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TODAY'S SENIOR NEWSMAGAZINE



Interesting times in Canada, eh? (Photo: Dan Propp)

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ACCORDION TO DAN

The last few months have been interesting to say the least! The concepts, even as a joke, that

Canada should become a new USA state, and the Panama Canal also be returned to American control. Thus, the following bit of a play on words and rhyme to ponder.

WHAT A CONCEPT!

Specifically referencing to the Atlantic, the Panama Canal and Canada as the fifty first state. Wow! What a concept we hear up here. Oh well, plus a twenty five percent tariff is just a tad bit off the wall, and how! Who knows what other future new proposals may occur.

For those of us photographic film buffs of the past, now firmly living in the digital world today, one 'shutters' remembering fond expressions like—a 'Kodak moment' which now have vanished. In black and white and in full colour, it's a challenge to retain one's composure. What used to exist between our two nations has become positively more negative. Let's hope that our future will soon revert to a much more former positive and cooperative narrative.

A PENNY FOR ANOTHER THOUGHT

The Canadian dollar has gone down more than a few pennies recently compared to the US dollar. Some of us seniors still remember when ours was higher. A few of us still chuckle when during the nineteen forties, Jack Benny and his troupe came up to Vancouver and did a charity show for war bonds and in one of the skits suggested staying up here as our buck was considerably higher in value. Recently it has been suggested that because we are now on the other side of the coin, tourism will increase up here, and we should be happy. Thus, the following bit of rhyme.

A PENNY FOR THE THOUGHT

The concept that the more our dollar goes down another penny the more tourists will spend up here in Canada. It reminds me of that old comical story of a passenger plane with four propellers. The plane lost one engine. and therefore, arrival at the destination would be delayed by an hour. The captain announced, "so sorry for the inconvenience". Then the second and third engines in slow successions decided to quit. The projected delay time announced would be triple. One passenger exclaimed, "If this keeps up and the last propeller stops working, golly we could be up here



forever!" Just a penny for the thought.

TRANSPORTATION AND CHANGE

Many of us seniors have witnessed so many changes over the years. Up here in Vancouver since Expo 86 it's been exponential. Thus, the following.

TRANSPORTED

Many of us still remember the Great Northern International train to Vancouver and the famous luxurious Empire Builder train from Seattle to Chicago. CPR's Canadian and CNR's Super Continental bring back all kinds of nostalgic memories again.

We remember flying CP-Air and TCA that now have flown away into the history books. There's not much left of what once used to be, eh? Many good memories of those days unlock.

Since those days, by so many incredible changes, we have been smoothly propelled. By technology, some of us conclude perhaps indeed that humanity has been placed on a different track. Driven digitally to other concepts for the 'good life' to pursue, embrace and choose. All kinds of lifestyles and transportation are now so fast. What used to be considered the state of the 'norm' has now unfolding to artificial intelligence constantly more frequently cast.

NAMES AND CONCEPTS

We remember so much that still has meaning and yet from today's reality no longer is relevant—specifically entertainment; Cinerama, CinemaScope; the days of Paramount, MGM, and TV sets the likes of Philco, Westinghouse and RCA. All those productions, small screens and big screens flicks in black and white and technicolor us golden ager's still

thank. So much that was and now is often no more...record players, beta and VHS. When was the last time you saw a DVD store? Can one even perceive what the future tomorrows will be?

Remember that program The Twilight Zone with Rod Steiger and those possible futures he envisioned. There will likely come a future that will equally be ho-hum just like today's innovations to which us consumers are addicted.

UNLOCKING A FEW MORE YESTERDAYS

Gary Moore, I've Got A Secret and, of course, discovering Carol Burnett. We remember many popular shows like All in the Family, Happy Days and Columbo. Where did those days go? Those years of Kodachrome, 8mm colour film, ASA only ten. Amazing TRI X black and white super-fast ASA four hundred speed. Everybody IN BC was still drinking Uncle Ben's beer. The Texan burger on Georgia Street 25 cents is all you'd need. A store on the corner of Cambie and 41st in Vancouver was selling televisions in 'living colour' unbelievable! We still had Dominion Foods and their famous catchy jingle "It's mainly because of the meat". What's happened since then, heavens to Pete! Broadcast personalities like Pat Burns and Jack Webster, 'precisely'! BC white and yellow telephone books when we still used 'our fingers to do the walking'. Monty McFarlane was still on CJOR and on CKLG...things were still rocking.

Please visit www.Nostalgicroads.Weebly.com

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Photo: Interesting times in Canada, eh? (Photo: Dan Propp)

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Photo: Credit to Chinatown Storytelling Centre



FABULOUS FEBRUARY: ARTS, DRAGONS... AND SNAKES!

By Ursula Maxwell-Lewis

Welcome to the Year of the (Wood) Snake. February is one of my favourite months. Okay, I confess, it happen to be my birth month, but more importantly it's the joyous Lunar New Year, also known as Spring Festival. This vibrant celebration heralds dragons, drums, lion dances, lucky red money packets (hóngbǎo), dynamic colours and an excuse to feature and photograph Vancouver's historic Chinatown.

The Chinatown Spring Festival Parade takes place Feb 2, but if you're reading this after that date, fear not. Vancouver's Chinatown (Skytrain to Stadium/Chinatown) welcomes visitors year round for history, dining and arts.

The Chinatown Storytelling Centre, 168 East Pender St., shares heartwarming and heartbreaking stories of Chinese immigration contributions which changed (and still change) Vancouver and Western Canada. While the effects of isolating discrimination and the crippling head tax will give visitors pause, they will appreciate the contrasting plethora of inspiring Chinese-Canadian community success stories. The Chinatown Storytelling Centre is a central component of the Vancouver Chinatown

Foundation's cultural revitalization efforts.

Don't miss the neighbouring Dr Sun Yat-Sen Classical Chinese Garden, 578 Carrall St., Vancouver. Open Wed to Sun until 4 pm, I always find this botanical garden an inspiring oasis in a frenetic city. Learn more online about the site founder, known as the Father of Modern China and Taiwan's Father of the Nation, and his Vancouver connection.

Add the nearby Chinese Canadian Museum, opened by the Canadian Chinese Museum Society of BC in 2023 in the Wing Sang Building, 51 E Pender St., Vancouver, to your self-guided tour. Built in 1889 by Chinese merchant Yip Sang for his Wing Sang Company, this is Chinatown's oldest building. It was once home to Mr. Sang, his three wives and 23 children. Wing Sang means 'everlasting' in Chinese. An outstanding choice to house this museum,

If, like me, you enjoy live stage events check out the many jazz and blue venues at pubs and coffee houses in White Rock. If you're on Facebook click on popular musician/vocalist Chris Thornley's page. Many of his events and those of his compatriots are posted there.

On February 13 White Rock Players' Club opens

their season with Scott Wheeler's adaption of the perennial favourite (well, mine anyway) Casablanca at the PARC Playhouse. Running until March 2, tickets, show times and booking information can be found at www.whiterocplayers.ca or call 604 36 7535 Mon, Wed, Thurs between 1pm and 5pm.

If marathons are your 'thing' consider the Fort Langley Historic Half on Sunday February 16 starting at 9 am. The route includes Telegraph Trail, winds through Walnut Grove and finishes back at The Fort, a Pars Canada historic site which is the birthplace of British Columbia. For full information go to <https://www.tryevents.ca/>.

Finally, enjoy the Winter Arts Festival in Gastown from Feb 13 to 16, as well as the 46th Vancouver International Wine Festival from Feb 22 to Mar 2. Wine Festival tastings are at the Vancouver Convention Centre. Check Destination Vancouver's website for links and full details about these and other events.

Ursula Maxwell-Lewis's columns appear monthly in Today's Senior and other publications. Contact her at utrael@shaw.ca

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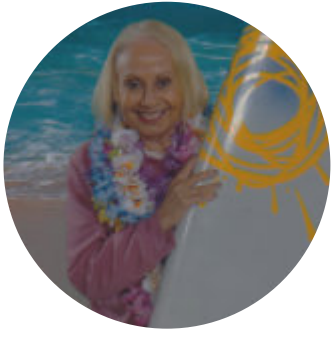
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**FAIRMONT HOTEL VANCOUVER
LUNAR NEW YEAR TEA.**

Article & photos by Lenora A. Hayman.

How fortunate that my friend Jeff's birthday coincided with the YEAR OF THE SNAKE LUNAR NEW YEAR AFTERNOON TEA and partnered with the Chinatown Storytelling Centre at Notch 8 in the Fairmont Hotel Vancouver. Vancouver artist Nicole Larsen, of Ripple & Rise had decorated the surrounding walls and menu with beautiful red, lavender and gold oriental murals with red Chinese lanterns and pink cherry blossoms cascading over us. These combined elements represented good fortune, prosperity and happiness.

Gemiah Bunquin served a Golden Tea Shochu Sour drink to start with melon liqueur, egg white and shochu, the Japanese beverage distilled from barley. It was delicious and huge, so lasted our whole meal. Server Serge Labelle poured a pot of exclusively hand-blended Chinatown Storytelling Centre x Tealeaves Gold Mountain tea, a luxurious blend of jasmine and earl grey.

Our 3 tiered afternoon tea offered 12 exquisitely prepared scones, savouries and sweets honouring both oriental and west coast cuisine. For example gravlax cured in char siu sauce with shaved red onion and citrus crème fraiche, a roasted duck tart with hoisin and apricot duck sauce and a curry puff with ground



mushroom or mushroom keema.

Our sweets included a mango and coconut meringue dacquoise cake with mango jelly and lychee almond tart with Chantilly cream and gold flakes.

Afternoon tea from Jan 9-Feb 23, 2025 is served Thurs to Sun at the hotel's Notch 8. Also on Wed Jan 29 afternoon tea will be available since the Lion Dance by the Hon Hosing Athletic Club will be performing. CA\$72:00 per person CA\$40:00 per child. Tel: 604-684-3131

Thank you for a happy afternoon filled with laughter.

3 colour photos all by Lenora A. Hayman
Middle: Jeff Jung & Lenora Hayman sharing afternoon tea.

Bottom Middle: Gemiah Bunquin with Golden Tea Shochu Sour.

Top: Shrimp Toast, Roasted Duck Tart & Gravlax cured in char siu sauce.



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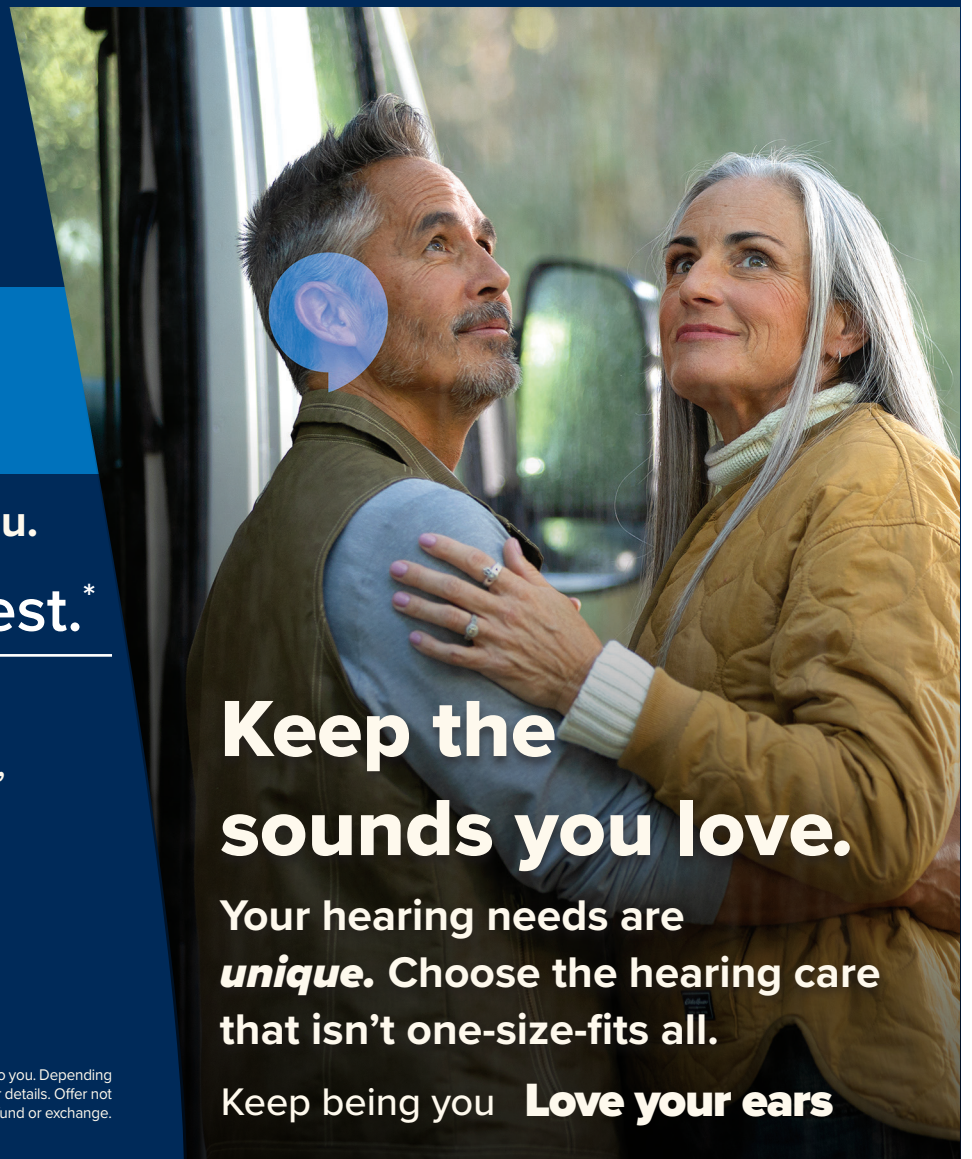


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FINANCIAL NEWS

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

PROTECT YOUR LEGACY: MANAGE THE FOLLOWING FACTORS TO TRANSFER AN INHERITANCE MORE EFFECTIVELY

Arranging the smooth transfer of assets to heirs can be a challenge for a few reasons. The first relates to time. Often, probate is required before instructions can be carried out and your beneficiaries can receive their inheritance — and the process of obtaining probate can be a lengthy one, frequently taking between three to nine months, or longer if it's contested.

Second, probate and estate fees may significantly erode the value of an estate, diminishing the amount of money your beneficiaries receive. Third, many investors want to protect the privacy of their bequests but the probate process leaves the details of an estate open to public scrutiny. In addition to disclosing your financial assets, this may expose your beneficiaries to fraud and provoke conflict among loved ones.

Finally, your heirs will likely be dealing with a powerful mix of emotions throughout the estate settlement process. It's very important to develop a plan that minimizes hurt feelings and family discord.

Failing to consider any of these four factors — time, expenses, privacy, and emotions — may lead to unnecessary delays, financial consequences, and disputes. However, there are steps you can take to help your loved ones receive their inheritance quickly, cost-effectively, confidentially, and with minimum strife.

Combined effects of time, expenses, privacy, and emotions can erode an estate's value

Let's look at a specific example. Sarah, a 70-year-old widow, makes a \$1,000,000 investment in a non-registered mutual fund today. Ten years from now, she passes away at a time when the fair market value has increased to \$1,628,895.

Probate and estate fees vary by province and depend on the complexity of the estate. Let's assume that the probate fees and the amounts that must be paid to an executor, an estate lawyer, and an accountant will cost \$61,261 combined. Income taxes due at death will be \$125,779. So, Sarah's beneficiaries will receive \$1,441,854 — their inheritance will be paid to

them months down the road.

There are steps you can take to help your loved ones receive their inheritance quickly, cost-effectively, confidentially, and with minimum strife.

Through the probate process Sarah's will becomes available to the public. In addition to the lack of privacy, her heirs may end up arguing among themselves about what was given to whom, leading to potential family conflict or litigation. This is a real concern for Sarah. Her will divides her estate equally between her son and daughter, but Sarah knows that her daughter won't be happy to share the estate proceeds with her son. This is because her daughter has been the sole primary caregiver for Sarah while her son has moved away.

Lynn's legacy

On the other hand, naming a beneficiary other than your estate in a segregated fund contract means that the death benefit will flow outside the estate and avoid probate. This helps preserve your confidentiality,² allows for a quicker death benefit payout (usually within 10 business days of written notification of death if claims documentation has been provided in good order), and can result in significant savings to your estate.

For example, let's say that Sarah's twin sister Lynn chooses to invest \$1,000,000 in a non-registered segregated fund contract and names a beneficiary (or beneficiaries) on the policy. She dies ten years later and her contract's market value is \$1,582,949. This is less than Sarah's mutual fund because the segregated fund has an incremental cost of 0.3% relative to the mutual fund, reducing its return by that same amount on an annual basis. Her investment bypasses her estate and probate and is paid directly to her beneficiary (or beneficiaries).

In Lynn's case, there are no estate administration-related costs. Her income taxes are \$116,590, also less than Sarah's. As a result, Lynn's beneficiaries receive \$1,466,359. That's \$24,505 more than Sarah's beneficiaries. In addition, they should receive this sum from the insurance company within 10 business days of written notification of death and provision of claim documents in good order.

Also, Lynn's privacy, as well as that of her beneficiaries, should be protected from the curiosity of strangers and other heirs, reducing the potential for financial abuse by unscrupulous individuals and family disagreements. If a will is challenged, it can delay the distribution of an estate for months, or even years. It can also be very expensive and significantly reduce the value of an estate and what's left to distribute. As mentioned earlier, this is a concern for

Sarah knowing that her daughter won't be happy with her share of the estate. A beneficiary designation on a segregated fund contract, on the other hand, isn't affected by a will challenge.

Segregated fund contracts offer additional benefits. For example, if a beneficiary of the family class⁴ is named, the segregated fund contract is generally protected from the contract owner's creditors during the owner's lifetime. Also, the death benefit is excluded from the owner's estate as is paid directly to the beneficiary, usually placing it beyond the reach of estate creditors.⁵

Interested in learning more?

By utilizing segregated fund contracts with beneficiary designations that aren't your estate, you can better protect the confidentiality of your beneficiaries. In addition, this provides them with a quick death benefit payout and realizes cost savings by avoiding probate and estate administration fees. All of this helps make sure that more assets are transferred to loved ones — which is often an important objective of estate plans.

For more information on this and other benefits, make time to talk with your advisor today and find out whether segregated fund contracts have a place in your estate plan. You can also contact Rick at 604-535-3367 (Suite 220-3388 Rosemary Heights Cres. Surrey, BC. V3Z 0K7) or email: rick@crsfinancial.ca for more information.

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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

GERD AND STOPPING ACID-REDUCING MEDS: PART 2

Dietary modifications are an effective strategy for preventing GERD. Patients should avoid foods and beverages that trigger acid reflux, such as spicy foods, fatty meals, chocolate, caffeine, alcohol, and citrus fruits. Eating smaller, more frequent meals rather than large portions can also help reduce pressure on the lower esophageal sphincter (LES) and prevent reflux. Avoiding late-night eating, remaining upright for at least two to three hours after meals, and elevating the head of the bed while sleeping on your left side can reduce the likelihood of nighttime reflux.

Weight management is another critical component of non-drug GERD management. Excess

body weight, particularly around the abdomen, increases pressure on the stomach and LES, which can exacerbate reflux. Even modest weight loss can significantly reduce GERD symptoms.

One natural gut-soothing supplement to consider is DGL Synergy by Designs For Health. When chewed and mixed with saliva, the DGL can promote mucus activity which can act as a barrier to acid and allow tissues to heal and prevent further acid reflux.

GUT-FX by Healthology contains slippery elm, marshmallow root, L-glutamine, aloe, and NAG which all help to repair the gut lining and make the tissues more resistant to acid. It also contains probiotics which can help displace the bad bacteria, which can cause gas.


Many patients believe heartburn is from the overproduction of acid coming up into the esophagus. You may be surprised to learn that most of the time, it is caused by low acid production. If you do not have enough acid to fully digest your food, it will stay in the stomach too long, ferment, and cause gas which pushes the acid up towards the esophagus. Some patients will benefit from taking MORE acid with meals with or without digestive enzymes.

One digestive enzyme with Betaine Hydrochloride acid is Advanced Digestive Enzymes by Thorne. If your gut is very sensitive to acid you may need to repair the lining of the gut first with GUT-FX before trying acid supplements like Betaine HCl (with meals). Taking Betaine HCl will help train the LES muscle to start working again but it may take some time to start working effect-

ively. You can also take digestive enzymes without Betaine HCl to help digest your food e.g. Digestzyme by OrthoMolecular.

Some patients have GI motility problems where the GI tract is not moving food as fast as it should because of a backing up from being constipated or from stress. Taking Magnesium Bisglycinate by CanPrev can help with the smooth muscle contractions of the GI tract but also can help with stress. Another product to consider is GI Motility Matrix (Cytomatrix), which tells the migrating motor complex from the gut-brain connection to help with GI motility. Bitters found in Canadian Bitters (St. Francis) can also help with motility issues.

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



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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.

www.newscanada.com

HOW TO PROTECT YOURSELF FROM SCAMMERS

Scams are more frequent than ever. If scammers gain access to your personal information or your log-in credentials, they can steal your money, open new accounts or change your credit card information. This could damage your credit score and make it difficult to get loans, buy a car or rent an apartment. Scammers can also fraudulently apply for benefit and credit payments through the Canada Revenue Agency, and apply for loans or credit cards in your name.

Follow these tips to help you keep your money where it belongs:

1 When you aren't sure who's sending you a message, double-check.

A Get a callback number from the caller to make sure they're who they say they are.

B Check an organization's official webpage for contact information (never use the links or phone numbers contained in a message).

C Take a minute to ask yourself why you are being contacted. It's okay to ask questions and say no.

2 Remember, businesses and government agencies rarely ask for personal or financial information through email or text.

3 Don't reuse logins and passwords across accounts. Re-used passwords can increase the risk of scammers stealing credentials and gaining access to multiple services.

If you think you are being scammed, you may feel embarrassed. But it's important that you get help immediately by calling your local police or the Canadian Anti-Fraud Centre.

Criminals count on people feeling too ashamed to report the crime, but taking swift action can prevent further harm and protect others.

Learn more about the latest scams at canada.ca/be-scam-smart. www.newscanada.com



WRITE AS I PLEASE

By Mel Kositsky

Let's TALK about it.

And it is easy to become part of the discussions.

Are you over 50 and want to keep your brain and social connections active? Now is a great time to join TALK, which is celebrating 25 years of lifelong learning.

Third Age Learning at Kwantlen (TALK) is a volunteer organization that provides those over 50 with creative and stimulating educational activities such as non-credit courses, workshops, seminars, field trips, Philosophers' Corners and special events.

While TALK is part of the Kwantlen Polytechnic University (KPU) Faculty of Academic and Career Preparation, many of its events are open to the public and you don't have to be a TALK member or over 50 to attend. The sessions can be full of controversy, humour and insights, with the discussions often led by experts in their fields.

TALK courses offered through KPU are short, informative and participatory sessions. You must be a TALK member to register for courses but the annual membership fee is only \$10 – so TALK is cheap!

There are no quizzes, grades or prerequisites to get involved. Most TALK courses meet for one session of 90 minutes online or for two hours on campus. A few courses meet for two or more sessions, usually a week apart. There is a registration fee for some of the courses. To register, go to kpu.ca/talk/courses or call 604-599-3077.

If you are interested in presenting a TALK course yourself, have a topic you would like to see discussed, or if you can suggest a presenter to lead a course, just send an email to talk@kpu.ca.

Philosophers' Corners are held in Richmond, Surrey and Langley, along with other special events. Four sessions of the Philosophers' Corner are set for this spring, starting February 27 at the City of Langley Library, 20399 Douglas Crescent. The first topic will be "Is Happiness The Goal?", to be led by Reg Cewston.

Others sessions will be held at the same Langley library location on March 27, April 24 and May 22. They begin at 11:30 a.m. and all sessions are free. No pre-registration is necessary.

Jim Bottomley, one of Canada's leading futurists, will be the main presenter at a special TALK event on Saturday, March 1 at 10 a.m. at the KPU Richmond campus. This free presentation is open to the public of all ages. His topic - "How Can We Make Your Future Better?" - will focus on the Innovation Age, where maximum change causes stress that divides us.

As a professional speaker, Bottomley talks about future success strategies, helping others find

future direction, identify opportunities and cope with the stress of change. Register at kpu.ca/talk.

One thing Canadians should be talking about this month is their own patriotism. It should happen more often and not just on Canada Day, July 1. If Canada wants to strengthen itself as the true north strong and free, it needs loyal citizens who are proud to fly the Canadian flag.

It needs more than just another beer commercial or ads for donuts. And comedic rants or appearances by politicians on late night talk shows are not nearly enough.

Canadians have a real opportunity to fly their own flag on February 15 – National Flag Day.

At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was raised for the very first time on Parliament Hill. On the same day in 1996, National Flag of Canada Day was declared.

Our national flag is a symbol that unites Canadians and reflects the common values we take pride in. And this year we celebrate 60 years of our Canadian flag.

Maybe you've waved a paper hand flag on Canada Day, or worn it as a pin on your jacket. Maybe you've even sewn one on to your backpack and travelled the world safely. Regardless of where you see it, the National Flag of Canada stands out both at home and abroad as one of the most striking and recognizable symbols representing Canada.

While the quest for a national flag for Canada dates back to the late 19th and early 20th centuries, the flag as we know it today emerged from the major social transformations during the 1950s and 1960s in the lead up to the 100th anniversary of Confederation in 1967.

Specific etiquette and protocols apply to the National Flag of Canada. For example, the National Flag should never touch the ground.

Several different flags were used in Canada before our current National Flag. Since the first days of the European presence on Canadian soil, the flags of the European homelands, such as France, were displayed. The flags of British North America showcased ties to the British Empire. Both before and after Confederation in 1867, Canada used the United Kingdom's Royal Union Flag, commonly known as the Union Jack.

The new maple leaf flag was made official by a proclamation from Queen Elizabeth II on January 28, 1965. On February 15 of that year, it was inaugurated in a public ceremony on Parliament Hill.

Thousands of Canadians gathered as the Canadian Red Ensign was lowered and, at the stroke of noon, the new National Flag of Canada was hoisted. Prime Minister Lester Pearson's words on the occasion resounded with hope and determination: "May the land over which this new flag flies remain united in freedom and justice ... sensitive, tolerant and compassionate towards all."

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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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TOP 5 THINGS TO KNOW WHEN YOU TRAVEL OUTSIDE CANADA



The fall is a great time for an international trip. It's the off-season for many hotspots, so you're likely to see good deals and fewer tourists compared to peak travel periods. If you're planning a holiday soon, here are some tips to keep in mind:

1 Research your destination. Take time to learn more about where you're headed. You can use blogs, Reddit, official tourism websites, books and library visits to make sure you have all the key details, like the best times to visit the most popular attractions or hidden local gems. It's also a good idea to research your destination's tipping practices and public transit options.

2 Check entry requirements. Countries can have unique restrictions that you may not have considered. For example, you will want to check each country's requirements carefully before you travel with a pet. If you're heading to Japan, you may need a doctor's note to enter the country with your prescription medication. And, of course, don't forget

to verify visa and passport requirements.

3 Book everything early. You'd be surprised how quickly tourist attractions can book up, especially bucket-list places like the Louvre in Paris, Basilica de la Sagrada Familia in Barcelona and Machu Picchu in Peru. The last thing you want to do is travel all the way to Amsterdam to see the Anne Frank House, only to find all tickets are sold out; go online or talk to your travel agent to pre-book – you may even qualify for some early-bird pricing.

4 Be smart about what you bring. A helpful guide is to pack half as much stuff as you think you'll need and focus on smart packing. Things like a portable charger for your cellphone and mini first-aid kit can come in handy in an emergency. Consider bringing an e-reader instead of a bunch of books and magazines. When it comes to cash, you'll get a better exchange rate at home – just call your local bank before going in to make sure they have the currency you need.

5 Review your cell coverage. Did you know that service providers need to notify you when you're roaming internationally, and cannot charge more than \$100 in roaming charges per billing cycle unless you agree? Many also offer out-of-country talk, text and data plans for a daily flat rate, so call ahead to find out

your options.

You should carefully review your bill when you return. What can you do if you find any unexpected charges on your bill after returning from your trip? If you feel you've been overcharged, speak to your provider. If they don't resolve the issue, you can file a complaint with the Commission for Complaints for Telecom-television Services, or CCTS. This independent Canadian organization offers free complaint-resolution services for issues like roaming, contract issues or incorrect charges on your phone, internet or TV accounts, and has the authority to make providers to fix the problem. Learn more at letstalksolutions.ca.

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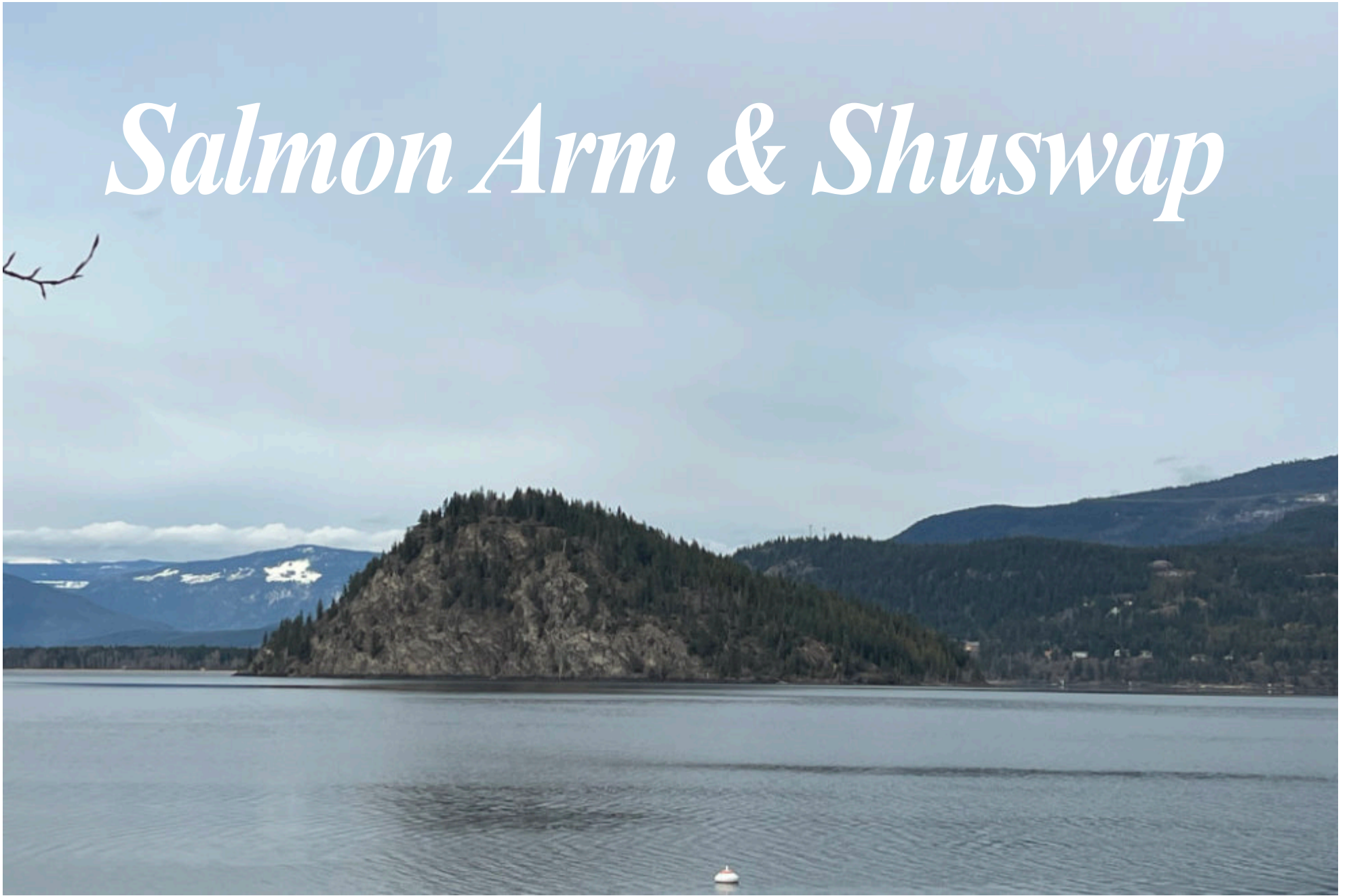
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COST-SAVING TIPS FOR THE NEW YEAR



Last year's inflation and high interest rates forced many Canadians to look for ways to cut back on their spending so they could pay their bills. Even if things do settle down this year, it's always a good idea to find ways to cut back. Here are four ways to stay on top of your expenses this year.

Build a budget

The only way to truly know your financial situation is to create a detailed budget. There are a number of free budgeting tools available online. Tally up all your income in one column and all of your expenses in another. If the expenses exceed your earnings, try to identify areas you could cut back on.

The more details you include, such as having separate line items for groceries, takeout meals, convenience store purchases and sit-down restaurant receipts, the easier it will be to spot areas

where you can cut back.

Look for grocery deals

Groceries are essential, but they're also becoming increasingly expensive. So, when you go shopping, watch for sales and stock up on staples you regularly use. Also, keep your eyes open for discounts on surplus items or products approaching their best-before date.

Canadian apps like FoodHero make it easier to find discounted proteins, bakery items, fresh and frozen produce, and more from grocers in your area. You'll not only save money, but also help reduce the estimated 50 million tonnes of food that goes to waste in Canada every year.

Sell your unwanted items

As you're working on having a fresh start this year, go through your wardrobe, bookshelf and other household items to look for things you no longer want or need, but someone else might value. There are many online platforms where you can sell these items and gather together some spending money.

Seek out free or low-cost activities

Your local library is not only a great resource for free access to books, music and movies, many also offer free passes to local attractions. Museums often host a day or night where they offer free (or steeply discounted) admission.

If you're a sports fan and there's a college, university or junior team in your area, tickets are generally much cheaper than they are for professional games, and you might have future bragging rights about having seen the next big star play before they were famous.

Find ways to save at foodhero.com.

www.newscanada.com

A FRESH, VEGETARIAN MEAL FOR YOUR LUNCH ROUTINE

Whether you're back in the office or still working from home, weekday lunches can be bland or boring - whether a mix of leftovers or empty calories from on-the-go meals. Break away from the usual with an avocado bibimbap that's both easy to prepare in advance and nutritious.

The traditional Korean rice dish is a vibrant lunch that brings a burst of flavour to your day. Avocados from Mexico lend a creamy texture that balances the savoury mix of rice, vegetables and a spicy kick, making it the perfect dish to keep you energized even during an afternoon slump.

Avocado Bibimbap

Prep time: 25 minutes

Cook time: 15 minutes

Makes: 1 bowl

Ingredients:

- 1 ripe avocado from Mexico, sliced
- 1 cup (250 ml) cooked sticky rice
- 1 carrot, julienned
- 1 zucchini, julienned
- 1 cup spinach, blanched
- 1 egg, fried sunny-side up
- ½ cup (125 ml) kimchi
- 1 tbsp (15 ml) sesame oil
- 1 tbsp (15 ml) gochujang (Korean chili paste)
- 1 tsp (5 ml) soy sauce
- 1 tsp (5 ml) sesame seeds, for garnish

Directions:

1 Sauté carrots and zucchini lightly in sesame oil. Blanch spinach for a minute and season with soy sauce.

2 In a bowl, add rice and top with avocado slices, sautéed veggies, spinach, kimchi and fried egg.

3 Drizzle with sesame oil and gochujang, and garnish with sesame seeds. Mix everything together before eating.

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February 2025

Shell Busey the HouseSmart guy

By Shell Busey

Hello Folks!

Time for My February 2025 Column

After four years in beautiful Sault Ste. Marie, Northern Ontario, learning the contractor and distribution side of the business, we were asked to return to Barrie, Ontario, to address some issues with the current management. This was right up my alley—troubleshooting!

I later discovered the move was also to observe my capabilities, as there were future opportunities on the horizon. I could potentially be transferred to larger retail stores, which would involve managing more employees and handling a broader range of products for consumers. This required extensive product training. We nicknamed these large stores “flagships,” like the one in Windsor, Ontario, which had over 50 staff members.

My stay in Barrie lasted from spring 1971 to spring 1973, after which we moved to Windsor, Ontario. Here, I began working at the largest “flagship” store of the time. During my tenure in Windsor, I was promoted to Supervisor of the Ontario Western District, overseeing multiple stores from Kitchener to Windsor. At the same time, Frankie’s dad (my father-in-law) and I worked together to build our first dream home in Orangeville.

By then, we were proud parents of two beautiful daughters. Shortly thereafter, the Toronto head office appointed me Store Supervisor for the Eastern, Central, and Northern regions. Meanwhile, the Windsor store manager was transferred to Surrey, British Columbia, to set up a new concept store called “Saveway Building Supplies.”

By 1974, we had moved so many times that I jokingly threatened to buy Frankie some caster wheels to make moving our furniture easier. Then came the biggest challenge of all. In spring 1974, I was summoned to a meeting at the Toronto head office. My first thought was, *What’s up now?*

The offer on the table was a big one: “Would you like to move to Surrey, British Columbia?” My immediate response was, “Let me call my dear wife and get her thoughts.” I firmly believe in the saying, “Happy wife, happy life.” We accepted the challenge, even though neither of us had been farther west in Canada than Sault Ste. Marie, Ontario.

Stay tuned for my next column to find out what my first job was when we arrived in Vancouver, B.C. I promise the next few issues will be real eye-openers!

****A Handy Home Tip****

Are you using your garage as a workshop but finding it too cold because the metal garage door radiates chill?

Metal and wood garage doors are made from lightweight materials to facilitate easy movement.



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Valentines Day
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Better Half

February fourteenth
Chocolates
Dinner
Punxsatawney Phil
Proposal
Anniversary
Love is in the Air

Unfortunately, this allows cold to seep into the garage cavity during winter.

To fix this, you should insulate the inside surface of the door. Avoid batt or rigid foam insulation, as these add too much bulk or weight, making the door difficult to operate. Instead, apply a sheet of Reflectix foil insulation. Use Velcro to attach it to a steel door or staples for a wood door. This method reflects cold outdoors and retains heat indoors, making your workspace much more comfortable.

Talk to you next month with more about Shell Busey!

Photo: Food drive collection for Cloverdale Community Kitchen Christmas Hampers. Building # 3 St. Andrews Complex, 64th Ave., Surrey

Pictured: Shell & Frankie Busey
Rick and Shelley Townsend



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SENIOR READS

By Pamela Chatry

Esther The Wonder Pig Changing The World One Heart At A Time

By Steve Jenkins and Derek Walter

With Caprice Crane

Publisher: Hachette Book Group

What happens when your "micro" piglet grows into a 600-pound gentle giant? Esther The Wonder Pig tells the heartwarming and hilarious true story of how an innocent internet adoption transformed two men's lives and sparked a global movement for animal advocacy.

When Steve Jenkins responded to an online post about a tiny piglet needing a home, he had no idea he was about to embark on the adventure of a lifetime. Co-written with his partner, Derek Walter, this delightful memoir chronicles their journey from unsuspecting pig parents to animal sanctuary founders, all thanks to their beloved Esther.

The book shines brightest in its humorous

accounts of daily life with an ever-growing pig. From Esther's clever escapes to her impressive talent for household destruction, the authors share countless entertaining stories that will have readers laughing out loud. Particularly memorable are the couple's attempts to sell their house while hiding their enormous four-legged family member, and the priceless reactions of visitors encountering a full-sized pig in suburbia.

But Esther The Wonder Pig is more than just a collection of amusing anecdotes. It's an inspiring story of how one animal changed not only her adopted parents' lives but also touched millions worldwide. Esther's social media fame (amassing over 2 million followers) ultimately enabled Steve and Derek to establish the Happily Ever Esther Farm Sanctuary in Ontario, fulfilling their dream of helping animals in need.

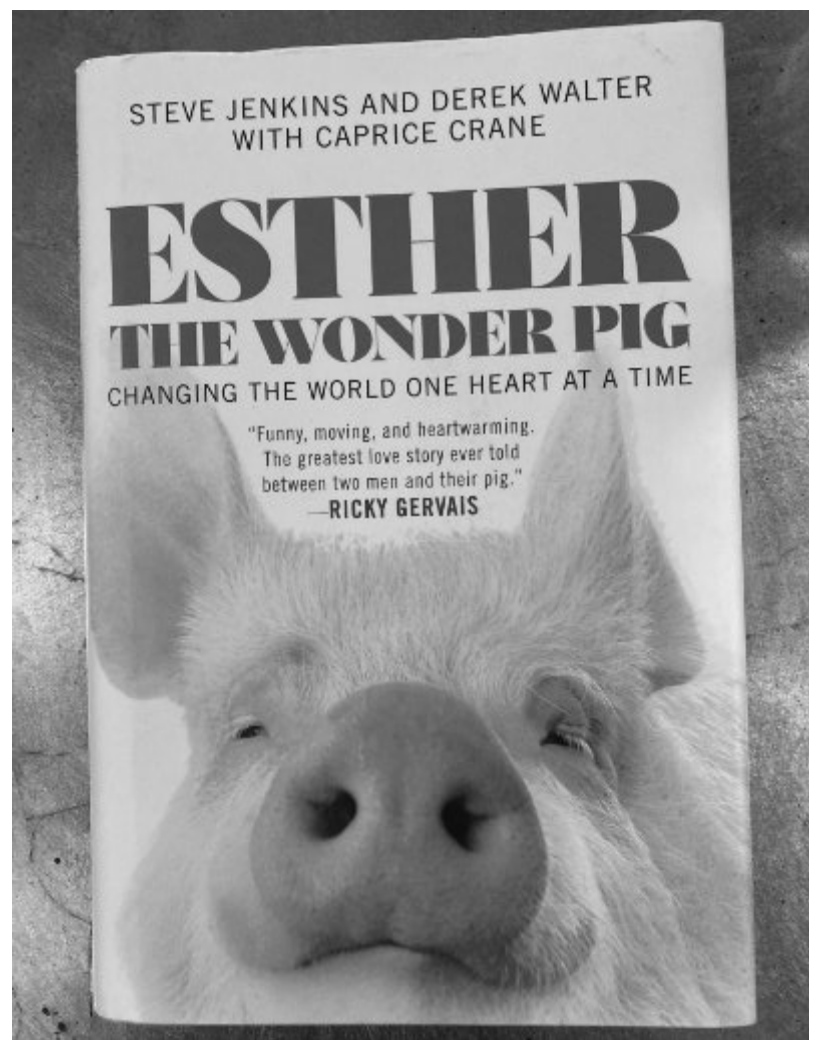
Though Esther has since passed away at age 11, her legacy lives on through this charming book that celebrates the extraordinary bond between humans and animals. It's a must-read for animal lovers, offering the perfect blend of humor, heart, and hope.

Footnote:

The book was published in 2016 and is still in print. For grandparents out there, there is also a lovely read-along children's story book called 'Esther The Wonder Pig'.

Warning:

There is some swearing throughout the book, but it is



used in a way that describes a situation or reaction.

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

Let's go to the races!

When was the last time you spent a day at the races – or a night out at the races with dinner?

The “entertainment” factor of watching a horse race seems to be a forgotten part of the horse racing industry. And the social interaction that watching the races in a group setting such as a grandstand or clubhouse is being lost in the computer age.

Just like “Bingo” is a forgotten gambling activity to most, racing - which is much more exciting – is losing out to other forms of the gaming industry, especially sports betting. Online gambling is all the rage today, whether on a mobile phone or computer, and while horse racing is getting a share, there is nothing like watching a horse race “live” and hearing the pounding of hooves and the vocal reaction from the crowd.

Yes, the crowds at racetracks are smaller these days, and there are fewer racing dates in most jurisdictions, but just being at the track can make for a very enjoyable experience. And you can just watch all the action – you don't need to bet if you don't want to.

Horse racing is not as complicated as it may seem at first. Regular punters may surround themselves with racing forms and betting guides but all those analytics and past performance charts can drive even a so-called handicapping expert batty.

Racing charts are pretty simple compared to current sports broadcasts, which ruin the games with multiple statistics that are useless to the average viewer. And all the commercials between plays and timeouts that promote gambling take away from the flow of the games. Worse yet is the

increasing role referees and replay officials play in the outcome of the close matches.

That's hardly the case in watching a horse race. While the judges watch closely for infractions and interference in a race, disqualifications are rare, and are usually quite blatant before any payouts are posted.

Increasingly there are a number of “gimmick” bets in horse racing in order to build up higher paying jackpots in face of other gambling competition. But the basic \$2 bet – Win, Place or Show remains in place at all tracks. And the lowest possible payout is the \$2.10 minimum by law so you can at least walk away with two nickels to the good.

The lower payouts are one of the knocks against gambling on horses, as bettors like to have a good return on their investments. But the risk-reward factor is also relatively low, especially when playing races with small fields. Winning a little bit is better than losing – always.

A recent BC Racebook newsletter offered some guides to betting, especially for the novice horseplayer.

“Betting is betting, and gambling is gambling. The money you make is the same whether you are playing sports, Thoroughbreds, or Standardbreds. If you have never played the harness game, here are some ways to get started.

First, learn who the big players are at the track you are playing. Although the odds can be lower, the chances of cashing tickets are much greater when you focus on the top trainers and drivers. Beginning your handicapping process by identifying where the top drivers have landed can quickly steer you to the potential major players.

Next, look at the last three races in each horse's past performances. Harness races almost always take place at one mile, so it is easy to compare final times between competitors. Give preference to horses that are dropping in class, were parked on the outside in their last race, or who started from an outside post position. Bad finishes can be excused if there was a lot of ground lost on the turns or if the horse was too far back early in the race to have an impact.

Finally, fine tune your analysis with a quick look at post position statistics. Most people automatically assume that the rail is the best post, but often it is the middle of the gate that produces the most winners. This is a lesser factor that can be used to help you decide between two closely matched entrants.

Harness racing is a fun sport to watch and to bet. Always play responsibly and have fun!”

Alberta's champion mare Big Hug finished a solid third in the \$100,000 La Canada Stakes at Santa Anita on January 19. The annual mile and one-sixteenth race for older fillies and mares only drew a field of six horses, but the Rick Hedge owned and trained mare proved she belonged in this major event.

Big Hug, bred by Chalet Stable and owned by Rick Hedge and Lori Neyka, is in the barn of California trainer Val Brinkerhoff. The daughter of Mr. Big – Temeeka by Unusual Heat was the champion two- and three-year-old in Alberta and is likely to be chosen champion older mare for her 2024 season when the awards are handed out this spring.

The dark bay mare won six of nine races last year, including four stake races, and recently finished second in the Glendale Stakes at Turf Paradise in Arizona. In total, Big Hug has 13 wins from 22 races and more than \$325,000 in lifetime earnings.

The La Canada was won in 2019 by another western Canadian star, Escape Clause, a Sovereign award-winning mare. Other greats to have won the La Canada include Canadian champion Glorious Song, Lady's Secret, Goodbye Halo and Chris Evert.

A number of western Canadian stables are currently competing at Turf Paradise this winter, including B.C. horses. Hastings-based trainers Nancy Betts and Cindy Krasner have already sent out winners.

Weather permitting, training for the 2025 thoroughbred racing season will begin later this month at the east Vancouver track, with live racing to begin in May.

Live harness racing returns to Fraser Downs in Surrey on Thursday, February 13 and continues weekly on Thursday and Friday nights, starting at 7 p.m.

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LESSONS LEARNED FROM CHRISTMAS

by *Diane Tijman, Retired Educator*

I'll admit it—my energy level isn't what it used to be. I remember the days when our family used to go to my mother's for Christmas dinner. She'd put on a marvellous spread and our family always had wonderful time there. But at age 72, my mom announced it was the last time she would be hosting dinner. Shocked, I asked why, and she replied, "I'm way too old for this!"

Sad but determined to keep up the tradition, the following Christmas, I took over. With a full-time job and two toddlers, it wasn't easy, but we managed. We bought a dining table and chairs, roasted the turkey and welcomed everyone. Years later, my sister had a family and we alternated hosting duties. Now, nearly forty years later, I am approaching 72 and reflecting on my mom's past decision. I wonder if Christmas really has to be that difficult or are our Christmas expectations too high? Or maybe am I getting old too?

This year, to avoid making any rash "final hosting" announcement, I decided to try something

different. I created a family to-do Christmas list. Posted on the fridge with space for names by each task, I was determined to make this year different! In the past, I would ask my kids and husband for help, but sometimes they forgot or were busy and I'd end up doing most of it myself, leaving me tired—and grouchy. But I was determined not to do that again.

The list was emailed to everyone. Tasks were claimed: my son hung up the lights and got the tree; my daughters vacuumed, decorated, cleaned bathrooms, set the table, and helped bake. My husband helped with the tree and washed dishes, did laundry, vacuuming, and washed floors!

Two days before Christmas, I felt remarkably calm. Everything was done, and I was able to do what I love—bake! Dinner was a grand success and everyone helped clean up afterward.

This experiment taught me an important lesson: asking for help from family can work, but nagging doesn't. Giving people choices ahead of time works even better. My list helped everyone to understand the complexities of preparing such a dinner, and together, we pulled it off beautifully. Next year, my sister will host and we'll all pitch in, and when I turn 72, I'll host again with a smile and plenty of help!

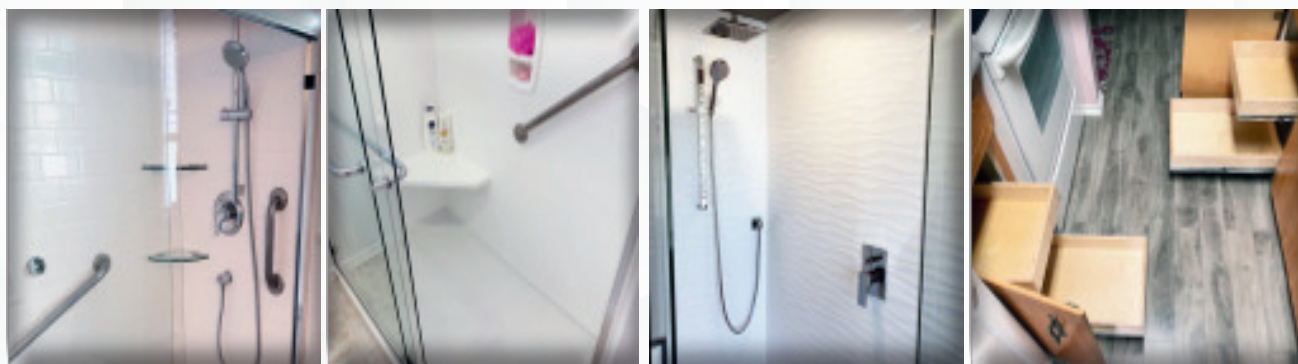


Task	Time	Name
Friday December 24		
Make turkey dressing	1.5 hours	
Prep some vegetables	1 hour	
Load/unload dishwasher	20 min	
Peel potatoes	1 hour	
Water tree (daily)	10 min	
Place towels	5 min	
Prep Christmas breakfast stuff	1 hour	
Check on Turkey	5 min	
Set dining room table	30 min	
Saturday December 25		
Prepare brunch- crepes fruit Juice Uscon	1.5 hours	
Set the table, plates, cutlery, glasses, candles, placemats, salt peppers	1 hour	
Put out Christmas crackers		

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BELLINGHAM'S SPARK MUSEUM OF INNOVATION

By Rick Millikan

Vacationing in Birch Bay, we head into Bellingham to investigate Spark Museum. There, exhibits based on private collections of inventions present the evolution of innovations.

Near the entrance, illustrations portray momentous electrical discoveries. Thales, an ancient Greek, rubs amber against cat fur. His experiment created an electrostatic charge causing a magnetic attraction. Others show Benjamin Franklin's lightning rod, Alessandro Volta's battery, Michael Faraday's dynamo and Humphry Davy's

arc lamp.

Beside a telegraph key, a placard explains that Samuel Morse produced this electrical device in 1832. Using his dot-dash code, operators conveyed distant messages over copper wires. In 1876 Alexander Bell discovered how to use electricity's flow to send sounds instead of codes. His telephone was nicknamed 'a talking telegraph!' His original's reproduction sits among ever-evolving models. Boxy wooden wall phones boast cranks for alerting switchboard operators to connect calls. Early rotary phones recall experiences with party lines.

Signage explains how electric arcs replaced dangerous gas streetlights by 1870. After nine years of tireless experiments, Thomas Edison successfully electrified carbon filaments within bulbs filled with inert argon gas. Initially they fell from their sockets. To secure them, he created screw-in bulbs. His incandescent lights were now safe, long-lasting outdoor and in-home bulbs.

Other signs describe 'War of the Currents.' Heavily invested in Direct Current systems, Edison attacked Alternating Current systems implemented by George Westinghouse. Edison's propaganda argued AC was 'life-threatening.' His claim was ultimately refuted. Realizing how alternating current supplied safe, cheap power, governing bodies contracted Westinghouse to provide Chicago's 1893 World Fair with AC electricity..and to build Niagara Falls' power plant.

Nikola Tesla was a brilliant ally during this period. Developing AC generators, transformers and motors, he helped Westinghouse win the AC-DC war. Spark's Mega-Zapper Electrical Show replicates the Tesla Coil patented in 1891. This large coil hurls bolts of electricity at 'cages' filled with fearless volunteers. These powerful presentations evoke earlier performances, when 250,000-volt Alternating Current was passed through Tesla's own body to prove system safety.

In another room, storyboards recap the radio wave discoveries of Heinrich Hertz in 1895. Applying this research, Guglielmo Marconi devised the first wireless radio. A replica sits on an adjacent desk. Titanic's radio operator used one like it to signal its distress to other ships. The Carpathia, a nearby ocean liner responded, saving 705 lives!

Shelves display a large crystal radio collection. Using galena crystals and long antennas, these devices gathered tropospheric soundwaves. Coiled wire and capacitors allowed listeners to select frequencies for hearing transmitted sounds. Earphones further clarified broadcasts of faraway voices. Easily made and undetectable, soldiers utilized these radios during World War I and II. As boys, my brother and I used one assembled by our dad.

In the last room, a docent winds up a music box. Once activated, the brass cylinder rotates pins that strike tuned forks, plinking out delightful melodies. He shows us Edison's gramophone and its wax cylinders. Cranking up a 1900's Victrola, he plays a one-sided acetate disc. Its steel needle traces the grooves, producing surprisingly sweet, accurate sounds. An added bell-like horn amplifies 'O Solo Mio,' sung by Enrico Caruso, the era's popular operatic singer. He compares this one-sided disc with a vinyl record. "These discs were easily broken. Decades later, innovative two-sided vinyl records replaced these brittle discs," he explains, adding, "Their grooves allowed greater storage and a truer sound."

As we leave the museum, a desk attendant mentions that students visit Spark on fieldtrips from as far away as Seattle. This unique museum rewards whoever chooses to visit. Its extraordinary collection of historic inventions enlightens and soundly entertains folks of all ages!

To further investigate this Bellingham museum, visit: <https://www.sparkmuseum.org/>



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Castles & Mysteries in Victoria (EB)	Apr	7	5 days	\$2350
Skagit Tulip Festival (EB)	Apr	14	4 days	\$1355
Wonderful Waterview Hotels in BC (EB)	Apr	28	6 days	\$2580
Central Europe <i>Poland, Slovakia & Czechia</i>	Apr	29	14 days	\$9690
Oregon's Willamette Valley (EB)	May	3	8 days	\$3365
Cruising the Gulf Islands	May	11	7 days	\$4275
Lynden, Poulsbo, Leavenworth, & Winthrop (EB)	May	15	6 days	\$2410
New York City	May	25	9 days	from \$5660
Rideau Canal Cruise <i>Ottawa to Kingston</i>	June	1	11 days	\$6365
Orca Kayaking in Johnstone Strait (EB)	July	15	6 days	\$4930
Western Newfoundland & Labrador	July	30	13 days	\$7215
Scandinavia (EB) <i>Denmark, Sweden & Norway</i>	Aug	3	17 days	\$17,410
Maritimes & Newfoundland	Aug	25	24 days	\$9535
PEI & Magdalen Islands	Sept	5	10 days	\$5435

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WHAT SENIORS NEED TO KNOW ABOUT THE LATEST TECHNOLOGY



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 optimizes 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.

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 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](https://www.intel.com/aipc).
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TOP TIPS TO IMPROVE YOUR HEALTH



This is a time when many of us start to think about our goals for the coming year. For some, taking care of our health is a key priority. Building in healthy habits where possible is important to our health. Here are four ways you can get healthier this year.

Eat well

It's not easy to change a habit. Eating habits are no exception. There are many different factors that make changing your eating habits difficult. But over time and with small steps you can be well on your way. You can make healthy eating habits easier to maintain over the long term by finding options that fit your daily routine. Eating a variety of vegetables and fruits, whole grain foods, and protein foods as

well as making water your drink of choice can help you maintain your overall health. Remember that everyone's health goals and individual needs differ. It is important to find healthy food choices and habits that are right for you.

Reduce sedentary time

The Canadian 24-hour movement guidelines have been developed for all age groups to provide Canadians with guidance about how much physical activity, sedentary time and sleep is needed in a 24-hour day. Some physical activity is better than none, and getting started is easier than you think. Making choices like walking to the store instead of driving or taking the stairs instead of the elevator all contribute towards a healthy 24 hours. Try to

limit sedentary time to eight hours or less and break up long periods of sitting where possible. Getting enough good quality sleep can benefit from consistent bed and wake-up times.

Book a checkup

To quote an old saying, an ounce of prevention is worth a pound of cure. Regular oral and medical check-ups are an important part of your overall health and can uncover potential issues before they become major issues. As we age, there are certain tests we should take, including mammograms and colonoscopies. Be sure to talk to your doctor about the right timing for these check-ups based on your individual health needs.

Quit smoking

Quitting smoking is one of the best things you can do to improve your overall health, and you'll start noticing positive impacts almost immediately. Start by creating a quit plan that includes the reasons you want to quit and lists the tools and coping mechanisms you will use to manage cravings. Next, be aware of the things that might trigger a craving, and consider using quit aids, such as nicotine gum or patches, to get through them. Finally, reach out for support when needed. Free quit-smoking support services are available across the country. You can chat with a quit coach by phone, online or text.

Find more resources to help you quit smoking, including a quit smoking planner at canada.ca/quit-smoking.

www.newscanada.com

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.

www.newscanada.com

Dentures VS Dentures on Implants

A better life is possible with secure and functional teeth

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

What are dental implants?

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

Preventing Bone Loss in the Jaw

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



Natural Teeth



Resorption: 10 Years



Resorption: 30 Years

How many dental implants are necessary to secure a denture?

The number of implants a person requires will depend on the prosthetic (denture) design. The 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 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

About Us

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

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

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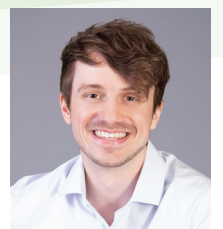
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