

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S SENIOR NEWSMAGAZINE



Does this bring back a December memory or two? (Photo: Dan Propp Full Article page 3)

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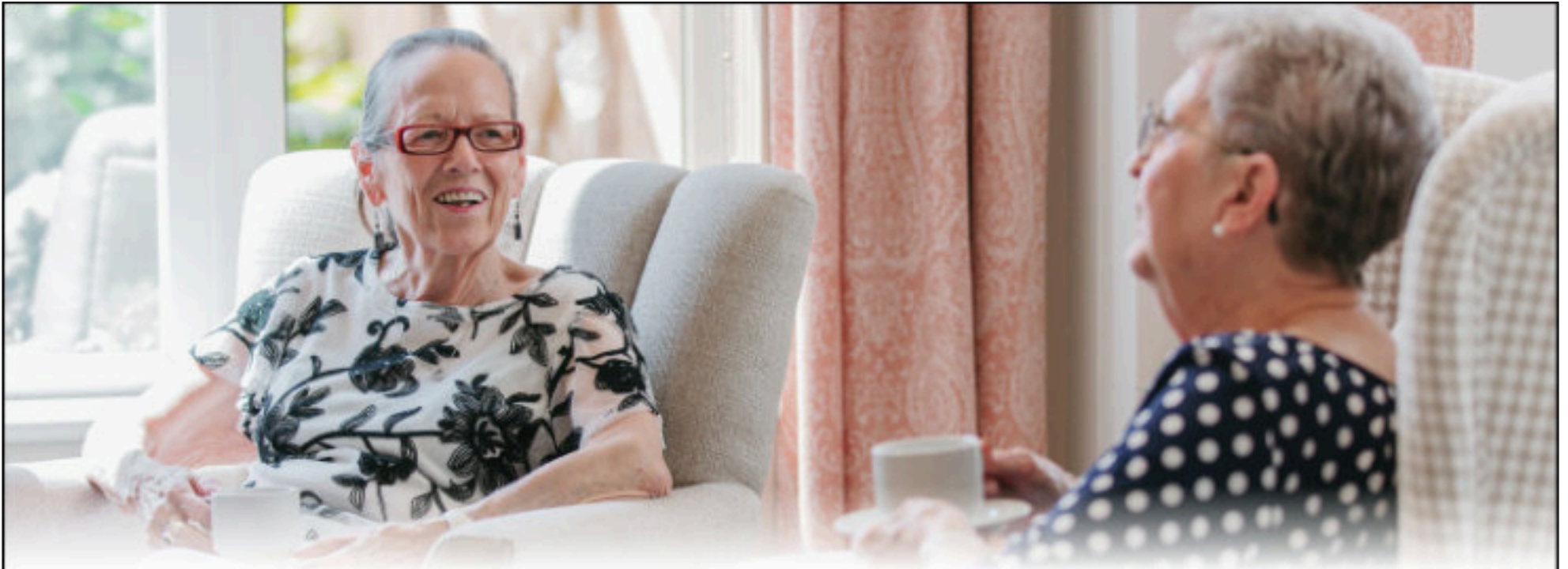
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ACCORDION TO DAN



Well, here we are back in December, the last month of the calendar year. Snowflakes falling or the familiar good old Vancouver rain, it's that time for plenty of memories to nostalgically appear, reinforced by seasonal sounds of music on the local radio stations. I'm Dreaming Of A White Christmas, composed by European refugee, Irving Berlin, was written for the musical movie Holiday Inn, sung by Bing Crosby and later as a single record topped the Billboard. The cast from this famous movie included Bing Crosby and Fred Astaire, with Marjorie Reynolds, Virginia Dale, and Walter Abel.

Many emotions come drifting in as the New Year draws near. The days of Guy Lombardo and His Royal Canadians playing Auld Lang Syne. That era was indeed a very special time. All our family homes with fireplaces blazing and watching Guy Lombardo on TV.

Can you believe it, the year two thousand twenty-five is just around the corner. Those days in retrospect may seem, for many of us, more humanity bound instead of technology filled, and that much warmer. Thinking back to perhaps sliding down on our still manufactured in Canada wooden sleds. Listening to Vancouver's CJOR broadcast from the basement of the old Grosvenor Hotel. Remembering America's radio and TV host Arthur Godfrey saying "Howaya, howaya", and playing his ukelele. Those memories, for some of us, still ring a special bell

LOCAL MEMORIES THAT STILL LINGER

Two thousand twenty-five is almost here. Whatever happened to the nineteen fifties! It is unbelievable how time has passed. Do you still remember Uncle Ben's Lager beer? How about the cost, way back then, for a pint of draft suds at Vancouver's Devonshire Hotel or the Alcazar, around thirty-five cents or so, now totally inconceivable. Why, it's enough to 'drive' someone to drink! How about that huge bowl of baked custard pudding at the White Lunch restaurant on downtown Granville Street, only two bits! Life was just a tad more affordable in those days, I think.

Remember the good old days down at the Kitsilano Showboat? All that great summer entertainment on that famous stage down by the beach. How about the western country music trio with Mike, Mark and Jack called the Rhythm Pals? Do some of these recollections still take you back to years passed? Of course. Who could ever forget Dal Richards and his orchestra performing at the top of the Hotel Vancouver. What about the Cave, Isys Supper Club? Remember Eaton's, Woodward's, The Army and Navy? Oh well, great memories as we wave goodbye to the year two thousand twenty-four.

TELEVISION MEMORIES

Today walking on a downtown street, and heaven knows, what a huge percentage of folks are glued to their cell phones. Many of us in the old days were glued to that twenty-one-inch Admiral, Philco, Westinghouse, RCA or Motorola. We still recall

Ronald Reagan hosting the General Electric Theatre. If memory serves correct, his sponsor's slogan was "Progress is our most important product". Thus, the following bit of more nostalgic rhyme.

GLUED TO THAT OLD LIVING ROOM TV

Ed McMahon..."Here's, Johnny"...The Tonight Show with Johnny Carson. Remember Bonanza, how about I've Got A Secret with Gary Moore and who could forget that great show with Carol Burnett. How about Phil Silvers in the role of Sergeant Bilko, and way back in time, Dean Martin and Jerry Lewis...early 1950s and later on, in Canada, Front Page Challenge on the CBC TV network. So much as changed over the years due to computerization and another innovation...the net. Remember the first satellite in space which really created an incredible space age race. Something perhaps to contemplate for seniors as to what once was and today has become, you bet.

MORE NOSTALGIA TO REPRISE

Seniors, do you still remember watching Ma and Pa Kettle at the local movie theatre, The Bowery Boys, and Donald O'Connor in Francis the Talking Mule? How about KVOS TV Channel 12 broadcasting from Bellingham, Washington, and the original CBUT TV (CBC) studios in Vancouver on the corner of Georgia Street and Bute. Perhaps those days will take you back to when you and I were still in elementary school. Remember the Howdy Doody show in those old days, wasn't it a hoot. At the movie theater do you still recall the Movietone news reels, those full of suspense serials and cartoons. Do you recollect rabbit ears in living rooms and tv aerials on rooftops? During that era there were still plenty of party line telephone systems in most BC small towns. Before number area codes, there were letter area codes for different areas like KE—Kerrisdale, AM—Amherst, and MU—Mutual for downtown, etc. On radio all those great old hit songs like "Put Another Nickel in the Nickelodeon" and "How Much Is That Doggy In The Window"...woof, woof...all kinds of great tunes.

Best wishes for the holiday season and a very Happy New Year!

Please visit www.Nostalgicroads.Weebly.com

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

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Photo: Does this bring back a December memory or two? (Photo: Dan Propp)

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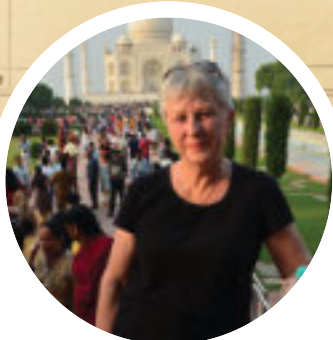
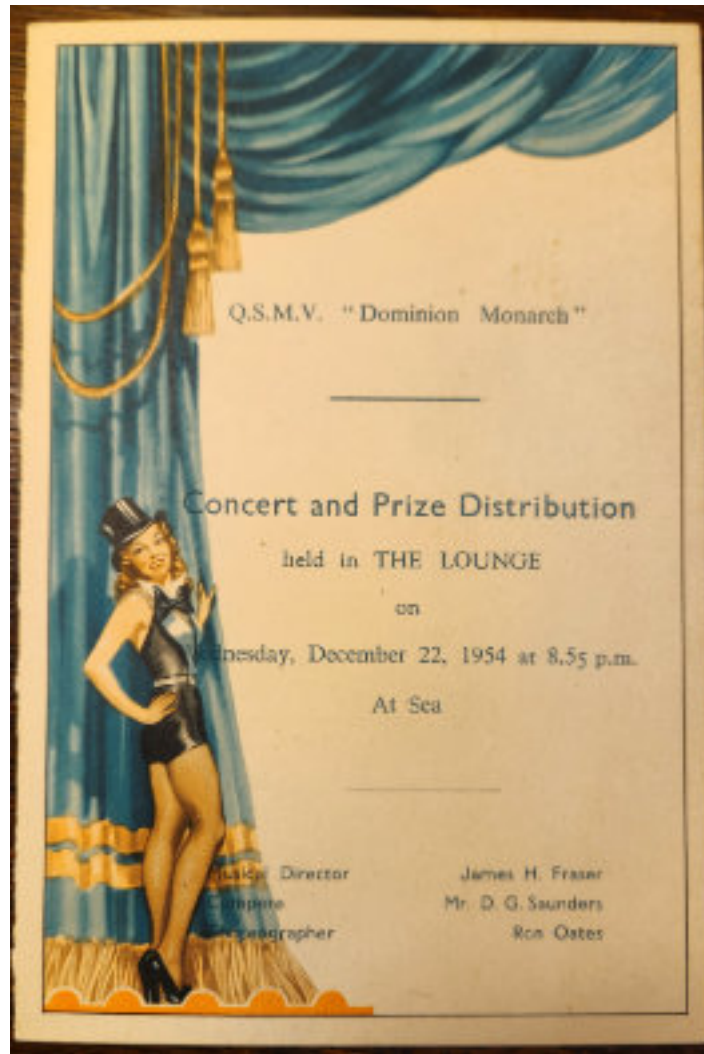
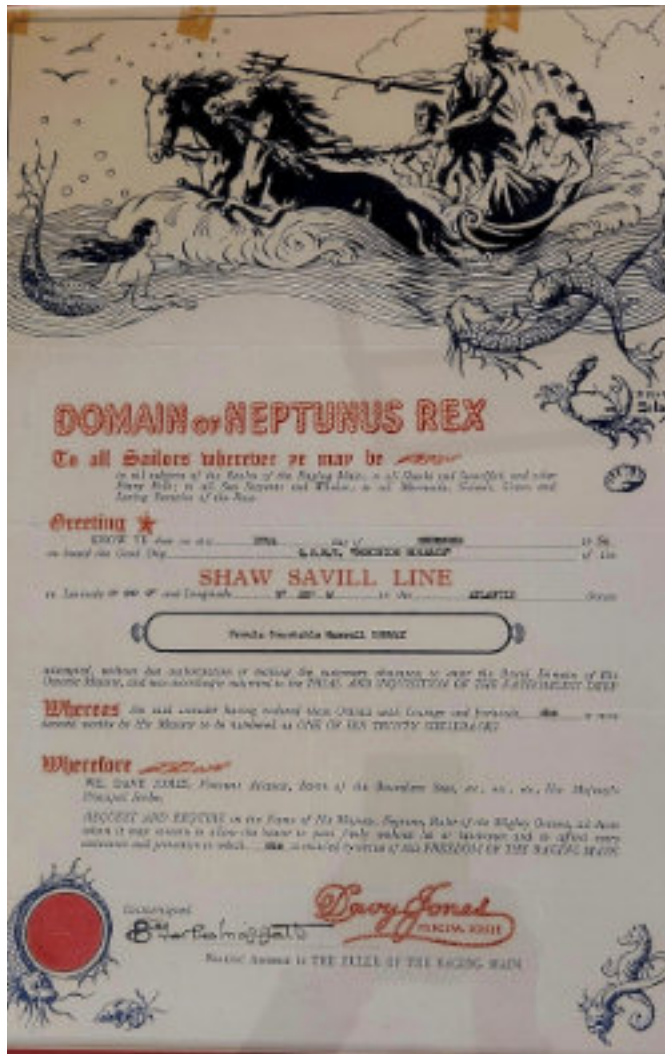
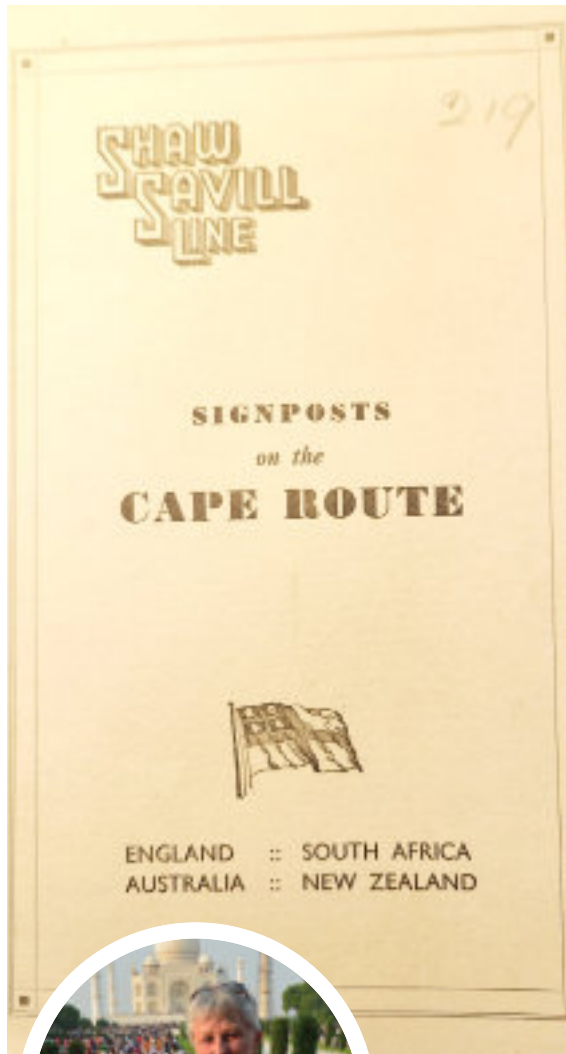
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ONCE UPON A 1950S CRUISE

By Ursula Maxwell-Lewis

“The world is a book and he who stays at home reads only one page.” Attributed to Saint Augustine, the text has also been transcribed as ‘he who travels’. Either way, it certainly applies to my third major international sojourn with my mother when I was 12 years of age.

The journey came to mind recently when I was asked if I’ve ever been ‘dunked by King Neptune’ during a seagoing equator crossing. I confirmed that I had. It invoked good memories and makes me

reflect on what a contrast my trip was to 21st century cruising.

When mother and I emigrated from Britain to South Africa aboard Shaw Saville’s MV Dominion Monarch in 1954 via the Canary Islands and West Africa, immigration to Canada (which we had already done), South Africa and Australia was in full swing.

Ninga, mother’s youngest sister, worked in a Leicestershire travel agency and snagged us a last minute cancellation. The total for our First Class tickets was £218. Inflation at the time was 1.98%. A rough fare comparison in current terms would be approximately £7,000 (\$12,432.91 CAD).

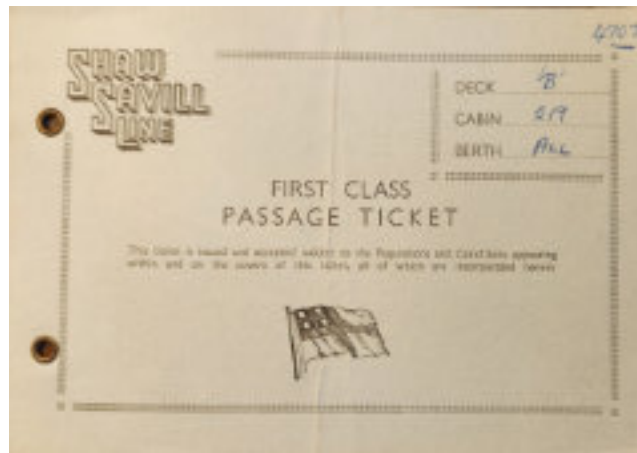
Father, a marine engineer, who had worked his way to Cape Town via a fishing trawler had already arrived. That’s an adventure tale for another day, but suffice to say that the contrast between his immigration and ours was stark. His small vessel (unlike the trawler company’s previously imported vessel) barely survived porting at Dakar and the treacherous Cape ‘rollers’.

Our ship, however, was an all First Class ship. Onboard were civil servants returning to the southern hemisphere, dowagers travelling with their maids - and us. Mother was highly entertained by conversations with the bejewelled well-heeled widows.

I, on the other hand, remember being violently seasick transiting the Bay of Biscay.

That was quickly forgotten during a Canary Islands port day involving donkey cart rides through Las Palmas and into the surrounding hills. I loved all things Spanish so a lace mantilla and an intricate comb to support it were my market purchases which came in handy for an onboard fancy dress evening later on the voyage.

As for crossing the equator, I remember it well. Under a cloudless blue sky (no sunscreen in those days) we children sat poolside enjoying proclamations by King Neptune and his fishy friends before being tossed into the ‘deep’ to join



Neptune’s clan. Bear in mind the unfiltered sun was directly overhead being reflected (onto us) by a wealth of surrounding sea and swimming pool water

Next morning I awoke to swollen eyes, a bright pink sunburnt nose, shoulders and thighs. Dressing for dinner became an endurance test. My nose and shoulders both blistered and continued to peel after our Cape arrival.

Deck horse racing’ afternoons were among the highlights. Teens were charged with moving wooden horses into squares around the decks based on the roll of dice after bets were placed.

The ShipWreck and Castaway Dance was definitely a highlight. Passengers were to arrive in the lounge clothed as they might if they had been shipwrecked. No idea what I wore, but the image of a very elegant bloke brandishing a champagne glass remains. His black tail coat and white shirt (no tie) stood out in the ragged crowd - as did the accompanying boxer shorts, dress shoes and red and black diamond patterned socks anchored by garters (aka sock suspenders). Whether I was shocked, surprised or just plain fascinated the image remains with me. He was absolutely hilarious and had the perfect personality to carry it off.

Contrast all this with cruising in the 21st century. Look for that next month when I’ll share a more up-to-date insight courtesy of a colleague who knows more about today’s cruise world than I do. In the meantime, I wish you all joyous memories and “fair winds and following seas” for 2025.

Photos by Ursula Maxwell-Lewis

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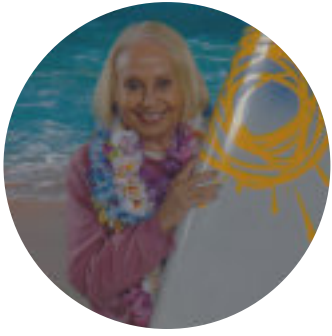
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And lord and behold I can eat and chew after 15 years. So, if you are in this same boat, give him a chance, you will be pleased.

Lillian, Surrey



FIRELEI BAEZ WOWS AUDIENCES AT VANCOUVER ART GALLERY.

Article & photos by Lenora A. Hayman.

The Vancouver Art Gallery until March 16, 2025 is presenting the FIRELEI BAEZ giant paintings with themes of colonial rule in the Americas and the Caribbean. Firelei Baez is curated by Eva Respini, Deputy Director and Director of Curatorial Programs/VAG with Tessa Bachi Haas, Assistant Curator, ICA/Boston.

Baez, is the daughter of a Dominican mother and a Haitian father, born in the Caribbean, but at the age of 8, moved to Miami and later New York.

On the façade of the Vancouver Art Gallery is the Ciguapa, a female trickster of Dominican Republic folklore, who is part flora, part fauna.

I love the bold colours in the female figure of "Those Who Would Douse It, 2015" and in the "Tone tonal time".

During the Spanish colonial rule of New Orleans (1763-1803) Governor Esteban Rodriguez Miro enacted the Tignon Law requiring Creole women of African descent to cover their curly hair with head scarves called tignons. However the Sans-Souci



painting shows the elaborate fabrics used for elegance and yes, representing resistance. Sans-Souci refers to the Haitian Colonel Jean-Baptiste Sans-Souci as well as the 19th century palace in Hispaniola, the island now divided between Haiti and the Dominican Republic.

There is a beautiful grotto festooned with draped, blue tarp, used for shelter from Haitian and Dominican Republic disasters. Twinkling spots of light effectively pierce material with patterned Black diasporic symbols of nurturing and opposition.

What a breath-taking finale to a lovely exhibition.

3 Colour photos all by Lenora A. Hayman.

TOP: Tone tonal time (or an economy of care) by Firelei Baez.

TOP RIGHT: Sans-Souci by Firelei Baez. Creole woman wearing a tignon.

MIDDLE: Grotto-like space with Firelei Baez & Eva Respini.



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FINANCIAL NEWS

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

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

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

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

Recently I had to advise one of my clients who is on his second marriage and had previously designated his children as beneficiaries on his investments. However, he got remarried and

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

How does it work?

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

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

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

These features make the RRIF successor

annuitant or Joint Life option an attractive solution in certain specific situations outlined in more detail below.

Married with Children from a previous marriage

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

Spouse is Financially Irresponsible

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

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

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

TOP TIPS TO REDUCE FLOOD RISKS AT HOME AND IN THE COMMUNITY

Communities in Canada are facing increased flood risks, with 1.5 million homes highly exposed. As the likelihood of more severe and frequent storms increases, so does the need for flood protection measures at the household and community level.

Prevention starts at home. A variety of effective actions are available, ranging from low-cost maintenance and simple do-it-yourself upgrades to bigger tasks requiring professional assistance. Low-cost options include removing debris from the nearest storm drain and cleaning out eavestroughs a couple of times a year. Inside the house, periodically checking for leaks in plumbing, fixtures and appliances, as well as testing sump pumps and cleaning out backwater valves, ensures that everything is operating as it should.

Simple do-it-yourself upgrades include extending downspouts and sump pump discharge pipes away from the foundation. In the basement, move boxes and other obstructions away from the floor drain to allow water to flow freely. Installing a flood alarm can help detect leaks and signal any potential flooding issues before they cause problems.

For those planning to make bigger upgrades, working with a plumbing contractor to install a backwater valve can help stop water or sewage from coming in. Outside the house, a landscaper can correct grading to direct water away from the building or convert paved areas to vegetation, such

as a rain garden which absorbs more water.

Beyond the home, municipalities play a critical role in protecting communities from severe weather. There are large-scale programs available across the country that provide flood protection measures for communities at risk, such as Intact's Municipal Climate Resiliency Grants. The grants help build resilience through a variety of initiatives.

In New Brunswick, the City of Fredericton launched a Neighbourhood Flood Risk Tool to provide easy access to online flood prevention guidance. Residents can input their addresses to see if they are at risk and learn tips to reduce the risk of flooding around their properties. In PEI, the City of Charlottetown offered rebates covering 75 per cent of eligible material and labour costs, up to a maximum of \$1,000. More than 90 properties completed flood protection

upgrades, such as installing sump pumps, backup batteries, backwater valves, and water monitors and alarms.

Communities can learn more about the grant program and how to apply at intactfc.com/mcrg.
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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

PROTECTING OUR EYES FROM BLUE LIGHT AND EYE DAMAGE

The modern world exposes us to unprecedented levels of blue light from digital screens, LED lighting, and other sources. This exposure can have significant implications for eye health, leading to symptoms such as eye strain, headaches, and sleeping disturbances, and longer-term damage such as difficulty with night vision, reduced visual acuity, and increased risk of age-related eye diseases like cataracts and macular degeneration.

To safeguard our eyes from the harmful effects of blue light, it is essential to incorporate foods rich in lutein, zeaxanthin, and meso-zeaxanthin into our diet. These carotenoids, found in fruits and vegetables like grapes, spinach, kale, and collard greens, act as both antioxidants and light-filtering pigments. Individuals who struggle to meet their daily requirements through diet alone could consider CanPrev's Lutein 20 Blue Light Defence.

Understanding Lutein, Zeaxanthin, and Meso-Zeaxanthin

Blue light, due to its short wavelength and high energy, can penetrate deeply into the eye. These three carotenoids are distributed throughout different regions of the eye, each serving a unique function:

- Lutein is concentrated in the lens and helps to deflect incoming light, reducing glare and protecting the outer layers of the eye.
- Zeaxanthin is found in the mid-region of the macula, where it helps to filter blue light and reduce its intensity, protecting the delicate photoreceptor cells.
- Meso-zeaxanthin is the dominant carotenoid in the central macula, which is the focal point for vision and crucial for tasks requiring visual detail, like reading and driving. This carotenoid, with its unique molecular structure, offers additional protection not seen with zeaxanthin alone.

This formulation offers a comprehensive approach to eye health, supporting five key areas:

1. Eye Strain: The antioxidants help reduce oxidative stress, alleviating discomfort caused by prolonged screen time.
2. Visual Acuity: By increasing macular pig-

ment, the supplement enhances visual sharpness and clarity including night vision.

3. Glare Recovery: Lutein's role in deflecting light aids in quicker adaptation to changes in light, improving the eyes' ability to recover from bright glares.

4. Cataract Prevention: The antioxidant properties help prevent the oxidative damage that contributes to cataract formation.

5. Age-related Macular Degeneration: By increasing the density of macular pigment, it helps protect against a leading cause of vision loss in older adults.

Improving Sleep Quality

There is growing evidence that lutein and zeaxanthin might also help with sleep, particularly for individuals exposed to high levels of blue light in the evening. By reducing the amount of blue light reaching the photoreceptors, these carotenoids may help mitigate the suppression of melatonin, the hormone that regulates sleep. This can lead to better sleep quality and improved overall well-being.

By understanding the protective role of these carotenoids and taking proactive steps to increase their intake, we can significantly reduce the risk of eye-related problems and ensure healthy vision for years to come.

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.

SURVEY LAUNCHED ON AGEISM IN B.C.

VICTORIA – BC's Seniors Advocate is asking people to share their perceptions and experiences on ageism to better understand how it impacts seniors in British Columbia.

"Seniors have told us they're struggling with the cost-of-living, affordable housing, accessing health care, ageing in place and other issues that arise as they grow older," said BC Seniors Advocate Dan Levitt. "I'm interested in learning more about the extent to which ageism may be a factor in some of these challenges. The information we receive will help guide our office's next steps and future work in this area."

A short survey is now available on the Office of the Seniors Advocate's website and will remain open until December 13. Paper copies are also available upon request.

"Seniors are the backbone of our communities and undertake immense amounts of volunteering, caring for grandchildren and others, and make significant contributions in the lives of others every day. However, ageism frames growing older as a state of decline, frailty or dependency, rather than one that celebrates experience, knowledge and continued potential," said Levitt. "Ageism can impact an older person's self-worth, independence, safety, mental and physical health, social life and even financial well-being."

Age discrimination is noticed most often in the workplace; exclusion in social situations; in society through age-related jokes and insults; making decisions for, instead of with, older people; stereotypes in advertising, movies or media; or abuse through fraud or being denied care. Many older

people report feeling dismissed and invisible.

"Ageism is often referred to as the last socially-acceptable form of prejudice – and we want to change that," said Levitt. "Seniors deserve to be recognized for their abilities and experiences, and not have their age in years be the measure of their value."

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/>.

SKINCARE ISSUES SENIORS SHOULD BE AWARE OF

As we age, our immune system weakens, making it more likely that we'll suffer from various ailments. Some of these negative health impacts can affect our skin. Skin conditions can range from skin tone and texture changes to skin lesions, skin cancer, and skin conditions like eczema. We spoke with dermatologist Dr. Aaron Drucker about common skin challenges seniors face.

Skin cancer

"With a lifetime of exposure to sunlight, seniors should take extra care to monitor their skin for new and changing lesions. Changes to moles - such as changes in colour, shape or size should be reported to your health-care provider right away," says Dr. Drucker. "You can check yourself in a full-length mirror and get assistance to check your back and other areas that are hard to see."

Shingles

"Shingles is a viral infection caused by the same virus that produces chickenpox. Symptoms of shingles can include a painful skin rash. If you had chickenpox earlier in life, the virus stays in your body and can reactivate later in life as a painful shingles rash on your body," says Dr. Drucker.

Adult-onset eczema

Dr. Drucker shares, "While many people might associate the skin condition eczema with babies and children, it can also develop later in life. At any age, eczema causes rash, itch and pain, which can lead to intense scratching and disruptive sleep. We see many people with adult-onset atopic dermatitis, the most common form of eczema. The good news is that a health-care provider can help ease symptoms and improve quality of life for eczema sufferers of all ages."

Stasis dermatitis

"Stasis dermatitis, also known as venous eczema, can occur when there is poor blood circulation leading to swelling in the lower legs," says Dr. Drucker. "Symptoms include skin discoloration, dryness and itching. If you do detect these symptoms, see your health-care provider."

Find more information on eczema, including treatment options, at eczemahelp.ca.

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WRITE AS I PLEASE

By Mel Kositsky

“Let’s keep in touch.”

It’s a common phrase that is often shared among friends, relatives and business associates, but it doesn’t always get a follow-up.

Keeping in touch requires a simple action that needs little effort in today’s multi-media “connected” world, but you would be surprised how many days, weeks, months or even years can go by without making that promised connection again. It seems the action itself is taking place less and less despite all these hand-held mobile devices, which were supposed to make life easier.

And we all may be just as guilty of failing to connect.

Years ago, telephone companies used to run commercials reminding you “to reach out and touch somebody”, especially during the holiday season. There was a time many people spent hours writing and sending Christmas cards or other “Season’s

Greetings”.

Some people still follow that holiday tradition and put cards in the mail, but more and more messages are shared online – through emails, text messages or on the multiple social media sites and messaging systems. That “long distance” call is becoming as rare as the card in the mail.

We live in a different world of high-speed technology now and many seniors are having issues adapting to the changes. Many older people still love to read those cards, or their daily or weekly community newspapers by holding it in their hands and turning the pages. They have difficulty trying to cope with loading websites and dealing with multiple pop-up ads, which often take over those sites.

With social media consuming our world and more “apps” than we know what to do with, people still have problems connecting. Maybe they really are so busy – even in retirement. But the strange part of it all, is that people really want to stay connected. “It’s just that.....”

Excuses such as “I meant to call you this week” are much too commonplace. Or how about “Didn’t you get that message?” – with no follow-up. It seems that much too much gets lost in cyberspace!

That’s why organizations working with older people have put a focus on reducing or eliminating social isolation and loneliness. There has been a concerted effort since the pandemic to reach out to seniors, whether they are living at home or in a care residence.

Helping each other is still an important activity. Remember – the most valuable gift you can give is your “time”. It is “priceless!”

Workshops or presentations are being offered in

many communities. One called “Staying Connected: Preventing Social Isolation and Loneliness” was recently organized by the Fraser Valley Regional Library at the Aldergrove Library. It was a collaborative effort with the Langley Local Immigration Partnership and Langley Community Services Society.

This interactive presentation with Senior’s First BC introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being and how we can do our part to stay connected with loved ones in our lives.

For those seniors who are fortunate enough to live in communities that offer the “Better at Home” program, supported by the United Way, they can access services on a sliding scale based on annual household income.

Volunteers will provide transportation services to appointments and/or grocery shopping. House-keeping services can also be purchased.

Many communities are attempting to reduce isolation and loneliness by having trained volunteers visit seniors at home on a weekly basis or have “telephone buddies” call an isolated older person for a weekly friendly chat. It’s a simple but effective gesture.

While there are so many modern ways to keep in touch, the best is still to pick up the phone and give someone in your circle of life a friendly call.

It was the late Canadian Senator Hugh Segal, a notable Ontario political figure, who died at the early age of 72 in 2023, who was known to answer every phone call with a simple but heart-warming phrase -- “It’s great to hear your voice!”



With technology evolving year-over-year, it’s essential for seniors to stay informed on the latest innovations that can enhance their lives. From simplifying daily tasks to improving health and safety, modern technology offers many benefits tailored to the needs of older adults.

Here are four of the most important new technological advancements that seniors should know about.

AI-powered computing

One of the most significant advancements in recent years is the development of computing powered by artificial intelligence (AI), such as Intel-powered laptops, called AI PCs. These are computers that have AI built into their processors – also known as the brain of the computer – which optim-

Smart home devices

Smart home devices are designed to make daily living more convenient and secure. For seniors, this can mean everything from voice-activated assistants that can set reminders and answer questions, to smart thermostats that automatically adjust the temperature for optimal comfort. Additionally, smart security systems are easy to use and can provide peace of mind by monitoring your home and alerting for any unusual activity.

Health and wellness technology

Health and wellness technology has made significant strides, offering seniors tools to monitor their health and stay active. Wearable devices can track vital signs, remind users to take medication and even detect falls, automatically alerting emergency

WHAT SENIORS NEED TO KNOW ABOUT THE LATEST TECHNOLOGY

izes performance, enhances security and provides a more personalized experience. For seniors, this means a computer that learns from their usage patterns, making it easier to navigate and perform tasks. Whether it’s video-calling family members, managing finances or enjoying entertainment, AI PCs offer a more user-friendly and secure computing experience.

contacts if needed. Telehealth services also allow seniors to consult with health-care providers from the comfort of their homes, making it easier to manage chronic conditions and receive timely medical advice.

Social connectivity tools

Staying connected with loved ones is crucial for mental and emotional well-being. Modern technology offers various tools to help seniors stay in touch. Video calling apps, social media platforms and even virtual reality experiences can bridge the gap, allowing seniors to maintain relationships and participate in social activities without leaving their homes.

Stay informed and discover how modern technology can make life easier and more enjoyable. Learn more at intel.com/aipc.

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Details on page 3.

5 REASONS WHY YOU SHOULD CONSIDER ESCORTED GROUP TRAVEL FOR YOUR NEXT ADVENTURE



Our group at the Rock of Cashel in Ireland in 2024. Photo taken by tour director Lisa.

Escorted group travel offers a structured and enriching way to explore new destinations with the support and expertise of professional guides and the companionship of other like-minded travellers. Here are a few reasons why you should consider escorted group travel for your next adventure:

- **Expert Guidance:** Tours are led by experienced and knowledgeable tour directors who accompany the group throughout the journey. The

tour director provides valuable insights about the places visited, offers helpful tips, and assists with any needs during the trip. In addition to the tour director, local guides often join the group to offer detailed commentary and deeper knowledge about specific sites and attractions.

- **Enhanced & Enriching Experience:** A tour director and local guides help travellers not just see, but truly understand and appreciate the places they

visit. This transforms the experience from mere sightseeing to an immersive and educational journey. There may also be opportunities to go behind the scenes and learn from specialists about a destination, skill, or art form.

- **Convenience & Support:** Travellers benefit from the convenience of having nearly fully inclusive travel packages with logistics and planning taken care of, allowing them to focus on enjoying their trip and gaining a deeper understanding of the destination.

- **Affordability:** Group travel providers maintain strong relationships with travel suppliers, allowing them to secure group discounts and pass those savings on to customers.

- **Companionship:** Travel is an enriching and transformative experience and a great way to meet new friends, deepen existing relationships, and forge lifelong friendships. Even if you are a single traveller, with group travel, you are always among friends.

Whether you're feeling overwhelmed with travel planning, want a more immersive experience, or want to meet and travel with new friends, escorted group travel can offer a unique and stress-free way to travel the world. At Wells Gray Tours, our goal is to be British Columbia's best provider of quality, escorted packaged group travel for you to explore close to home and around the globe. We want to make travel easy, affordable, and enriching and want you to explore, experience, and enjoy the world worry-free and on your own terms. Visit our website www.wellsgraytours.com to find out more about our travel packages and give us a call at **1.800.667.9552** to find out how you can join one of our tours.

METRO VANCOUVER HOUSING RANKED ONE OF THE TOP HOUSING PROVIDERS IN CANADA

Metro Vancouver Housing was ranked one of the top housing providers in a Canada-wide survey on residential tenant satisfaction. The 2024 Canadian Multi-Residential Satisfaction Survey by simplydbs gathered data on residents' living experiences, preferences, and satisfaction in multi-family rental properties from 26,000 people across the country.

Metro Vancouver Housing is a service of Metro Vancouver. It is one of the largest non-profit rental housing providers in the region, with over 3,400 non-market rental homes on 49 sites, serving close to 10,000 people. Metro Vancouver Housing provides non-market rental homes primarily for families, seniors, and people with disabilities with low to moderate incomes.

"This ranking is well-deserved recognition of Metro Vancouver Housing's good work," said Mike Hurley, Chair of Metro Vancouver's Board of Directors. "We go beyond simply providing a roof over one's head. We are committed to building and managing high-quality homes in prime locations near transit, schools, and childcare. Our residents benefit from top-notch tenant programs that help reduce their costs and build a supportive community."

The survey found:

- Metro Vancouver scored 20 times higher than the average rental provider when asked "How likely are you to recommend your suite/building/property manager/rental experience to a friend?"

- Our tenants are more likely to feel they are getting good value for the rent they pay and more likely to feel comfortable planning a future at their

current rental.

- Metro Vancouver ranks substantially higher than the industry average for rental experience like community programs, location, and services.

A trusted non-profit housing provider since 1974, Metro Vancouver Housing is an experienced developer and operator that delivers, maintains, and operates housing that is built to last. To meet the growing demand for housing, Metro Vancouver is in an exciting phase of building new non-market rental housing, re-developing and expanding existing sites, and renewing existing units across the region.

"The work that we are doing right now is about creating lasting opportunities for families and individuals across Metro Vancouver," said Dan Ruimy, Chair of Metro Vancouver's Housing Committee. "This acknowledgment reinforces our commitment to a more inclusive and resilient region, ensuring more people have access to stable, family-

friendly homes that support their well-being and growth."

In April 2023, the Province, through BC Housing, signed a memorandum of understanding with Metro Vancouver, through Metro Vancouver Housing, to build approximately 2,000 below-market rental homes over the next decade. The first phase is underway and will provide approximately 660 new homes on five sites supported by a provincial investment of \$158 million. A second phase will deliver approximately 670 new units at four sites.

Posted News Release: <https://metrovancover.org/media-room/media-release/877>

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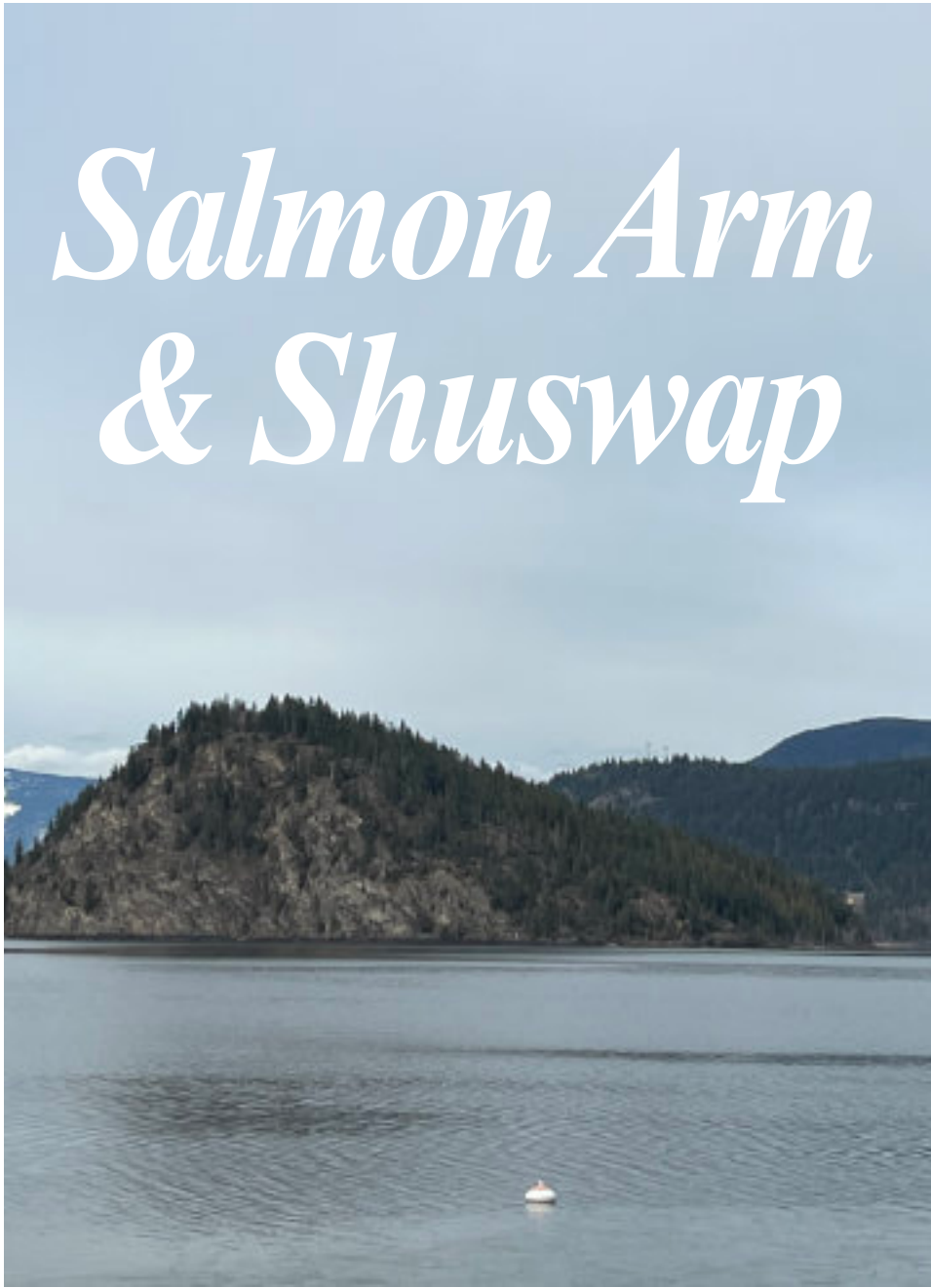
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My name is Brendan Campbell and I'm an enthusiastic and dedicated professional with nearly two decades of experience in the fitness industry. My journey began with a deep passion for helping individuals enhance their athletic performance and recover 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.

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

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IT'S SNOWBIRD SEASON: 6 DESTINATIONS TO CONSIDER THIS YEAR



With snow and freezing temperatures of another Canadian winter upon us, it's time for retirees to figure out where they plan to go to escape the cold. While Florida and Arizona are ever-popular choices, there are many other sun-drenched destinations to choose from. So, whether you're a senior looking for a months'-long escape, or simply seeking your next winter holiday spot, here are six alternatives to consider for all budgets and interests.

Budget-friendly destinations
Two locations to get away from the cold without breaking the bank:

- Dominican Republic
If you've only ever experienced the Dominican

Republic by staying at one of the country's famed beach resorts, you've only seen a fraction of what it has to offer. The calm, crystal-clear waters are perfect for snorkelling, sports fans will want to catch a Dominican baseball league game, and everyone can indulge in local delicacies that include coffee, chocolate and La Bandera, a local staple that's a mix of pork or chicken with rice and beans.

- Mexico

Take in the cultural and cosmopolitan centre of the country in the capital, Mexico City, lounge by warm-water beaches on the Atlantic or Gulf of Mexico coasts, or explore the country's ancient heritage at countless Mayan sites spread across the country, including Tulum which now boasts its own newly-opened airport, which gives travellers easy access to the Caribbean coast of the Yucatan Peninsula

Living the good life

If you have a bigger budget, these two spots are well-worth considering:

- Turks and Caicos

Sample local conch delicacies, stroll along

white, powder-fine beaches and snorkel among exotic fish in coral reefs just offshore. Once you've been, you won't wonder why various Canadian politicians have tried to entice the locals to officially join our country as an eleventh province.

- Antigua

Feeling adventurous? Hike through lush, tropical rainforests towards panoramic views from one of the island's peaks. For a more leisurely time, lounge dockside or beachside enjoying a local rum drink and some freshly caught fish.

Adventure travel spots

Too spry to just sit around all day? These two island nations will keep you going:

- Costa Rica

With Atlantic and Pacific Ocean coastlines, Costa Rica boasts every watersport imaginable. With one-quarter of the country protected as national parks, wildlife refuges and biological reserves, it's also a nature-lover's paradise. Get your heart racing as you zipline through the rainforest or viewing one of five active volcanoes.

- St. Lucia

Water-lovers can swim, snorkel or scuba dive. Sail across the water to take in the views of lush volcanic peaks. Or trek along coastal or mountainside trails. Rejuvenate after your adventure at a mineral-springs spa before indulging in the island's cuisine.

Find more information on these destinations and more at aircanadavacations.com.

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Shell Busey the HouseSmart guy

By Shell Busey

OFF TO ORANGEVILLE

It's 1966 one year after being married to the girl of my dreams, a Farmer's daughter Frances (aka Frankie) from Mt. Forest Ontario. There was a unknown, unwritten rule while in training for Management that you were always watching for, that being that when you had a change in your life ie: getting engaged and married you could expect to be move up the ladder with a promotion. It did happen with my first store MANAGEMENT position in ORANGEVILLE Ontario. This is what all the hard work was about, TRAINING, TRAINING, and more, training, You had to be the best. It was like winning a prize but NO prize just lots of work and a great life style .My wife was nursing at the hospital and I had my nose to the grind stone. This is where I learned all about PROFIT & LOSS STATEMENTS one thing you weren't taught at school ,and a very important part of managing a store. You were learning how to get the best out of your staff,(YOU) were the BOSS, PAPER WORK,HIRING,& FIRING, I didn't like this part of the manager position because in some cases there were two sides 1. The Bosses, 2 The employeee.

Inventory turns, advertising, product training, I was now the GO to GUY. OH!! Remember back at my starting point, in Owen Sound, well Orangeville did not have a forklift either. Well I was in training all part of the position. One very exciting day after our first year in Orangeville I received a phone call from BEAVER LUMBERS H.O. in Oakville Ont. I had an appointment the next day. I thought maybe another transfer??? Living in Orangeville it wasn't that far away. Had to be in Oakville by 9 am so I was on the road by 7:15am. Traffic was nuts on the Q.E. even that early in the AM they had 6 lanes even then (12 total) something like our # 1 freeway from ABBOTSFORD TO VANCOUVER today we have 4 only 2 going East & 2 going west. Oh well!! Where would you rather live? I arrived in lots of time and had to wait in the waiting room for my Area Supervisor to arrive. He said follow me to the meeting room and had coffee delivered. A normal morning in what was happening in the world of BEAVER LUMBER. This is where you hear all the gossip as to who has been transferred etc. It was always nice to hear where some of your friends were off to with transfers etc.

This was where the rubber hit the road he lifted his brief case up onto the table and said we better get down to business. I answered in a sarcastic manner; where to now boss? He handed me an envelope I opened it and there was a cheque inside \$\$\$\$\$. I thought this may be my exit cheque but NO he said that's your BONUS CHEQUE for the way you managed your first store, Congratulations. WOW,I could hardly wait to tell FRANKIE. The cheque amount was

MERRY CHRISTMAS

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- Merry Christmas
- Mrs Claus
- Jingle Bells
- Candles
- Tinsel
- Wisemen
- Fruitcake
- Presents
- Snowman
- Carolling
- Ornaments

- Santa
- North Pole
- Holly
- Christmas tree
- Star
- Strings of Lights
- Stockings
- Chimney
- Noel
- Twelve Days of Christmas
- Nuts and Bolts

- Elves
- Sleigh
- Mistletoe
- Angels
- Jesus
- Shortbread Cookies
- Milk and Cookies
- Rudolph
- Reindeer
- Letters to Santa
- Family Traditions

5 GROUPS MOST AT RISK OF HEALTH EFFECTS FROM AIR POLLUTION

Whether you are at home or spending time outdoors enjoying activities this fall and winter, you will be exposed to air pollution.

Outdoor air pollution comes from many sources, such as transportation and industrial activity. Indoor air pollution can come from fuel-burning activities, including cooking. Even at low levels, both indoor and outdoor air pollution can lead to negative health effects, increased hospitalizations and even premature death.

While everyone can be impacted by the negative health effects of indoor and outdoor air pollution, several groups are at greater risk such as:

- 1 Children
- 2 Seniors
- 3 Pregnant people
- 4 People who work or participate in strenuous activities outdoors

5 People with existing health conditions, such as asthma, chronic pulmonary obstructive disease or bronchitis, as well as other heart and lung conditions

The best way to protect your health from the effects of air pollution is to check your local air quality conditions using the Air Quality Health Index (also commonly known as the AQHI), InfoSmog (in Quebec), special air quality statements or air quality advisories to determine if it is safe to participate in outdoor activities. At home, consider using a certified portable air cleaner, and reduce air contaminants caused by indoor sources such as smoke, candles, cleaning products and incense.

If you or your loved ones have a heart or lung condition, talk to your health-care provider about ways to prepare and protect your health when air pollution levels are high. Learn about the best ways to protect your health from air pollution at visit canada.ca/airhealth.

more than I had earned as Manager for my first year as MANAGER of my first BEAVER LUMBER store. I would like to say to all of my friends, I was very happy with my yearly salary. ON THE JOB TRAINING, THE VERY BEST WAY EVEN TODAY, you're learning and getting PAID for a Job well Done. HERE'S a few ON THE JOB TRAINING CAREERS TO CONSIDER.

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SENIOR READS

By Pamela Chatry

‘The Stranger in the Woods: The Extraordinary Story of The Last True Hermit’

By: Michael Finkel
 Publisher: Knoff

Could you survive 27 years without speaking to another human being? Christopher Knight did exactly that when he walked away from civilization in 1986, vanishing into the Maine woods to become America's last true hermit.

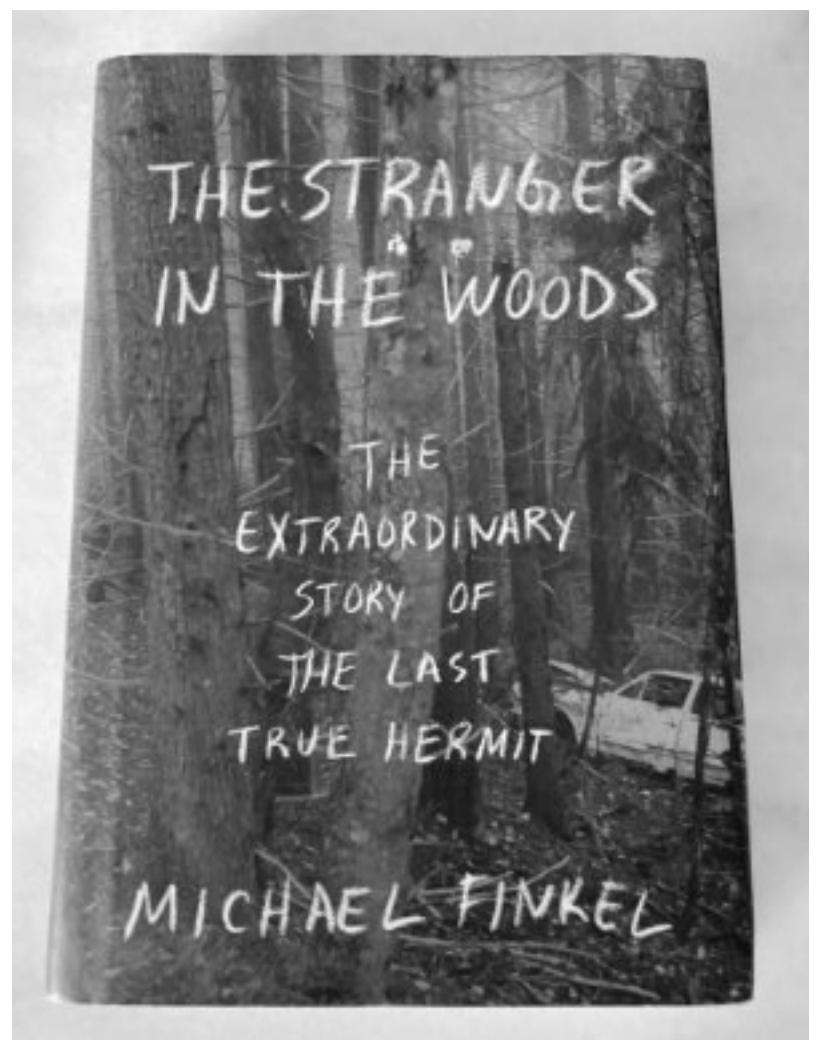
In *The Stranger in the Woods*, Michael Finkel masterfully tells Knight's extraordinary tale of survival and solitude through extensive interviews conducted after Knight's eventual apprehension. For

nearly three decades, Knight lived in a carefully concealed campsite, sustaining himself with stolen necessities from nearby, vacant cabins under the cover of darkness. Though his camp was surprisingly close to civilization – he could often hear hikers' conversations – nature and his camp design conspired to keep him hidden from the world.

What makes this story particularly astonishing is Knight's unwavering commitment to his chosen lifestyle. Through brutal Maine winters, sweltering summers, hunger, physical hardship, and zero contact with family, friends or even strangers, he never once reconsiders his decision to live apart from society.

Finkel, who has written for *National Geographic*, *Vanity Fair*, and *The Atlantic*, approaches the story more like a reporter than a novelist. He weaves Knight's personal narrative with broader insights into the history of hermits and loners and the profound appeal of solitude in our hyperconnected world. The result is a gripping survival story that reads like a well-written magazine article, offering a thought-provoking narrative on the nature of solitude.

Written in an accessible, compelling style, *The Stranger in the Woods* is a well-researched page-turner that will leave readers questioning their own relationship with society and solitude. A definite book club pick for anyone who's ever dreamed of escaping the busy, modern world, this fascinating true story proves that sometimes reality is indeed stranger than



fiction.

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

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Straight from the Horse's Mouth

By Mel Kositsky

Standardbred horse trainer Jim Marino is right on the money.

He might even get all the money as his strong stable of pacers compete in the major stake races at Fraser Downs this year.

He is looking to capture the \$100,000 finals of both the Robert Murphy Memorial for three-year-old colts and the Mary Murphy Memorial for three-year-old fillies. And so far, his stable stars are getting the job done for his owners, the JJJ Stables of Prince George and Paul Sanders of Surrey. Marino also shares ownership in some of the pacers.

Teaming up with driver Phil Giesbrecht, one of the many Alberta horsemen competing at the West Coast track, the dynamic duo captured all four of the opening legs of the B.C. Breeders Stakes on November 14. There were four \$15,000 divisions that evening – two each for the fillies and colts.

Three of the four winners - Over Ice, Senorita Draco and Phone Nine One One - were sired by Custard The Dragon, and the other, Wannabeabigstar, is by Shadow Play.

Live harness racing continues every Thursday and Friday nights at Fraser Downs during the month of December. The two-day a week racing schedule at the Surrey track, located in Cloverdale at Elements Casino, includes a Boxing Day card on December 26. The fall session ends the next night.

It is expected racing will resume in early February after the winter break.

Thoroughbred racing fans were treated to some fantastic racing at this year's Breeders' Cup World Championships on November 1 and 2, and responded with huge wagering totals.

Total all-sources, global common-pool handle for the two days of racing at the Del Mar Thoroughbred Club was \$179,218,631, Breeders' Cup Limited announced last month. It is the third highest total handle in the history of the event and a 1.7 per cent increase over the 2023 total handle.

Total common-pool handle on Saturday's 12-race Breeders' Cup card was \$115,538,687. All-sources

common-pool handle on Breeders' Cup's 10-race Future Stars Friday card was \$63,679,944.

On-track handle for the two days was \$18,450,724. Saturday's attendance was 36,436.

The Breeders' Cup World Championships will return to Del Mar in 2025 when the 42nd edition will be held October 31-November 1.

Sierra Leone, owned by Peter Brant, Mrs. John Magnier, Michael Tabor, Derrick Smith, Westerberg and Brook Smith, charged into contention exiting the far turn and then outdueled Fierceness through the stretch run to prevail by 1 ½ lengths to win the 41st running of the \$7 million Longines Breeders' Cup Classic (G1) at Del Mar on November 2.

Trained by Chad Brown and ridden by Flavien Prat, Sierra Leone covered the 1 ¼ miles in 2:00.78. The victory is the 19th for Brown in the World Championships and first in the Classic. Prat picked up a second Classic victory to go with the Flightline triumph at Keeneland in 2022 and sixth overall.

Derma Sotogake (JPN) led the field through rapid early fractions of :22.43, :44.96 and 1:09.44 with Fierceness tracking just off his flank. Going into the far turn, Fierceness ranged up to the outside of Derma Sotogake and took over with Sierra Leone on the move right behind him. Forever Young (JPN) rallied to finish third, 1 ¼ lengths behind Fierceness and a half-length in front of Newgate.

The victory was worth \$3,640,000 and improved Sierra Leone's earnings to \$6,008,000 with a record of 9-4-3-2. It is the second Grade 1 victory for the 3-year-old Kentucky-bred son of 2017 Breeders' Cup Classic winner Gun Runner out of the Malibu Moon mare Heavenly Love.

Following the race, winning trainer Chad Brown said: "I am so proud and happy for the horse. He's come up short a few times and had some excuses. He's been so consistent and is such an honest horse. One of the best I've ever had.

"It's such a great ownership group. Everyone is just so patient. He ran straight and it's been a long season for him. I thought we took a tough beat in the (Kentucky) Derby, but we did it with class and respect and went back to the drawing board and worked on getting him straight. My team deserves a lot of credit along the way for working with this horse.

"A lot of experience I learned from my mentor Bobby Frankel helped, particularly here in Southern California. Bobby was a very rare person and generous person and a great mentor. At moments like this, I always think of him."

The "Queen" of Canadian racing isn't having babies just yet, according to a recent Canadian Thoroughbred article.

Moira, purchased for \$4.3 million by Yulong Investments following her big win in the Breeders' Cup Filly & Mare Turf (G1), is headed to Australia to Yulong Stud in Mangalore, about 90 minutes north of Melbourne. It was in the aforementioned city where

Yulong's owner Yuesheng Zhang was when he had the successful bid over the internet on Moira at The November Sale in Lexington, Kentucky, just hours before the famed Melbourne Cup.

Offered by Hill 'n' Dale at Xalapa, agent for X-Men Racing, Madaket Stables and SF Bloodstock, Moira saved her best moment for seemingly last when she won the Filly & Mare Turf by a diminishing half a length over Cinderella's Dream.

Yulong Stud's General Manager Vin Cox told Canadian Thoroughbred that while "we haven't made any real plans with her just at this stage" that "likely short to medium term we will race her on, potentially in Australia."

Yulong is a major player in the Australian racing and breeding landscape, investing in quality yearlings and broodmares while offering breeders a commercial stallion roster at its Victorian base. With racing and breeding operations in Europe and America, Yulong also has a focus on expanding thoroughbred racing in mainland China.

Moira, an Ontario-bred mare by Ghostzapper, won the \$2 million Breeders' Cup Filly & Mare Turf, just the seventh Canadian-bred to win on World Championships Day. It was the first Grade 1 win for Moira, who also went through the Fasig-Tipton ring last November after a third-place finish in the Filly & Mare Turf, but was bought back by essentially the same owners for \$3 million. Moira ended 2024 with career race earnings of \$2.996 million.

The live Thoroughbred meet took place at Century Mile Racetrack and Casino in Nisku from May 4th through the Alberta Breeders' Fall Classic races on September 14th. The meet then moved down to Century Downs Racetrack and Casino from September 21st to November 3rd.

With Big Hug shining as the star stakes winner at Century Mile, the dominance of Alberta-bred horses at Century Downs, winning all but one of the stakes races, really underscores the strength of the local breeding program.

Big Hug, a filly sired by Mr. Big, was the first Alberta-bred to capture an open stakes race in the season with her win in the black-type \$50,000 R.K. Red Smith Handicap on July 12th. Big Hug went on to have more success with subsequent wins in the Alberta Fall Classic Distaff Handicap, the \$50,000 CTHS Alberta Three-and-Four-Year-Old Sales Stakes and the Lynn Chouinard Founders Distaff Handicap.

The 2023 Champion Alberta Three-Year-Old and 2022 Champion Alberta Two-Year-Old finished her impressive season with a record of six wins from eight starts and \$171,953 in earnings for the year. The multiple stakes winners now has 13 career wins and \$444,715 in total earnings for her owners Empire Equestrian and Kerredge Farm. The CTHS Alberta sale graduate was bred by Chalet Stable and sold through the 2021 sale for \$2,759 to her current owners.



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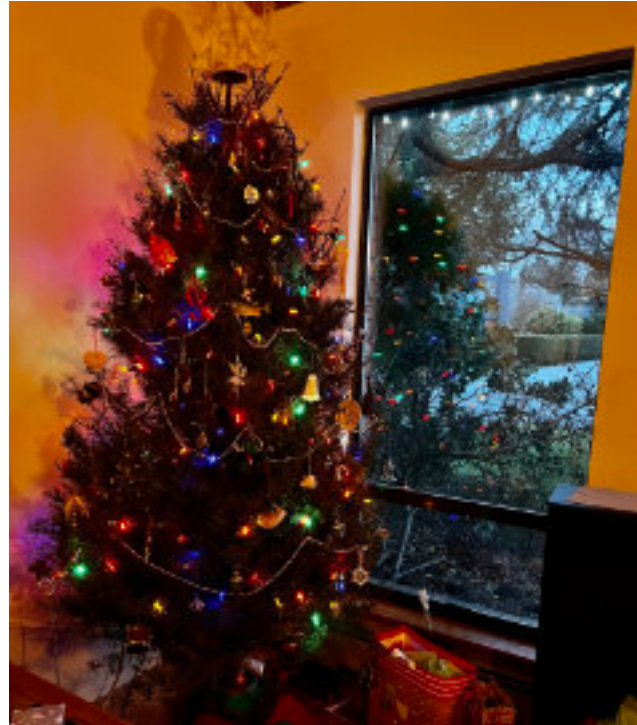
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A CAROL PARTY TRADITION: SHARING LOVE, MUSIC, AND GRATITUDE

by Diane Tijman, Retired Educator from Richmond, B.C.

Every year, our home comes alive with the warmth and joy of a Christmas carol party. This cherished tradition began in the early 1980s when, as a young teacher, I hosted a staff Christmas party. Our school's music teacher, a talented pianist and singer, led us in a lively session of favorite Christmas songs. Being someone who loves music, I was hooked, and the party became an annual celebration of music, family, and friendship—a heartfelt way to express gratitude for the love and connections we share.

Preparing for this festive gathering is a labour of love. Throughout November and December, my kitchen is a flurry of activity as I bake cookies, cakes, and pastries, both sweet and savoury, which get tucked away in the freezer or garage—ready for the big day. Cheeses, sausage, crackers, fresh fruits, and vegetables add to the spread, while my husband and children take on the task of decorating the house and trimming the tree. A bowl of fruit punch and we're ready!

One of the highlights of our table is a Snowy Fruit

Cake, a signature treat of my mother's. Long gone, we remember her and Christmas's long ago fondly. Here's her recipe:

Snowy Fruit Cake

- 1 cup butter
- 1 cup sugar
- ½ tsp lemon flavouring
- 1 tsp vanilla
- 19 oz can crushed pineapple, drained
- ½ lb slivered, blanched almonds
- 1 lb candied red cherries
- ½ lb mixed peel
- 1½ lb golden raisins
- 3 cups flour (1 cup reserved)
- 1 tsp baking powder
- 4 eggs, separated
- 1 cup coconut (optional)

Instructions:

Toss fruits and nuts (except pineapple) with 1 cup of flour.

Cream butter and sugar, then add flavourings and egg yolks, beating until smooth.

Alternately add the remaining 2 cups of flour, baking powder, and drained pineapple.

Stir in floured fruits and nuts.

Fold in stiffly beaten egg whites.

Place batter in lined pans, greased with brown paper. Decorate with extra fruit and nuts if desired.

Bake at 275°F for 2½–3 hours.

The carol party brings our family together,



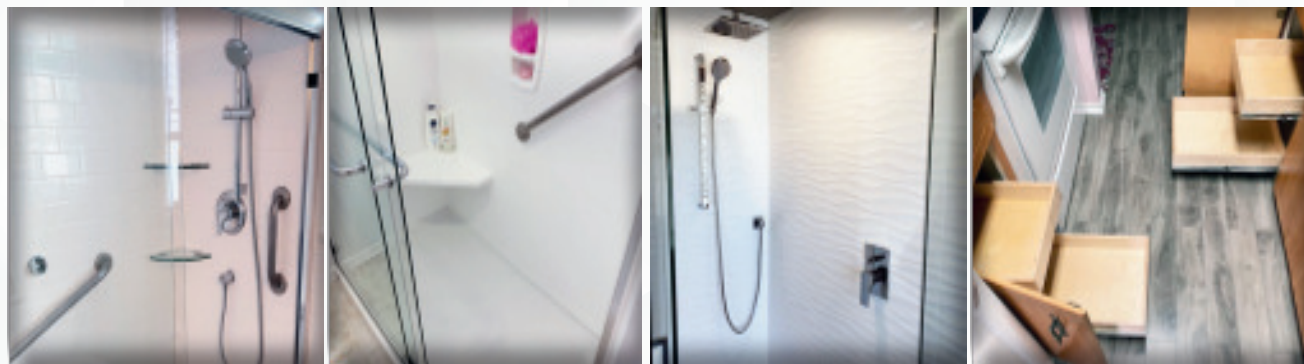
inspiring us to tidy, bake, and decorate as a team. When friends and family arrive, their joy, laughter, and stories fill our home, reminding us of the beauty in life and the strength of enduring friendships.

This holiday season, take a moment to appreciate the small joys in your life. Reconnect with a friend—whether by phone, email, or, better yet, in person. Share your gratitude for your friendship and celebrate the love that surrounds you. That's what our carol party is all about.

Wishing you a season filled with warmth, music, and cherished connections! - Diane

SENIORS...

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



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Ask us how we can help you access this funding. Call today for a consultation.

Eligible adaptations include the following:

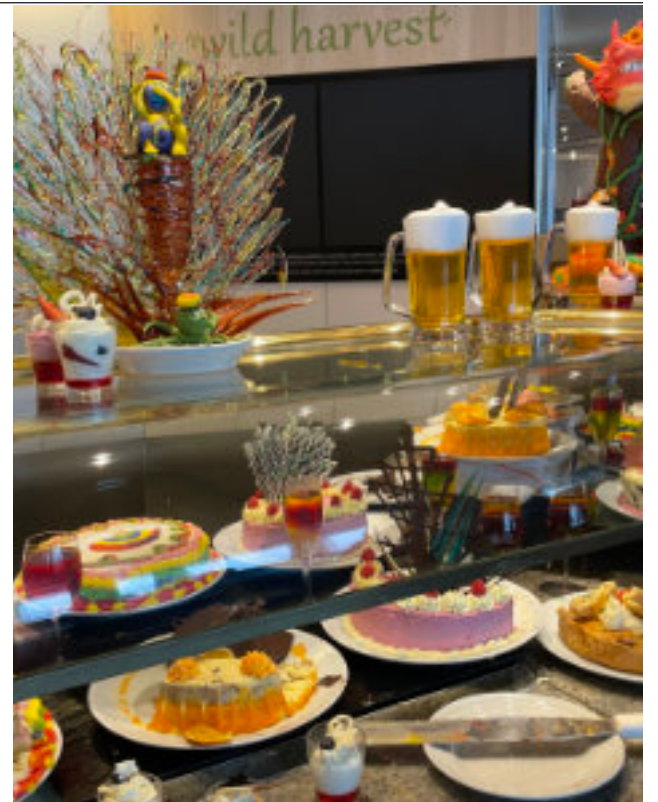
- Tub to walk-in shower with seat
- Higher toilet and grab bars
- Chairlifts and ramps
- Single handle lever faucets in kitchen and bathroom
- Slip resistance flooring
- Door knobs with lever handle
- Counter height modifications
- Gliding shelves in kitchen and bath for easy access

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ONBOARD AN ALASKA CRUISE A SHIPLOAD OF DELIGHT

By Rick Millikan

One May, we celebrate our 40th anniversary aboard an Alaska cruise. Holland America's Nieuw Amsterdam carries us north to Kodiak and Anchorage, returning south via six ports. At sea, we discover myriads of onboard delights.

Reserving tables, we savour gourmet dinners in the main dining room as well as in specialty restaurants: Pinnacle Grill, Canaletto and Tamarind. For casual meals, Lido Market provides delicious international buffets. And occasionally 'pajama people' like us utilize twenty-four-hour room service!

Main Stage offers extraordinary evening performances. A young men's doo-wop quartet, virtuoso pianist and witty magician bedazzle. Daytime programs prove equally engaging.

Following one breakfast, that magician 'reappears' to recount the life of Houdini, his inspiration. Learning the locksmith trade, young Houdini developed into a world-renowned escape artist...and perfect British spy. Eastern European governments invited him to test their security systems. Easily breaking out of their shackles and jails, he reported his findings to Scotland Yard!

'Breaking the Ice' presents three courageous women. First, a ship captain appears on the gigantic screen, cutting through winter ice to re-supply Nome. The second pilots a small plane through a raging snowstorm to save stranded hikers. And a third confronts turbulent seas to gillnet salmon. These 'modern' pioneers overcome Alaska's northern challenges.

When crossing the stormy Gulf of Alaska, we listen as historians recount early explorations. Appointed by Tsar Peter to lead two Russian expeditions, Vitus Bering crossed Siberia, constructed ships and sailed across the menacing Gulf. Projected paintings picture these early vessels battered by gale-force winds. During Bering's second voyage in 1741, he discovered Alaska and claimed it for Russia. Decades later, Captain Cook mapped Alaska's coastlines while seeking the northwest-passage. He named sites after ships' officers and benefactors...and Bering Strait to honour Russia's Danish explorer.

One cytologist reveals whales' social intelligence. His video depicts Pacific Humpbacks using bubbles to 'herd' herring schools upward for surface feasting. Recordings disclose their shared rhythmic whistling, chirping, and clicking...resembling jazz sessions! Their improvs could last up to twenty minutes.

Another naturalist screens whales' terrestrial

ancestors. Projected charts illustrate today's cetacean diversity. He touts sperm whales' two-kilometer dives to capture giant squid. And extols Blue Whales' low frequency vocalizations. Their water-borne communications travel over an incredible 80 kilometers-per-minute. Evidence shows that kindred whales located 1,600 kilometers away respond to their messages.

'Sea Days' offer additional health seminars, art classes, tai chi and yoga. Some shipmates attend spa treatments, acupuncture, massage-therapy...and swim. Others play bingo, bridge, mahjong, ping pong, pickleball and casino games.

Onboard explorations become hardy art tours. Corridor photos reflect the Nieuw Amsterdam's history. New York-themed artwork adorns stairwells. Colourful posters and model vessels decorate lounges. And following loops around the promenade, we join trivia teams to exercise brains.

Our cabin provides a restful haven for reading, writing journals, and Scrabble games. The flatscreen TV presents first-rate movies, world news and cruise updates. Evening newsletters help us plan next days' activities.

Entering Glacier Bay under brilliant sunny skies, we sight two spectacular tidal glaciers. Margerie and Grand Pacific sprawl between rugged, snow-covered mountains. Heading back, the captain pauses the ship to point out Johns Hopkins glacier.

Later at Main Stage, a park ranger interprets this World Heritage Park. "Advancing glaciers carved this landscape during the 1700's. Their retreat left U-shaped valleys and fjords. Mosses

and lichen covered exposed surfaces creating topsoil for fireweed, alder, and spruce. Gradually mule deer, snowshoe hares, cougars and Tlingit natives reoccupied Glacier Bay's outer rim."

Proceeding southward, Main Stage speakers preview upcoming ports: Sitka, Ketchikan, Prince Rupert and Victoria. And while at sea, we further enjoy shipboard entertainments, scrumptious cuisine and relaxed pleasantries.

Plan Your Trip:

- You may find this Alaskan cruises at www.hollandamerica.com







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Exciting News!

Pitmar Tours is thrilled to announce a new partnership with Wells Gray Tours! This collaboration means that you can now book any of the incredible Wells Gray Tours directly through Pitmar Tours.

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Oregon's Willamette Valley (EB)	May 3	8 days	\$3365
Cruising the Gulf Islands	May 11	7 days	\$4275
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LOW-COST HOME UPDATES: AGING AT HOME

By Meachel Buizer

Seniors wishing to age in place can often extend time in their homes with a few affordable modifications that enhance safety and accessibility. Simple changes, like replacing round doorknobs with lever handles, make opening doors easier for those with limited hand strength. Replacing old light switches with paddle rocker switches will add convenience and ease of use. Lowering or adding a door viewer (peephole) offers increased security and convenience.

Lever Handles

Round doorknobs have been a staple in home design for decades. However, they pose several challenges, particularly for individuals with limited hand strength or reduced hand mobility, such as seniors, and people with disabilities.

Lever handles can be manipulated with a gentle downward or upward press, making them accessible to everyone and reducing the risk of mishandling in critical situations. For instance, in the event of a fire or medical emergency, the ease of opening a door quickly can be crucial. A lever handle is easier to find, operate, and open if surfaces are hot.

The British Columbia Building Code requires lever handles for emergency exit paths in all new residential buildings, as they are designed to ensure rapid and easy exit during emergencies.

Additionally, Lever handles can be operated using elbows or other body parts if hands are full or injured, providing use without needing to grip or twist, which is necessary for round doorknobs.

Paddle Rocker Light Switches

Paddle rocker switches have a larger surface

area than traditional toggle switches, making them easier to activate with a simple push. This is particularly beneficial for individuals with limited dexterity or hand strength, who may find operating smaller, more rigid switches difficult.

The simple, pressing action of a rocker switch requires less motion and effort compared to flipping a toggle switch, which may involve more wrist movement. This makes them more accommodating for those with joint pain or arthritis and reduces the need for fine motor skills, making them more accessible.

Paddle switches are often larger and more visible, making them easier to locate, especially for individuals with visual impairments.

Adding or Repositioning the Door Viewer

Traditionally, door viewers are placed at eye level for an average adult, which can be problematic for shorter individuals, or those who use mobility aids such as wheelchairs.

Installing a wide-angle viewer at a lower height offers a broader view of the outdoor area and enhances the ability to spot potential intruders or unusual activity.

The combined impact of replacing round door handles with lever handles, replacing toggle switches with paddle rocker switches, and adding or lowering the door viewer can make everyday living more convenient and accessible and add to security.

Meachel (like seashell) Buizer, Seniors Real Estate Specialist® 604-217-3011, caters to the unique needs of seniors in real estate, ensuring a smooth and stress-free journey.

MORE CANADIANS ARE NOW ELIGIBLE FOR THE CANADIAN DENTAL CARE PLAN

Last year, the federal government began rolling out the Canadian Dental Care Plan. This plan helps reduce the cost of a wide range of oral health services, such as teeth cleaning, examinations, X-rays, fillings, dentures, root canals and oral surgeries, for eligible Canadians.

It's designed for Canadian residents with an annual family income under \$90,000 who do not have access to dental insurance. It's important to note that you must have filed your taxes in the previous year to qualify.

The application process began in stages, starting with seniors. As of June 27, 2024, two more groups can sign up for the plan: children under the age of 18 and adults with a valid Disability Tax Credit certificate.

All remaining eligible Canadian residents will be able to apply starting in 2025. Once fully rolled out, the plan aims to help reduce the cost of dental care for up to 9 million Canadians.

The Canadian Dental Care Plan may not cover the full cost of eligible services. You may have to pay a portion of the cost, even if you do not have a co-payment, as the plan's established fees may be lower than what your provider normally charges. You may also agree to receive treatment that is not covered under the plan. Some services may only be available as of November 2024 and will require prior approval on the recommendation of an oral health provider.

Learn more about the plan at canada.ca/dental.
www.newscanada.com

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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 dentist will determine the prosthetic design that will provide the best results for fit, function and esthetics. The dentist 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

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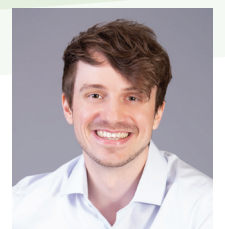
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