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TODAY'S SENIOR NEWSMAGAZINE



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APRIL - 2024

FRASER VALLEY - LOWER MAINLAND EDITION
Volume 31 - Number 3

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CANADIAN PUBLICATIONS MAIL PRODUCT
 SALES AGREEMENT #40025695

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ACCORDION TO DAN



As time paves a historical pathway in this still new but already well-worn destination called the second millennium, reflection appears ever more essential. One suggests that this is true not only in Canada but worldwide. Going back to the lessons taught in the lyrics and melodies of the great musicals of the past, the following bit of rhyme speaks to the lessons of many pasts.

THEY STILL KEEP TEACHING AUDIENCES TODAY

“After the Ball is Over” do you recall the lyrics of this famous song from the musical Showboat? How about “Some Enchanted Evening” from the movie South Pacific? The powerful messages behind the words written by the composers. Do you recall the play Camelot performed on stage with Julie Andrews, our very own Robert Goulet and Richard Burton during the JFK Kennedy years. As the years unfold, and of course, My Fair Lady and the King and I. Besides beautiful music, each had a lesson to teach. Learning from them still remains only a work in progress. As Yul Brynner exclaimed “EEES a puzzlement” and it continues still today, one must confess.

FROM THE HORSE AND BUGGY DAYS UNTIL NOW

There are still a few seniors that remember the horse and buggy days who have witnessed that era and all the multitude of other transitions up to 2024. However, for those ‘youngsters’ only in their seventies and sprightly eighties, the experience has also been quite an amazing ‘trip’ to digest. Thus a few more reminders.

REMEMBERING THOSE DAYS

Typewriters, carbon paper, mimeograph machines, handwritten letters and postage stamps that for a few pennies provided delivery across our nation. Compared to now it can still ruffle our feathers. Why are today’s ‘advances’ supposed to be such an amazing sensation? Many of today’s children likely can’t perceive the way of life that to us once was real. One ponders what humanity ‘down the road’ will leave, considering the many artificial advancements we’ve seen, especially recently ‘the future is friendly’ seems somewhat overrated and surreal.

THAT’S THE WAY IT WAS

Thinking back to Simon and Garfunkel’s great hit “Bridge Over Troubled Waters”, heaven knows how many bridges we’ve had to cross over the years. One day it was vacuum tubes and plug in radios and next television sets, rabbit ears, aerials, cable vision, Beta, VHS, DVD all the way to walking, talking and texting

with iPhones a few centimeters in front of our eyes. However, some of us when we hear “And that’s the way it is”, we’re back home to Walter Cronkite and the CBS evening news! Thus a bit more rhyme to take us back to another time.

THAT’S THE WAY IT NO LONGER IS

The Dinah Shore show, Hawaii Five O, and the days of KVOS channel twelve, (Bellingham), rabbit ears, rooftop antennas, it seems just like a few years ago. Before the Beta and VHS era, we tuned to ‘Father Knows Best’, the CBS evening news with Walter Cronkite. The old television sets—Admiral, RCA, Philco, and Westinghouse—in the family living room while we ate Swanson tv dinners to satisfy our appetites.

RECYCLING BACK TO SCHOOL

Recall the old-fashioned field trips at school. Often playing soccer or softball on the school field. We used twelve-inch wooden rulers made in Canada. Fond memories inching along to those days still yield. Mimeograph machines were the latest high technology Typewriters and carbon paper were perceived as almost magic like. Shucks, many of us kids were riding on a made in Canada CCM bike.

VANCOUVER MEMORIES TO REKINDLE

Do you recall OIL Can Harrys in Vancouver? How about Lasseter’s Den, The Bunkhouse, the city scene. The nineteen sixties down in Gastown. Other food for thought takes us back to Chucky Cheese, plus a few all you could eat places and ‘Mr Mikes and Mr Jakes’, steak dinners that included steak, potato, salad and soft drink for a dollar and nineteen cents. Oh, now as seniors, what we once had seen. Remember our fifty-cent coin that still existed and the paper dollar up here? It was amazing what that fifty-cent piece could still buy. Remember The Devonshire Hotel and the Alcazar? How about Uncle Ben’s beer? So much that used to be, has long since waved bye-bye.

So now in closing, it’s time to say, though April showers may come your way, soon it will be May and then summer, hurrah! Thanks for the memories as Bob Hope used to croon or say.

Please visit www.Nostalgiroads.Weebly.com Search for Song CD’s by Dan Propp via cdbaby.com and also www.soundcloud.com Plus books via www.amazon.ca

Photo:

As memories of the years go by. (Photo: Dan Propp)

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Main Office / Distribution 778-751-4188

OFFICE HOURS: 9:00am-Noon
Tuesday, Wednesday, Friday
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TODAY’S SENIOR NEWSMAGAZINE LTD.
Fraser Valley / Lower Mainland Edition
Box 61533 - Brookwood P.O. Langley, B. C. - V3A 8C8
E-Mail: todayssenior@shaw.ca



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P.O., Langley, B.C. V3A 8C8**

Publications Mail Registration #40025695
Printed in Canada, Blackpress

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FIGHT FRAUDSTERS AND SCAMMERS

By Ursula Maxwell-Lewis

Cloverdale Chamber of Commerce shared timely reminders of the ongoing importance of vigilantly guarding against scammers and fraudsters at their March networking lunch in the Dragon Lounge at Elements Casino in Cloverdale. Presenters were Kevin Haarhoff and Alex Uppal, Senior Fraud Investigators, Corporate Security First West Credit Union. Although focussed on business, many aspects discussed applied to individuals as well.

We all need a little extra cash. Right? Although I've read about cryptocurrency I was surprised to hear of how scammers are fleecing novice investors by luring them into phoney 'wallet' deposits. Briefly, I was told that legitimate crypto wallets are secured by a 'key' to be used strictly by the wallet owner. Basically, do not allow anyone to persuade you that they will deposit cash in a wallet for you. Scammers take your cash, ask for additional deposits and, needless to say, refuse to allow you to make withdrawals. For an in-depth explanation discuss the subject with an accredited institution or use a major trading platform.

Now on to the run-of-the-mill scams. Beware of 'urgent' phone calls from strangers, or someone purporting to be a relative or friend closely resembling the person in question. Think Artificial Intelligence aka AI. RCMP advise contacting someone you trust before deciding to comply with the caller.

"Don't let your heart guide you into making financial decisions," warns the RCMP. And, never discuss financial matters in public places where you can be overheard.

Do not fall for computer scams. A friend told a scammer to call her back later when she had someone who knew more about computers than she did. They agreed, but not before relieving her credit card of \$100. Needless to say the scammer omitted to call back at 4 pm when the friend had assistance - and accredited advice. My friend reported the situation to her bank and the RCMP fraud folks.

When buying or selling Granny's china, collectibles or other odds and ends online beware of how you give, or receive, payment. Scammers also use banks, certified cheques, money orders and gift cards...but not to your advantage, Beware.

Here are few RCMP tips to avoid being a victim:
Call police if you believe it is a scam.

If someone identifies themselves to you as a police officer, they will usually state their name and rank, as well as which detachment or police force they are working out of.

Call your local detachment and ask dispatchers to verify the contact.

RCMP officers are issued identification cards nation-wide and are required to carry these cards as well as their badge.

On a personal note, my practice is not to answer any unknown telephone calls. I let them default to voicemail. Scammers rarely leave messages. So, I block and delete no-name/no message numbers. I also block scam email addresses, mark them as spam, and forward the spam email to reportspam@shaw.ca. I find that these small measures have helped to



virtually eliminate the problem. I also make a habit of 'clear history' when I've Googled information and I always log out when I exit Google. Hopefully these measures have helped on my systems. If not, at least they make me feel I'm fighting back in my own small way!

Hope all this is helpful and remember - your local Block Watch, RCMP and banking institutions are always ready to advise and assist. They also have vested interests in kiboshing the crooks. Good luck. Stay safe and as the old saying goes: don't take any wooden nickels.

Ursula Maxwell-Lewis writes monthly for a variety of publications. Reach her at utrael@shaw.ca

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SUSTAINING APERTURES AT OR GALLERY.

Article & photos by Lenora A. Hayman.

Lys Divine Ndemeye is a landscape designer, artist and adjunct professor at the UBC School of Architecture and Landscape Architecture, with ancestral roots from Burundi in East Africa. Ndemeye is the Founder and Principal of Remesha Design Lab that provides employment in landscape design and communities. She is also the host and producer of the Design Unmuted podcast that raises marginalized voices in design and art.

Colin Berg Mbugua is a Kenyan Canadian artist and architectural designer. Holding a Masters in

Architecture, Mbugua's practice Kagrvv uses multi-disciplinary connections while experimenting with cross-cultural ideas.

Their Daylight 2024 is an amazing hydroponic installation. The full spectrum LED growing light glowed on the vertical timber frame wall with water pumps feeding hanging pots growing 80 different plants including salmonberry, arugula, sage and kale. Skwachays means a place where water is drawn down into a hole, such as a whirlpool, or water emerging from the ground below. This Daylight exhibit recreates the lost food formerly

growing on the banks of the now departed rivers, which flowed in this area before the city buried them.

The OR Gallery at 236 E. Pender St, Vancouver, 604-683-7395 is free and open Wed-Sat 12p.m-5p.m and the Sustaining Apertures is here until 6th July 2024.

Photos by Lenora A. Hayman

Top Left: Daylight 2024 at OR Gallery.
Top Right: Divine Ndemeye & Colin Berg Mbugua at OR Gallery.

THE CANADIAN DENTAL CARE PLAN: SENIORS COME FIRST

Oral health care is essential for overall health and well-being. However, many Canadian residents cannot afford to visit an oral health-care professional. A new federal insurance plan will help change that. Beginning in 2024, qualifying Canadian residents without private dental insurance can apply to the Canadian Dental Care Plan for help with those costs.

Coverage under the plan is rolling out in phases. The first group to qualify is seniors. Children under the age of 18 and persons with a disability tax credit certificate can apply as of June. Other Canadian residents between the ages of 18 and 64 will be able to apply for dental coverage in 2025.

The dental care plan will cover a wide range of oral health care, including preventive services provided by participating dental hygienists across the country. These include scaling (cleaning), polishing, sealants and fluoride. Other services covered under the plan include x-rays, fillings, root canal treatments, dentures, periodontal treatment and extractions.

Seniors are especially at risk for the complications caused by poor oral health. Gum disease increases the risk for heart disease, stroke and diabetes. A sore



mouth or loss of teeth can make it difficult to eat, leading to malnutrition. Dry mouth is another concern that often affects seniors and can cause cavities.

Many dental hygienists operate mobile practices and are well-equipped to care for the most vulnerable populations, such as seniors in long-term care or in their own homes, and those with physical or mental impairments and complex medical needs.

With the new Canadian Dental Care Plan and professional oral health care services available from dental hygienists, seniors and all eligible residents in Canada will be able to achieve better overall health. Find more information about the plan and oral health for seniors at dentalhygienecanada.ca.

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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.

DECODING FINANCIAL JARGON

How to understand the language of finance like a boss.

DOES THIS SOUND FAMILIAR? A colleague is talking to you about the alpha of one of their investments. You nod your head, but your eyes gloss over. The discussion ends and you wonder what you just had a conversation about.

Finance-speak can be confusing to many of us. There are a lot of complicated words or terms used to explain some of the simplest concepts. Becoming more familiar with these terms can help you better understand your financial situation and give you more confidence when speaking with your advisor.

Here's a useful glossary – in plain English – to help you get started.

Alpha: It's not just the first letter of the Greek alphabet. In finance, alpha is a measurement of how an investment performs compared to a benchmark index. Say your investment in a U.S. equity fund returns five per cent, while the S&P 500 Index earns one per cent – the alpha is four, because your investment outperformed the benchmark by four per cent.

Annuity: A contract between you and an insurance company. You make a lump-sum payment or series of payments, and in return you get a set monthly income for a set period.

Asset allocation: The strategy of dividing investments among different asset categories like stocks, bonds and cash.

Beneficiary: The person(s) named on your life insurance policy or segregated fund contract to receive the death benefit when you die. Registered Retirement Savings Plans and Tax-Free Savings Accounts also have beneficiary designations.

Beta: A measurement of the volatility of an investment compared to the market. The beta of the overall market is 1 or neutral. An investment with a beta above 1 is more volatile than the market, while lower than 1 is less volatile.

Bond: Companies and governments issue bonds to fund operations, innovate and grow. When you buy a bond, you are essentially loaning money to the issuer, which promises to return your money by a specific date and pay you interest for that period.

Capital gain/loss: Simply put, the difference between the price you paid for a property or an investment and the price you sold it for.

Commodity: A basic good, raw material or agricultural product that can be bought or sold on the market, like gold, sugar or grains. Some

financial and technological products can be commodities, such as foreign currencies or cellphone bandwidth.

Compound interest: The interest calculated on the initial principal of a loan or deposit, plus all the accumulated interest. In other words, it's interest on interest.

Dependant: A person eligible to be covered by you under your benefits plan, for example, your spouse or child.

Dividend: Money an investment fund or company pays to its shareholders, usually from profits, and expressed on a per-share basis.

Exchange-traded fund (ETF): A basket of securities (which can include stocks, commodities or bonds) that trades on an exchange. The price of an ETF's shares will change throughout the trading day since they are bought and sold on the market.

Living benefits insurance: Insurance that provides the benefit while the insured person is alive, such as critical illness, disability, long-term care, health, dental and travel insurance.

Mutual fund: Pools of money contributed by investors with similar investment goals and managed by investment professionals. Mutual funds typically invest in bonds, stocks or both depending on their investment objectives. Unlike ETFs, mutual funds are priced once a day.

Portfolio: A group of investments owned by one organization or individual and managed as a collective whole with specific investment goals in mind.

Rider: An optional addition to an insurance policy to provide protection, for an additional cost, for risks not covered in the basic policy.

Segregated fund contract: A pool of investments held by a life insurance company and managed separately from its other investments. Segregated fund contracts combine the growth potential of investment funds with insurance protection – you are guaranteed to receive at least a set percentage of what you've paid into the plan on death or maturity (less any amounts withdrawn), even if the investments have dropped in value. Segregated fund contracts also offer useful estate planning features and potential creditor protection.

Stock: Companies issue stock to raise capital. In return the stockholder is given a proportional share in ownership of the company. This comes with a proportional voting right to determine how the business is run and a right to receive dividends, if any are paid.

Volatility: The amount and frequency by which an investment fluctuates in value.

Yield: The earnings generated by an investment expressed as a percentage of its market value over a specific period. Only an investment that pays interest income or dividends can have a yield attributed to it.

Source: Manulife Financial, Solutions magazine 2020

CRS Financial Group is based in South Surrey, BC. We specialize in assisting individuals with their financial affairs, encompassing Investments, Insurance, Retirement and Estate planning. If you would like Rick Singh to review your investment portfolios or estate plan please call 605-535-3367 to schedule an appointment or phone conversation. You can also email rick at rick@crsfinancial.ca

HOW TO GET THE GOVERNMENT MONEY AVAILABLE TO YOU

Let's face it: no one loves doing their taxes. But, in addition to being your civic duty, it's your doorway into receiving many of the federal rebates, benefit or credit payments you could be eligible for. Here are four ways to make sure you get all the money you're entitled to from the federal government.

File your taxes on time

All you have to do to receive many government payments, including the Climate Action Incentive Payment or the GST/HST credit, is file your taxes. The Canada Child Benefit also uses information from your tax return to make sure you get your maximum payment. Even if you didn't make any money last year, your benefit payments won't be issued until you file your return, so file on time, every time.

Apply for new programs

While some benefits and credits are issued automatically, there are others you need to apply for. This includes the temporary Canada dental benefit for children under 12, and the new Canada Dental Care Plan rolling out this year that reimburses part of dental care costs.

Find forgotten cheques

Who doesn't love reaching into an old coat pocket and finding a \$20 bill you forgot about the last time you wore it? Many of us unknowingly have uncashed government cheques waiting to be deposited, some worth hundreds or even thousands of dollars.

Find out if you have any uncashed cheques by registering for or logging in to your Canada Revenue Agency (CRA) My Account portal. If it shows you have an uncashed cheque but you can't find it, you can ask for a new one to be issued. Government cheques do not expire so if you do find one that got tucked away somewhere, take it to your financial institution to deposit the money into your account today.

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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

Irritable Bowel Syndrome (IBS): A Natural Approach

With April being IBS Awareness Month, I thought I would bring awareness to a common GI disorder that could affect as many as 13-20% of Canadians at any given time. It is characterized by the ABCD's of symptoms i.e. Abdominal pain, Bloating, Constipation and/or Diarrhea. Unfortunately, it is classified as a syndrome, which means the cause is unclear and is diagnosed only by symptoms after ruling out other causes like celiac disease, colitis, and Crohn's. Despite its prevalence and impact, IBS remains a complex and poorly understood condition, presenting challenges for both patients and healthcare providers.

The exact cause of IBS is not fully understood, but it is believed to involve a complex interplay of factors, including abnormalities in the gut-brain axis, alterations in gut motility and sensitivity, and changes in the gut microbiota. Stress, dietary factors, hormonal fluctuations, and psychological factors can also influence the onset and severity of symptoms in susceptible individuals.

Several dietary approaches have shown promise in managing IBS symptoms, including the low FODMAP diet, which restricts certain types of carbohydrates that may exacerbate symptoms. FODMAPs are fermentable carbohydrates found in a variety of foods, including certain fruits, vegetables, grains, and dairy products. By reducing intake of high-FODMAP foods and gradually reintroducing them, individuals with IBS can identify their trigger foods and customize their diet accordingly. Other strategies include increasing fiber intake, staying hydrated, and avoiding common triggers such as caffeine, alcohol, gluten, dairy, and spicy foods.

For the cramping type of IBS, peppermint oil has been shown to have antispasmodic properties that can help relax the muscles of the digestive tract, reducing abdominal pain and bloating. Curcumin, bromelain, artichoke leaf extract, aloe vera, slippery elm, marshmallow root, mucin, N-acetylglucosamine, and L-glutamine may help soothe an inflamed intestinal lining. Digestion & IBS (by Canprev) and Aloe Herbal Stomach Formula (by Lily of the Desert) may help more immediately with symptoms whereas GI Matrix (by CytoMatrix) and GI Revive (by Designs For Health) may help over the long term with repair and prevention.

For the constipation type of IBS, GI Motility Matrix (by CytoMatrix) may help with smooth muscle action in the intestines to get things moving along especially if there is a stress component. GO-LAX Bowel Formula (by Healthology) can help soften harder stools.

Probiotics are another natural treatment option for IBS. Probiotics are beneficial bacteria that can help restore balance to the gut microbiota and alleviate symptoms. Several strains of probiotics, including Lactobacillus and Bifidobacterium species and Saccharomyces Boulardii, have been studied for their effectiveness in managing IBS symptoms. Effectiveness will vary depending on the individual so trying different strains may be needed. Probiotics that I recommend are IBS Urgency (by NewRoots), Flora-Matrix IBS (by CytoMatrix), and Pro-Biotik Bowel Transit (by CanPrev) specifically for the constipation type of IBS.

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.

CEMETERY BYLAW CHANGES ACROSS CANADA

Not allowing or respecting loved ones to grieve their own way, where and when. Dictating what and when we can leave on our loved one's grave sites. No mementos, No personnel vases and only Artificial Flowers Mid March to Mid October. Okanagan heat kills the stemmed real flowers which we are only allowed during Mid March to Mid October and who can afford the real flowers and they looked awful when dead. What used to be a lovely colored and decorated cemetery is now a bare ugly field and who really wants us to go and not respect by leaving a memory?

Bylaws have been in place for many years without a problem why NOW? Shouldn't it have been put to a referendum for the public to decide and not just the City Council and Mayor? Since when does a Consulting firm have an opinion over the Citizens of a city which interestingly enough is usually the same consulting firm being used right across Canada? Not to even mention the religious rights and practices i.e.: no rosaries etc. and the Veteran Bill of Rights and practices were not even taken into consideration, that are allowed to acknowledge for the deceased.

Example, Vernon, BC City Council in 2019 brought in the bylaw #5767 and enforced not until 2023 with not much knowledge to the public. No mementos, No Personnel vases and the ruling on no artificial flowers from Mid March, to Mid October, claiming a safety hazard. Who has the right of loved ones who have purchased plots and gravesites? Everyone grieves in a different way there is no black and white book printed that tells people and the various religions how to grieve. A copy of a petition signed by well over 3000 signatures presented to Vernon City Council and Mayor by delegation. As well a copy of the Petition has been submitted to Harwinder Sandhu, MLA for presentation of the BC Legislature, apparently coming soon, also several letters of protest sent to Harwinder Sandhu, MLA.


Who has the right to make up such rules, bylaws without consulting loved ones or the general public on such a tentative issue? Maybe going forward to make voters and loved ones satisfied that a referendum should be put in place over this and change it back to the original bylaws that worked so well for years. Not to mention the damage the city employees have done to some of the gravesites.

If you have a copy on the changes and would like the bylaw changes to be removed, please write your local City Council, Mayor or your MLA or whoever you think would help to let us grieve our own way and when. Let's make the government, consulting firms or City Council make changes for us! Let's stand up and let our voices and thoughts be heard. If not for yourself think of your loved ones that went before us and what they did for you.

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HOME IMPROVEMENT "ASK SHELL"

By Shell Busey

Q) During a party at our house we had an unfortunate experience. A beer glass was dropped on our newly finished hardwood floor and put a dent in the finish. Can we do anything about this?
Helen in Ladner

A) First rub the bruised area with 150 grit sandpaper to etch the surface of the floor finish through to the wood fibres. Now place a warm damp cloth over the bruised area. Apply heat on top with a steam iron (set on the cotton setting). The heat from the steam iron presses moisture from the damp cloth into the wood fibres raising the bruised wood fibres. Allow to dry. You may have to have the floor finisher come back, or you can apply a coat of carnauba wax tinted to match (i.e. Briwax) the floor colour. It's just that easy!

SPRING!!



- | | | | | |
|---------------|-----------------|---------------|----------------|------------------|
| Showers | Flowers | Spring | Birds | Nests |
| Babies | Cherry Blossoms | Picnics | Crocus | Sunshine |
| Bunnies | Daffodils | Easter Sunday | Tulips | Good Friday |
| Coloured Eggs | Chocolate Bunny | April Fools | Robins | Hot Crossed Buns |
| Wood Peckers | Easter Egg Hunt | Baby Chicks | Chocolate Eggs | Easer Basket |
| Blooms | Budding Trees | | | |

IMMUNOCOMPROMISED? HERE ARE 3 THINGS TO BE AWARE OF

If your immune system doesn't work the way it's supposed to – maybe you take immune suppressing treatments for rheumatoid arthritis, or you've had an organ transplant – you're probably aware that you have a harder time fighting infection. Here are a few common areas of risk to be aware of:

Food safety

While nobody wants to get food poisoning, generally people can recover quickly. However, food poisoning can occasionally cause serious complications – mainly for those who have compromised immune systems. Talk to your health-care team about any foods that put you at greater risk for food poisoning, such as fresh deli meats or raw seafood.

Dormant viruses

Everyone gets a cold or flu from time to time and usually fully recovers. However, at times, certain viruses may remain dormant in your body and then re-activate later when your immune system is weak. Cytomegalovirus, or CMV, is one that as many as half of Canadian adults have been exposed to in their lifetime, but thanks to their healthy immune systems, it goes unnoticed. But, for those who are immunocompromised or received a transplant, this virus can be dangerous.

For immunocompromised adults, particularly those who have had an organ transplant, CMV may bring joint pain, an inflamed liver and various blood disorders. In many cases, transplant patients who get CMV have a reactivation of the CMV virus that's been dormant in them since childhood. Transplant recipients are at higher risk because



medications they must take to help prevent organ rejection have a major effect on the immune system's ability to fight infections.

Pet care reminders

Our furry – or scaly or feathered – friends are incredibly important to us. But it's smart to be aware of health risks they occasionally carry. If you adopt a new pet, be certain to have it checked for parasites, viruses and bacteria that can transfer to humans. Remember to apply appropriate preventative treatments if your pet spends time outside, and regularly wash their bedding or blankets.

Many pets also have bacteria in their mouths that

can lead to infection – after all, think of what they're licking day-to-day – so be sure to treat any scratches or bites, however minor, to prevent infection. Be careful when scooping their poop as well, as parasites like toxoplasmosis can have a serious impact. These tips apply to most pet owners, but they are especially important to be aware of for those of us for whom getting sick is more dangerous.

If you are immunocompromised, speak with your health-care providers about how to manage risks.

www.newscanada.com

Participate in the RESILIENCE Study

What is the study about?

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

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

Who can participate?

You may be eligible to participate if you are:

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

If you would like to hear more about this study:

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

Email: info@isstudy.ca
Phone: 1-877-223-8637

Website: www.qubiologics.com/clinical-trials/resilience-study

QBKPN IS-01 Magazine Full Page
 Version 3.0: 05 December 2023

What is QBKPN?

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

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

What does the study involve?

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

- Randomly assigned to receive QBKPN or placebo given through a small needle under the skin three times a week for 28 days.
- We will measure your immune function using blood tests over the course of the study, monitor you for infections, and ask you about your quality of life, over a period of 26 weeks.

Who is conducting the study?

Principal Investigator: Dr. Theodore Steiner

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





Salmon Arm & Shuswap

GROUNDBREAKING CEREMONY COMMEMORATES CONSTRUCTION OF THE SHUSWAP (SECWÉPEMC) HEALING CENTRE

In the spirit of reconciliation, District of Sicamous and Splatins té Secwépemc council members gathered today to celebrate the construction of the Shuswap (Secwépemc) Healing Centre. Construction is scheduled to begin this week at 200 Main Street.

"Today's milestone demonstrates the importance of collaboration in bringing transformative projects to life," said the Honourable Sean Fraser, Minister of Housing, Infrastructure and Communities. "As a result of the partnership between Sicamous and Splatins té Secwépemc, the Shuswap Healing Centre will be an indispensable resource to the region and local Indigenous communities, providing essential health and wellness services to residents. We will continue to work with our partners to support projects that have a meaningful impact for communities across Canada."

The Shuswap (Secwépemc) Healing Centre is designed to be a health and wellness hub for the community and region that serves generations to

come. As the new home of the Sicamous Community Health Centre, the facility will include space for allied health and wellness practitioners to offer services, an area dedicated to Indigenous healing led by Splatins té Secwépemc and a multi-functional community. Over half of an acre of existing greenspace will be maintained for public use.

The District of Sicamous received \$7.95 million in funding from the Government of Canada and the Province of British Columbia to build the \$10 million health and wellness centre on Main Street. The remaining capital costs are being funded through district capital reserves.

"The Shuswap Healing Centre will improve access to quality health care close to home and ensure Sicamous' continued development and vibrancy," said Anne Kang, Minister of Municipal Affairs. "I commend District of Sicamous for their strong partnership with Splatins té Secwépemc and for their excellent usage of \$1.73 million through the Growing

Communities Fund they received from my Ministry to support this project. The Province will keep working with First Nations and local governments to help communities across the province grow in a healthy and sustainable way."

The Government of Canada and Province of British Columbia contributed

"We're very excited to be starting construction and are grateful to Splatins té Secwépemc for their partnership and to our funding partners, the Government of Canada and the Province of British Columbia," said Mayor Colleen Anderson. "Healthcare access is part of the foundation that makes a community strong. Thank you to everyone who supported and brought this project to fruition.

As construction moves forward, there will be ongoing communication with the community about the project. The public is encouraged to subscribe to the project newsletter to receive project updates directly. Please visit www.sicamous.ca to subscribe.

SPECIAL PROMOTION New clients: 3 sessions for \$150

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Brendan Campbell
National Academy of Sports Medicine (NASM) Certified Personal Trainer

My name is Brendan Campbell and I'm an enthusiastic and dedicated professional with nearly two decades of experience in the fitness industry. My journey began with a deep passion for helping individuals enhance their athletic performance and recover from injuries. Over the years, I've honed my skills to become a trusted expert in the field, empowering clients to achieve their fitness aspirations and regain their physical well-being.

One of my distinctive qualities is my commitment to offering innovative therapies that go beyond the conventional. Through techniques like rock blading, trigger point release, and facial stretching, I provide a holistic approach to fitness and rehabilitation.

My primary objective is to be your dedicated companion throughout your fitness voyage. Whether you're an athlete striving for performance enhancement or someone on the path to recovery, I am here to provide unwavering guidance and support at every stage. Together, we can tap into your full potential, enabling you to lead a more active, healthier life.

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UPCOMING EVENT

In WWI, 22,000 Canadians served in the Royal Flying Corps or Royal Naval Air Service. At the end of the First World War, there were several tentative efforts to form a uniquely Canadian air service. Ultimately these attempts faltered until on 01 April 1924, the Royal Canadian Air Force was created.

To commemorate 100 years of RCAF contribution to Canadian defense and security through war and peace, the Canadian Museum of Flight is hosting a 100th anniversary event on civic holiday Monday 01 April, 2024.

Over 16 historic RCAF aircraft will be on display as well as many RCAF exhibits. Open cockpit tours, engine runups, and special family activities, will occur throughout the day.

At 12 noon an Air Cadet colour party will salute the RCAF on its 100th Anniversary. At 3PM there will be a special reception for RCAF veterans.

We welcome the public to join with us in saluting the serving and former members of the Royal Canadian Air Force.

The Canadian Museum of flight is located at:
Langley Municipal Airport,
Hangar # 3 - 5333 216th Street
Langley, BC
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For more information go to:
<http://canadianflight.org>
or call: (604)532-0035

Monday, April 1, 2024
10:00 AM - 3:00 PM

The Canadian Museum of Flight

Celebrates 100 Years of the RCAF





RCAF Aircraft on Display

- Engine Start Ups
- Tours
- Period Costumes
- Family Activities



Air Cadet Colour Ceremony at 12:00 PM
RCAF Veterans' Reception at 3:00 PM



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WRITE AS I PLEASE

By Mel Kositsky

The cost of living will continue to go up and up – and up!

And that is not an April Fool's joke! Although April 1 is a very significant day for the Canadian economy.

The cost of living is not going to get any cheaper. It can't – despite what you may hear or read from so-called experts through the media and well-meaning politicians of all stripes. The economic system does not allow for it. So Canadians need to brace themselves for a more costly future and "affordability" will continue to be a huge challenge.

Prices may fluctuate slightly – and seemingly more "sales" may be offered – but it will only be short term measures to make you feel better and get you to spend more. There is no way of avoiding that upward spiral.

You have to wonder why the federal and provincial governments always choose April 1 to bring in tax increases and other price hikes – and subject themselves to April Fool's jokes. But it is really easy to explain. Unlike municipal governments, which must operate on the calendar year, both federal and provincial governments end their fiscal years on March 31 – and the new budgets begin on April 1. And those budgets are getting bigger and bigger as the cost of government keeps growing so they have to start collecting more revenue from the first day of the new fiscal year.

In April alone there will be many increases facing Canadians – not only the much publicized 23 per cent increase in the carbon tax. That tax goes up to \$80 per tonne from \$65 and that is expected to add three cents per litre to the price of gas at the pumps. There are also planned increases in the "payroll taxes", such as Employment Insurance premiums and contributions to the Canada Pension Plan.

But the price of gas has already increased – almost daily in March, with warnings that the amount you will pay at the pumps this summer is expected to reach record high levels, well over \$2.20 per litre. With modern technology, gas stations change the price at the pumps almost hourly (or so it seems) and can just blame governments for the increases. The public already believes they are being "ripped off" and just ignores it all now because they need to gas up to get around. Only the "well off" can afford those very expensive electric vehicles, which governments want you to buy.

If you travel, airlines are raising the price of checked baggage and there will be an increased security fee placed on each ticket. Food prices continue to increase and even ferry trips will cost you an average of 3.2 per cent more. (BC Ferries will also be introducing off-peak pricing for some sail-

ings, but that is expected to be a marginal savings.)

Now the newly-created word "shrinkflation" is being used more and more (even by U.S. President Joe Biden in his March 7 televised State of the Union address). It refers to the fact you are getting less of the same products while paying the same price or more. Retailers and manufacturers have figured it out and doing what the gas companies have been doing for years – keep changing the prices up and down so that no one knows what the true price is! You have to be a dedicated shopper to figure out the best deals – and carry a calculator!

Shoppers are beginning to notice there are less tissues in a box and the size of the tissues can be different (carefully read the print on the box). There seems to be less sleeves on toilet paper rolls, less potato chips in every bag, even less condiments on your fast food orders. For some that "special sauce" doesn't taste the same anymore!

There is some good news ahead too on April 1. The federal government decided, after much lobbying against it, to pull back on the full 4.7 per cent increase on the national "beer tax". Instead, for the next two years it will hold its inflation adjustment cap to just a two per cent increase for beer, spirit and wine excise duties. But it is still an increase!

Also on April 1, the federal minimum wage goes up to \$17.30 an hour. That compares well to the U.S. federal minimum wage of \$7.25 – although some individual States have much higher figures.

Starting April 1, the top hourly minimum wage in Canada of \$17.59 will be found in the Yukon, along with increases in three other provinces. B.C. raises its minimum wage to \$17.40 per hour on June 1. An annual cost of living increase for B.C. is now entrenched in law.

This will help the lowest wage earners keep pace with some rising costs. Most workers, especially those with union contracts, have what's called COLA clauses – Cost of Living Adjustment clauses -- which drive up wages and salaries constantly in government offices and many private corporations. These increases mean consumers will always have to pay a little more to keep profits up.

A lot of the increases coming into play on April 1, are because of what's known as an "escalator tax". These are automatic increases tied to the Consumer Price Index and automatically go up in line with inflation. Politicians no longer have to publicly debate or vote for these planned increases. They just go up and up according to agreed upon formulas! And that includes the salaries and benefits of just about all politicians -- in all orders of government.

For example, on April 1, all 338 Members of Parliament will see their annual basic pay increase 4.2 per cent, according to Canadian Taxpayers Federation estimates. It is their fifth raise since the beginning of 2020 and boosts their pay to \$202,700. MPs pre-pandemic pay was \$178,900 annually. (According to Statistics Canada, the average annual salary among full-time workers is about \$67,000.)

The MP increases are based on average annual increases in union contracts with corporations that have more than 500 employees. And, of course, those in various other positions such as cabinet ministers, parliamentary secretaries and opposition leaders will also see an annual increase ranging from \$8,100 to \$16,200. That top figure will bring the Prime Minister's salary to \$405,400 after the April raise.

ARE YOU ELIGIBLE FOR THE NEW CANADIAN DENTAL CARE PLAN?

In December 2023, the Government of Canada began rolling out the new Canadian Dental Care Plan (CDCP) to help make oral healthcare accessible to residents without dental insurance.

The plan, which will benefit up to 9 million Canadians once fully implemented, will help ensure more people can afford to take care of their oral health. Are you one of them?

Who is eligible?

To qualify for the plan, you must meet the following criteria:

- be a Canadian resident with no access to dental insurance;
- have an annual family income under \$90,000; and
- have filed your tax return for the previous year.

When can you apply?

The application process is opening in phases, starting with seniors.

- Applications opened in December 2023 for seniors aged 87 and older.
- Applications for 77 to 86-year-olds opened in January 2024.
- Applications for 72 to 76-year-olds opened in February 2024.
- Beginning in March those aged 70 to 71 can apply.
- Seniors aged 65 to 69 can apply for the plan in May.

Canadians with a valid Disability Tax Credit certificate, and children under the age of 18 will be able to start applying online as of June.

All other eligible residents will be able to apply in 2025.

How can you apply?

By the end of March 2024, seniors aged 70 and older who may qualify for the plan will receive a letter from the federal government inviting them to apply. The invitation will include instructions on how to confirm their eligibility and apply by telephone. If you think you are eligible and haven't received a letter, or you have lost your letter, you can contact Service Canada in person or online, or by phone at 1-833-537-4342.

In May 2024, applications will shift to an online portal and will open for eligible seniors 65 and older. More information on that portal will be available closer to its launch date.

What's covered under the program?

The CDCP will help cover the cost of most basic oral health care services, including check-ups, x-rays, cleanings, fillings, root canal treatments and dentures. Members will be reimbursed a percentage of the cost at the plan's established fees. These depend on the members' income level, and some people may have to pay the rest of the expense amount out of pocket. For example:

- if you have a family income under \$70,000, you can have 100 per cent of eligible costs covered;
 - if your family income is between \$70,000 and \$79,999, 60 per cent of eligible costs can be covered; and
 - with a family income between \$80,000 and \$89,999, 40 per cent of eligible costs can be covered.
- Oral health providers may charge a higher price than the established plan fees. In these instances, the patient will be required to pay the balance between these two amounts.

When will coverage start? Once enrolled in the plan, seniors who are covered will be able to start seeing an oral health provider as early as May. Coverage start dates will vary based on when you can apply, when the application is received and when enrolment is completed.

To find out if you are eligible and when you can apply, visit canada.ca/dental. www.newscanada.com



SENIOR READS

By Pamela Chatry

The Yorkshire Shepherdess

How I left city life behind to raise a family – and a flock

By Amanda Owen
Publisher – Pan Books

Living in the beautiful Fraser Valley, I often drive by large farms with pastoral fields filled with grazing cows, but it is always the smaller fields filled with sheep that really catch my eye. There's something special about these woolly animals with short stubby legs. Oh, and don't get me started on newborn lambs!

Recently, a copy of 'The Yorkshire Shepherdess' found its way into The Book Bags library, catching my attention with its intriguing title and drawing me in with its cover. Depicting a vibrant young woman carrying a baby on her back, surrounded by a flock of sheep and her children on ponies, the cover spoke volumes, urging me to scour its pages.

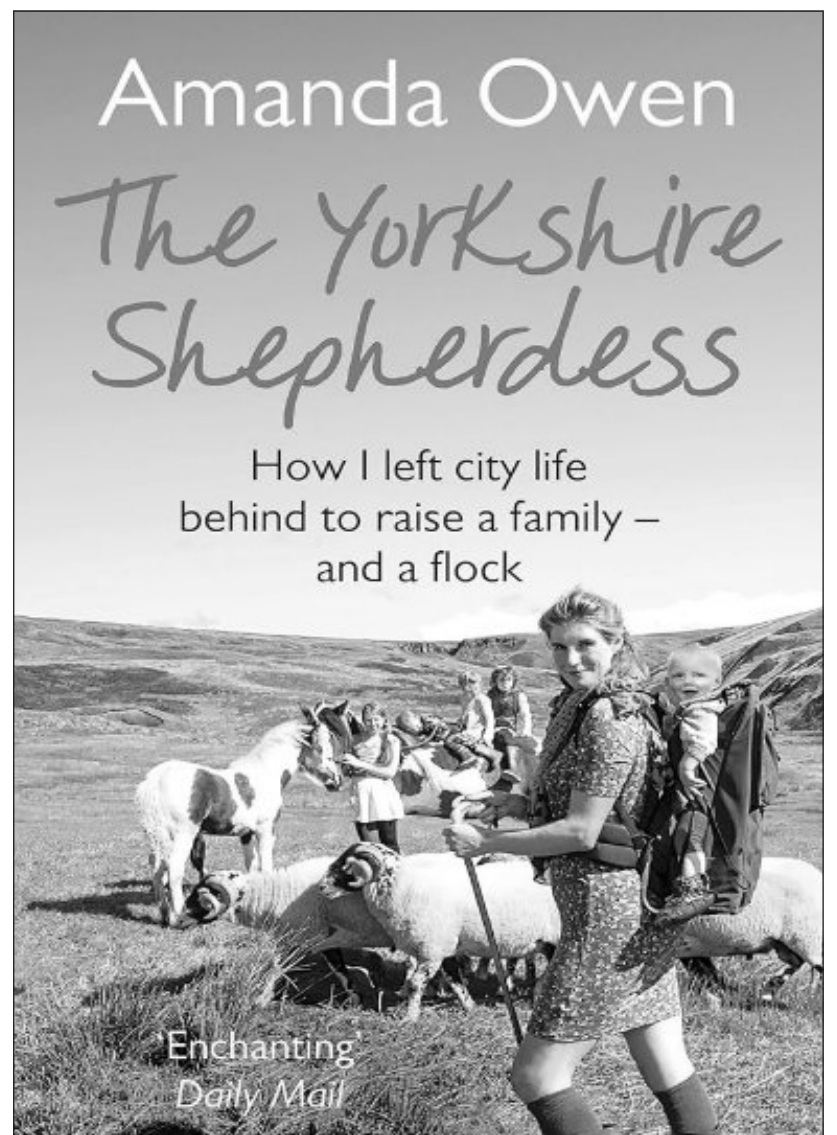
For those acquainted with UK culture or fortunate

enough to access television stations airing the series, the name Amanda Owen likely rings a bell. A farming luminary, she has garnered a massive following through ITV's 'The Dales'. The synopsis on the back cover succinctly encapsulates her life: "She lives and works at Ravenseat, a sprawling 2,000-acre hill farm, alongside 900 sheep, seven children (now nine), four dogs, and her husband."

It's a rarity to encounter someone who, from childhood, harbors a clear vision of their life's path. Amanda Owen is one such individual. In her heartfelt memoir, she recounts her journey of pursuing her dream of becoming a shepherdess, offering readers intimate insights into her career and daily routine. Despite the challenges, such as the devastating impact of foot and mouth disease on entire flocks, farming proves profoundly rewarding—a sentiment echoed by anyone who has toiled the land.

Beyond farming, the book pays homage to motherhood. Amidst the rugged Yorkshire terrain, Amanda and her husband, Clive, raise their nine children, navigating the trials of remote farm life. From the urgency of reaching the nearest hospital during swift childbirths to the everyday adventures of raising children in a bustling farm environment, Amanda shares poignant anecdotes illustrating the family's collective efforts and profound bond.

This enchanting farm saga extends beyond a single volume, with Amanda Owen's best-selling



series offering readers further glimpses into her world. From 'A Year in the Life of the Yorkshire Shepherdess' to 'Adventures of the Yorkshire Shepherdess', each installment is infused with humor, authenticity, and a poignant portrayal of the joys and tribulations inherent in farming life.

BELLEVUE PARK SENIOR LIVING

Bellevue Park Senior Living, now under construction in downtown Aldergrove, is inviting future residents to join its Pioneer Club, which allows people the opportunity to choose a suite now for move-in during the summer of 2024. So far more than 30 per cent of the 195 suites have been rented.

The housing complex, located at 2882 272nd Street, is in the eastern region of Langley, British Columbia. It offers a seamless continuum of care experience by providing independent living, assisted living and long term care for seniors. Available for rent will be 75 one and two bedroom suites of Independent Living with access to Scheduled Care, and a 24-hour Full Care Community with 120 suites offering both Private Pay and Fraser Health funded suites.

There are options for everyone -- and seniors can truly enjoy the comfort of aging in place. It is the only retirement living community of this kind in the area. The building is more than 220,000 square feet of state of the art construction with steel stud and concrete.

Bellevue Park is owned and operated by a family from the Fraser Valley, Arnie and Lance Bennewith. The family has been in the senior living industry for more than 40 years, operating the Willingdon Care

Centre. This is their first venture into a continuum of care.

A presentation centre is now open at 27272 Fraser Highway, Monday through Saturday from 9 a.m. to 4:30 p.m., and Sundays by appointment. For more information, or to make an appointment, connect with the team by calling 604-329-3664. You can also check the website at www.bellevuepark.ca.

Located in the heart of Aldergrove, the new housing complex is close to shopping, restaurants, swimming and recreation facilities and not far from the U.S. border and Abbotsford Airport.

Bellevue Park offers Independent/Assisted Living and Full Care for residents who will be able to "age in place". The community has state of the art construction, intuitive design and exceptional amenities. It offers innovative and adaptable floor plans

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3 LESSER-KNOWN WONDERS OF WALKING

Most of us know that walking improves heart health, boosts immunity and can help with weight loss. But, did you know there are additional reasons to embrace walking? Here are three lesser-known benefits to inspire your next stroll.

1 It helps promote muscle recovery

As a low-strain activity, one benefit of walking is the release of muscle tension, muscle stabilization and increased blood flow, which can reduce the chance of soreness after an intense workout. Whether you include high-intensity workouts in your weekly schedule or not, walking is a step in the right direction to overall physical health.

2 It keeps you regular

The colon responds to physical activity, which is why it's important to keep your body moving throughout the day. Walking will help with moving along your digestive system. However, if you do experience occasional constipation despite finding the time for a daily walk, consider a gentle laxative like Senokot that provides relief in six to 12 hours.

3 It relieves joint pain

Have knee and hip pain? It may seem counterintuitive to move the parts of your body that experience discomfort, but walking can help strengthen leg muscles around your joints, therefore protecting them and easing any pain.

www.newscanada.com



Straight from the Horse's Mouth

By Mel Kositsky

Excitement is building for the return of "live" thoroughbred racing at Vancouver's Hastings Racecourse on Saturday, April 27.

Taking advantage of one of the best winters on record, training at the east Vancouver track and various training centres in the Fraser Valley has been in full swing in preparation for the 45-day 2024 racing season. This includes official timed workouts available through the Daily Racing Form.

While racing will be held two days a week during most of the meet, the schedule gets off to a slow start following the season opening card, which features a new post time of 2:30 p.m. for the first race.

It will then be a week between race days, with the May schedule starting on Saturday, May 4, which is also Kentucky Derby Day. The 150th anniversary of the famed race is expected to be a very big day for racing in North America. So far it promises to be a very competitive field.

The action at Hastings picks up the following weekend with the return of the popular "Friday Night Live" racing, with a 7 p.m. post time, along with Saturday afternoon racing. The mostly two days per week schedule continues until closing day on Sunday, October 20.

A highlight of the meet will be the BC Cup Day races on the holiday Monday, August 5. The afternoon of stake races features the best BC-bred horses. There will be one other Monday card on August 26, which is an off day for the annual Pacific National Exhibition. Post time that day is 7 p.m.

Racing resumes in September for the last Friday night card on September 6, and the 77th running of the BC Derby will be held Saturday, September 14. With the return of harness racing at Fraser Downs in Surrey on Thursday evening, September 12, the

thoroughbreds switch to Saturday and Sunday afternoon racing until the end of the meet.

Meanwhile harness racing continues at the Cloverdale race track, located at Elements Casino Surrey, on Thursday and Friday nights throughout April and shuts down for the summer after the May 3 card. When it resumes in September, the fall meet continues until December 27.

So far the spring meet has shown much improvement in terms of attendance and mutual handles, with betting hitting the \$330,000 mark on a few nights. This is probably due to more competitive fields and the introduction of some new betting features to help increase the payouts on the pools. The improved Internet coverage in full high-definition through Roberts Communication has also attracted more interest, especially among some leading American betting platforms.

The B.C. 2023 Thoroughbred Awards Dinner and Hall of Fame Inductions will take place Wednesday, April 10 at the Italian Cultural Centre in Vancouver. Tickets are \$85 per person. The awards ceremony begins at 8 p.m.

The winners of the 2023 Sovereign Awards, presented annually by the Jockey Club of Canada to the best in Canadian thoroughbred racing, will be announced on April 18 in Toronto. Alberta trainer Robert "Red" McKenzie, who has raced quite a few horses in Vancouver over the years, will receive a Special Sovereign Award for being the oldest trainer to saddle a winner. He did it last year at age 96 and is also the second oldest trainer at a recognized racetrack in North America to win a race.

McKenzie saddled Entitled Star to victory last June 23 at Edmonton's Century Mile – and at odds of 25-1! He had also won in 2022 with the same horse at odds of 47-1. According to an article by writer Curtis Stock for Horse Racing Alberta, "Red" started training in 1945 after winning more than 300 races as a jockey. He is credited with winning more than 1,600 official races as a trainer but has probably won a lot more. He started riding thoroughbreds when he was only 13 years old.

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AFFORDABILITY, ACCESS TO SERVICES AND RISING RATES OF ABUSE AND NEGLECT OF CONCERN FOR B.C. SENIORS

VICTORIA – The rising population and residual effects from the pandemic are putting increasing pressure on services for seniors across B.C. as highlighted in the 2023 Monitoring Seniors Services report released today by the Office of the BC Seniors Advocate.

Important services for seniors such as home support, long-term care, subsidized housing and HandyDart rides are harder to access and there are also rising levels of abuse, neglect and criminal activity impacting older people reported by Designated Agencies, the RCMP and the Vancouver Police Department over the last five years.

“The provincial government has significantly increased funding in many seniors services, but this has been offset by rising costs and increasing demand from a growing seniors population,” stated BC Seniors Advocate Isobel Mackenzie. “The result is reductions in the rate of some services like home support and increases in wait times for others such as long-term care.”

The report highlights the current seniors’ population 65+ of 1,083,695 has grown 15% over the past five years and has shifted from 16.6% of the overall B.C. population 10 years ago to 20% today. Over half of the seniors’ population is relatively young (65-74) and only 11% or 121,917 are 85 and older.

“Most seniors are healthy and mobile into their 80s and this health data has been relatively stable over the past five years. We see the impact of COVID-19 when we look at causes of death and the rate of death per 10,000 of the population, but cancer, heart disease and stroke remain the primary causes of death for 50% of seniors,” continued Mackenzie.

The report highlights the number of completed surgeries in four of the top five surgeries for seniors increased and more seniors are accessing influenza vaccinations, but also noted are decreasing rates of home support clients and the average hours of care per client; continuing increases in the waitlists for publicly subsidized assisted living and long-term care; decreasing Adult Day Program hours provided;

and a rising proportion of long-term care residents taking antipsychotic medications without a diagnosis of psychosis. Particularly troubling are the increasing number of calls to police and agencies reporting suspected physical abuse of seniors as well as instances of neglect, self-neglect and financial abuse.

“Affordability is an urgent issue for many seniors, particularly those who rent or are required to pay for their home support services. We continue to see 50% of seniors with an income below minimum wage, and while government pensions are indexed to inflation, the amounts are low. A senior with no workplace pension or RSP who receives only their Old Age Security, Guaranteed Income Supplement and Canada Pension Plan payments will have an average income of less than \$24,000 a year and this is the reality for almost a third of B.C. seniors,” said Mackenzie.

Trends over five years:

- The life expectancy at 65 years in B.C. is 21.8 years compared to 22.1 years in 2018.
- The top five causes of death are: cancer (24%); heart disease (19%); cerebrovascular diseases (6%); COVID-19 (6%) and respiratory diseases (4%).
- 26% of Emergency Department visits are patients 65+ but there are proportionately 5% fewer seniors visiting the emergency department compared to five years ago.
- The average wait time for a long-term care bed went up 54% to 209 days compared to 2019, and the number of seniors on the waitlist has increased 136% to 5,175 over the same period.
- The rate of publicly funded long term care beds per 1,000 population age 75+ has fallen 12%.
- The waitlist for publicly subsidized assisted living units increased 21% while the rate of units per 1,000 seniors (75+) decreased 12%.
- The rate of home support clients per 1,000 seniors (75+) decreased 7% and the average hours per client decreased 4% while the number of home support clients increased 10%.
- New users of the Property Tax Deferment (PTD) program fell 13% compared to 2018/19. Overall, there are 76,847 users of the PTD, a 20% increase over five years.
- Over the past five years the number of seniors receiving the Shelter Aid for Elderly Renters (SAFER) subsidy (23,506) decreased 3% and the average subsidy fell by 8% despite a 12% increase in monthly rents for SAFER clients. Overall, the rate of seniors receiving SAFER has dropped 14%.

- There has been a 59% increase in the waitlist for BC Housing Seniors Subsidized Housing, the average wait time has increased 11% and 17% of applicants have been waiting more than five years.
- 80% of seniors maintain an active driver’s licence - 19% more than five years ago.
- The number of rides provided by HandyDart has decreased by 27% for TransLink and 43% for BC Transit since 2018/19.
- There is a 114% increase in the number of abuse, neglect and self-neglect cases reported to the Designated Agencies over the last five years.
- BC RCMP has seen a 55% increase in the number of violent offences reported for people 65 and older over the last 5 years.
- Vancouver Police reported a 53% increase in cases of financial abuse against seniors over the last five years.

“Overall, the outlook for B.C. seniors is mixed with the good news being that we’re living longer, healthier lives and are generally mobile and independent into our 80s. The more concerning aspects of aging in British Columbia is the reduced accessibility for many services, costs that are rising beyond the ability of most seniors to pay, and the disproportionate increases in reports of abuse, neglect and criminal activity affecting seniors. Addressing these issues will cause financial pressures on government to intensify over the next decade as the seniors age cohort shifts to 85+ and their reliance on public services grows dramatically,” said Mackenzie.

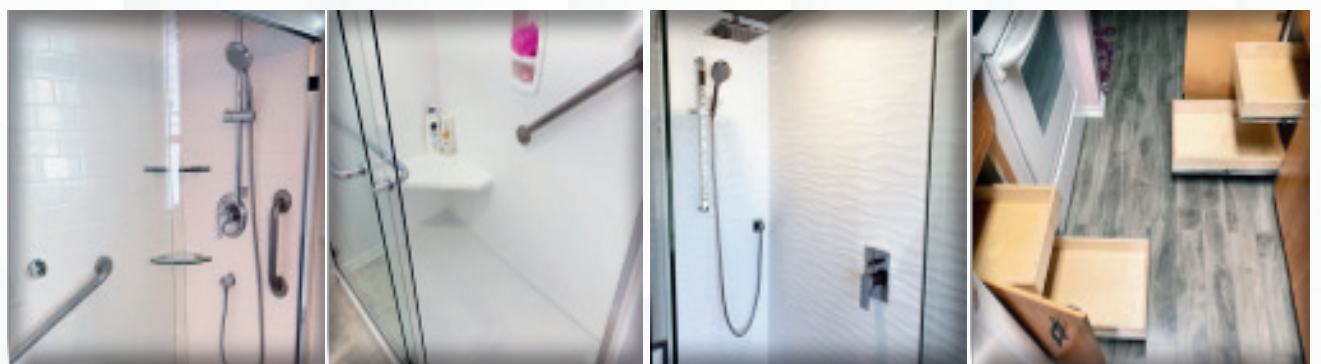
The 2023 Monitoring Seniors Services Report highlights the performance and trends of a wide range of supports and services for B.C. seniors. The report’s year-over-year comparisons examine improvement and gaps in the areas of health care, community supports, housing, transportation, income support and the safety and protection of seniors. For the first time, the report includes information on the waitlists and availability of seniors’ subsidized housing.

The Office of the Seniors Advocate is an independent office of the provincial government with a mandate of monitoring seniors’ services and reporting on systemic issues affecting seniors. The office also provides information and referral to seniors and their caregivers by calling toll-free 1-877-952-3181, BC211, via email at info@seniorsadvocatebc.ca, Canada Post and the OSA web site <https://www.seniorsadvocatebc.ca/>.

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UNCOMMON SITES IN PARIS A CITY OF TRIBUTES

By Chris Millikan

Over the years, we've visited such iconic Parisian landmarks as the Louvre, Tuileries, Eiffel Tower, Arc de Triomphe, Notre Dame Cathedral, Saint Chappelle, Sacre Coeur Basilica, and Pantheon. This trip, we explore unfamiliar sites around Montparnasse, a vibrant southside neighbourhood.

There, our strolls pass boutiques, boulangeries, and creperies. Other walks reveal 'character' hotels once lodging painter Paul Gauguin, and writer-poet Andre Breton. We lunch al fresco at sidewalk bistros frequented by Papa Hemingway and expat pals. And Montparnasse Cemetery offers us a morning of quiet reflection.

Maps at the gate help us navigate this 19-hectare sanctuary. Treelined lanes form a grid accessing this memorial garden's gravesites and marvelous statuary. French VIPs rest along pretty pathways in over 35,000 graves. Engravings recall the lives of professors, foreign legion officers, government officials and prominent politicians.



Vivid ceramic and fresh flowers decorate plots, often saluting foreigners who'd adopted Paris as home. In the nearby Jewish sector, we notice small stones left on loved ones' graves as remembrances. Red kissy-lips and metro tokens cover philosophers Jean-Paul Sartre and Simone de Beauvoir's adjoining gravesite.

Standing amid exquisitely sculpted angels, we chat with a fellow visitor. He enthusiastically urges us to tour the Paris Catacombs. "Long after the Romans quarried for limestone, the tunnels became ossuaries to relieve overcrowded 18th century cemeteries," he relates. "Over six million residents, dignitaries...and 1400 nameless guillotined folk were placed in the underground vaults!"

Glassy, 210-metre Montparnasse Tower rises nearby. Rather than exploring belowground, we consider rocketing up the old city's only skyscraper. Its 38-second elevator ride to the 56th floor observation deck thrills the many wishing to take in 360-degree Paris overviews.

Another day, the metro carries us to French Renaissance-style City Hall. From there, we walk through the historic Marais district to Carnavalet Museum. Open since 1880, the museum occupies adjoining 16th century Hotel de Carnavalet and 17th century Hotel Le Peletier de Saint-Fargeau.

Prompting its 'City Museum' nickname, the Carnavalet presents Parisian history from pre-Roman times to the present. Reopened following a 5-year, 58-million-euro restoration, entry to permanent collections remains free of charge. Of 14 major museums in Paris, many believe Carnavalet the best.

Rodin Museum proves a pleasant 30-minute walk from Montparnasse. Auguste Rodin's elegant former home has showcased his sculpture since 1919. Bright, spacious galleries offer insight into his craftsmanship. Rough sketches and miniature representations of final works help us understand his creative process. Several sculptures remain unfinished, suggesting his reappraisal of works-in-progress.

In one room, a large canvas shows a dusty-bearded Rodin at work. Another features 'The Kiss,' bedazzling in white marble. And in plaster, 'The Burghers of Calais' celebrates six heroes. Chained as hostages, these civic leaders negotiated an end to the lengthy British siege of the port...and saved their townfolk.

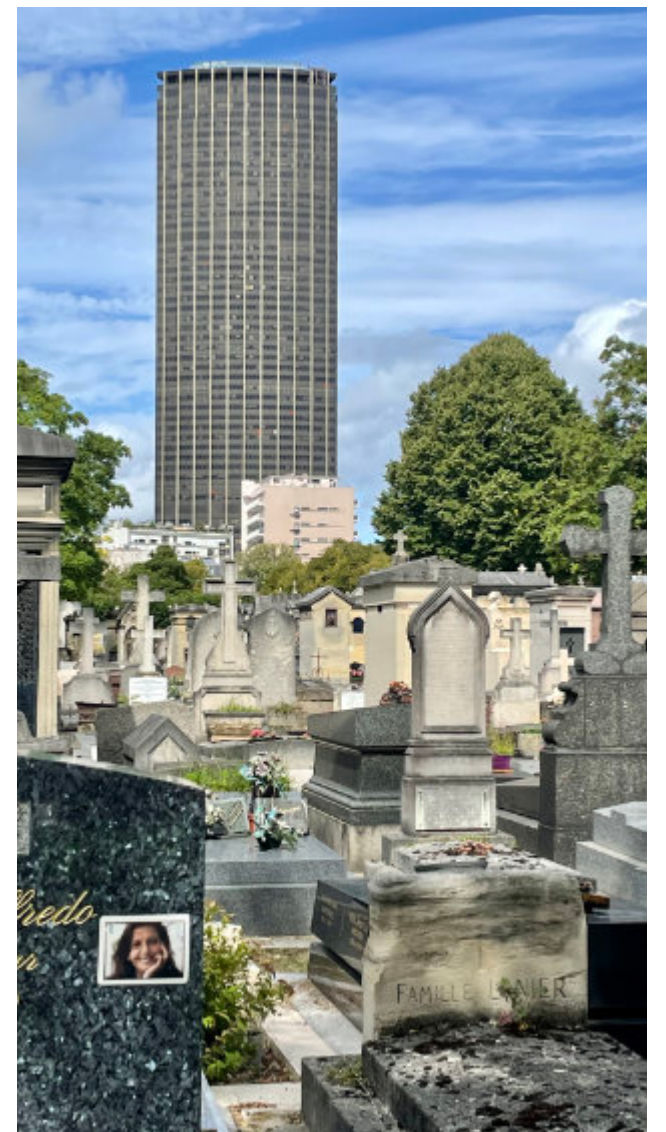
Outside, conical hedges surround 'The Thinker,' perpetually contemplating the massive 'Gates of Hell' in an opposite corner. Along a

shaded pathway stands Rodin's contemporary. Dressed in his usual monk's robes, writing genius Balzac strikes a haughty pose.

Beyond stands a pleasing bronze artist with palette. Citizens of Nancy commissioned Rodin to sculpt baroque artist Claude Gelle, their local celebrity. Other figures nestle amid bushes bordering groomed lawns. And in the distance, Hotel des Invalid's golden dome recalls an earlier visit. This memorable mausoleum showcases the French Revolution and honours military leaders. Plaques recounting Napoleon's social achievements surround his red quartzite tomb.

Outdoors at l'Augustine café, we later savour lemon tarts, sip pungent coffees...and contemplate Rodin's emotion-infused sculpture. These works demonstrate his influential modern approach...and exemplify his ability to create natural human forms.

These delightful new discoveries expand our list of 'go-to' monuments around Paris.



HOW TO HAVE THE BEST LAWN ON THE BLOCK THIS SPRING

Winter weather plus Canadian lawns, equals a spring refresh. Proper care as the warmer weather approaches will bring your green space back to life. Here are some simple tips to ensure your lawn is the best on the block this spring.

Clean up

Out with the old, in with the new. Gather and discard all the old, dead foliage and debris that appeared in your yard over winter so there's fresh space to grow.

Aerate the soil

Aerating means puncturing holes in your lawn so water, air and nutrients can reach the roots. It's best to aerate when your grass is in its peak growing season so it can recover quickly – think early spring. If you have high-traffic areas or heavy clay soil, you will want to aerate every year. If you have sandy soil or your lawn is growing well, you can aerate every two to three years. Check your local hardware store, such as The Home Depot, for tool rental options.

De-thatch

Thatch is a layer of living and dead grass, stems and roots that form between the green grass and the soil surface. Some thatch is helpful – it conserves ground moisture, cushions turf and insulates the soil from extreme temperatures. But too much thatch can repel water, dry up roots and provide

cover for unwanted insects. If your thatch layer is more than two centimetres (three-quarters of an inch) thick, it's time to de-thatch your lawn so air, water, nutrients and fertilizer can reach the soil better, and it can drain more effectively.

Overseed

Extra seeding can repair bare patches and create a thick lawn that crowds out weeds, insects and disease. The best time to overseed your lawn is mid-April to mid-May. Purchase grass seed appropriate for the conditions you're growing in, such as an all-purpose blend for a lawn that receives an average amount of sun. Lightly rake the soil to create seed-soil contact, but don't cover the grass seed or it won't sprout.

Water frequently

Lastly, grass seeds need direct sunlight and regular moisture to begin to sprout, which can take up to three weeks. Be vigilant and water the seed daily, ensuring it stays moist but not wet. Once you start to see the grass seed begin to sprout you should begin to cut back on watering. Water new and established lawns early in the morning to avoid losing any moisture to evaporation. Also, avoid watering at night – your lawn will likely stay wet, providing an ideal environment for disease. Once your lawn is established, water deeply (unless it has rained) with at least two to three centimetres (one inch) of water per week to encourage healthy roots.

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9 AFFORDABLE WAYS TO EAT FOR A GREENER FUTURE

As many of us experience both a high cost of living and growing effects of climate change, such as unseasonable temperatures or extreme weather events, it might be reassuring to know that some steps that save you money at the grocery store will also cut back on food waste.

With sustainability in mind, here are some core tips to help you buy, store and prepare food in a way that helps you, your community and the environment.

Buying food:

1. Use your list: The age-old, wallet-friendly tip to make a list before grocery shopping helps you avoid buying more than you need. That can mean less food ends up rotting in the back of your fridge or going stale in your cupboards.

2. Embrace imperfection: Many grocers sell "imperfect" looking fruits and vegetables, often at a discount. Think apples that don't have a perfect peel, or carrots that are a little knobby. They are just as healthy, and you prevent them from going to landfill, while saving a few cents.

3. Go exploring: Try one of the many apps or programs that aim to reduce food waste. They connect users with discounted foods from nearby grocers. You can try new foods without breaking the bank and divert good food from going to waste.

Storing food:

4. Perishables up front: As a reminder to eat foods that will go bad first, place ones you've opened at the front of the fridge or pantry.

5. Freezer advantage: If you're not sure you'll use something before it goes bad, freeze it to use later. Label it with the name of the food and date to remind yourself what it is and when you froze it.

6. Label wisdom: Know that a best-before date is not an indicator of food safety, but about freshness, nutritional value and quality. You can buy and eat foods after the best-before date has passed. However, foods that are likely to spoil should be stored properly, and they should be eaten as quickly as possible. For example, because of the potential for contamination, once a package of lunchmeat is open, for safety reasons, it should be consumed in three to five days. Use your judgment when deciding if food is still safe to eat. You can't always tell by its smell or taste.

Preparing food:

7. Cook fresh first: Try to use the most perishable items in your fridge or pantry, such as berries or spinach, before the hardier foods like apples, potatoes or carrots, which will last longer.

8. Mix up leftovers: You can make leftovers more appetizing by turning them into something new, like quiche, stir-fries, soups or casseroles – all versatile meals that taste great with a mix of leftover vegetables and proteins.

9. Make waste work: Some food waste is inevitable, but instead of just throwing it out, make use of the compost program in your community if there is one or start composting at home. You can save on fertilizer for your garden. If you're already composting, try freezing waste to prevent odours and help the composting process along. Find more information at canada.ca/eating-for-the-future.

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What are dental implants?

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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.



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Resorption: 10 Years



Resorption: 30 Years

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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 as 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

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