

# 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

## Professional Services office development located in the heart of downtown Moosomin, Saskatchewan!



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# A TRIBUTE TO OUR **Immigration Consultants**

**Local Professionals**



## Offering a helping hand to employees and foreign workers as they navigate the immigration process



My goal is to help employers who are facing a labour shortage. As we all know, the immigration system in Canada can be complex sometimes and it is my hope that I can help employers navigate the complex regulations of immigration, in terms of hiring foreign workers.

With regards to foreign workers, they also face various challenges like workplace discrimination, language barriers, cultural differences, access to services, legal rights and protection, and work-life balance. My idea is to point them in the right direction, if they need assistance. There are some multicultural and non-government organizations that they can go to.

As an Immigration Consultant, I also face challenges including: Changing Immigration policies, processing delays, complex paperwork and most importantly the expectation from clients.

These hurdles however can be overcome by staying updated about Immigration Laws and regulations, by continuous learning and of course by building a strong network.

Helping one another, attending networking events, workshops, conferences where you can meet like-minded individuals, offering help and support are some of the things we can do to build a network. We live in a small town and ideally, we should be sensitive to each other's welfare.

I had the courage to move to this town with the help of a remarkable man, Mr. Dan Davidson, my mentor. His dedication, passion and hard work in his restaurant, The Red Barn, is beyond measure and has truly been a great success.

I am very grateful to him because he encouraged and inspired me to reach new heights and to slowly but surely achieve my goals.

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**LinkCan Immigration Consultancy** was founded and created by Yolanda Ailyn Silanga, a **Registered Canadian Immigration Consultant** and a member of CICC (College of Citizenship and Immigration Consultants) and Canadian Association of Professional Immigration Consultants (**CAPIC**).

She studied Immigration Consultant Diploma at Ashton College in Vancouver, British Columbia (2011). In March of 2018, she also got her diploma for Citizenship and Immigration Processing and Enforcement Services Program from L.A.P.E. College

**Services:**

- Work Permit Application / Extension
- Visit Visa Application / Visitor Record
- Study Visa
- Permanent Resident Application
- PR Card Renewal
- Provincial Nominee Application (SINP)
- Sponsorship Application
- Business Immigration
- Humanitarian and Compassionate Grounds
- Citizenship Application
- LMIA application
- Caregivers



**AILYN SILANGA,**  
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# Your new home doesn't come with mortgage advice. I do.

**Sound advice, smart strategies and helpful products from your RBC Royal Bank mobile mortgage specialist**

Whether you're about to buy your first home, or your fifteenth, you can always benefit from the professional services of an RBC Royal Bank® mobile mortgage specialist. I can provide the right level of advice, products and strategies you need to make your home-buying dream a reality.

When it comes right down to it, buying a home is a unique and highly personalized experience. No one else will have the same needs, expectations and desires as you.

It makes sense that your mortgage should also be unique. It should reflect your current financial situation and your future plans, your beliefs about money and your home ownership goals. There's no such thing as a "one-size-fits-all" mortgage. And that's where I come in.

### Providing real solutions

As your mobile mortgage specialist, I'm here to help you get the financing you need to suit your lifestyle and make your home ownership goals happen.

Working together, you and I will assess your financial situation and needs and discuss strategies and advice tailored to your situation.

### Service when and where you need it

I realize that your schedule is also unique, and your banking needs may not fit into the typical 9 to 5 schedule. That's why I'm ready to meet with you at your convenience — whether that's in the morning or the evening, at your work place, or even on a building site. I can arrange to meet you at the time and place that suits you.

### Committed to your future

By choosing an RBC

Royal Bank mobile mortgage specialist, you can rest assured that I will be there to help you, both today and in the future. Whether it's time to renew, buy another home or talk about refinancing, simply give me a call for the same personalized, attentive service and in-depth mortgage advice that you've come to expect from RBC Royal Bank.

### Let's create a mortgage that makes your dream home real

There are even more advantages to choosing me and RBC to be part of your home-buying team.

- **Flexible features.** I can offer you a wide range of mortgage products: fixed or variable or both, open or closed, and a range of terms and amortization periods.

I will help you customize your mortgage to suit your needs, offering a range of payment frequency options and allowing you to match your payments to your budget. Our optional cash back feature puts money in your pocket now, so you can take care of those inevitable expenses that come with buying a home. I can also show you how you can make additional payments, prepay your mortgage or shorten your amortization period to save on interest costs.

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I will get you competitive rates on your mortgage. When you apply for a fixed rate mortgage, the rate will be guaranteed for 120 days.

This means you can continue your search knowing you'll be protected if rates rise before you've found the perfect home.

### The many benefits of a pre-approval

The smartest strategy

for home hunting is getting pre-approved for a mortgage, and I recommend it to all my clients. A pre-approval gives you an edge. You'll present yourself as a serious buyer to realtors and vendors. You'll know exactly how much you can afford, which will make your search more efficient. And you will rest easy knowing that your interest rate will be protected by our interest rate guarantee program. Most importantly, once your offer is accepted, you will typically receive a final mortgage approval within 24 hours, subject to a satisfactory property appraisal and credit review.

### Let's work together

We share an important common goal: to make sure you get the home you really want.

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# Shopping around for a mortgage?

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# A TRIBUTE TO OUR Occupational Therapists

Local Professionals



## The goal of Occupational Therapy

The goal of occupational therapy is to help people do what they want or need to do. Occupational therapists (OTs) focus on how a person is doing with everyday, meaningful activities. Physical, cognitive, emotional, spiritual, social, and environmental factors are considered.

Abilities are built upon and barriers are broken down in each of these areas to help a person function. It is a client-centred, holistic, and evidence-based profession.

OTs work in numerous settings, such as in the home and community, hospitals, long-term care centres, schools, insurance, counselling centres, corrections, government, and private clinics. The following are some examples of how an OT can help:

### 1. Physical

If you have decreased hand function from a brain injury, delayed fine motor skills, sensory sensitivities, or decreased hand eye co-ordination, an OT can help you rehabilitate or learn strategies so that you can still chop vegetables, write, participate in the classroom, and drive. Practice in various ways and pacing

yourself is important to achieve such goals.

### 2. Cognitive

If you are noticing some changes to your memory, planning, and problem-solving skills, a cognitive assessment can be helpful in providing more information. It can be used to bring awareness and track changes. OTs can assess this area and provide recommendations. Creating a routine, making consistent organized notes, organizing your home, sleep, exercise, and keeping up with hobbies that get you thinking are important for maintaining cognitive skills.

### 3. Emotional

If you are feeling mentally stuck and it is negatively impacting your mood, ability to provide self-care, sleep, run errands, engage in relationships, work, and so forth, mental health therapy would be beneficial. OTs can help you find yourself and your next steps through counselling. OTs can help you learn coping strategies, self-management skills, treat insomnia, and gain a different perspective.



### 4. Environmental

If it is getting difficult for you to mobilize where you want to go, enter your house, complete tub/ chair/ bed transfers, or if you have fallen at home, a home assessment focusing on accessibility would be beneficial. An OT can recommend equipment that would increase safety and independence in the

home. This equipment may include a wheelchair, bathroom equipment, or lifts.

Reach out to your local occupational therapists if you aim to improve your functioning and wellness! Locally, there is typically one within the Saskatchewan Health Authority, School Division, and private options.

**THE WORLD-Spectator**

At the World-Spectator we're proud of the Local Professionals who serve you every week!

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# A TRIBUTE TO OUR Local Professionals

# Hearing 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 18 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!

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# A TRIBUTE TO OUR Accountants

Local Professionals



## Mentoring and transition starts in the farm management buddy seat

Most modern farm equipment contains an extra seat, known as the buddy seat. This seat is often occupied by a child or teen riding along with their mom or dad, properly strapped in, and keenly interested in what's going on. Many of my fond childhood memories are riding in this seat beside my dad. Whether it is the intention or not, this is the beginning of the training program that will turn your kids into farm operators.

I remember vividly to this day the first time my dad switched seats with me and trusted me to drive the tractor and seeder, eventually leaving me to operate it on my own. The benefit of farming as a business is that it allows children many hours of observation time over many years. By the time they graduate from high school they have accumulated hundreds of ride-along hours, and in the process have learned important skills. They may already be taking on important roles on the farm, operating equipment, handling livestock, etc. before they head off to college.

This hands-on teaching method is very effective at transferring necessary skills. With a mere switching of seats, the learning changes to mentorship and gives lots of opportunities for feedback and development over a long period of time.

So how does the ride-along apply to farm management? The same principles can be used to develop a similar mentorship program to adequately train the next generation in the areas of farm business management. Below are three points to help develop and fully utilize your farm



management buddy seat.

### 1. Bring them along

If you expect your kids to take over the complete management of the farm business, they should be exposed as early as possible to areas of the farm business. Now I am not suggesting that you bring your eight-year-old to the meeting with your accountant, but if your kids are interested in taking over the business, they should certainly start to attend these meetings as soon as they are working on the farm full-time. The purpose is to begin exposing them to the business side of farming. This may seem simple enough, but there are many farms that I meet with where the kids have been working on the farm

for more than five years, want to take over the farm business, but have never seen the farm's financial statements.

### 2. Have a plan

Just as important as bringing them along is understanding a desirable outcome. For the next trade show you attend, go with a list of information you need to have before you leave. It may be a stop at your grain buyer to see if they are offering a show special for fall crop bookings or some information on a new piece of equipment. If you have a plan, it involves your kids in the discussion process and you get something

out of the time spent.

### 3. Bring them along no matter what

Did I mention it was important to bring them along? A common excuse, especially if the farm is struggling financially, is that you don't want your kids to know how bad things are. In the same way, your kids were alongside you in the field fighting the mud or combining in a drought, they need to be with you learning about the business no matter what. It helps them understand why decisions are made and provides you with a different perspective on the problem. If they are involved in solving the problem, they will be more determined in making it work.

Engaging in a formal farm transition plan, with the help of an advisor, can help establish realistic goals and milestones that everyone can agree on – and help with accountability. It may seem strange to begin with but taking the time to explain the importance of the business side of farming to your kids, and utilizing your farm management buddy seat, will provide the best chance for your kids to succeed – and for you to have a long and successful retirement.

To learn more about how MNP can help your organization, contact Peter Manness, PAg at peter.manness@mnp.ca or 204-571-7717.



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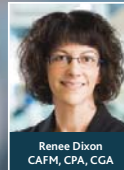
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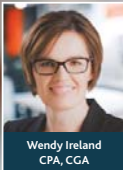
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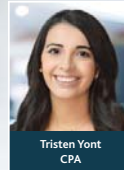
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# A TRIBUTE TO OUR Interior Designers

Local Professionals



## 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 a 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 redo 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. The 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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I will help eliminate the stress and time it takes to make your home beautiful!

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DESIGNS

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- 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

Jennifer Gray Designs also offers Home Transition Services if you are thinking about downsizing your home, Jennifer can help!

*Your home should be a reflection of you!*

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Hiring Jennifer will eliminate the stress and time it takes to make your home beautiful!

If you aren't sure which service is right for you, give her a call to determine which service is best for your needs.

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# A TRIBUTE TO OUR Sleep Professionals



## 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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#### What is Obstructive Sleep Apnea (OSA)?

During sleep, the upper air way collapses, reducing air flow and oxygen levels. This is known as an obstruction.

#### Health Risks of Untreated OSA:

- Heart disease
- Diabetes
- Weight Gain
- Depression/Anxiety
- Increased blood pressure
- Increased car and safety accidents

#### Common Symptoms Include

- Headaches
- Mood Swings
- Loud Snoring
- Tiredness

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# A TRIBUTE TO OUR Lawyers

Local Professionals



## Bridges & Company Law Firm offers extensive legal experience with deep roots in SE Sask and Moosomin area

Bridges & Company Law Firm is pleased to have an office in Moosomin to serve the legal needs arising in the area. Bridges & Company's Moosomin office opened in the fall of 2021 in the Broadway Commons Building across the street from RBC. They've been impressed with the welcoming response from the area, the robust local economy and the down to earth nature of the people. Rob Nicolay, a partner of the firm, commented, "You can tell that there is real civic pride in Moosomin, as well as a strong business community with a wide variety of goods and services on offer and a very active Chamber of Commerce. It's definitely not a sleepy town! We are happy to be part of it."

Although primarily based in Estevan, the partners of the firm attend the Moosomin office regularly. Nicolay is in the Moosomin office on the second Tuesday of the month and Chad Jesse is in Moosomin on the last Tuesday of the month. Their very experienced real estate paralegal is also regularly in attendance at the Moosomin office. Nicolay continued, "The easiest way to get in touch with us is to call us at 1-306-634-6334 or visit our website and drop us an email. We'll connect and see if we can help."

Bridges & Company specializes in transactional legal work. "We sometimes, only half jokingly, call it happy law," Jesse said, speaking to the non-confrontational nature of their work. "Usually, there are a couple of parties that have a fairly clear idea of what they want for the outcome of their particular transaction," he added. The bulk of their experience deals with



Barry Bridges



Chad Jesse



Rob Nicolay

parties buying and selling homes and farmland, doing the financing documents, helping with estate planning or assisting an executor working through an estate situation. They also have a lot of experience with businesses, including corporations, partnerships and trust arrangements, as well as a busy oil and gas legal practise. "The experience that we have is far more than a person might expect from a small-town firm," Jesse said. The patriarch of Bridges & Company, Barry Bridges, is well

known and highly respected throughout the province and western Canada for his 50 years practising law. In fact, Jesse said Bridges has been recognized as one of the best lawyers in Canada in a number of areas. Each of Nicolay and Jesse have worked at a few other firms and bring that background to their 20 plus years of legal experience each. Finally, and most importantly, the Bridges & Company staff is outstanding. "It's hard to put it into words how amazing our staff are. They are com-

petent, efficient, friendly...just so good at what they do. Of our 12 staff, half have been with Barry and now Rob and me for well over twenty-five years," Jesse relayed. "That kind of experience, you can't buy it and you can't rush it," he said. "You really have to earn it and we have. We'd like the chance to put this experience to work for you, your family or your business."

For more information, please visit [www.bridgeslaw.ca](http://www.bridgeslaw.ca)



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## 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](http://plea.org).



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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 Ellisha 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.

### 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 **Opticians**

Local Professionals



## The role of a licensed optician

A licensed optician's expertise is interpreting prescriptions written by optometrists or ophthalmologists and prescribing lenses that precisely meet the patient's visual needs. Additionally, opticians assist in selecting frames tailored to the patient's preferences, lifestyle, and prescription requirements.

The primary responsibility of opticians is to ensure that eyeglasses are crafted with precision. They take measurements of the patient's frame and eyes, including factors like the distance between pupils, to create lenses that offer optimal vision correction. This precision is essential for ensuring patients achieve clear vision comfortably.

Opticians also serve as educators, guiding patients through various lens options, coatings, and materials available for eyeglasses. This education



empowers patients to make informed decisions about their eyewear, considering factors such as durability, comfort, and budget. Opticians also guide proper eyewear maintenance and care

to maximize effectiveness and longevity. Eyeglasses occasionally require adjustments to ensure they fit properly and provide optimal vision correction. Opticians are skilled in making

these adjustments, whether it involves tweaking frame shape or positioning, adjusting nose pads, or aligning temple arms. Furthermore, they can repair damaged eyewear, such as re-

placing broken components or tightening loose screws, prolonging the lifespan of the glasses.

Continual education is essential for opticians to stay abreast of advancements in eye-

wear technology, lens materials, and industry trends. This ongoing learning enables them to offer patients the latest solutions and recommendations based on current best practices.



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# A TRIBUTE TO OUR Health Care providers



## 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, Wawota, and at the Nutrien mine.

There are 10 physicians, three resident physicians, and one nurse practitioner who are part of the Family Practice Centre, as well as one ultrasound technician, and two physiotherapists.

The Moosomin Family Practice physicians include Dr. Crouse, Dr. Foy, Dr. Jayeoba, Dr. Kerkhoff, Dr. Erika Roets, Dr. Wessel Roets, Dr. Selestin, Dr. Van der Merwe, Dr. Sathary, and Dr. Velestuk. There are three resident physicians including Dr. Fallis, Dr. Afence, and Dr. McMillan. 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 anesthetic 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. Khodabakhshi, Dr. Akbarnezhad, Dr. Pasha Azad, 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.

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

### St. Anthony's Hospital

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

- 24 Hour Emergency
- Visiting dietician
- Laboratory

### 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

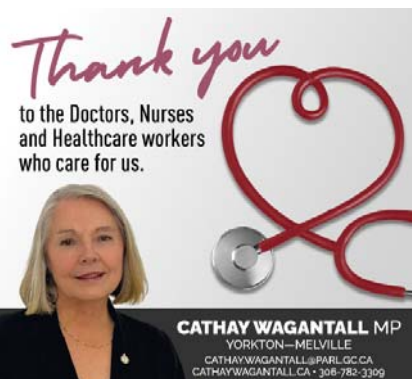
The Kipling Integrated Health Centre opened its doors in 2015. The facility replaced the aging Willowdale Lodge long-term care facility and the Kipling Memorial Health

Centre.

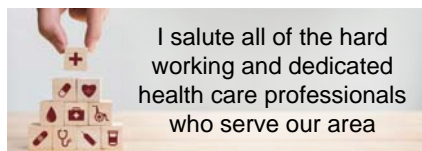
The Kipling Integrated Health Centre accommodates 32 long-term care beds, 12 acute care beds and one multipurpose bed.



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# A TRIBUTE TO OUR Education Professionals



## Industry trained instructors add value to Southeast College's programs

Kyle Jeannot is the owner of Jeannot Electric in Moosomin. For Kyle, this is a dream come true. He graduated from the Electrician program offered at the Moosomin campus in 2007. The Electrician program is also offered at the Estevan campus. The program helps students learn how to install, test, replace and repair lighting fixtures. Students are also taught wiring and electrical equipment. Like all the students who take this program, Kyle was given hands-on practice using the standard tools of the trade. He also learnt how to read and interpret construction drawings. Kyle believes that having industry experienced instructors in the Electrician program is a good thing.

He explains that "instructors who have hands on experience in the field can apply their experience from the real world to the textbook, rather than just teaching from a textbook. I think that is a crucial step in preparing students for work after they have completed the program."

Industry experienced instructors are exposed to world life situations. This helps them to not only teach the theoretical aspects of a course but to guide students on how to operate in the world of work.

Sheena Onrait, Vice President of Communication and Strategic Enrollment says industry experienced instructors is a hallmark of the college.

Onrait says "the instructors at Southeast College are professionals in their respective fields. Our students benefit from their knowledge and expertise as well as their vast amount of on-the-job experience."

Like all the other programs, the Continuing Care Assistant (CCA) program is also taught by industry experienced instructors. The CCA program is offered at the Weyburn, Estevan, and Whitewood campuses. The program is a response to the high demand for health-care workers in Canada. Continuing Care Assistants help their clients with mobility, personal care, and medication monitoring as well as assist them to eat their meals. The CCA program at Southeast College prepares students to work directly with clients in long term care, home care, assisted living, special needs classrooms and other areas.

"The future of health care lies in our instructors. Southeast College is very lucky to have dedicated, passionate, and experienced healthcare professionals to teach our various healthcare programs throughout our region," says Onrait. "Their knowledge and expertise are then passed down to our students as they start their healthcare journey."

The value provided by industry experienced instructors is why the institution has decided to use



Kyle Jeannot, the owner of Jeannot's Electric.



Sheena Onrait, VP, Communication & Strategic Enrollment

"Choosing of instructors is very important, especially when we are offering a program for the first time. We are very excited about our upcoming Agribusiness and Business Management diploma programs. We will be looking for experienced and knowledgeable instructional staff to help us lead this program."

The Business Diploma in Management program will provide a solid foundation of the major business concepts and principles for careers in accounting, marketing, management, human resources, insurance, finance, and entrepreneurship.

them in their newest programs. The Agribusiness Diploma and Business Diploma in Management programs are expected to begin in September 2024. Onrait notes that the Agribusiness Diploma will expand students' views of agricultural business. The program concentrates on agricultural production.



Kyle Jeannot doing electrical work.

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# A TRIBUTE TO OUR

# LOCAL PROFESSIONALS



Pictured: Nutrien's Potash mine in Rocanville, Saskatchewan

## Over four decades strong and still counting: Howard Lamont's journey at Nutrien

### Connected over generations

Howard Lamont, Mill Production General Foreman, has been an employee at one of Nutrien's Saskatchewan potash mines for over forty years, but his family's connection to the mine started before he was even born.

The history of Nutrien's Lanigan mine is deeply rooted in community connections and strategic land acquisitions. Neil Lamont, Howard's grandfather, and owner of Lamont Agencies - involving real estate and insurance - played a crucial role in the mine's development in the late 50s and early 60s when Alwinal Potash of Canada Ltd. reached out to him when they were looking to purchase land for its potash mine, which is now owned and operated by Nutrien.

Fast forward to 1980 when Howard started working at the mine just a short three weeks after he finished high school. Starting as a laborer, he progressed through the various mill operator levels with increased responsibility. He also worked in the load-out department learning track, storage bin operation of heavy equipment and then scale operation. He accepted the role of Mill Production Supervisor in 2007 and became the Mill Production General Foreman in May 2023.

"We are extremely fortunate to have several long-term employees, like Howard, who dedicate themselves to emergency response, perform high-quality work and provide mentorship to new employees," says Rob Jackson, General Manager, Lanigan. "These individuals are a huge asset to the mine and local community."



Howard Lamont



Howard and his son Carter

### Safety is at the heart of everything we do

Some of the greatest milestones Howard has witnessed over the years include the uptick in production, as well as the level of safety the site has achieved.

Howard was a proud member of the local Fire Department for 20 years and Lanigan's mine rescue team for 15 years before retiring from both. The same strong desire for safety in both the community and at his workplace runs in his family too. His son, Carter, Mill Mechanical Supervisor, is currently captain of the mine rescue team at Lanigan.

"I am very proud of the emergency response team and all the great work they have done and continue to do around safety, integrity, inclusion and results," says Rob. "Our employees are our most important resource, and our success is due to their commitment to continuous improvement in all aspects of operational excellence."

### Celebrating our Canadian roots

At Nutrien, we're proud to be a part of feeding 10 billion people around the world by 2050. But more than anything, we're proud to be from Saskatchewan.

As the largest private sector employer in the province, we are an important part of the local economy - and we take that responsibility seriously. From employing people around the province to supporting local businesses, we're on a mission to make Saskatchewan thrive.

"Nutrien is a great, safe place to work," says Howard. "Take it from me, I've been there for 44 years."

