

# Ask The EXPERTS

Answers from your local Businesses

## Hearing

**Q** What do I need to remember when traveling with hearing aids?

**A** Whether it's going on vacation or visiting friends and family for the weekend, keep these tips in mind for worry-free travel.

**Extra Batteries:** It's always a good idea to bring more than what you think you'll need and you won't have to try and find a place to buy them.

**Charging Station and Charging Cable:** If you have rechargeable hearing aids, don't forget your charging station!

**Extra Domes and Wax Guards:** Being prepared with extras will ensure you can fix problems as they arise.

**Wipe, Dry, Repeat:** Remember to clean your hearing aids every day while traveling. Sweat, moisture and wax buildup can keep your hearing aids from performing like they should. Investing in a dry aid kit can be a life saver.

**Get a Check-Up:** If you're going on a long vacation, consider taking your hearing aids to your hearing care professional for a quick tune-up and a good ole fashion cleaning.



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## Home Health

**Q** I am looking for some ideas to help my Mom, who has arthritis.

**A** Wow! We can help you out, as Sage has oodles of neat gizmos to help people live as independent as possible.

Some popular items include:

**Household aids:** Reachers, tub scrubs, long handled dusters, toilet brushes, etc.

**Bathroom safety:** No slip tub mats, handles or bars, seats, hand held showers, etc.

**Leisure:** large cards, card -holders, shufflers, book holders, magnifiers, lap trays and tables, etc.

**Kitchen:** Jar openers, easy grips, tilting kettle, cutting boards, can openers, etc.

**Dining:** angled spoons, and other utensils with larger grips, scoop plates, cups, etc.

**Exercise:** walking poles, exercise bands and tubing, peddle exerciser, etc.

**Mobility:** canes, walkers, scooters, electric, transport and regular wheelchairs, etc. Electric lift and recline chairs, floor to ceiling poles, etc.

**Cushions:** bed wedges. Neck, back, and bottom, sheepskins, etc.

**Driving or riding:** swivel transfer discs, handy bar, etc.

And! Pill splitters, pill bottle readers, easy switches, lotions, incontinence supplies, and much, much more.

**Stop by and check these out in our convenient store in Market Mall (beside smittys) or give us a call.**



49-2325 Preston Ave Sth MARKET MALL

(in southeast hall by inside parkade entrance) 306.955.7243 [sageteam@sasktel.net](mailto:sageteam@sasktel.net)

## Legal Services

**Q** My bank asked me if I wanted to name a beneficiary on my RRSPs. Should I?

**A** There are many ways you can plan to care for those you love after you are gone. In addition to leaving inheritances through your will, you can name beneficiaries on a life insurance policy or RRSP/RRIF account. This typically provides the named beneficiaries with a quick source of cash. Depending on the type and amount of property you have, you may choose to leave your RRSPs to one person, and other property to another.

However, distributing certain assets, like RRSPs, often has tax consequences, and your estate is primarily liable for these, not the person who receives the funds. This can result in unintended consequences, unequal distributions, and hard feelings between beneficiaries.

Do consult your financial advisor and your estate planning lawyer before making, or changing, beneficiary designations. Call or email [reception@saskatoonlaw.ca](mailto:reception@saskatoonlaw.ca) for an appointment.



**Candace Guist**  
Barrister & Solicitor



Knott ♦ den Hollander

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## Naturopathic Medicine

**What is Naturopathic Medicine?** A unique form of primary health care that combines modern medicine with natural therapies to address the ROOT CAUSE of illness. There is also a heavy focus on PREVENTATIVE medicine.

**What do the Naturopaths at Choice Nutrition do?**

We focus on individualized and EXTENSIVE PRACTITIONER—PATIENT INTERACTION to develop the best possible treatment plan. The proof is in the pudding—our clients have put their trust in us since 1993! We also look over relevant laboratory assessments you have had and may order additional tests for proper diagnosis and treatment. Our services QUALIFY FOR INSURANCE COVERAGE under most extended health care plans.

**What can Naturopaths help with?** ANYTHING! Whatever you would see your MD for, you can see us for. Some examples include menopause and hormone balancing, heart health including blood pressure and cholesterol management, cancer, thyroid issues, osteoarthritis, osteoporosis etc.

**What is Integrative Microscopy?** This is one of our most successful assessment tools, looking at a single drop of blood under a microscope. The images are displayed on a big screen right in front of your eyes and assessed during your appointment with our practitioner. The quality of blood cells and how they interact can indicate imbalances and root causes of health issues.

**Call us today! 306-249-6700 (SASKATOON) or 306-752-9277 (MELFORT) VISIT [www.choicenutrition.ca](http://www.choicenutrition.ca)**



**Dr Joanne Dawe, ND**  
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CHOICE NUTRITION SASKATOON

**CHOICE NUTRITION**

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