medications are exempt from the 100-millilitre liquid, aerosol and gel limit. Although they don't need to be in the one-litre bag with your other liquids, place all of them together so you can easily show them at security.

Choose easy-to-remove outerwear. When going through security, you must remove outer layers, such as hats, coats and scarves, and place them in a bin for screening. To prevent setting off the metal detector, avoid belts or clothing with large buckles, and limit the amount of jewellery you wear to the airport.

Limit inorganic products. Are you travelling with a secret spice blend for your famous holiday dinner? Perhaps you're planning on baking with your grandkids and are bringing the ingredients. Before you pack food and spices, remember that certain inorganic powders are limited to a total combined quantity of 350 millilitres in carry-on baggage.

Find more travel planning tips, or check if an item is allowed in carry-on, at catsa.gc.ca.

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3 SIGNS YOUR BODY IS TELLING YOU TO SLOW DOWN

Rushing from point A to point B with barely any time to breathe? When the day is filled with endless tasks, it can be easy to ignore the signs your body is telling you to slow down. Here are three indicators that you need to take a pause:

1 Lack of sleep

Whether you have insomnia or interrupted sleep, a lack of sleep is a telltale sign it's time for change. Sleep is incredibly important for overall health. Having proper routines can help. Go to bed and wake up at the same time every day, avoid electronics before bed and sleep in a dark, cool place. Try breathing techniques and meditations to help send you off to sleep.

2 You're always sick

Everyone catches a cold or a fever occasionally, but if you find yourself under the weather repeatedly, it may be time to reset. Sometimes it's as simple as readjusting lifestyle habits such as eating more nutrient-dense foods, drinking more water and taking breaks to prevent burnout and chronic stress. If these don't help, don't be afraid to consult with a medical professional to see if you have any underlying immunity issues.

3 Your bathroom schedule is off

In terms of frequency, what constitutes normal differs greatly from person to person; it may mean as many as three bowel movements a day or as few as three or four a week. If you find yourself off-schedule for you, it's important to evaluate what's happening. A lack of exercise, fibre and water can lead to occasional constipation. But, sometimes, despite our best efforts for a healthy diet and lifestyle, it can still happen. If it does, an over-the-counter laxative like Senokot can provide gentle relief overnight.

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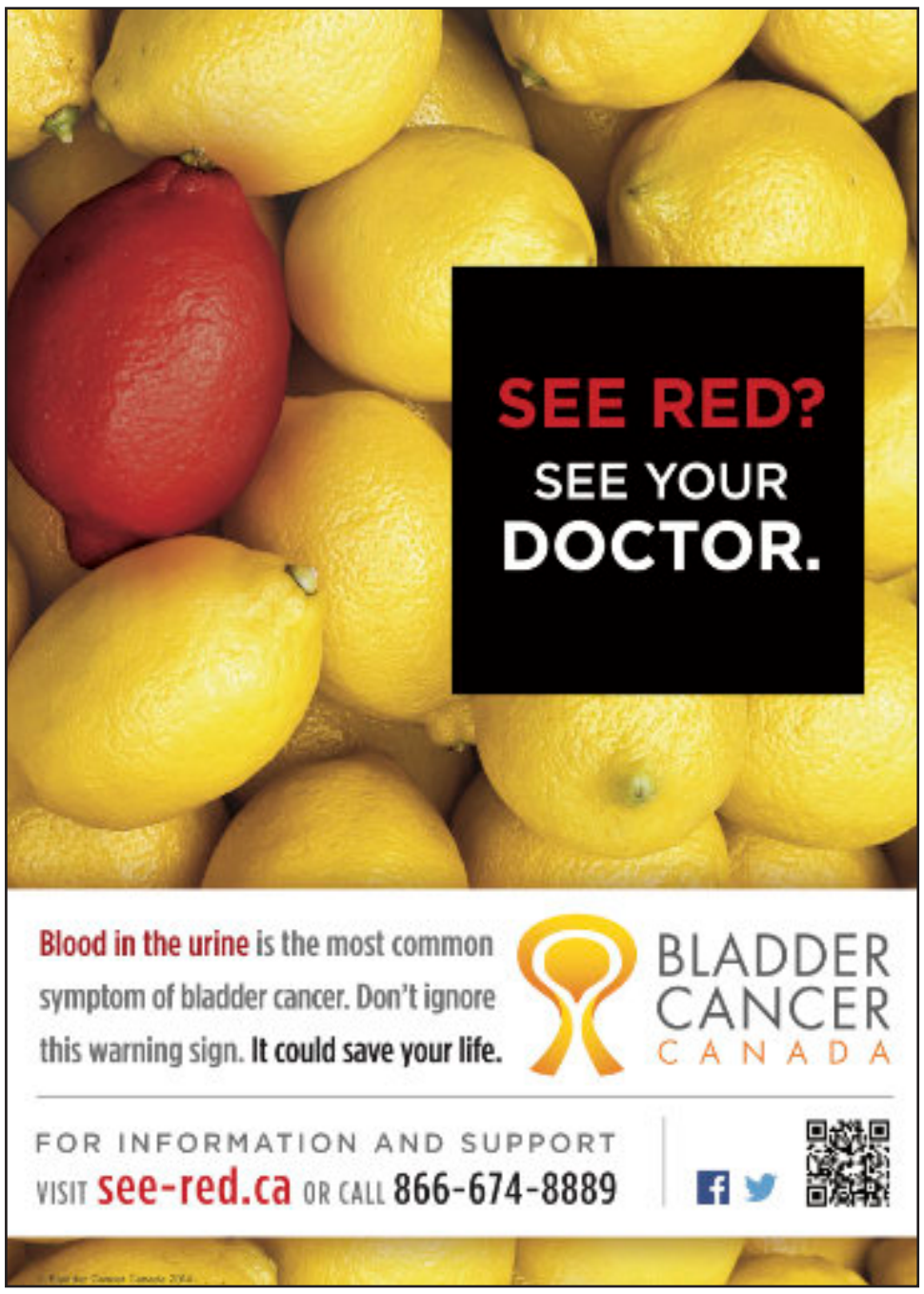

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You May Qualify for FREE Bathroom Modifications!!!

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

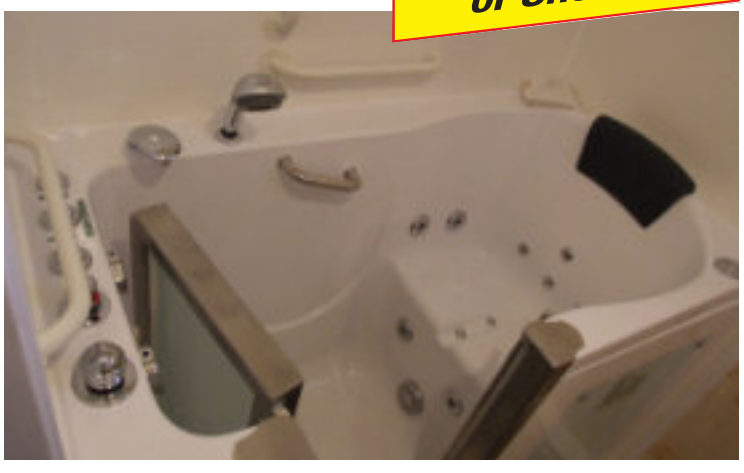
- ✓ WALK-IN BATHTUBS
- ✓ WALK-IN SHOWERS
- ✓ CUSTOM KITCHENS AND BATHROOMS
- ✓ OFFERING ALL CUSTOM HOME RENOVATIONS

All Free To Qualifying Seniors & Disabled!

ALL CANADIAN COMPANY

SENIOR'S DISCOUNT

Easily Replaces Your Bathtub or Shower



CALL TODAY TO SEE IF YOU QUALIFY!

HANDI BATH 778-323-0304

CALL FOR YOUR FREE BROCHURE TODAY!

Dentures VS Dentures on Implants

A better life is possible with secure and functional teeth

Dental implants are widely considered the standard in tooth replacement. They give denture wearers the fit, feel and function of natural teeth. You can eat all the foods you love, speak without fear or worry, and confidently go about your day never thinking twice about your teeth. Regardless of age, dental implants provide an excellent solution to secure teeth and prevent bone loss.

What are dental implants?

Dental implants are small titanium screws that are gently placed during a surgical procedure. They can retain or support a partial or complete denture to function more like natural teeth.

Preventing Bone Loss in the Jaw

Apart from being able to smile, eat, speak with confidence, and look better; dental implants are well known in their ability to preserve bone in the jaw. The jaw bone will shrink over time (deteriorate), making it difficult to wear a conventional denture or have dental implants placed as an option in the future. Dental implants protect the integrity of the facial structure to keep you looking younger. There may also be an option to have dental implants placed at the same time as tooth extractions to streamline your treatment.

Natural Teeth

Resorption: 10 Years

Resorption: 30 Years

How many dental implants are necessary to secure a denture?

The number of implants a person requires will depend on the prosthetic (denture) design. The denturist will determine the prosthetic design that will provide the best results for fit, function and esthetics. The denturist will then work with you and the dental implant specialist to finalize the treatment and determine how many dental implants you may need.

View Video

What is the cost of dental implant treatment?

Dental implant treatment costs will vary based on the prosthetic (denture) design and number of implants needed to secure the denture. At your complimentary consultation, we will provide you with an estimate of the cost of dental implant treatment based on the outcome you would like to see.

When initially comparing a conventional denture with a denture on implants, dentures are a more affordable option for tooth replacement however, over the long term, a denture on implants offers the most satisfaction.

If you do not have a dental insurance plan there are some good options available to finance your dental treatment such a line of credit through your financial institution. Third-party financing options are also available for patients who qualify and we can assist with the application.

The good news is that the cost of your dental treatment, including dentures and dental implants, can be used as a medical expense deduction when you file your annual income tax return.

Dentures on Implants VS	Conventional Dentures
Dental implants preserve remaining jawbone and maintain facial structure (keeps you looking young)	Decreasing jawbone quality can lead to further deterioration of facial structure
Strong, stable and securely attached to the jaw; fits comfortably, no sore spots	Often moves around; can cause discomfort and potential for sore spots
Denture feels and functions like natural teeth	Can feel unnatural
No need for denture adhesive	May need denture adhesive
Helps restore normal chewing capacity, able to eat hard foods and speak with confidence	Low bite force, harder to eat, restricted chewing capacity, often have to avoid certain foods
The prosthetic (denture) is smaller in size, open palate design available for upper dentures, Retained and Supported denture designs available	Larger denture size, no option for an open palate design
Improved function and aesthetics	Limited function and aesthetics, results may be challenging to achieve
Dental implants bring a level of freedom and confidence that exceed expectations	Social limitations due to lack of stability in the fit

About Us

The denturists at Brookswood Denture Clinic are 'trusted partners' in the dental community. They provide conventional dentures, precision dentures and have changed hundreds of lives with dentures on implants. The denturists work in partnership with dental implant specialists in the community that are experienced in dental implant placement.

If you are not able to move forward with dental implants, our denturists promise to give you denture solutions that fit your lifestyle and budget. Brookswood Denture Clinic has invested extensively in materials, equipment and training to make sure all of our patients receive the care they deserve.

Ready to Make a Change?

Schedule a free, no obligation consultation today.

www.yourdenture.com • 604-530-9936

"Confidence starts with a Smile."

Brookswood Denture Clinic Ltd.

DENTURE AND IMPLANT SOLUTIONS

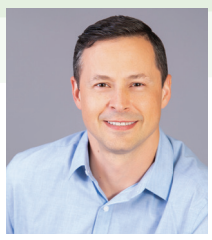
102 – 20103 40th Avenue, Langley

SEMCD CERTIFIED CLINICIAN LOWER SUCTION DENTURE

BPS

A+ Rating BBB ACCREDITED BUSINESS

Darren Sailer R.D.
Denturist



Colin Harty R.D.
Denturist

Adam Wejkszner R.D.
Denturist

CELEBRATING 30 YEARS OF CREATING GREAT SMILES!