

Senior's **ACTIVE Digest**

Summer 2026

For the mind, body & spirit

Discover Malta

Tiny island packs
a wallop

Gardening

Dig in for fresh
bounty this
summer

Planned giving:
A family's story

Oral health
care



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Beware the pitfalls of poor financial planning



Financial worry and poverty amongst the senior demographic is a problem in Canada, especially for single women.

Underestimating ones lifespan can lead to severe consequences when it comes to lodging, care and food. And that's a problem for people who don't create enough wealth to see them through their final, and increasingly long, years.

Once out of the workplace, it can be shocking to discover that some pensions, if one is lucky enough to receive one, combined with the paltry Canadian Pension Plan and potential top up for low income earners, doesn't go very far when factoring in the high costs of home ownership or rent, food, and just the cost of living in general.

That's why it's important to be mindful of the choices you make today that could impact your pocketbook heading into retirement, when the loss of a paycheque means the coffers will not be topped up.

Author Moira Welsh offers expert advice on the topic of growing very old. You can read about her book and where to find it on Page 30 of this edition of Active Senior's Digest. It covers many topics that go along with aging.

This edition also features a trip to Malta, a tiny island off the coast of Italy.

This island has a dynamic and turbulent history of which is visible today in its walled cities built of limestone.

The people are friendly and happy for the tourist trade so they treat you right.

As usual at this time of year, we also offer gardening ideas and tips through many newly published books, to help you get outdoors to stay active.

Sandra McDowell

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Digest

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Oral health for seniors

Oral health care is essential for health. In fact, the health of your mouth has a significant impact on your overall well-being. Even so, many aren't getting the professional care needed.

A recent oral health survey by Statistics Canada found that 24 per cent of Canadians avoided visiting an oral health professional because of the cost.

Preventive oral care is also a savings. Regular appointments with a dental hygienist don't just help your smile look nicer. They also help prevent diseases, like periodontitis, that can require more expensive treatments and increase your risk for other conditions, including diabetes. A dental hygienist can monitor your mouth for early warning signs of problems, helping you catch and deal with them before they become more costly.

More Canadians are eligible for affordable oral health care. The Canadian Dental Care Plan (CDCP) is giving millions of people access to essential preventive care. To be eligible for coverage under the plan, your annual household income must be less than \$90,000, you must be a Canadian citizen for tax purposes, and you and your partner must have filed your tax return here in the past year. You also can't have access to private dental insurance or coverage from a source such as a pension, employment benefits or a student organization.

Through programs like the CDCP, eligible Canadians can better protect their oral health, which helps their overall health. Learn more about eligibility and how to apply at dentalhygienecanada.ca/CDCP.

www.newscanada.com

Tips for a smooth move

Moving soon? What to review before changing addresses

Moving to a new home is an exciting time, and there's a lot to process. Between closing documents, packing and unpacking, it's easy to lose track of some administrative details. You can save yourself some potential headaches by taking these items into consideration:

Update online services and subscriptions. A lot of these use your home address, so get ahead of the move by updating them to your new address. This will help you avoid disruptions and having to scramble to get everything where it needs to be on top of having to settle in.

Make a record of valuable items. In case anything gets damaged or goes missing during a move, it's important to have a clear record of what you had before the process. One useful trick is to photograph any valuables from a couple of angles for easy reference later on.

Plan ahead for connectivity in a new home. Getting internet, TV and phone services set up is an early priority during a move. You can notify your provider to

help make the process easier, but the truth is that issues can happen. You may run into unexpected fees during a move or even service disruptions.

If your service provider doesn't deal with the issue to your satisfaction, you still have options, such as taking the issue to the Commission for Complaints for Telecom-television Services (CCTS), an independent agency that can deal directly with providers. It handles unresolved wireless, TV, phone and internet service issues from thousands of Canadians each year.

Take the opportunity to lighten your load. Moving can also be a chance to only take what you truly value with you. Instead of looking at all your stuff as automatically coming with you, try imagining it was something being offered to you for your new home. If it's something that excites you to have there, pack it—if not, consider letting it go.

Moving is always stressful, but staying connected during the process doesn't have to be. You can learn more about resolving issues with your telecom service provider at letsstayconnected.ca.



Bits 'n Bites

Mars? Really?

John F. Green

I've been reading with interest lately about some world agencies busy planning the next great space adventure: a manned mission to Mars—Russia, discussing a crewed mission; China, sometime around 2033; NASA aiming for 2030; and in the private sector, SpaceX, developing a starship system for Mars colonization.

Consider for a moment the massed convergence of science these feats will entail: extensive biomedical research to counteract the effects of spaceflight; advanced structural engineering requiring complex math and physics; an extensive suite of scientific instruments, some of which have yet to be developed; and counteracting the effects of long duration space flight. All in all, the human technological expertise required to achieve this is difficult to comprehend; but there's little doubt it's going to happen.

Now consider these scenarios: a woman goes into her bank to withdraw some spending money only to discover her account, with her life savings, has been emptied, stolen. A young couple, keen to begin investing money for their future, is contacted by a "reputable" investment company that assures them, for a substantial initial amount, that they are in the right hands; a week later both the investment company and the money are gone. A phone call from a Revenue Canada agent warns a senior that if he doesn't come up with several thousand dollars in back taxes the police will be at his door; so, to make things easier for him, all he has to do is give the agent his banking information to complete the transaction; you guessed it—both money and agent gone.

Here's my question. If space flight

scientists have the technology to put a human being on Mars why can't those same geniuses come up with the technology to catch scammers? Can the technology be that difficult? Among the answers, according to those who simply want to avoid the issue, "Well, they operate from a lot different countries making them hard to track." More difficult than tracking a satellite rotating the earth? More difficult than tracking a spacecraft halfway between the earth and Mars?

"Scammers use trading platforms that show high gains and guaranteed returns presented by professional legitimate advisors." Is modern technology so inadequate that it can't separate these "advisors" from the real ones? What the heck! My wife can tell I'm at a nearby grocery store by simply looking at her cell phone. There are others: the infamous grandparents scam—an urgent distress call from a grandchild requiring the immediate transfer of cash; or scammers creating fake dating profiles to build emotional bonds that eventually ask for money; a job offer requiring money deposits.

The banks tell us they have layers and layers of security to prevent scammers from taking us to the cleaners; expert pundits are full of good advice on how to keep crooks from taking our savings and pilfering our pocket books—very few of which actually work. Now, there's a new wrinkle: artificial intelligence (AI) fake videos and social media to scam us. And where are the scammers in all of this? Still out there, easily avoiding any attempted measures to stop them, and happily separating us from our money.

Perhaps it's just not a priority.



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Malta



This part of the island is referred to as the Golden Coast for its notable sand colour.

photo by Olivia Gotz



A tiny island with a big wallop

Malta is a small island measuring just 17 miles long and nine miles wide located off the south coast of Italy in the middle of the Mediterranean. It's the smallest country in the European Union -- but it punches way above its weight.

Historically, the island was a major staging place for Allied naval forces during the Second World War and was one of the most bombed places during the conflict. Being an island nation, it has a huge nautical history, and holds one of Europe's premier long-distance races, the Rolex Middle Sea Race, a 606-mile ocean tear around Sicily and back.

The island is rife with history, having been visited by Phoenicians, Romans, Arabs and Normans, before the Knights of Malta, a religious and military order that first began in Jerusalem in the 11th century, were granted the island by the King of Spain in 1530.

The Knights of Malta, a noble order that ruled the island long before France and England fought over the territory, built forts, elaborate churches, government buildings and homes first in Birgu and then in Valletta, the capital. Many of these structures still exist.

Visitors to the island can visit these walled cities with medieval structures and ornate churches, such as the St. John Co-Cathedral

with a huge Caravaggio masterpiece called "The Beheading of St. John" and a floor made of large, colourful tiles that are the actual headstones of Knights long buried onsite. The eight-sided Maltese cross is prevalent everywhere, and is said to represent the eight language groups that made up the Knights.

These older settlements on the island, such as the 11th century walled city of Mdina, the county's previous capital, are used as movie sets for notable films like Game of Thrones, Gladiator and Troy. The island doubles as sets for historic films that depict early Rome.

The nation is actually two islands, Malta and the nearby and smaller Gozo which are linked by a ferry. The population of about 570,000 is centred mainly in cities. The coastline is generally rocky, but there are a few spots to swim, such as Golden Bay known for its golden sand and beautiful sunsets.

Spread out along the coastline, near the island's picturesque Grand Harbour, are small stone buildings that were used during WWII as gun

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turrets to ward off enemies, and as look-outs to warn of a possible invasion.

Fishing is popular on the island, and the historic fleet were brightly coloured sailboats with long upswept bows that can take the waves. Rabbit is the traditional dish.

Some of the island buildings were damaged during WWII, including a church that had a bomb during an air raid drop through the middle of its ornate dome while a service was underway. The bomb hit the church floor and skidded to a stop near the gathered faithful with no one killed. This church and other damaged buildings were rebuilt.

Napoleon invaded the island in 1798 because of its strategic location in the middle of the Mediterranean but the locals didn't like the pillaging of churches and within two years drove the French to hide inside the forts and walled cities until the British arrived.

The British fleet, lead by celebrated admiral Horatio Nelson, drove the French from the island nation for good by a blockade that lasted for two years. The British basically starved the French troops into surrender. They were trapped without provisions in the walled city and were surrounded by a hostile local Maltese population.

Britain ruled from 1800 to 1964, when the island got its independence and joined the Commonwealth. The country became part of the European Union in 2004 and is the only country in that group where driving is on the right side of the road. English is the common language, although many older residents speak Maltese.

The French general and emperor was not the first to invade Malta. The Knights held off an in-



A horse-drawn carriage is a great way to explore the city.

vasion by the Ottoman Empire in 1565 that became known as the Great Siege of Malta. The battle lasted four months and the invaders were repelled.

The Knight Jean Parisot de La

Valette, a French nobleman and Grand Master of the Order of Malta, lead the local forces against the invading Turks at age 70, and the capital is named after him. His statue stands in front of a building in the old walled city.

It's said that Valette died of a broken heart. He could not marry because he was a Knight, but had a relationship and his daughter was murdered by a jealous husband.

Nowadays, the Knights are celebrated for their valour and for fortifying the island and establishing the walled cities that survive to this day. There is a museum celebrating the armaments and the elaborate suits of armour worn by the Knights in battle.

Malta has many protected marinas and sailing is celebrated, especially during the Middle Sea Race held annually.



Restaurants offer many unique cuisines, including Malta's national dish of rabbit.

Planned Giving

Planned giving is the process of donating planned gifts

A planned gift is a contribution that is arranged in the present and allocated at a future date. Commonly donated through a will or trust, planned gifts are most often granted once the donor has passed away.

The War Amps begins its 80th annual key tag mailing

The War Amps has started mailing 2026 key tags across the country, marking 80 years of providing this service to residents. When you use a War Amps key tag, you protect your keys and support amputees.

Seven-year-old Kenzie Stronks was born without her left arm below the elbow and was enrolled in The War Amps Child Amputee (CHAMP) Program shortly after she was born. In the letter accompanying the key tags, her parents, Shannon and Josh, describe how The War Amps has supported their family. As a Champ, Kenzie receives financial assistance for artificial limbs, peer connections through CHAMP events and so much more.

“When she walks into a room, her amputation often makes her different from everybody else, so being able to meet kids just like her at CHAMP seminars is very special,” say Shannon and Josh. “Thanks to The War Amps, Kenzie has the artificial limbs and devices she needs for the hobbies she loves. She has

a bike device that attaches to her artificial arm and allows her to keep a safe grip on the handlebar while riding. She also has a tumbler device that fits onto her artificial arm to help with balance and floor exercises during karate.”

The Key Tag Service is a free key return service for Canadians that generates funds for The War Amps many programs, including CHAMP. Since amputee veterans started the service in 1946, it continues to employ amputees and people with disabilities and has returned more than 1.5 million sets of lost keys to their owners.

Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier,

free of charge.

The War Amps receives no government grants; its programs are made possible through the public’s support of the Key Tag Service. For more information, or to order key tags, visit waramps.ca or call 1 800 250-3030.



Kenzie Stronks receives financial assistance for her artificial limbs.



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Planned Giving

Tax benefits for donations

Planned giving involves arranging significant donations often providing substantial tax benefits to the donor's estate. These gifts are planned, requiring thought and professional advice, to align philanthropic goals with financial planning.

Some of the common planned giving include:

Charitable Bequests: Including a charity in your will for a specific amount, percentage, or residue of your estate.

Publicly Listed Securities: Donating stocks, bonds, or mutual funds directly to a charity eliminates capital gains tax.

Life Insurance Policies: Transferring ownership of a policy or naming a charity as beneficiary allows for a large gift at a low cost.

RRSPs/RRIFs: Naming a charity as the beneficiary of retirement funds, which can offset high tax liabilities on a final tax return.

Charitable Remainder Trusts/Gift Annuities: Arrangements allowing donors to receive income during their lifetime while leaving the remainder to charity.

These types of financial arrangements come with some important tax benefits.

Donations made in the year of death can offset up to 100 per cent of the donor's net taxable income. Donations made in a final return can be carried back one year to reduce tax liability.

Gifts of publicly traded securities are exempt from capital gains tax.

In order to make these charitable donations, it's important to follow the correct procedures.

Consult professionals, such as a lawyer or financial planner.

You should also contact the charity to discuss your wishes.

Finally, update your will to include the specific, legal name of the charity and their registration number.

Planned Giving

Running for Love: One Family's Legacy

Running has always been a stressor for Karl. A retired Chartered Professional Accountant, Karl is 73 and was inspired by long-distance runners Emil Zatopek and Eliud Kipchoge to complete three marathons and two half marathons. He continues to run every day and recently ran the 2026



Karl & Vinita outside Lakeridge Health Oshawa.

Vienna marathon this past April and will run the TCS Toronto Waterfront Half Marathon for the third time this fall.

In recent years, however, Karl has been running with purpose.

In March 2022, Karl's wife, Vinita, was diagnosed with a rare and aggressive stage 4 endometrial cancer. She underwent surgery, 12 rounds of chemotherapy and five rounds of immunotherapy under the expert care of the R.S. McLaughlin Durham Regional Cancer Centre. Every step of the way Karl and their daughter, Vivienne, a nurse at Lakeridge Health, felt they were in the best hands.

Deeply moved by the care his family received, Karl decided to dedicate his first TCS Toronto Waterfront Marathon to cancer care at Lakeridge Health and raised \$11,220 for Lakeridge Health Foundation.

"Vinita predicted right away that I'd run again," Karl remembers fondly. "She was right - it's what I love to do. And helping Lakeridge Health at the same time made it even better."

Vinita sadly passed away in 2024 after a courageous fight, but her love, encouragement and spirit continue to inspire Karl and all who knew her. In her mem-

ory, Karl has chosen to leave a gift in his Will to Lakeridge Health Foundation, ensuring Vinita's legacy will continue to touch lives for years to come.

Karl's decision reflects how legacy giving can support both family and community. By creating a legacy through a gift in

your Will, life insurance, stock, RSP, RIF, TFSA or endowment fund, you can help fund advanced equipment and technology not covered by government funding.

Even a small portion of your estate can create meaningful impact while still ensuring your family is well cared for. It's an important conversation for families and their advisors. Planned giving experts such as lawyers, financial advisors and the team at Lakeridge Health Foundation are helpful resources in crafting a personalized plan for you and your loved ones.

Through stories like Karl's, one can see that leaving a legacy gift is more than an act of generosity—it's a reflection of your life and your values, and a meaningful way to honour those you care about most.

Lakeridge Health Foundation raises funds and awareness for the Oshawa and Whitby hospitals as well as regional projects and programs at Lakeridge Health including the R.S. McLaughlin Durham Regional Cancer Centre. To learn more about creating your own legacy, contact Adrienne Burns at 905-576-8711 ext. 32784 or visit www.MyLakeridgeLegacy.com.



Your legacy. Their future.

It has taken you a lifetime to build your family, home, and community on the values that define who you are. You should take as much care in deciding how to share your assets as you did in building them.

At Lakeridge Health Foundation, our charitable giving experts can help you explore meaningful ways to support future generations in your own community – through estate planning, gifts of securities, life insurance, or endowment funds.

Thoughtful planning today means a brighter future for health care in your community. Visit mylakeridgelegacy.ca to learn more.

Leaving a Legacy has never been so easy.

What are Planned Gifts?

Planned giving (or legacy giving) allows you to make a future financial contribution that may not be possible for you today. There are many options when it comes to leaving a planned gift, including a gift in your Will, life insurance, stock, endowment fund, RSP, RIF, or a TFSA..

Are there Tax Benefits?

Yes - there are significant tax advantages to making a planned gift, including reducing or eliminating capital gains from gifts of securities and providing valuable tax credits to your estate when you include a charitable gift in your Will.

Balancing Family and Philanthropy

Planned giving allows you to take care of your loved ones and support causes that mean the most to you - ensuring both your family's security and your community's future. Even a gift of just 1% in your Will can make a lasting difference in your community.

Ask an Expert!

Planned giving decisions require time and thought. To learn more or to discuss how you can create your own legacy gift, contact Adrienne Burns at Lakeridge Health Foundation, 905-576-8711 ext. 32784 or speak with a financial or legal professional you trust.

MyLakeridgeLegacy.ca

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Spring into the garden

*It's time to dig in for
some fresh bounty*

As the days get longer and winter disappears (good riddance! That was way, way too much snow and cold), our attention shifts to the outdoors and things that we can do – like gardening, bird watching or simply going for a walk around the block.

Although some of these activities may sound like work (like picking up a shovel and digging around in the dirt), there are some resources available that can make things easier on all of us and more enjoyable.

We feature some books in our annual garden section with great ideas, like conserving water, and planting gardens that regenerate year-after-year, which avoids the digging and heavy lifting every spring.

There's a book dedicated to lavender, a flower which keeps on giving with heavenly scents and scenes -- turning

planters and fields a lovely purple – while offering craft ideas like making wreaths. And pocket guides for naturalists to identify plants, trees, birds and even animal tracks on that spring or summer walkabout.

This tips or tricks-of-the-trade are offered in some nice books that have crossed our desk this spring from various publishing houses.

First up, we will examine some gardening ideas that will make life a little simpler for those who like to get their hands dirty. And you don't need an acre or two of farmland in the middle of the country to enjoy spring and summer activities like gardening.

Simple-to-set-up container gardens on the patio will suffice, and offer a bounty at harvest time for a little effort in the spring. Sit back in your comfy chair and enjoy.

Books to guide you

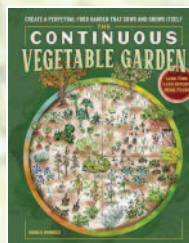
The Continuous Vegetable Garden

By *Charlie Nardozzi*

Quarto Publishing, www.quarto.com
Softcover, 192 pages

The dust jacket promises readers a plan that will allow for “a perpetual food garden that sows and grows itself” with plenty of photos and graphics over nine chapters to allow for easier days ahead. With plant profiles on perennials spread through the book, the author enthuses about using self-sowing plants, interplanting (mixing up the crops) and succession planting (spreading out the sowing and, thus, harvest period) and using covers to keep out the cold and stretch the season –

allowing more fresh fruits and vegetables over most of the year. The author of garden books and host of Emmy-Award winning gardening shows grew up on a farm in Connecticut but now says, with backyards shrinking and people back to work after the pandemic, the average garden size is only 100 sq. ft. and even smaller in Europe. There are tips for using less water, and weeding less – all meaning less time and effort.

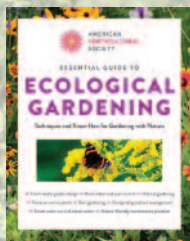


The Essential Guide to Ecological Gardening

By *the American Horticultural Society*

Quarto Publishing, www.quarto.com
Softcover, 240 pages

This book is more about growing flowers than food in a way that helps the environment, through the use of natural pest and weed control, by using less water and by encouraging pollinators like honey bees and birds to enjoy the beautiful bounty in your yard. It's for new gardeners or those who want to transition away from pesticides and fertilizers and the overuse of important water resources to more sustainable methods of



growing flowers. Some techniques include losing the lawn for wildflowers, setting up a Hugelkultur bed for healthy soil and less water use, biodiversity through the use of many different plants with staggered blooming times, and drawing beneficial bugs such as parasitic insects and lady bugs, which can mow through the harmful bugs that attack the flowers. The American Horticultural Society, a U.S. national garden organization established in 1922, offers plenty for gardeners to think about, whether you're on a farm or in the city and have a roof-top oasis. Why not celebrate the birds and butterflies, and help out nature while enjoying the colourful sights and sounds from your yard.

The Complete Guide to Home Permaculture

By *Brandy Hall*

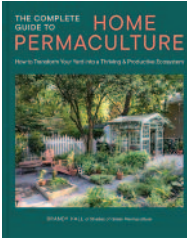
Quarto Publishing, www.quarto.com
Hardcover, 208 pages

This book carries on the nature-centric way of gardening for both urban and rural

folks, whether you have access to a small patio, a tiny section of an apartment roof top, or a larger backyard. There's a focus on creating a “landscape that gives back more than it takes – nurturing soil, conserving water, reducing waste and growing abundance in every corner” which is a

PERMACULTURE Page 20

Guides to great gardening



PERMACULTURE From Page 19

a pretty tall order. The author, who runs a firm focused on regenerative garden designs and is the mayor of small city near Atlanta in Georgia, offers case studies, practical projects like making compost tea or a Hugelkultur bed, and proven methods to grow gardens the right way. It doesn't matter if it's a new garden or an existing oasis, a little piece of the backyard or a larger suburban plot, there are great ideas for water management, soil improvement, and garden planning to meet any needs.



Lavender for All Seasons

By Paola Legarre, Photos by Kenneth Redding

Hatchette Book Group, www.timberpress.com

Softcover, 264 pages

Lavender is one of those plants with many uses and many fans, including the author who runs a six-acre lavender farm called Sage Creations in a high-desert at 4,800 ft. in mountainous Colorado. The plant is a member of the mint family and there are 3,500 species of these plants grown around the world, but only a few species have



herbal uses and are grown commercially for the manufacture of its essential oils. The extract is used as an antimicrobial and has anti-inflammatory, antioxidant and anxiety-reducing qualities. It's used to treat stress, anxiety, depression and

sleep disorders. The book outlines which varieties are suitable in different locations, and how to harvest and preserve lavender flowers. She also offers recipes (butters, sugars and syrups) for the plant, and step-by-step season craft projects—sweet-smelling wreaths for the holidays, anyone? The

book is a celebration of sweet-smelling gardening.



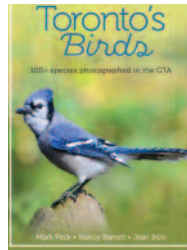
Toronto's Birds

By Mark Peck, Nancy Barrett, Jean Iron

James Lorimer & Company Ltd., www.lorimer.ca

Softcover, 160 pages

All three authors are connected with the Ontario Field Ornithologists, and know how to enjoy a walk in nature and share a love of birds. They have collected facts and photos on over 100 species spotted in the Greater Toronto Area, including in numerous parks and public spaces. There is everything from waterfowl and raptors to song birds that are both permanent residents and sea-



sonal visitors. The area is rich in birdlife (400 species) because of the nearby northern Boreal Forest, and being part of the Atlantic and Mississippi flyways.

The photos are fabulous and the large-format book gives readers a full view of what all the varieties of our feathered friends look like. It's not as compact as a field guide, but offers details on the variety of birds that you are likely to spot.





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Seniors need the right housing

Seniors in our community deserve more than uncertainty when it comes to housing. They deserve stability, dignity, and real choice.

Across Durham Region, I hear from older adults who are worried about rising rents, long waitlists for affordable housing, and the lack of options that allow them to age safely in their own communities. These concerns are not abstract; they affect daily life, health, and peace of mind.

Housing should meet you where you are. For some, that means accessible apartments close to transit and services. For others, it means being able to stay in a longtime home with the right supports. But right now, too many seniors are being forced into difficult decisions because the system isn't keeping up with demand.

We need a stronger commitment to building affordable, accessible housing designed specifically for seniors. We

also need better support for home care and community services, so people can remain independent for as long as possible. And importantly, we must ensure that new developments include options that are truly within reach for those on fixed incomes.

You have contributed so much to our communities. You deserve housing solutions that reflect that value, not ones that create stress and uncertainty.

I will continue advocating for policies that put seniors first because a community that respects its elders is one that plans for everyone's future.

Your voice matters in this conversation, and I am listening. As always, connect with my office to share your ideas. Concerns, and perspective.

JFrench-CO@ndp.on.ca or (905) 723-2411

Jennifer



We're here to help!

- Milestone scrolls
- Provincial concerns or questions
- Provincial Government services



Connect with our office!

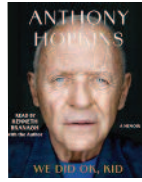


JENNIFER FRENCH, MPP OSHAWA

(905) 723-2411 | jfrench-co@ndp.on.ca | jenniferfrench.ca

Life of the great Sir Anthony Hopkins

We Did OK, Kid, A Memoir
By Anthony Hopkins
Summit Books, An Imprint
of Simon & Schuster, LLC
Hard Cover, 352 Pages



This unexpectedly honest memoir by one of the great actors, Sir Anthony Hopkins, offers a rare look at his life with the many challenges he has faced personally and in his career. You could argue that acting saved him. Social anxiety and a few other unusual tendencies led him to develop coping strategies during various times of his life. As a youngster, he withdrew and perfected a look of indifference in order to disengage. This later turned to fighting, then alcohol, and then

both. He was written off as a “no good” with no future. Luckily, he was introduced to acting when he was taken to watch a rehearsal for a play put on by the local YMCA. Hopkins tells of his long road to stardom and details the sorrows of two failed marriages due to alcoholism. He talks about his biggest regret -- a daughter he left behind as an infant that still refuses to see him. And he talks about his greatest love, a woman named Stella, who he met after he gave up alcohol.

Hopkins gives such an intensely personal account of his shortcomings and how he worked to mostly overcome them throughout his life, right up to the acceptance of his first Oscar.

Moving on from a childhood trauma

The Irish Goodbye
By Heather Aimee O'Neill
Henry Hold and Company
Macmillan Publishing
Group, LLC
Hard Cover, 272 Pages



The three Ryan sisters come together at their beloved family home during Thanksgiving for the first time in years, reigniting old wounds and a dark secret that shattered their once unfettered existence. The death of a child-

hood friend in a boating accident changed the course of life for the children. While the sisters were able to move on in their own ways, their brother, who took the blame for the accident, did not. During the weekend, the sisters come to conclusions about their own lives, making decisions that take them out of their comfort but will give them the peace they seek. An unexpected dinner guest from the past sheds light on the childhood tragedy. This is a first novel for this young author who shows much promise in story telling.

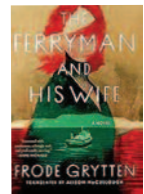
The end of the road

The Ferryman and His Wife
By Frode Grytten
Translated by Alison McCullough
Algonquin Books of Chapel Hill/
Little Brown & Company
Soft Cover, 166 Pages

Nils Vik knows that this is the day he will die. He readies his house and heads down to the dock, taking one last look around before boarding his boat. The ferryman is not alone. He is accompanied by his deceased dog and the memories of a

lifetime. During his final day, Nils encounters significant others who have crossed over that shaped the life he lived in the fjord as a ferryman.

There are the memories of his wife and children, his friends and people he ferried. There are the folks who he helped and who helped him, and, of course, his beloved four-legged companion that met an untimely death. This solemn tale is worth the read.





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Fresh-grilled salmon with a healthy secret

Eating well is one of the most powerful ways to support long-term health, but that doesn't mean meals have to be bland or boring. With the right ingredients and thoughtful pairings, food can deliver both essential nutrients and bold, satisfying flavour. This grilled salmon with prune chutney is a perfect example of how nutritious choices can also be tasty and enjoyable.

The salmon is rich in omega-3 fats, which support heart health. The nutrients in the salmon and prunes, including protein, vitamin D, vitamin K and boron, work together to support bone health. And the prunes' fibre and antioxidants support gut health, too. It's a winning combination that tastes as good as it looks.

Grilled salmon with prune chutney

Prep time: 10 minutes

Cook time: 1 hour

Servings: 4 portions

INGREDIENTS:

- 4 skin-on salmon fillets (675 g/1.5 lbs total)
- 2 tbsp (30 ml) extra virgin olive oil, divided
- 1 onion, chopped
- 2 tbsp (30 ml) brown sugar
- ¼ cup (60 ml) wine vinegar
- 3 tbsp (45 ml) orange juice
- 1 apple, peeled, cored and finely

DIRECTIONS:

For the chutney:

- Add 1 tbsp (15 ml) olive oil to a pan set over medium heat.
- Add onion and cook until softened, about 5 minutes.
- Add brown sugar, vinegar and orange juice.
- Simmer for 5 minutes. Add apple, prunes, ginger, cinnamon and nutmeg.
- Cook on low heat for about 30 minutes, stirring often.
- Add water as needed, using ¼ cup at a time so chutney stays jammy and moist.
- Set aside.

For the salmon:

1. Sprinkle flesh side of salmon with



diced

- 1 cup (250 ml) prunes, chopped
- 1 tbsp (15 ml) fresh grated ginger
- ½ tsp (2.5 ml) cinnamon
- 1/8 tsp (0.75 ml) nutmeg
- 1 cup (250 ml) water
- Pinch salt
- Pinch black pepper

salt and pepper.

2. In a large nonstick skillet, heat remaining 1 tbsp (15 ml) oil over medium heat.
3. Cook salmon skin side down, about 10 minutes, or until skin is crisp.
4. Turn and cook until fish flakes easily with a fork, about 3-4 minutes (total cooking time is 10 minutes per inch of thickness).
5. Add 1 to 2 tablespoons of prune chutney to each salmon fillet and serve.
6. Save extra chutney in the refrigerator.

www.newscanada.com

Crab and prune salsa stack

Prep time: 20 mins; Servings: 4 stacks

INGREDIENTS:

Prunes and beet layer

14 California prunes, diced
1/3 cup (75 ml) minced pickled beets
1 green onion, finely sliced

Crab layer:

1/2 lb (227 g) lump crab meat
1 small tomato, finely diced
1/4 cup (60 ml) mayonnaise
2 tbsp (30 ml) chopped dill
1/4 tsp (1 ml) pepper

Cucumber layer:

1 Persian cucumber, finely diced
1/3 cup (75 ml) finely diced radish
Zest of 1 lemon
1 tsp (5 ml) lemon juice
Salt and pepper to taste

Base layer: 2 ripe avocados, diced

Accompaniments:

Dill for garnish; 1/2 cup (125ml) store-bought crispy onions; Crispy fried wonton skins or thin crackers to serve

DIRECTIONS:

In a bowl, combine prunes, beets and green onion.

In a second bowl, combine crab, mayonnaise, tomato, dill and pepper.

In a third bowl, combine cucumber, radish, lemon zest and juice. Salt and pepper to taste.

To assemble the stack, use a tall 3-inch round biscuit cutter or make one from an empty plastic food jar or metal can of the same diameter.

Place mold onto a plate, spoon about 1/4 of the diced avocado into the mold. Tamp down gently using a wooden muddle or shot glass to make an even layer. Add 1/4 of the crab layer and repeat tamping. Add 1/4 of the prune mixture and tamp to even out the layer. Tamp in 1/4 of cucumber layer. Gently lift up the mold while holding layers down with the tamper. Repeat steps to make 3 more stacks.

Garnish each stack with crispy onions and dill. Serve with wonton skins or crackers.



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Experience personalized hearing care in Durham

Hearing plays a quiet but powerful role in how we connect with the world around us. It shapes how we engage in conversations, participate in social settings, and stay present in the moments that matter most. When hearing becomes more challenging, it's not just about sound. It can affect confidence, energy, and overall quality of life.

For many people, these changes happen gradually. Conversations may take more effort, and busy environments can feel overwhelming. Over time, this can lead to fatigue or stepping back from activities once enjoyed.

The good news is that hearing technology has evolved to better support real-life listening. Today's solutions are designed not just to amplify sound, but to help you stay focused on speech while still being aware of your surroundings.

One example is Oticon Zeal, a newer

generation of hearing technology designed to deliver clear, reliable sound in a discreet size. What sets it apart is its ability to help prioritize speech while still allowing surrounding sounds to be present, making conversations easier to follow without feeling overwhelmed.

Modern hearing solutions can also be tailored to your lifestyle, whether that means staying engaged in group settings, enjoying time with family, or feeling more at ease in everyday conversations.

Taking the first step starts with understanding your hearing. Speaking with a hearing care professional can help you explore your options and determine what's right for you.

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Health self-care habits to help you keep well

Nobody likes being sick but there are steps you can take to help avoid it.

Self-care, which encompasses everything from making healthier choices to treating minor ailments yourself, is just as important for staying well as it is for getting well. Here are three practices from the self-care experts at consumer health company Haleon that can help your immune system:

1. Try a new hobby. Integrating wellness hobbies into your everyday life can play a significant role in your self-care by helping you wind down and reconnect with what makes you feel good. Whether spending time outdoors, getting active or prioritizing restful sleep, these activities can support both mental and physical health.

Regular physical activity (30 to 60 minutes most days) improves circulation and lowers stress hormones.

2. Get your vitamins and minerals. Your body relies on vitamins and minerals to maintain your immune system. Some, like vitamins A and B6, help it build antibodies. Others, like vitamins C and D provide wider support to your immune system. Iron helps carry oxygen to your cells, while zinc helps their overall function.

A varied diet is essential, but another way to help support your body is with a multivitamin or an immunity-boosting supplement.

3. Drink more water. Water powers nearly every function in the body, but it's especially important for immunity. It flushes toxins out of your system and aids the absorption of nutrients like vitamins and minerals. Staying hydrated can

also help reduce inflammation and help maintain the integrity of your mucous membranes.

Getting enough water can be a challenge for many people. You can try filling a large bottle or cup to avoid having to make multiple refills, or add some fresh mint or sliced fruit to the water to give it some flavour.

Self-care is simple to put into practice and can make a difference to personal and community health; reducing your chances of needing a doctor or emergency room visit can help lower overall strain on the health care system. That's a lot of power for some simple habits.

Learn more at getwellstaywell.ca.

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Live life well into longevity

One senior woman chased a dream with her husband.

The couple cashed in everything to set sail and live a simpler, nomadic life on the water.

When her husband got sick and died not too long into the adventure, financial reality was a wake-up call that has this woman looking into solutions as she struggles to prevent herself from aging further into poverty.



backgrounds on their journeys into old age. The author uncovers challenging facets of life senior women experience, including how to deal with loneliness,

The Astonishing Lives of Older Women

By Moira Welsh

ECW Press

ecwpress.com

Softcover

209 Pages

by searching for a new partner or friendships; intimacy; affordable housing; finances; and more.

This is the second book for Welsh (*Happily Ever Older*, published in 2021) on aging and where she finds her voice as an author and

Her story is not unique. This is an unnerving trend for many senior women for a myriad of reasons, whether a consequence of divorce, death or poor financial planning.

Author Moira Welsh delivers her best book yet on the pitfalls of being unprepared for a life that can be unexpectedly long. *The Astonishing Lives of Older Women*, just released by ECW Press, follows three women from very different

advocates for happy longevity. She details the many hazards of failing to plan for a long life and lays bare the reality of how impactful financial acuity plays in the roll to that happy ending.

Backed by in-depth research and expert advice, this long-time Toronto Star journalist offers a must-read book on how to age as gracefully as possible by dodging the avoidable pitfalls along the way.



Manage arthritis morning stiffness

Mornings can be the hardest part of the day when you're living with arthritis. At rest, joints can stiffen up—either because they haven't been moving and lubricating properly, or because inflammation builds overnight. The result is pain, stiffness and a slow start.

The Arthritis Society Canada can help you loosen up and take control of your mornings.

Start moving before you get up by gently move your joints through a comfortable range of motion for five to 10 repetitions. This can loosen the joints and reduce some of the pain and stiffness before getting up.

Use heat to your advantage by having

a warm bath or shower in the morning. Heating pads, electric blankets, or even a microwaved bag of rice may also be helpful. A programmable thermostat set to your preferred temperature 30 minutes before you wake up can also help make starting your day easier.

Apply warming creams, gels or oils for temporary relief of sore joints or reducing inflammation. For hands, try applying mineral oil, wearing loose rubber gloves and soaking them in hot water while gently moving your fingers.

A supportive mattress and the right pillow can help keep your body aligned, reduce strain on your joints, and prevent awkward positions .

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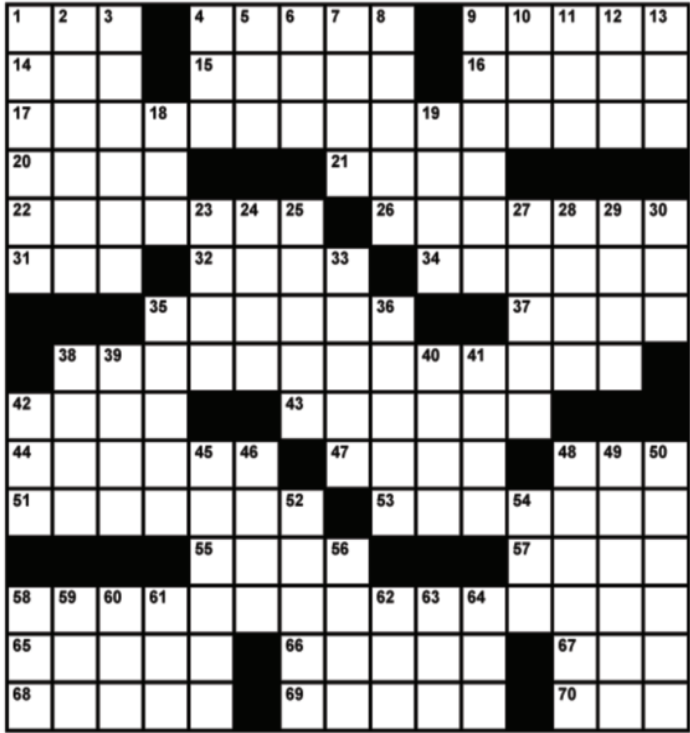
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Crossword

Across

1. Engine power measure
4. Old Testament port
9. Staff bearer
14. E.U. member
15. Shady retreat
16. Concur
17. Time period
20. Dog biter
21. Jolly boat
22. Some wounds
26. Cask measures
31. N.Y. minutes?
32. Like Beethoven
34. Farm feeder
35. Jacuzzi
37. Itch
38. Time period
42. Gangster's blade
43. Neaten, as towels
44. Kitchen gadgets
47. Mess up
48. Groceries holder
51. "Far out!"
53. Like Seattle's skies, often
55. Those not in power
57. 1952 Winter Olympics site
58. Watch the time closely
65. Sweetheart
66. Break down
67. Abbr. after a name
68. Snigger
69. Move, as a plant
70. Black ___ (covert missions)



Down

1. Leaf through rapidly
2. Orwell's common people
3. Least
4. Late-night name
5. Have being
6. Secretive org.
7. "Old" conservative sort
8. One who has attained enlightenment
9. Austrian composer, Gustav ___
10. Past
11. Producing high quality wine
12. Literary always
13. Court matter
18. "___-Pan" (1966

- James Clavell novel)
19. Fool
23. Aroma
24. It ain't "gross" (var.)
25. Half human, half horse, deity
27. Pub order
28. Lemon topping
29. Urges, with "on"
30. That female
33. Electrical safety devices
35. Busy places
36. Render unclear
38. Spring event
39. Charter
40. Rope fiber
41. Paella pot
42. Relaxing resort

45. Dig with a snout
46. Target of many Internet filters
48. Watering hole
49. Inactive state
50. Uncredited authors
52. Old knockout cause
54. Uncle Sam poster word
56. Arid
58. Nasty lady
59. Pick ___ or the other!
60. Horrible!
61. Miss-named?
62. Scrub
63. Bride to groom
64. Meshed fabric

Word Search: Trees

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

Trees

- Beech
- Birch
- Catalpa
- Chestnut
- Eucalyptus
- Hazel
- Laurel
- Maple
- Noble
- Pine
- Redoak
- Redwood
- Sycamore
- Walnut
- Willow

Sudoku

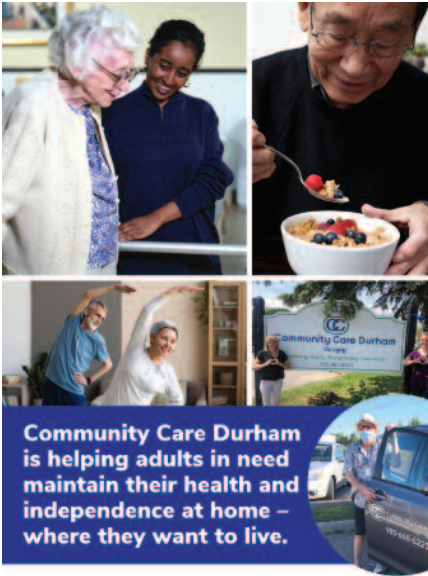
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		1	6					8
				3	2		1	
	8			2		1	6	4
4			7		5			9
6	9	2		8			5	
	3		8	4				
9					1	6		
		6		7	9	5		

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said 'She's still upstairs in the bathroom changing out of her hospital gown.'



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Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really!? Like a newborn baby!?'

'Yep. No hair, no teeth, and I think I just wet my pants.'

What do you call a well-balanced horse?

Stable.

What do you call an angry carrot?

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Mind Benders: Solutions

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3	6	9	4	1	8	2	7	5
2	5	1	6	9	7	4	3	8
7	4	8	5	3	2	9	1	6
5	8	7	9	2	3	1	6	4
4	1	3	7	6	5	8	2	9
6	9	2	1	8	4	3	5	7
1	3	5	8	4	6	7	9	2
9	7	4	2	5	1	6	8	3
8	2	6	3	7	9	5	4	1



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Ajax, Clarington, Oshawa, Pickering, Scugog,
Uxbridge & Whitby

*Christensen et al. (2024). Evaluating Real-World Benefits of Hearing Aids With Deep Neural Network–Based Noise Reduction: An Ecological Momentary Assessment Study. *American journal of audiology*, 33(1), 242-253. **A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Child hearing tests are conducted at select locations for a fee, please contact us for more information. Offers not valid in Quebec. See clinic for details. Offer expires June 30, 2026.



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