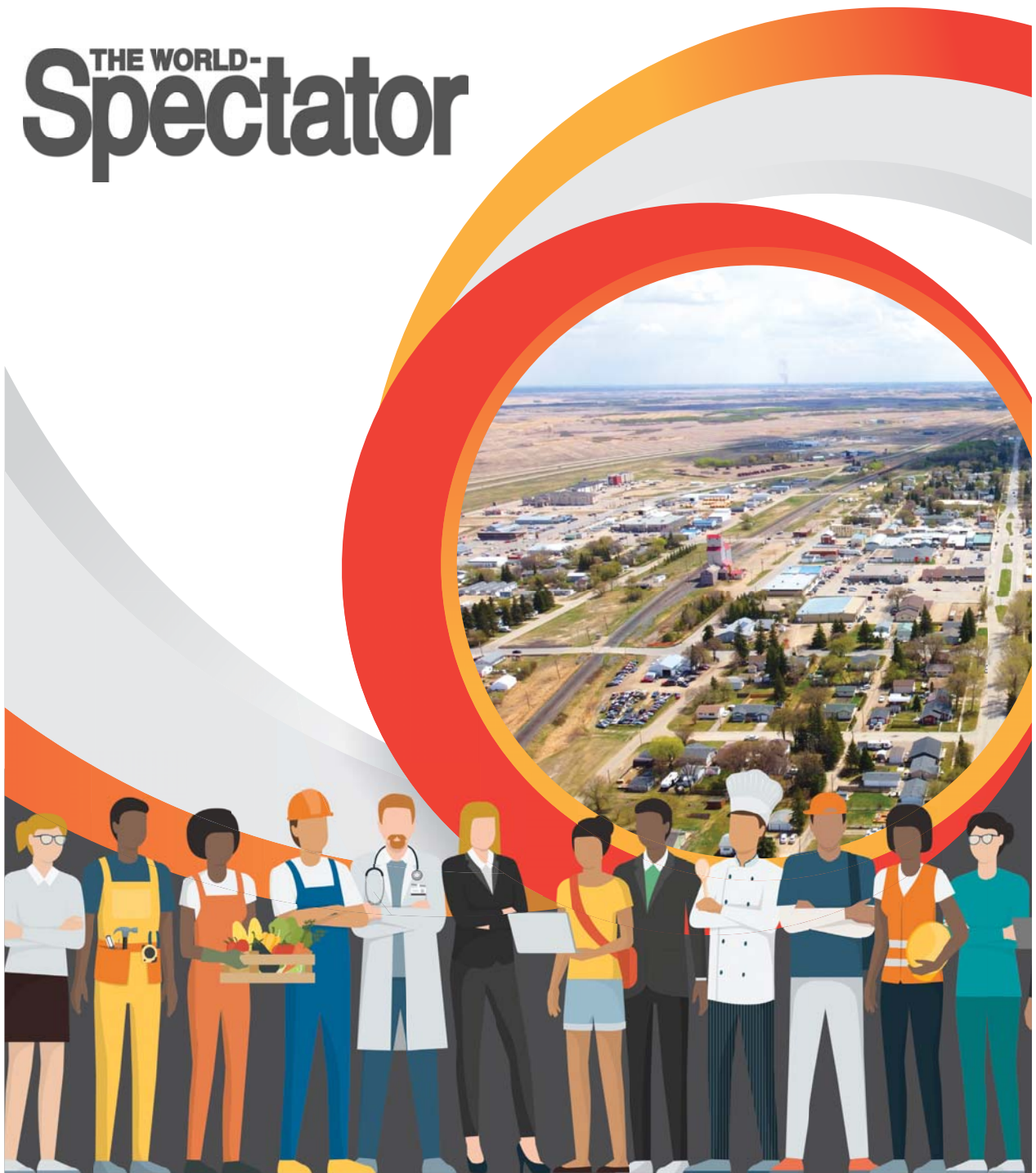


A Tribute to our Local Professionals

THE WORLD-
Spectator



Memo from the publisher

Our local professionals

This supplement is a tribute to our local professionals.

Our local professionals are dependable and conscientious members of our community. We are proud to support them by publishing this special supplement. We encourage you to use their services. They know our region, its people and our needs. They are here to serve our community!

We are very fortunate in this area to have a comprehensive range of local professional services available locally, services otherwise available only in much larger centres.

Our local professionals



play an important role in our region's health—not only our physical and mental health, but our economic health as well. Enjoy!

Kevin Weedmark
Publisher,
The World-Spectator

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A Tribute to our Local Professionals

Nutrien



Pictured: Nutrien's Potash mine in Rocanville, Saskatchewan

Global impact starts here

Finding a meaningful career in a rural setting

"It feels like I'm coming back home," says electrical engineer, Karl Messinbird when he reflects on his relocation to Rocanville from Winnipeg.

It was only six weeks ago that Karl started his role at Nutrien's Rocanville mine. Farming has been in Karl's family for four generations, and he is now using his engineering background to contribute to the farm in a less conventional way.

"Being able to contribute to the agricultural world feels like I am giving back, even if I am not on the family farm," says Karl. "It has to do with contributing to the future of agriculture and feeding the future."

Many local professionals like Karl grow their careers in large cities after graduating from university but are drawn back to working and living in a rural setting or small town with fewer people, less traffic lights and a greater sense of community. Growing up just over the border in a small town in Manitoba, it felt like a natural fit for Karl to apply for a job at Nutrien.

"I am excited about my opportunity at Nutrien to

find a job that blends my passion for engineering with agriculture while getting back to my roots in a rural area," says Karl. "This is a great place for professionals to grow their careers."

It feels like a community

Returning to a small town was an easy transition for Karl.

"People are relatable, friendly and you feel that instant connection, not just at Nutrien but in the community," says Karl. "It feels like I have been a part of the Nutrien community for a long time."

Many of the employees working at Nutrien's network of potash mines grew up in and around the area. Others were attracted to working for a global company with strong roots in the community. Instantly, employees have some sort of connection with their fellow co-workers, whether it is a direct relation to them or that you know someone that they know.

"There are people at the site that I have never met before, but I still have some sort of connection with them," says Karl. "I know someone that they know, or I know of the small town where they are from because I've played hockey or sports growing up on both sides

of the Manitoba / Saskatchewan border."

During one of Karl's tours underground, he was stopped multiple times by people that recognized him.

"One of the guys touring me around said he has been at the mine for over 15 years," says Karl. "He was like, 'Geez, you know more people than I do!'"

These types of friendly interactions are what drive the strong sense of community in the small Saskatchewan towns and mines themselves and build strong relationships with all levels of staff and management at Nutrien.

Local professionals feeding the future

Nutrien's network of six potash mines employs nearly 1,000 local professionals including supervisors, engineers, human resources, administrative support personnel, planners and more. It takes teamwork and collaboration from all areas of the business to reach the company's business production targets and goals. Everyone plays an integral role in the overall operations of the network of potash mines which in turn plays a significant role in feeding the future. Thank you to all our local professional workers.

Nutrien
Feeding the Future™

A Tribute to our Local Professionals

Real Estate Agents



How to sell your property with peace of mind

Over the past two years, demand for real estate has been rising. Are you thinking of moving in with your partner or retiring to a seniors' residence? Now's the perfect time to put your house up for sale. Here are a few things to consider to ensure the sale goes as smoothly as possible.

Surround yourself with the right people

First and foremost, do business with an experienced real estate broker who knows the market inside and out. Real estate professionals take a lot off your plate and handle a variety of tasks, including:

- Setting a fair and impartial selling price
- Verifying information about the property
- Taking photos and videos
- Staging the home
- Promoting your ad on different websites and on-line platforms
- Managing showings
- Preparing contracts and various documents
- Evaluating purchase offers

Real estate brokers are subject to an ethical code that governs their handling of your property. Therefore, you can rest assured they're trustworthy and have your best interests in mind. Moreover, a real estate broker will help you avoid making costly rookie mistakes.

Real estate brokers have access to a vast network of other brokers and an impressive pool of potential buyers. Therefore, they're best positioned to help you sell your home fast.

Furthermore, find your future home before putting your residence up for sale. It's a good idea to work with a housing consultant or the same real estate broker handling the sale of your home to make your life easier.



Similarly, relying on the expertise of a mortgage broker will save you a lot of work, especially when it comes to transferring your mortgage.

In short, surrounding yourself with the right people is the key to a stress-free experience. Contact a broker near you to get started.



There's no place like home!

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2022
Ranked 176th across Canada

A Tribute to our Local Professionals

Real Estate Agents



Realtors help you buy and sell worry free

Buying or selling a property can be a complex process. Therefore, it's best to have an expert on your side. A licensed real estate broker can help you every step of the way. If you're planning to put your property up for sale soon, here's how a realtor can help you ensure the deal goes off without a hitch.

Trustworthy Service

There are specific laws in the real estate industry that provide minimal protection for potential buyers. However, a professional real estate broker offers potential buyers an extra layer of security. For instance, they hold a professional licence that requires them to comply with a stringent code of ethics. Therefore, their clients can rest assured they're getting honest and trustworthy service.

Unmatched Expertise

Real estate is what real estate professionals do best, and they know the industry like the back of their hand. They have a vast network of potential buyers and professional contacts on speed dial.

If you hire a real estate agent, you don't have to worry about improvising as a salesperson or investing valuable time in marketing your property. They have the right experience and can significantly improve your chances of success.

Step-by-Step Advice

Both buying and selling a property come with certain risks. But most realtors have several years of experience under their belts and can guide you through every step of the sale, from appraising your property to closing the deal.

Lastly, they understand real estate's administrative and legal formalities inside and out. Therefore, you can leave the lengthy paperwork to them so you can concentrate on more important things.

Don't hesitate to contact your local realtor if you have any questions.



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A Tribute to our Local Audiologists Professionals



Hearing Clinic Q&A

Things to know before going to a hearing clinic

What should I know before going to a hearing clinic?

Hearing clinics are to be licensed to operate in Saskatchewan by the Ministry of Health.

There are three types of clinicians who work at a hearing clinic:

Audiologist

- Can perform all test batteries required by the Ministry of Health.
- Can provide services for third party insurance companies.
- Need to maintain annual continuing education hours to maintain their license.
- Can provide services to anyone of any age.

Hearing Instrument Practitioner

- Can perform all test batteries required by the Ministry of Health.
- Can provide services for third party insurance companies.
- Need to maintain annual continuing education hours to maintain their license.
- Can provide services to anyone 18 years of age and older.

Student

- Able to see patients under the supervision of an approved tutor.

You should try to make sure that your ears are free of debris and cerumen (wax) before coming to see a clinician at a hearing clinic. Some clinics offer cerumen removal services.

A medical background questionnaire will be asked; try to bring your medications and health history with you (medical conditions can indicate issues hidden within the ear).

A hearing evaluation should be performed in a soundproof booth. If this is not possible, the ambient noise must be below a certain level to get an accurate evaluation.

What services are provided at a hearing clinic?

Some but not all hearing clinics may offer:



- Hearing Evaluations
- Hearing Aids
- Aural Rehabilitation/Counseling
- Hearing Protection
- Cerumen Management
- Cleanings
- Reprogramming
- Supplies
- In-home Services
- Industrial Services
- Amplified Accessories (such as TV streamers, phones, Bluetooth devices, etc.)
- Many more services and products.

How often should I get my hearing checked?

Your hearing should be re-evaluated every two years.

If you are exposed to excessive noise, Occupational Health and Safety indicates you must be wearing hearing protection and test your hearing every two years, especially after an excessive noise incident.

If you experience sudden hearing loss you should see your family physician **immediately** and get your hearing

checked as soon as possible.

Is any of it covered by my Saskatchewan Health Card?

No. Depending on your insurance company some third party insurance plans might cover hearing services.

Tip—contact your insurance and see if they will cover a portion of:

- Hearing Evaluations
- Hearing Aids

- Aural Rehabilitation/ Counseling
- Hearing Protection
- Cerumen Management

How much do hearing aids cost?

This question varies from clinic to clinic and product to product.

A hearing evaluation is required to determine what type of hearing aid will work for you.

Can I use someone else's hearing aid?

Certain hearing aids are custom made for an individual's ear—these hearing aids cannot be used for someone else.

If you have a universal hearing aid it may be reprogrammed to another individual depending on the capabilities of the hearing aid and that person's hearing loss.

- Note: Warranty and services may not be transferred to the new owner.
- Cost of services may be required to refit the hearing aid.

Some clinics will not reprogram a hearing aid for others due to medical contamination concerns.

Hearing aids have a lifespan. After supplies are no longer available, the hearing clinic may not be able to do anything with the hearing aid.

If your hearing clinic is willing to reprogram hearing aids, they can find out how old the hearing aid is and if supplies are available from the serial number.



**Hearing & Wellness
by Porch Light**
306-435-2500
220 Broadway Ave
Moosomin, SK



Hearing & Wellness by Porch Light is bringing hearing awareness to Moosomin and surrounding communities. We provide top quality service with the best technology and practices to assist those who have been affected by hearing loss and to help prevent hearing loss from happening. Bonnie Riffel has been providing hearing services to South East Saskatchewan for more than 17 years. She is excited to return to her hometown and provide these services in a safe and welcoming environment. When in need of assistance, look for the Porch Light to guide you.

Open 5 days a week in Moosomin SK.

- Open Monday-Friday, 9:00 - 4:30
- Please call for an appointment

We Offer:

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- Consultations
- Hearing Protection
- Assistive Listening Devices
- and much more



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A Tribute to our Local Professionals Accountants



A new way to think about managing risk on your farm

Unpredictability is at the heart of your farm business—especially with inflation and concerns about a potential economic downturn adding to the perennial issues of severe weather, disease, and other forces of nature. That makes effective risk management a critical factor in your success.

While you can do very little to prevent flooding or temper the effects of rising interest rates, the right coverage can protect you from a wide range of worst-case scenarios.

Unfortunately, there is no single answer to your insurance and risk management needs. Some plans may protect against crop losses due to weather events, while others can provide price certainty when you take your product to market.

But how do you know which program or how much coverage you'll need and when?

The key is to have the right programs in place at the right time, which is often easier said than done.

Does your plan provide the coverage you need?

Don't be discouraged if your answer is, 'I don't know.' Because you're not alone.

Most farmers don't have the tools, time, or knowledge to navigate the various insurance and risk management programs. And how could you?

It can take days to read pages of insurance literature to make sense of which programs you qualify for, which ones you need, and whether you're covered against all your likely loss events. That's not exactly time you have when you're already working from sun up to sun down, week in and week out.

Insurance programs often include a



great deal of industry-specific terminology. Necessary as it is for legal reasons, it can also come across as foreign and difficult for non-experts to understand. Add to that the complexity that not all the programs are plug-and-play. Some complement one another, while others can cancel each other out.

Coverages, premiums, and requirements change annually, so this is not an exercise you can do once—it must be part of your annual planning.

There is a better way to compare your risk management options

At MNP, we recognize that planning for your future is challenging, even without the difficulties in creating an effective risk management program for your farm. Our advisors have dedicated considerable time to making this process as pain-free and

productive as possible.

One of the resources we're most proud of is our Ag Risk Management Projector (ARMP). This interactive scenario planning tool compares your farm data and insurance coverages to demonstrate how your plan will look in various situations.

ARMP can help you identify the best coverage options for the loss events you're most likely to face. The tool is valuable whether you're starting from scratch or reviewing your existing strategy.

Not only will it save you hours, but it can also help you plan for a broader range of scenarios than would otherwise be possible. That gives you a lot more peace of mind that the plans you enroll in are the

best ones for you. It also allows you to look at options you may want to consider within your operation if conditions change.

You don't have to do it all alone

ARMP is a powerful tool. But you'll find the structure and direction it provides in conversations with your MNP advisor is its greatest asset. Rather than speaking in hypothetical scenarios, you can talk about real situations that could happen on your farm, backed by your farm data, and the impacts of various risk management strategies.

Based on those conversations, you could make further changes to your ARMP inputs to see if and how that might change your thinking. And that might lead you to discuss other potential risk areas on your farm that you otherwise wouldn't have considered. The outcome is an exponentially more robust and comprehensive strategy tailored to your farm.

Moreover, ARMP makes it possible to update your risk management plans in near real time. We can re-run simulations if market prices change or yield estimates increase or decrease. In the best-case scenario, the results will validate the plans you have in place. Conversely, this proactive planning potential will allow you to modify your coverages to ensure they deliver the peace of mind you need.

For an in-depth look at your risk management strategy, and to learn more about ARMP, contact our Moosomin office at 306.435.3347 or visit us online at www.mnp.ca



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National in scope, local in focus, MNP's Moosomin team delivers industry-specific advice and personalized strategies to help keep you competitive and profitable.



Moosomin Office | 306.435.3347

Wherever business takes you



A Tribute to our Local Professionals

Interior Designers



How can interior design improve your life?

Moosomin has been my home since 1999. Together with my husband Murray, we have raised our three children with our last one graduating high school in June and going off to college in the fall.

I am a nature lover at heart. You will often find me on hiking trails or running races. I have completed a dozen 10k races with a couple half marathons under my belt. I am and will always be a forever student—always learning and applying new information.

Since moving to Moosomin, I have worked over two decades as a dental hygienist. I was forced off work in February 2021 due to a shoulder injury that required surgery. During my recovery, I took the Interior Decorating course. It was a course I have wanted to take for many years but never really had the time. I enjoyed the course so much and I am so excited to share with you what I have learned!

I have found a passion that I love and want to share my knowledge and give back to my friends and community.

How does Interior Design impact our lives?

Good interior Design will inspire happiness and comfort in your home. It can evoke confidence, pride, security and creativity. Small changes in colour, fabric and layouts can easily improve your mood and bring on positive feelings.

Hiring a designer can help you avoid costly mistakes—it will not only save you time and money but can increase the value of your home!

Aging in place—what is it?

Aging in place is a process that imple-

ments modifications to help someone continue to live independently in their home for as long as they wish or are able. This design concept does not only apply to seniors, it applies to anyone that has some disabilities that require modifications, to anyone that may have an illness or has had an accident or surgery.

Another process to Aging In Place is a Proactive approach. These are clients who may be in their 40's-50's maybe older that don't have any issues currently but are planning for the future. These people may be doing their last kitchen or bathroom reno for example.

The most important benefit of AIP is living independently at home with the goal to maintain and improve the quality of life.

Remaining in a familiar setting near family and friends will positively impact your health and happiness. In most cases, the cost of AIP is lower than the cost associated with senior living complexes.

How many of us have known someone who has been transferred to another community or to the city to an assisted living or long term care facility? They can feel alone without their friends, or neighbours. Family visits are sporadic, maybe 1-2 times a week.

Study after study has shown us that the more lonely you are, the faster your health declines. We are wired for connection. This Pandemic has taught us that!

Let's empower our seniors to live in their homes where they can keep physically and mentally active.

Let's keep YOU home, in YOUR community with YOUR family and friends.

As we age, our needs change—I can help adapt your home to meet those changing

needs.

Who should consider Aging In Place (AIP)?

The decision to age in place shouldn't be taken lightly. It is of utmost importance to create a comprehensive plan that addresses any potential issues that might accompany Aging In Place.

You might be a good fit for AIP if...

- You have a strong support system of family, friends and doctors
- You are proactive and like to make your own decisions about you and your future

• You have access to transportation, whether private or public

• Your home is accessible or can be made accessible

• You are relatively in good health and are comfortable living on your own

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If you aren't sure which service is right for you, give me a call so we can determine which one is best for you!! 306-435-7926.

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DESIGNS

Services I provide

I offer a full service that encompasses all of these services for residential or commercial needs-Internationally!

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- Lighting design
- Floor selection
- Wall treatments
- Accessorizing
- Textile selection
- Window treatments
- Home organizing
- Home staging

How can Interior Design Improve Your Life?

1. Organize your life—a well designed home will bring order and calmness to your space
2. Create a relaxing and safe environment
3. Increase productivity and creativity
4. Make the space functional
5. Improve your mood and emotions
6. Makes a statement

Spectator

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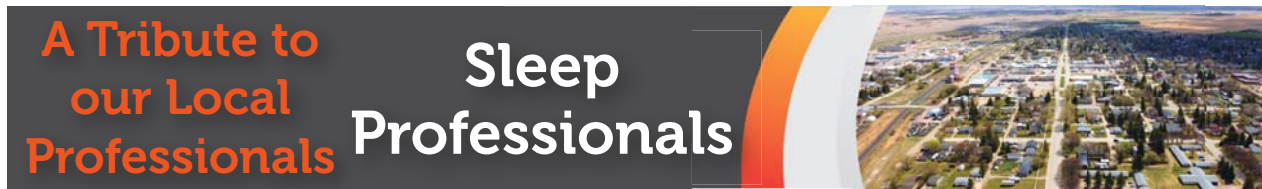
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Jennifer Gray

Interior Decorator | Colour Consultant
Aging in Place Consultant

jen.gray@sasktel.net | Moosomin, SK | 306.435.7926



The importance of screening for sleep apnea and its impact on your health

Have you noticed you don't feel rested? Perhaps you wake with headaches or a dry mouth. Does anyone complain they can't sleep because of your snoring? Perhaps it's time to consider screening for sleep apnea.

Obstructive sleep apnea is a potentially serious medical condition where the muscles in your upper airway, back of the jaw and tongue relax too much, collapsing and blocking the airflow. Your body is trying to breathe but it can't. Anyone, including children, young adults and women can have apnea, but you are at higher risk for this condition if you are overweight, male, and older than 50.

If you have diabetes or high blood pressure, screening is highly recommended as sleep apnea is a major cause of both. Over time, it causes conditions such as heart attack, stroke and even Parkinson's and Alzheimer's disease. If you have concerns and wish to be screened, speak with your physician or nurse practitioner as a referral is required for testing.

Screening is now easier than ever and can most often be



done at home, in your own bed, over just one night. A 15-minute consultation is all it takes to learn how to wear and use the device, and equipment is returned the following morning.

There is no charge for the initial screening.

A respirologist specializing in sleep medicine interprets the screening and, if CPAP therapy is required, our knowledgeable

staff is prepared to equip you with everything you need.

CPAP machines do not provide extra oxygen but pressurize the room air, delivering therapy via a mask. This pres-

sure helps to keep the airways open while exhaling so you can continue to breathe properly. Your body can then better circulate oxygen and focus on healing, giving you the restorative sleep needed to improve daily functions.

Once therapy begins, many people report deeper sleep with less tossing and fewer trips to the washroom during the night. Most daytime symptoms such as morning headaches, foggy concentration, irritability, and dry mouth are gone. Patients feel more rested and have the energy to get through the day, once again enjoying their lifestyle.

Untreated sleep apnea causes many other health conditions. At least 20% of the population is afflicted with this illness. Screening is quick, easy, and effective. Treatment is designed to be simple and quiet. Our clinicians spend time educating and informing you so you can be hands-on with your own therapy. Staff at Parkland CPAP Services are here to help every step of the way, ensuring successful treatment so you can feel and function at your best.

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A Tribute to our Local Professionals Funeral Directors



Allow your family to celebrate your life without the stress

Losing a loved one is one of the hardest experiences that any of us will ever go through. With so many things happening all at once, it's hard to know where to turn or what to do next. Our compassionate staff at Carscadden Funeral Chapels are here to guide your family through this difficult time. You can trust that every request and need is carried out with the highest level of professionalism and care.

Carscadden Funeral Chapels was founded in 1936 and has locations in Virden, Moosomin and Reston. We are grateful for the opportunity to serve these communities, along with many other communities and families in the surrounding area.

Our licensed funeral directors, Jim Stinson, John Dunfield and Elisha Park have a combined 91 years of experience in serving our communities. In addition to our funeral directors, our funeral service attendants Johan Myburgh, Frankie Frattinger and Amanda Rokochy complete our team of caring professionals.

Whether your choice is casket burial or cremation, Carscadden Funeral Chapels can offer your family a complete range of service and merchandise options. Today,

families are looking for more unique ways to memorialize their loved ones. We now provide modern, personalized stationery products that beautifully reflect a life well lived. We can also assist in producing video tributes and photo books from cherished family photographs, bringing these memories to life. We work with several reputable Canadian companies to provide families with additional keepsake options. These items include fingerprint jewelry, DNA preservation and testing, candles, bookmarks and more. We are also authorized Remco Memorial Counsellors and can help you create a lasting tribute for your loved one.

Over the last few years we began offering livestreaming for those that are unable to attend services in person. We know that families see the value in this service and we will continue to provide it. Family and friends from around the world appreciate the opportunity to participate in viewing the livestream or watch the recording at their own convenience.

Although we plan for important life events such as a wedding or vacation well in advance, the idea of planning ahead for end-of-life arrangements is a new concept for

many. While we know it can be difficult to discuss, taking the time to make these decisions will allow your family to celebrate your life without the added burden of making difficult decisions. Our experience has shown us that stress can be greatly reduced when funeral arrangements have been discussed, planned and if you wish, pre-funded. Our pre-planning specialist, Joy Bowman is available to provide information on the benefits of pre-planning at no cost or obligation.

We are proud to have been in the community since 1936 and are committed to supporting the communities we serve. Every year we invest in local charities, organizations, and community events.

Our promise to you is to consistently provide caring, experienced, professional service at reasonable prices and superior value. We have staff available 24 hours a day to answer your questions and explain your options, so you are able to make the best decisions for you and your family. Please know that our team at Carscadden Funeral Chapels will do everything within our professional ability to ensure that you and your loved ones are especially well cared for.

5 things to consider when pre-planning a funeral

It's normal to feel uncomfortable about making arrangements for your funeral. However, doing it ensures that the burden doesn't fall on your loved ones. Here are some of the things you'll need to make decisions about when pre-planning a funeral.

1. The funeral home

If you want a traditional funeral service, you'll need to select a venue. Factors to keep in mind when choosing a funeral home include ambiance, location and pricing.

2. Arrangements for the body

Do you want to be buried or cremated? Or maybe you'd rather donate your body to medical research? Deciding what to do with your remains will also likely involve choosing a casket or urn.

3. Presentation of the remains

You can choose to present your body



at your funeral in either a closed or open casket. If you opt for an open casket, think about the clothing, jewelry and accessories to be worn.

If you want your remains to be cremated, this can take place either before or after the funeral, making presentation of the body an option regardless.

4. Type of funeral service

Funeral services can be religious affairs or simple celebrations of life. Don't hesitate to personalize the service with a favourite piece of music, poem or bit of scripture. Be sure to also consider floral arrangements and other decor or mementos you may want present.

5. Final resting place

If you want to be buried, you'll need to select a plot in a cemetery. If you want to be cremated, you'll need to decide where your ashes will be placed. Your final resting place may be incorporated into your funeral service, but it doesn't have to be.

Pre-planning a funeral isn't easy, but you don't have to do it alone. Invite a friend or family member to help you, or work with a funeral home that can walk you through the whole process.

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A Tribute to our Local Professionals Lawyers



Three documents everyone should consider having

Ensuring that your wishes are known and respected, both during your lifetime and following your death, is an important aspect of any plan for the future. While you are alive and well, communicating your wishes and controlling decisions that affect you is fairly straightforward. In the event that you lose your ability to communicate or your capacity to make decisions, things can get more complicated unless you have planned for such an event. And if you should die without properly setting out your wishes for your estate, you will lose all control over how it is handled.

There are three different legal documents that can help ensure that your wishes are known and honoured. It is important for individuals to understand what each document can and can't accomplish.

HEALTH CARE DIRECTIVE

A health care directive lets others know your wishes concerning your health care treatment in the event that you lose your capacity to make or communicate such decisions. Generally speaking, a health care directive provides your doctor or other health care professional with directions about the types of medical treatment or measures that are acceptable to you. A health care directive can cover decisions regarding matters like diagnostic testing, blood transfusions, resuscitation, life support, feeding tubes, antibiotics, surgical procedures and palliative or comfort measures. Health care directives can be completely personalized and need not be limited to the examples listed above.



They can also name a proxy that is authorized to make decisions on your behalf and in line with your known wishes. A health care directive cannot authorize euthanasia or assisted suicide.

ENDURING POWER OF ATTORNEY

An enduring power of attorney authorizes another person to act on your behalf and will continue in effect even if you later lose your legal capacity. It can be set up to deal with both your property matters—such as banking, investments, leases or sales—as well as personal affairs,

such as where you will live and how your personal care needs will be met. It can also be designed to deal with only property matters or only personal matters.

It is important to note, however, that an enduring personal power of attorney, either on its own or in combination with a property power of attorney, cannot authorize decisions concerning medical treatment—these decisions must be dealt with under a health care directive. An enduring power of attorney only applies during your lifetime and ceases to be effective upon your death.

WILL
A will covers the distribution of your property or estate after you die. Properly drafted and executed, a will can help ensure that your property is divided the way you intended and benefits the people you intended. It can be drafted very broadly (three equal shares to my three children) or contain very specific bequests (to my only brother, David, I leave my entire art collection). A will only comes into effect upon your death and may be changed during your lifetime to reflect changes in your personal life, provided that you continue to be of sound mind.

A will can also be used as part of an overall estate plan to address matters concerning capital gains taxes, transferring farm property or business shares, roll-overs and life interests. It also allows you to name your Executor, the person that will be responsible for seeing your wishes through, and provides an opportunity to record and discuss your wishes about matters such as guardianship of your minor children or funeral arrangements.

As you can see, these three documents deal with three very distinct areas of planning for the future and cannot simply be used interchangeably. Together they can provide a good measure of security that your affairs are in order, regardless of what the future holds. As these documents are legal documents, it is important to understand what is required in order for them to be effective.

For more general information about these matters, visit plea.org.

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A Tribute to our Local Professionals

Hearing Aid Practitioners



Above: Sun Country Hearing's office in Moosomin

Right: Melanie Tribiger at work in her office.



Never underestimate the importance of your hearing health

Melanie Tribiger is a Hearing Aid Practitioner with Sun Country Hearing based out of Moosomin and Estevan.

Tribiger says she can't stress enough how important it is to get your hearing tested, regardless of if they are having hearing issues or not.

"It is important for anyone to get a hearing test, not just when they think that they're having trouble," she says.

"The importance of a baseline is that down the road when you are having a difficult time, we have something to compare to and see where your hearing was at. So even if you don't feel like you're having hearing difficulties, it is a good idea to have a baseline test done. Especially once you're starting to reach retirement age—it's a good idea."

Tribiger offers a range of hearing services.

"What I do as a Hearing Aid Practitioner is hearing tests—I do a full hearing assessment. I can do earwax removal and I do that by suction. Some doctors will do ear flushing with the water and lots of people find that uncomfortable because if the temperature is not right then it can make you dizzy. So I use suction and that's the safest method because we're always pulling away from the eardrum. I do that here and it's all waterless.

"I also work with hearing aids. So let's say you come in, we take a case history to learn a little bit about you and then we do a hearing assessment. I'll explain your results, in words you understand and then I make a recommendation if hearing aids are necessary or what the case may be.

"Once I've made that recommendation, I present a few options and we choose a hearing aid together.

"Once that hearing aid comes in, you come into the office and we do a fitting. That takes about an hour and we just do some testing to make sure that the hearing aid is doing what we need it to do for you. Then we're here for service afterwards.

"So if you're ever having difficulties, you want to go over how to look after those hearing aids, I can help. Maybe there's something you forgot or there's some accessory that you don't know how to use or you need accessories that you can hook up to your TV. There are cell-phone apps that can be used and I spend a bit of time with people going over how to use those cell phone apps to get the most out of their hearing aids.

"So once someone has come in and we've done a test, if they need hearing aids and we've done a fitting, we're here to walk them through any issues that they

may have."

Tribiger says it's important that people in rural areas have access to services like hers, and she is committed to serving the Moosomin area for the long term.

"I think a local hearing clinic is important because your hearing is something that you take for granted until you start to have an issue with it," she says. "Hearing is important because it's tied to your brain health. If someone has a hearing loss that they're not treating, they're not using the auditory pathways to the brain to their full potential and that can have some detrimental side effects—things like dementia and other cognitive issues.

"If there is a hearing loss present and we aid that hearing loss, we're keeping those auditory pathways open and giving your brain a better chance at health as you age."

"We're headquartered out of Estevan and we have a satellite clinic in Moosomin. I'm here one day a week and it's by appointment only because I'd hate for someone to get here and then for some reason I wasn't able to come on a Tuesday or because I'm booked solid and don't have time to see them. So we do ask that clients call and book an appointment for the Tuesdays that I'm here. So I'm in Estevan four days a week and in Moosomin one day a week.

"Any time we're making our services more accessible to people in rural areas, that's a fantastic thing. Since I've purchased the clinic I've always said that my hearing clinics are your hometown hearing clinic and that's because I know the frustration of having to travel to the city every time you need something outside of a General Practitioner. Every specialist appointment is always in Regina and I think if you can do those things closer to home and they're more accessible, then people are more likely to take better care of their hearing health if it's easier for them."

Tribiger also stresses that if people have sudden hearing loss, they need to seek help immediately. They should not wait as there is a 48-hour window in which there is a chance to save a person's hearing in the case of sudden hearing loss.

"If someone is experiencing a sudden hearing loss—let's say that you wake up one morning and you're not hearing like you used to or if you're sitting in the evening and suddenly your world goes quiet—seek help as soon as possible. Whether that be with your doctor or a hearing clinic like myself, seek help because in some cases, the faster we can get you as-

sistance, we do have a chance of regaining some of that hearing. Any time that it's a sudden hearing loss I just encourage people to seek assistance right away. We've got 48 hours to have a chance to get that hearing back, so when I say immediate, I mean immediate.

I'm seeing that more and more in the clinic, so I think that it's something important for people to know because usually they don't get to my office until it's been an issue for a few weeks or a few months. So it is important to take it seriously."

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Hearing Aid Practitioner



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A Tribute to our Local Professionals Funeral Directors



Pre-arranging your funeral: A selfless gift to your loved ones

Spring is arriving, and as it does, we start to remind ourselves of all the activities that we can once again enjoy doing. Sometimes that absence over the colder months makes us appreciate the reconnection to the things that we have missed.

Similarly, given the austerity of the last two years, it has become important that we once again prioritize gathering with friends and loved ones when significant life events occur.

When a loved one dies, a funeral ceremony provides a safe and structured opportunity for people to express their grief, receive emotional support, and pay their last respects to the deceased. Funerals also offer a way to acknowledge the impact that a person has made in the lives of others.

A funeral service is a healthy way for your loved ones to mark the beginning of their grief journey. While you may think it a bit self-indulgent, not expecting that level of attention from your friends and family, your loved ones benefit from this grief-sharing experience in significant ways. Prearranging your funeral, asking your loved ones to gather to remember you, is a selfless gift and an important part of their healing process.

Aside from the therapeutic value,



prearranging your own funeral can also ease the burden of arranging the details. It can be a challenging time for family and friends who are grieving, but having clear instructions will simplify the process for them. Preplanning your funeral offers your family a sense of relief knowing that they are conducting your wishes and allows

them additional time to focus on the people and relationships in their lives that will bring them comfort during this time.

Prearranging your own funeral allows you to make decisions about the type of service you would like, whether you would like to incorporate your faith, or not, as well as the location.

You can specify details such as the music you would like played, the floral arrangements you prefer, and the casket or urn you would like. By prearranging, you can ensure that your funeral will reflect your wishes and personal style.

Another advantage of prearrangement is financial planning. Prearranging allows you to 1) choose the level of service you desire and 2) make the financial arrangements to cover those expenses. This can alleviate a great deal of stress from loved ones who may not know what your financial resources are or how to manage these financial matters. Securing the costs against future inflationary burden is always a wise choice.

When you prearrange your funeral with Peter Carscadden Funeral Service, both you and your loved ones will have the peace of mind knowing that our trained professionals will attend to the details with a high level of care and respect, a tradition that we continue to value as owners and members of the community.

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A Tribute to our Local Professionals

Health Care



Health care services in Moosomin

Doctors and other health care professionals

The Moosomin area has a number of health care professionals who serve the health care needs of people across a large area of southeastern Saskatchewan and southwestern Manitoba.

The doctors of the Moosomin Family Practice Centre also provide medical services in Elkhorn, Rocanville, Maryfield, Whitewood, and at the Nutrien mine.

There are nine physicians, one resident physician, and one nurse practitioner who are part of the Family Practice Centre, as well as one ultrasound technician, and two physiotherapists. They will be welcoming a second resident physician this July.

The Moosomin Family Practice physicians include Dr. Crouse, Dr. Foy, Dr. Jayeoba, Dr. Kerkhoff, Dr. Erika Roets, Dr. Wessel Roets, Dr. Selestin, Dr. Theathi, Dr. Van der Merwe, and resident physician Dr. Cara Fallis. Kristin Canart is the nurse practitioner.

Southeast Integrated Care Centre

The Southeast Integrated Care Centre opened in 2008, the realization of a dream for many people in the Moosomin area. It includes the following services:

OUTPATIENT/AMBULATORY CARE SERVICES
Outpatient/Ambulatory Care provides scheduled services or services ordered by your physician.

Laboratory and x-ray services are provided on weekdays during regular hours with an order from your physician.

The Community Oncology Program of Saskatchewan (COPS) supports an outreach clinic in Moosomin Hospital for delivery of chemotherapy and related services.

Visiting professional services are available at various times each month. Talk to your doctor to find out what services are available and when you can receive them.

Equipment and medical supplies (such as splints, crutches, cervical collars, fiberglass casts) will be provided at cost or for a rental fee.

Minor procedures are done by appointment only. Appointments are booked through your physician's office.

Minor elective procedures are done under general anesthesia by appointment only, booked through your physician's office.

Foot care clinics through Home Care and Advanced Foot Care Services are scheduled on a regular basis.

Information and Education is provided on an individual or group basis.

EMERGENCY SERVICES
Immediate emergency care is provided at the Southeast Integrated Care Centre Physician services and/or emergency consultations are provided 24 hours a day, seven days a week. Emergency laboratory and x-ray services are provided.

INPATIENT SERVICES
Inpatient services provides medical care to adults, youth and children 24 hours a day.

Perinatal/Delivery Care is care of pregnant women during or around the time of delivery.

Palliative Care services provide compassionate, supportive care to the terminally ill.

Observation Services are provided to assess your condition prior to your admission or discharge from hospital.

Emergency respite provides respite care resulting from an urgent and immediate need. Standard respite care fees apply to this service.

LONG-TERM CARE

The Southeast Integrated Care Center, Long Term Care has 58 beds in total, 55 for permanent residents, and three for those requiring a temporary stay. The home is divided into four houses, each with its own dining room and kitchen area to provide the residents with choice, freedom, and the chance to connect within their small groups. Therapeutic recreation services are provided to the residents five days a week, and hairdressing services are available as well.

Health care services in Esterhazy

Public health care facilities in Esterhazy include St. Anthony's Hospital, which is a 21-bed hospital, a public health office, mental health services, a home care program, physiotherapy, and a care home.

At present, four doctors and one nurse practitioner practice from the Esterhazy District Medical Clinic, located in the Mosaic District Medical Building, at 300 Gonczy Avenue on the corner of Schafer Street and Gonczy Avenue—Dr. Nel, Dr. Carandang, Dr. Khodabakhshi, and Dr. Akbarnezhad, and Nurse Practitioner Wanda Buchberger.

St. Anthony's Hospital is located at 216 Ancona Street, at the corner of Ancona Street and Gonczy Avenue.

Esterhazy's Centennial Special Care Home is also located on the south end of town, at 300 James Street.

Esterhazy District Medical Clinic in the Mosaic District Medical Building, is located at 300 Gonczy Avenue, corner of Schafer Street and Gonczy Avenue.

St. Anthony's Hospital

St. Anthony's Hospital has 14 acute care beds and offers the following services:

- 24 Hour Emergency
- Visiting dietitian
- Laboratory

- Medicine
- Outpatient Services
- Pastoral Care
- Visiting Healthcare Professional Services
- X-ray

Centennial Special Care Home

The Centennial Special Care Home offers:

- 52 long term care beds
- 1 respite bed
- Adult Day Wellness Program
- Purposeful Interaction

Health care services in Redvers, Wawota, Kipling

Redvers

The Redvers Health Centre is an integrated facility, which consists of acute care (offering services of a well-equipped laboratory), ambulance, long term care, home care (meals on wheels), community health, physiotherapy, palliative care, addictions, and nutrition services.

Acute care services have been offered since 1948, with a new acute care portion of the integrated facility opened on October 1998. The long term care portion of the facility was built in 2012, and has twenty-three long term care beds and one respite bed. Ambulance services are provided on a 24-hour basis (911).

The health centre is supported by the Redvers & District Community Health Care Foundation, local businesses, organizations, and citizens of the of the district through donations and bequests for capital equipment purchases.

Wawota

Physicians from the Arcola Family Health Clinic attend the Wawota Clinic Monday and Friday each week. They see patients by appointment only.

Deer View Lodge is located on Wilfred Street. This beautiful facility has 27 long-term beds, and 3 respite beds and offers numerous services and programs including: Mental health services, Dietitian, Meals on Wheels, Daycare, and Lab and X-ray services.

Kipling

The Kipling Integrated Health Centre opened its doors in 2015. The facility replaced the aging Willowdale Lodge long-term care facility and the Kipling Memorial Health

Centre.

The Kipling Integrated Health Centre accommodates 32 long-term care beds, 12 acute care beds and one multipurpose bed.

Thank you
to the local health care professionals who serve the Esterhazy area!
Your contributions are invaluable to the health and well-being of the entire region!

Warren Kaeding MLA
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Esterhazy District Medical Clinic would like to salute the local health care professionals in our region!

Welcome to Dr. Akbarnezhad & NP Wanda Buckberger
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who joins our already established team of Dr. Carandang, Dr. Nel, Dr. Khodabakhshi

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I salute all of the hard working and dedicated health care professionals who serve our area

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A Tribute to our Local Professionals

Education Professionals



Southeast College's professionals excel in assisting adult learners

Southeast College has a number of professional staff who are trained specifically to work with adult learners and assist them in their educational needs.

"All of our staff are trained to help our students," says Sheena Onrait with Southeast College. "We have a wide variety of staff members that assist our students on a regular basis—from our administrative support staff that help our students on day-to-day things, our campus managers who help with more detailed student support, and then of course our student advisors that really dive in to help our students with their academic success. They also assist students that need help with financial support, like whether or not they qualify for a student loan and in general a wide range of supports."

Onrait says the student advisors at Southeast College play a number of roles.

"When it comes to our current students they are there to offer general support to students throughout their entire experience with us," she says.

"Whether it is help with academic support, like helping them find a tutor, or an ear to lend if they are having a tough day, or whether it is help with their student loan or help with their post secondary application, they offer those types of supports to our students on an ongoing basis."

"When it comes to a prospective student, if someone were to walk in and say 'you know I am really interested in a cer-



tain career and I don't know where to find information,' our student advisors really help those students. They can do a skills inventory with them. They can help guide them in the right direction if they are looking for a specific post-secondary program. Student Services advisors really provide a wide variety of services."

Onrait says all of the professionals at the college interact with the students in different capacities.

"The instructors are an integral part of our organization, of course, because they

are providing that level of education to our students. For the most part, they would have the most communication with students. Second would be the student advisors. Depending on the student, of course, some students would go the whole year and not see their student advisor where some students would see their student advisor quite often. It just depends on the student and what their level of need is."

These professionals are on hand at all of the Southeast College campus locations.

"At pretty much all of our locations we have instructors," says Onrait, "and our student advisors are throughout our region. We have four student advisors currently and they are all responsible for

a certain area, section or program, so we have every single one of our programs covered by a student advisor."

One thing that distinguishes Southeast College's professionals, says Onrait, is that they are used to working specifically with adult learners.

"They are trained to work with adult learners. There is a difference between a high school learner and an adult learner," she says. "They are all well versed and educated and have a long standing history with adult learners."

"That is what sets our advisors apart—they recognize the challenges that adult learners face and they have the resources to help learners with those challenges."



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*Programs and locations subject to change



Register online at southeastcollege.ca

The World-Spectator's Tribute to Local Professionals feature comes out once a year in the spring!

Like what you see?

To be included in next year's feature simply call 306-435-2445 and ask for Kara or Sunnette

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