Body, Mind, Community, Spirit: Guide 100 (Canadian version)

Prepared by Andrew Ho, © 2026

Section 1 :
Renewal of Body

YOUR BODY: REFERENCE ESTIMATES

Approximate figures—not safe limits or personal predictions

1 NO FLUIDS

ESTIMATE: about 3–7 days

Survival varies greatly; heat or illness can shorten it. Serious dehydration occurs earlier.



2 NO FOOD, WITH WATER

ESTIMATE: several weeks to ~2 months

Highly variable; severe complications can occur much sooner. Not a safe fasting duration.



3 COMPLETE OXYGEN LOSS

WARNING: brain injury in ~4–5 minutes

Can begin sooner. Unresponsive and not breathing normally? Call 911; start CPR and use an AED.



4 NO SLEEP

HISTORICAL EXAMPLE: ~11 days

Randy Gardner, 1964—not a current record or survival limit. Impairment begins much earlier.



5 COLD-WATER IMMERSION

ROUGH GUIDE: 1–10–60 minutes

~1 min cold shock; ~10 min useful movement; ~1 hour hypothermia risk. Timing varies; drowning can occur immediately.



6 MAXIMUM HEART RATE

ESTIMATE: 220 − age, beats/min

At age 70: ~150 bpm. Not an exercise target or firm personal ceiling; medicines affect it.



7 BREATH-HOLDING

RECORD EXAMPLE: 11 min 54 sec

Guinness male freediving static-apnea category. Other rules/oxygen use give different records. Never train alone or hyperventilate.



8 CORE BODY TEMPERATURE

WARNING LEVEL: around 40°C / 104°F

Heat stroke often involves this temperature plus brain dysfunction. Confusion after heat exposure? Call 911 and cool now—do not wait for a reading.



9 BONE STRENGTH

NO VALID UNIVERSAL "× BODY WEIGHT"

Bone quality, impact and force direction determine fracture risk. "30×" is not a personal safe load.



10 VERIFIED LONGEVITY

RECORD: 122 years, 164 days

Jeanne Calment. Verified achievement—not a proven biological lifespan ceiling.



11 FASTEST NERVE FIBRES

REFERENCE: up to ~120 m/s

About 432 km/h in some large myelinated fibres. Most nerves conduct more slowly.



12 LONG-DISTANCE WALKING

RECORD EXAMPLE: ~229 km in 24 hours

Guinness male walking category—not a nonstop or safe duration for ordinary walkers. Rest and pace yourself.



13 SOCIAL ISOLATION

NO ESTABLISHED DAY LIMIT

No validated "7–day" threshold. Effects vary; prolonged isolation can harm health. Seek connection early.



14 PAIN TOLERANCE

NO ESTABLISHED TIME LIMIT

0–10 is a pain-rating scale, not a tolerance limit. New severe or unexplained pain needs assessment.



CANADA: EMERGENCY? CALL 911

REFERENCE ONLY • Harm can occur before these figures • Never test survival limits

Sources: MedlinePlus/NIH • Health Canada • Heart & Stroke • AHA • Canadian Safe Boating Council • WHO • Guinness

Updated October 2026

YOUR BODY'S SIGNALS

Possible causes • When to seek care in Canada

A symptom is a clue—not a diagnosis.

These are examples, not a complete list of causes.

1. 

FREQUENT YAWNING
Often linked to tiredness or poor sleep. It does not prove low oxygen.

2. 

BAD BREATH
Often related to oral bacteria, gum disease or dry mouth. See a dentist if persistent.

3. 

RINGING EARS
May relate to hearing loss, noise exposure or medicines. It does not diagnose high blood pressure.

4. 

BURNING TONGUE
Possible causes include dry mouth, irritation, thrush or burning mouth syndrome; sometimes deficiencies.

5. 

DIZZINESS
Possible causes include inner-ear problems, dehydration, blood-pressure changes or medicines—not just low blood sugar.

6. 

SUGAR CRAVINGS
Do not establish magnesium deficiency. Hunger, habits and stress may contribute.

7. 

LEG SWELLING
May involve veins, medicines, or heart, kidney or liver conditions. New one-sided painful swelling needs urgent assessment.

8. 

LOSS OF SMELL
Can follow viral infections, including COVID-19, or nasal blockage. It does not prove zinc deficiency.

9. 

PERSISTENT FATIGUE
Sleep problems, anaemia, thyroid conditions, mood disorders and other illnesses can contribute.

10. 

FREQUENT HEADACHES
Tension, migraine, dehydration and medicine overuse are possible causes.

11. 

EXCESS HAIR LOSS
May follow stress or illness, or relate to heredity, thyroid problems, medicines or iron deficiency.

12. 

NIGHT LEG CRAMPS
Often have no clear cause. They do not by themselves prove low magnesium.

13. 

YELLOW EYES OR SKIN
May be jaundice from liver, bile-duct or blood problems. Seek prompt medical assessment.

14. 

NUMB HANDS
May involve nerve compression, diabetes or B12 deficiency. Persistent symptoms need assessment.

15. 

COLD HANDS & FEET
Cold exposure or Raynaud's may explain symptoms; circulation or thyroid problems are also possible.

16. 

BLEEDING GUMS
Often linked to gum inflammation or disease—not automatically vitamin C deficiency. Arrange dental care.

CALL 911

Chest pain, severe breathing difficulty, sudden face droop, arm weakness or speech trouble, or a sudden severe headache.

NEXT STEPS

Seek care for new, presistent or worsening symptoms. Ask a clinician before treating a suspected deficiency with supplements.

Non-emergency advice: contact your provincial or territorial health advice line (811 in many regions).

Sources: HealthLink BC • Canada.ca • Canadian Dental Association • Heart & Stroke
Canadian source review: October 2026 • General education; not a diagnosis

18 BODY CHANGES TO NOTICE

Common symptoms have many causes • A checklist, not a diagnosis

1 NIGHT WAKING



Waking at 3 a.m. has no special diagnostic meaning. Consider stress, caffeine or sleep problems.

2 GROWING WAISTLINE



Diet, activity, medicines and other factors can contribute. Rapid unexplained swelling needs assessment.

3 OILY SKIN & ACNE



Often related to hormones and blocked pores. Persistent or severe acne can be treated.

4 FREQUENT BLOATING



Gas, constipation or food intolerance may contribute. Persistent bloating deserves review.

5 SALT CRAVINGS



Cravings alone do not prove a salt deficiency. Do not add extra salt as a treatment.

6 DARK, THICK NECK PATCHES



May be acanthosis nigricans, sometimes linked to insulin resistance. Have new changes checked.

7 PUFFY FACE



Allergies, medicines and fluid retention are possible causes. Persistent swelling needs review.

8 PERSISTENT THIRST



Especially with frequent urination or weight loss: arrange assessment for diabetes and other causes.

9 SWOLLEN FINGERS



Heat, inflammation or fluid retention may contribute. Seek care for painful or persistent swelling.

10 YELLOW TEETH



Natural tooth colour, ageing and stains are common causes. Ask a dentist about new changes.

11 CHANGED BODY ODOUR



Sweat, bacteria, diet or medicines may contribute. Unexplained persistent changes need review.

12 BRAIN FOG



Sleep loss, stress, illness and medicines can affect focus. Sudden confusion is urgent.

13 AFTERNOON SLUMP



Sleep and daily rhythms may contribute. Recurrent severe sleepiness deserves assessment.

14 HEAVY OR SWOLLEN LEGS



Standing or vein problems may contribute. A newly swollen, painful or warm leg needs urgent care.

15 ITCHY SKIN



Dry skin, eczema, allergies or medicines may contribute. Persistent widespread itch needs review.

16 RACING HEART



Exercise, caffeine or anxiety can trigger it. New, recurrent or persistent episodes need assessment.

17 MOOD CHANGES



Sleep, stress, hormones and health conditions may contribute. Seek support if daily life is affected.

18 ONGOING FATIGUE



Many causes are possible, including poor sleep, anaemia or thyroid problems. Arrange a review.

BOOK A HEALTH REVIEW

For symptoms that persist, worsen or affect daily life.
Track when they occur and bring a medication list.

CALL 911

Chest pain, severe trouble breathing, fainting, sudden confusion, or tongue/throat swelling. Racing heart with chest pain, breathlessness or fainting is an emergency.

General education only • Symptoms cannot diagnose a condition.

Sources: HealthLink BC • Canada.ca (diabetes) • NHS (insomnia, thirst, palpitations) • American Academy of Dermatology



Alzheimer's vs Parkinson's vs Normal Aging



6 key areas to compare • A Canadian family guide

	NORMAL AGING	ALZHEIMER'S DISEASE	PARKINSON'S DISEASE
1 MEMORY	Occasional forgetting; often remembers later.	Forgets recent events; repeats questions.	Slower thinking; attention and planning may change.
2 TIME & PLACE	Briefly forgets the day, then works it out.	Loses track of dates; may get lost in familiar places.	Getting lost is not a typical early feature.
3 DAILY TASKS	Usually manages familiar tasks independently.	Forgets task steps; judgment and safety may decline.	Slowness or stiffness makes tasks harder.
4 COMMUNICATION	Occasionally searches for a word.	Increasing word-finding and conversation difficulties.	Softer voice; smaller handwriting; speech may change.
5 MOVEMENT	May slow gradually; new tremor needs assessment.	Movement changes are not usually the main early sign.	Slow movement, stiffness, possible tremor; often starts on one side.
6 MOOD & BEHAVIOUR	Occasional mood changes; usual functioning continues.	New withdrawal, anxiety or personality changes.	Depression, anxiety or low motivation may occur.

Normal aging generally preserves independence.

Both diseases can affect thinking and mood. Not everyone with Parkinson's has tremor.



WHEN TO SEEK HELP

Persistent or worsening changes? Contact your family doctor or nurse practitioner.

Symptoms overlap. This guide cannot diagnose a condition.

Sources: Alzheimer Society of Canada (alzheimer.ca) • Parkinson Canada (parkinson.ca)

9 Everyday Habits for a Healthy Brain

A practical guide for Canadians

Dementia is not a normal part of aging. Healthy habits may lower your risk, but cannot guarantee prevention.

1 Move More, Sit Less

Aim for 150 minutes of moderate-to-vigorous activity weekly. Add strength training twice a week and balance activities. Try indoor mall walks in winter; build up gradually.



2 Keep Learning

Read, learn a language, play music or try a new skill. Choose activities you enjoy that challenge your brain. Take movement breaks.



3 Eat for Brain Health

Enjoy vegetables, whole grains, beans, fish and nuts. Limit salt, processed meats and sugary drinks. Try steaming or baking more often.



4 Sleep Well

Adults 65+ generally need 7–8 hours nightly. Keep regular sleep and wake times. Ask about persistent insomnia, loud snoring or daytime sleepiness.



5 Manage Your Health

Work with your doctor or nurse practitioner to manage blood pressure, diabetes and cholesterol. Take medicines as prescribed.



6 Stay Connected

Meet or call family and friends. Join community centre or library programs, volunteer or enjoy group activities.



7 Avoid Smoking; Drink Less

Avoid second-hand smoke. If you do not drink, do not start. Two standard drinks or fewer per week is lower risk, not risk-free.



8 Care for Hearing and Vision

Get hearing or vision changes assessed. Use hearing aids or glasses when needed, and seek treatment for cataracts.



9 Support Mood; Protect Your Head

Relax, walk and talk with others. Seek help for persistent low mood. Prevent winter slips and falls; wear a cycling helmet.



Memory, language or judgment changes affecting daily life?
Seek medical advice early.

Canadian support: Alzheimer Society | alzheimer.ca

Sources: Public Health Agency of Canada • Alzheimer Society of Canada • CSEP • CCSA | October 2026



HEART ATTACK

Blood flow to the heart is blocked.

SYMPTOMS



CHEST PAIN OR PRESSURE



PAIN IN ARMS, NECK, JAW, OR BACK



COLD SWEATS



SHORTNESS OF BREATH



CARDIAC ARREST

Heart suddenly stops beating.

SYMPTOMS



SUDDEN COLLAPSE OR BLACKOUT



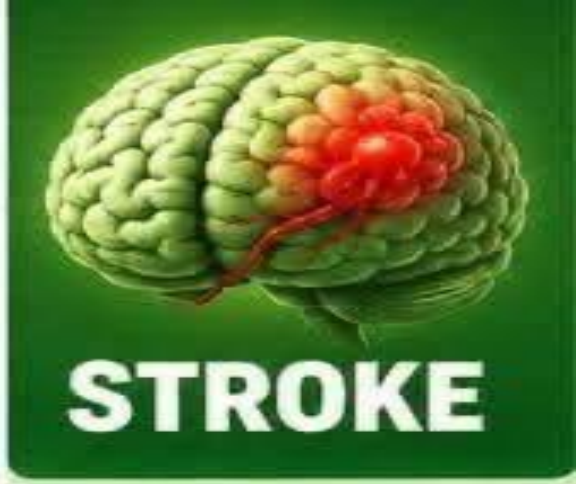
CHEST PAIN (MAY OCCUR BEFORE)



LOSS OF CONSCIOUSNESS



EXTREME OR IRREGULAR HEARTBEAT



STROKE

Blood flow to the brain is interrupted.

SYMPTOMS



SLURRED OR DISRUPTED SPEECH



BLURRED VISION



CONFUSION



TROUBLE WALKING OR LOSS OF BALANCE

EMERGENCY REMINDER





CALL EMERGENCY SERVICES IMMEDIATELY.



FAST ACTION CAN SAVE A LIFE.

HEART HEALTH & AFib

A practical guide for Canadians

Healthy habits. Effective treatments. Know when to get help.

6 EVERYDAY HEART-HEALTH HABITS

1 EAT WELL, USE LESS SALT

Choose vegetables, fruit, whole grains, beans, nuts and fish. Limit salty, highly processed foods.



2 MOVE MORE

Build toward 150 minutes of moderate activity each week, as your health allows. Start slowly.



3 SLEEP REGULARLY

Keep a consistent sleep schedule. Ask about sleep apnea if you snore or feel very sleepy.



4 MANAGE YOUR RISKS

Check blood pressure, cholesterol and blood sugar. Take prescribed medicines as directed.



5 AVOID TOBACCO, REDUCE ALCOHOL

Get support to quit smoking. With AFib, reducing or avoiding alcohol can help.



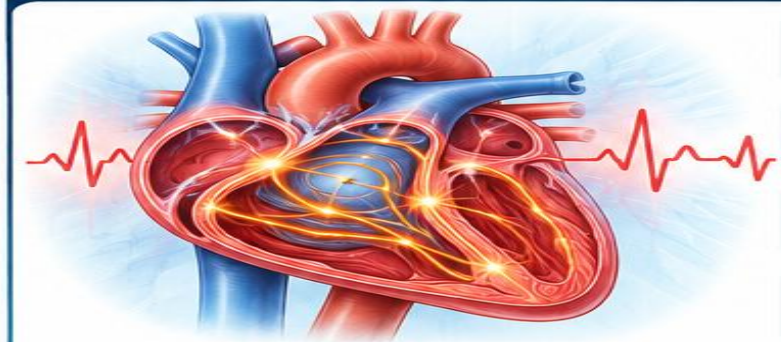
6 CHECK BEFORE TAKING SUPPLEMENTS

Supplements do not replace treatment. High-dose fish oil may increase AFib risk. Ask your pharmacist.



AFib: CAN IT BE CURED?

Atrial fibrillation is an irregular heart rhythm. Treatment can control AFib, but a permanent cure is not guaranteed.



CONTROL HEART RATE & RHYTHM

Medicines can slow the heartbeat. Cardioversion can restore normal rhythm, but AFib may return.

ASK ABOUT CATHETER ABLATION

Ablation can reduce episodes and symptoms. AFib may recur, and repeat treatment may be needed.

PREVENT STROKE

Blood thinners may still be needed after successful ablation, based on stroke risk. Never stop them without medical advice.

SUPPORT LONG-TERM CONTROL

Manage weight, blood pressure and sleep apnea. Stay active with an exercise plan suited to you.

CALL 911

Chest pain, severe shortness of breath, fainting, or stroke signs:

FACE drooping • **ARM** weakness • **SPEECH** trouble • **TIME** to call 911

New or recurring palpitations? Contact your health-care provider for assessment.

General education • Treatment should be individualized.

Sources: Heart & Stroke Canada • Canadian Cardiovascular Society • American Heart Association

ARTERY WARNING SIGNS & STROKE

Recognize • Prevent • Recover

Artery disease may have no symptoms. Stroke can result from a blocked vessel OR bleeding.

WARNING SIGNS: ACT FAST

F — FACE drooping



A — ARM weakness



S — SPEECH difficulty



T — TIME to call 9-1-1



Sudden vision loss, loss of balance, one-sided numbness or a severe unusual headache can also signal stroke.

CALL 9-1-1 IMMEDIATELY — even if symptoms disappear.

Note when the person was last well. Do not drive. For suspected stroke, give no food, drink or aspirin.



HEART: Chest pressure or discomfort, pain in arm/jaw/back, breathlessness or cold sweat → **Call 9-1-1. Do not wait.**



LEGS: Pain with walking that eases at rest, or slow-healing foot sores → **Get assessed.** Sudden painful, cold, pale or numb limb → **Emergency care.**

PREVENT A FIRST OR ANOTHER STROKE



Check blood pressure; follow your treatment targets.



Manage cholesterol, diabetes and atrial fibrillation (AFib).



Take prescribed medicines. Do not start aspirin on your own.



Build toward 150 minutes/week of moderate activity; add strength and balance work as able.



Eat vegetables, fruit, whole grains and beans; reduce salt. Avoid smoking; drink less alcohol.



Get regular sleep. Ask about loud snoring, breathing pauses or daytime sleepiness.

Bedtime water does not prevent stroke. Suspected sleep apnea needs assessment, not repeated waking.

AFTER STROKE: REHAB WITH A PLAN



START WHEN MEDICALLY READY — Set personal goals with your stroke team.



MOVE SAFELY — Physiotherapy for walking and balance; occupational therapy for hand use and daily tasks. Practise prescribed exercises.



COMMUNICATE & SWALLOW SAFELY — Speech-language therapy; follow your swallowing and food-texture plan.



SUPPORT RECOVERY — Pace activity and rest. Address mood, memory and fatigue. Include caregivers and follow-up care.

Recovery varies. Progress can continue over months and years.

NEW STROKE SIGNS? CALL 9-1-1 AGAIN.

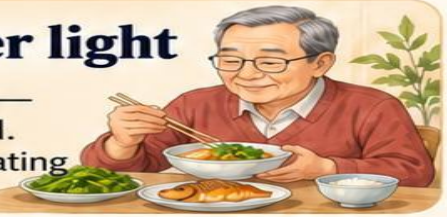
Sources: Heart & Stroke Canada • Canadian Stroke Best Practices • NHLBI | Educational guidance; individual care plans vary.

WIND DOWN FOR BETTER SLEEP

10 bedtime habits for older adults in Canada

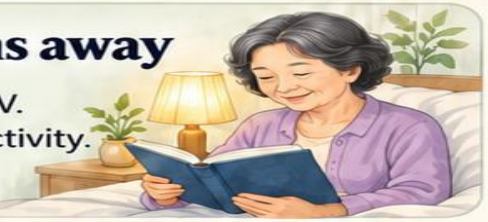
1 Keep dinner light

Eat until about 70% full—comfortable, not stuffed.
If you have reflux, finish eating 2–3 hours before bed.



2 Put screens away

Reduce scrolling and TV.
Choose a calm, quiet activity.



3 Sip, don't gulp

Stay hydrated during the day.
Avoid large drinks near bedtime.
Follow any fluid restriction.



4 Take medicines as directed

Keep your prescribed schedule.
Ask a pharmacist before changing doses or timing.



5 Keep it dark and quiet

Dim the lights and reduce noise.
Use a low night-light for safe trips to the bathroom.



6 Move gently

Try easy stretches or a short walk.
Allow time to wind down after vigorous exercise.



7 Relax with warm water

Try a warm foot soak or bath.
Avoid hot water; check with your care team if foot sensation is poor.



8 Skip alcohol as a sleep aid

Alcohol can disrupt sleep and interact with medicines.



9 Try your left side for reflux

Left-side sleeping may reduce nighttime acid reflux.
Choose comfort; follow medical advice.



10 Track only what you need

Record blood pressure or symptoms if your care team recommends it.
Avoid repeated bedtime checks.



Keep a regular sleep schedule. Persistent sleep problems? Talk with your health-care provider.

Sources: Canadian Digestive Health Foundation • American College of Gastroenterology

5 MAJOR CANCERS IN CANADA

Warning signs • Lower risk • Treatment

Five important cancers — not a ranking



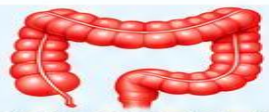
LUNG

SIGNS:	Lasting or changing cough, coughing up blood, breathlessness.
LOWER RISK:	Avoid tobacco and second-hand smoke. Test for home radon. Ask about low-dose CT eligibility.
TREATMENT:	Surgery, radiation, chemotherapy, targeted therapy or immunotherapy.



BREAST

SIGNS:	New breast or armpit lump, skin dimpling, nipple changes or bloody discharge.
LOWER RISK:	Stay active, limit alcohol and maintain a healthy weight. Ask about mammograms and family risk.
TREATMENT:	Surgery, radiation, hormone therapy, chemotherapy or targeted therapy.



COLORECTAL

SIGNS:	Blood in stool, lasting bowel changes, unexplained weight loss or iron-deficiency anaemia.
LOWER RISK:	Eat fibre-rich foods; limit processed meat and alcohol. Ask about FIT stool screening.
TREATMENT:	Surgery, chemotherapy; radiation for some rectal cancers; selected targeted or immune therapies.



PROSTATE

SIGNS:	Often silent early. Urinary changes, blood in urine or semen, or persistent bone pain need assessment.
LOWER RISK:	No guaranteed prevention. Discuss PSA test benefits and harms, especially with family risk.
TREATMENT:	Active surveillance for selected low-risk cancers; surgery, radiation, hormone therapy or other medicines.



BLADDER

SIGNS:	Blood in urine, even once; frequent or painful urination.
LOWER RISK:	Avoid tobacco. Follow workplace chemical safety rules.
TREATMENT:	Tumour removal, bladder medicines such as BCG, surgery, chemotherapy, radiation or immunotherapy.

AI IN CANCER CARE: BENEFITS & RISKS

HOW AI MAY HELP

- Help clinicians spot suspicious areas on scans and tissue images.
- Support treatment planning and analysis of tumour data.
- Help explain information and prepare questions for appointments.

WHAT TO WATCH FOR

- Missed cancers, false alarms and incorrect chatbot answers.
- Bias: accuracy may differ across patient groups.
- Privacy risks when sharing medical reports or personal details.

USE AI SAFELY

AI supports your care team. It cannot confirm a diagnosis or guarantee a cure. Check advice with your clinician. Never delay care or change treatment based on AI. Avoid uploading identifying health information to public chatbots.

Some AI uses are still in research. Availability and evidence vary by tool and clinic.

Sources: Canadian Cancer Society • Health Canada • US National Cancer Institute

BLOOD TESTS:
WHAT DO YOU REALLY NEED?
A practical guide for adults in Canada

There is no annual blood-test panel for everyone.
Choose tests with your clinician based on symptoms, age, risk factors, medicines and medical conditions.

1 Complete blood count (CBC)



Measures blood cells; helps assess anemia and other blood disorders. Order when clinically indicated—not automatically every year.

2 Lipid profile



Measures cholesterol and triglycerides to help assess cardiovascular risk. Screening and repeat testing depend on age, risk and treatment.

3 Blood glucose / HbA1c



Screens for and monitors diabetes. Diabetes Canada recommends screening every 3 years from age 40, or earlier/more often for higher risk. HbA1c does not require fasting.

4 Thyroid testing



TSH is usually the first test when thyroid disease is suspected. Free T4 may follow; T3 is rarely needed. No routine screening for asymptomatic, nonpregnant adults.

5 Liver blood tests



ALT, AST and other tests can help assess liver injury or disease. Use for symptoms, risk factors or medicine monitoring—not a universal yearly screen.

6 Kidney assessment



Creatinine/eGFR estimates kidney filtration. Testing is useful with diabetes, high blood pressure, kidney disease or certain medicines. Urine ACR may also be needed.

7 Vitamins D and B12



No routine screening in healthy adults without symptoms. Test when deficiency or a relevant medical condition is suspected. B12 supports nerves and blood cells; vitamin D supports bone health.

8 CRP / ESR



Non-specific markers of inflammation. Used for selected suspected or known conditions—not a general annual wellness screen.



BEFORE YOUR BLOOD TEST

Ask: Why this test? Will it change my care? When should it be repeated?
Fast only if instructed. Do not stop medicines unless advised.
Existing conditions may require regular monitoring. An abnormal result alone does not establish a diagnosis.

Sources: Choosing Wisely Canada • Diabetes Canada • BC Guidelines
choosingwiselycanada.org • guidelines.diabetes.ca • www2.gov.bc.ca

General education • Testing plans are individualized • Reviewed October 2026

MANAGING PAIN AS YOU AGE

Practical steps for seniors • A Canadian guide



Pain is common, but it deserves attention.
A symptom alone cannot tell you the cause.

1 NOTICE & RECORD

Write down where it hurts, when it started, pain from 0–10, and what helps. Note effects on walking, sleep and daily tasks.



2 MOVE GENTLY

For familiar muscle or joint pain, try short walks and gentle movement. Alternate activity with breaks. Stop if pain sharply worsens. Ask a physiotherapist for a safe plan.



3 USE HEAT OR COLD SAFELY

Warmth may ease stiffness; a cold pack may help swelling. Wrap packs in a cloth; use 10–20 minutes. Never use while asleep or on numb skin, poor circulation or broken skin.



4 PROTECT SORE AREAS

Use **supportive shoes** and a comfortable chair. Change position often. For a simple calf cramp, gently pull toes toward your shin. Do not massage a swollen, warm calf.



5 CHECK MEDICINES

Ask a pharmacist what is safe with your conditions and medicines. Follow the label. Avoid doubling acetaminophen in combination products. Ibuprofen and naproxen can cause bleeding, kidney and heart problems.



6 BUILD A DAILY PLAN

Keep a regular sleep routine. Try slow breathing and enjoyable activities. Drink within your prescribed fluid limits. Do not start magnesium or potassium for cramps without advice.



GET PROMPT MEDICAL HELP

Seek same-day care for a new swollen, warm or red calf; a hot swollen joint with fever; severe eye pain or vision changes; or pain after a fall with trouble standing. Book an assessment for persistent, recurring or worsening pain, numbness, or pain disrupting sleep.

CALL 911 — DO NOT DRIVE YOURSELF

Chest pressure or pain with breathlessness, sweating or faintness • Sudden severe headache • New face droop, arm weakness or speech trouble • Severe breathing difficulty • Back pain with new loss of bladder/bowel control or numbness around the groin

Do not assume new pain is just aging, stress or a vitamin deficiency.

General education; not a diagnosis. For non-emergency advice, contact your clinician or provincial health line.

Sources: HealthLink BC — Pain Management; Using Cold and Heat Therapies; Deep Vein Thrombosis. BC Guidelines — Pain Management. Canada.ca — Heart Attack.

One-Minute Habits for Lower Stress

A Canadian everyday guide • Choose one or two to try

One minute is a starting point. Results vary.



SLOW YOUR BREATHING

Breathe in gently; breathe out slowly.
Do not hold or force your breath.



CHANGE YOUR SCENERY

Step outside or look out a window.
Stay indoors if it is icy or air quality is poor.



RELAX YOUR SHOULDERS

Gently lift your shoulders, then let them drop.
Move slowly and comfortably.



HUM A FAVOURITE TUNE

Hum softly while breathing naturally.
Notice what feels soothing to you.



OFFER YOURSELF KINDNESS

Rest a hand on your chest or belly if comfortable.
Say: “Pause. Take it one step at a time.”



REST YOUR EYES

Sit safely; close your eyes or soften your gaze.
Put your phone aside for a short break.



STRETCH GENTLY

Tilt your head slightly; avoid neck circles.
Stop if you feel pain, tingling or dizziness.



SIP A WARM DRINK

Choose warm water or a caffeine-free drink.
Avoid scalding drinks; caffeine may disrupt sleep.



TAKE A QUIET MINUTE

Feel your feet on the ground; notice sounds.
Sit quietly, pray, or think of something you appreciate.



Ongoing stress deserves ongoing care

Support yourself with regular sleep, daily movement and connection. If stress keeps affecting daily life, speak with a family doctor, nurse practitioner or mental health professional. Ask about services in your preferred language.

Sources: Health Canada • HealthLink BC

General health information; not a substitute for individual medical advice.

BUILD STRENGTH & BALANCE

5 At-Home Exercises for Canadian Seniors

Help reduce your risk of falls

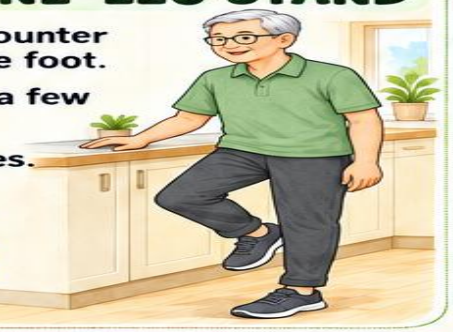
Hold a sturdy support. Move slowly. Progress at your own pace.

1 SUPPORTED ONE-LEG STAND

Hold the counter and lift one foot.

Start with a few seconds.

Switch sides. Build up gradually.



2 HEEL-TO-TOE WALK

Walk slowly beside a counter.

Place one heel just ahead of the other foot's toes.

If unsteady, practise a supported staggered stance first.



3 SUPPORTED SIDE LEG RAISE

Stand tall with toes facing forward.

Lift one leg a little out to the side, then lower.

Switch sides. Avoid leaning.



4 SIT TO STAND

Use a sturdy chair against a wall.

Keep feet flat. Stand up slowly, then sit down slowly.

Use armrests if needed.



5 SUPPORTED MARCHING

Hold the counter with both hands.

Gently lift one knee, then the other.

Use a comfortable height. Keep breathing.



START SMALL

Begin with a few repetitions. Gradually build strength exercises to 8–12 repetitions, 2–3 days a week. Practise balance in short sessions, as able.

PRACTISE SAFELY



Wear supportive, non-slip shoes with a secure heel.



Keep floors dry, well lit and free of clutter.



Warm up gently. Have someone nearby when starting.



Stop if you feel dizzy, have pain or feel unwell.



Have you fallen, felt dizzy often, or become unsteady? Ask your healthcare provider or physiotherapist for an assessment before starting.

CANADIAN WINTER TIP

Watch for wet entrances and icy paths.

Use traction aids when appropriate, and remove them before walking indoors.



Sources: HealthLink BC • Public Health Agency of Canada • Canada.ca Safe Living Guide

General education. Adapt exercises to your health and ability.

8 EXERCISES
FOR SENIORS
Support Heart Health & Lower Stroke Risk

Regular activity can help lower stroke risk. Strength and balance exercises also support independence.



1 BRISK WALKING

Walk at a pace that suits you. Try indoor mall walking in icy weather.



2 CYCLING

Use a stationary or recumbent bike for a steady, low-impact workout.



3 SWIMMING

Swim or try water walking in a supervised pool.



4 STRENGTH TRAINING

Use light weights or resistance bands. Breathe steadily; avoid straining.



5 BALANCE & FLEXIBILITY

Practise supported balance and gentle stretches. Keep a sturdy support nearby.



6 TAI CHI — NEW

Slow, controlled weight shifts help train balance and coordination.



7 CHAIR EXERCISES — NEW

Try seated marching and arm movements on a stable, non-wheeled chair.



8 GENTLE DANCING — NEW

Move to music at your own pace. Choose simple steps on a clear, level floor.



BUILD UP GRADUALLY
Aim for 150 minutes/week of moderate aerobic activity, as able.

STAY STRONG
Strength work at least 2 days/week, plus balance practice.

MOVE SAFELY
Start with short sessions. Warm up and cool down.

Not every activity reaches moderate intensity.
At a moderate pace, you can talk but not sing.

After a stroke, or with heart symptoms or major mobility limits, ask your healthcare professional for a tailored plan.

Sources: Canadian 24-Hour Movement Guidelines (65+); Ottawa Public Health.

6 SIMPLE MOVES FOR YOUR LEGS

Gentle movement after long periods of sitting or standing

BEFORE YOU START: Use a sturdy chair without wheels. Hold support when standing. Breathe normally. Start small and stay within a comfortable, pain-free range.

1 ANKLE PUMPS



- Sit tall and extend one leg slightly. Slowly pull your toes toward you, then point them away.
- **Start:** 10 repetitions
  - 1–2 sets
- Keep your knee relaxed. Do not swing your leg.

2 SUPPORTED HEEL RAISES



- Hold a sturdy chair. With feet hip-width apart, lift your heels, pause for 1 second, then lower slowly.
- **Start:** 8–10 repetitions
- Unsteady? Sit down and raise your heels with toes on the floor.

3 SEATED TOE RAISES



- Sit with feet flat. Keep your heels down, lift your toes, then lower slowly.
- **Start:** 10–15 repetitions
- Sit upright without leaning backward.

4 SEATED MARCHING



- Sit tall with feet flat. Gently lift one knee, lower it, then switch sides.
- **Start:** 10 repetitions per side
- Lift only as high as comfortable. Avoid rocking.

5 WALL CALF STRETCH



- Place hands on a wall. Step one foot back. Keep the back knee straight and heel down; gently bend the front knee.
- **Hold:** 15–20 seconds
  - Twice per side
- Feel a gentle stretch. Do not bounce or push into pain.

6 REST WITH LEGS ELEVATED



- Lie down and support your calves and ankles on pillows at a comfortable height.
- **Start:** 5–10 minutes
- No need to put legs up a wall. Stop if numbness, pain or breathlessness develops.

MAKE MOVEMENT A HABIT

During prolonged sitting, get up and walk about every hour if able. Move your ankles while seated on long journeys. These are starting amounts—adjust to your ability.

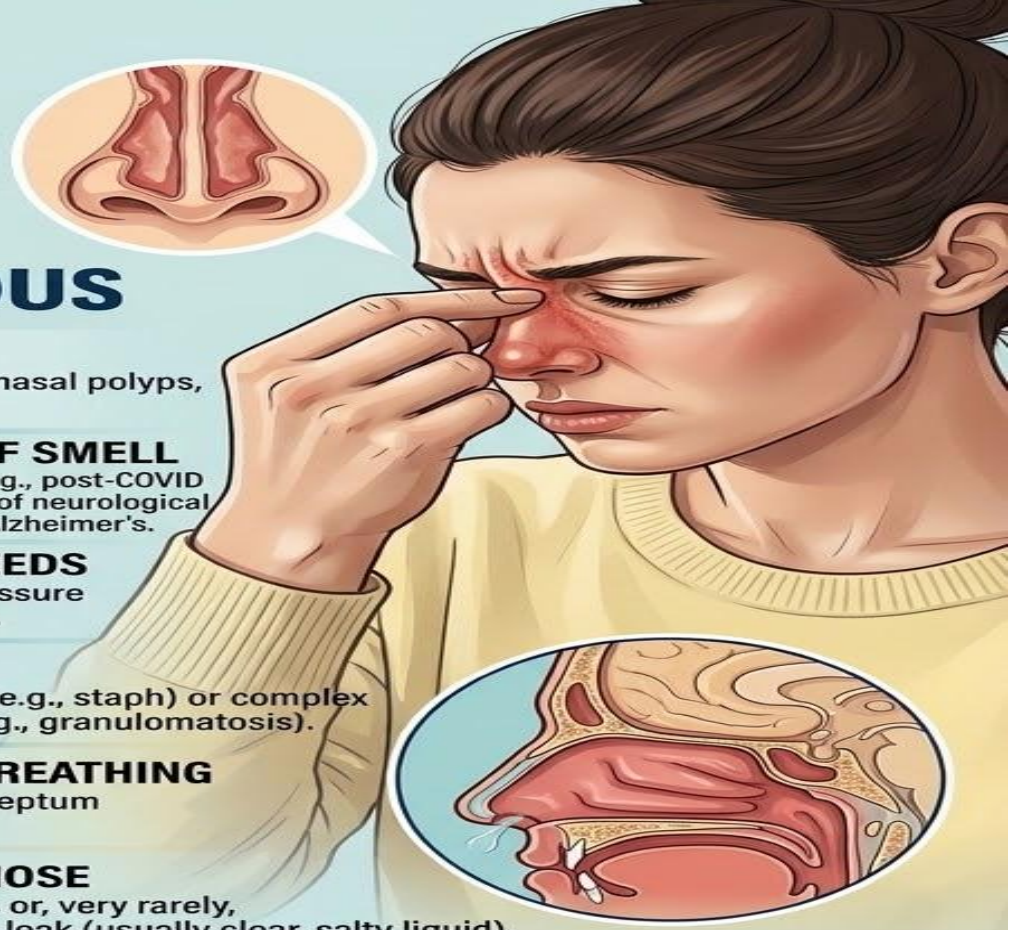
STOP & GET HELP

- Stop if exercise causes pain, dizziness or discomfort.
- Sudden swelling, pain, redness or warmth in one leg: seek medical care immediately.
- Sudden chest pain, shortness of breath, coughing blood or fainting: CALL 911.

Recent surgery, fracture, known blood clot or activity restrictions? Ask your healthcare professional first.
General activity guidance; not a substitute for diagnosis fo treatment.

Sources: HealthLink BC; NHS seated exercise and stretching guidance.

THESE NOSE SYMPTOMS COULD MEAN SOMETHING SERIOUS



1. 

ALWAYS STUFFY
Could be chronic allergies, nasal polyps, or a deviated septum.

2. 

PERSISTENT LOSS OF SMELL
May indicate viral infections (e.g., post-COVID complications) or early stages of neurological conditions like Parkinson's or Alzheimer's.

3. 

FREQUENT NOSEBLEEDS
Might signal high blood pressure or a blood clotting disorder.

4. 

CRUSTY NOSE
Possible chronic infection (e.g., staph) or complex autoimmune conditions (e.g., granulomatosis).

5. 

WHISTLING WHEN BREATHING
Often linked to a deviated septum or other nasal blockage.

6. 

CONSTANT RUNNY NOSE
Could be vasomotor rhinitis or, very rarely, a Cerebrospinal Fluid (CSF) leak (usually clear, salty liquid).

7. 

PHANTOM SMELL (cacosmia)
Internal perception of a foul odor, a possible sinus infection or rare neurological issue.

8. 

NOSE ALWAYS COLD
Potential sign of poor peripheral circulation or Raynaud's condition.

9. 

RED, BULBOUS NOSE (Rhinophyma)
Associated with severe rosacea or, in some cases, long-term alcohol effects.

10. 

METALLIC SMELL
Sometimes linked to migraines, neurological conditions, or certain medications.



YOUR NOSE CAN REVEAL CLUES ABOUT YOUR HEALTH



If symptoms persist or worsen, consult **a healthcare professional.**





DON'T IGNORE WARNING SIGNS. EARLY DETECTION CAN PROTECT YOUR HEALTH.

EYE CHANGES YOU SHOULDN'T IGNORE

Symptoms are not a diagnosis. Appearance alone cannot identify a disease.

1	**BLURRED VISION**	May relate to blood sugar changes, dry eye or other eye conditions. Diabetic retinopathy may have no early symptoms. Regular retinal exams matter.
2	**BLOOD ON THE WHITE OF THE EYE**	Often a subconjunctival hemorrhage; rubbing or coughing can also cause it. This does not diagnose high blood pressure. Blood pressure and eye pressure require separate measurements.
3	**ITCHY, WATERY, RED EYES**	Common with eye allergies, but other causes are possible. Avoid rubbing. Seek an eye exam if symptoms persist.
4	**BULGING EYES, DRYNESS OR DOUBLE VISION**	May relate to thyroid eye disease or other conditions. Seek medical assessment if new or worsening.
5	**RED EYES WITH MORE DISCHARGE**	May be conjunctivitis caused by infection or allergy. Marked light sensitivity, eye pain or reduced vision needs urgent care.
6	**YELLOW WHITES OF THE EYES**	May indicate jaundice from liver, bile duct or blood-related problems. New yellowing needs prompt medical assessment.
7	**DIFFICULTY SEEING IN DIM LIGHT**	May relate to cataracts, retinal disease or vitamin A deficiency. Poor night vision alone does not prove vitamin A deficiency.
8	**EYELID TWITCHING**	Often linked to fatigue, stress, lack of sleep or caffeine. Seek care if persistent, the eyelid closes fully, or twitching affects the face.
9	**DRYNESS, BURNING OR A GRITTY FEELING**	May be dry eye, sometimes with watering or fluctuating vision. Seek an eye assessment if persistent or affecting daily life.
10	**A GRAY-WHITE RING AROUND THE CORNEA**	May be corneal arcus, common in older adults. It does not necessarily mean high cholesterol. If it appears when young, seek a cholesterol assessment.



GET IMMEDIATE MEDICAL HELP FOR:

- Sudden vision loss
- Severe eye pain
- A red eye with nausea or vomiting
- A sudden shower of floaters, flashes of light, or a dark curtain over your vision



Illustrations are for reference only.
Health information does not replace medical diagnosis.

Sources: National Eye Institute (NEI), American Academy of Ophthalmology (AAO), NHS, MedlinePlus

Fact-checked: October 2026

BLURRY VISION

Causes, Signs & Management

Blurry vision is a symptom—not a diagnosis.
It can have many causes, some temporary and some serious.



Refractive error
Nearsightedness, farsightedness, or astigmatism commonly causes blurred vision.

Dry eyes
Poor tear-film quality can cause fluctuating blur, burning, or gritty eyes.

Cataract
Clouding of the lens can gradually cause blur, glare, and poor night vision.

Diabetes / high glucose
Changing blood sugar can temporarily blur vision, and diabetes can damage the retina.

Eye strain / screen use
Prolonged focusing can cause tired eyes and temporary blur.

Migraine
Visual aura can cause temporary flashing, zigzags, or blurred vision.

Eye disease
Glaucoma, retinal disease, corneal problems, or inflammation can affect vision.

Emergency warning
Sudden vision loss, eye pain, flashes, weakness, or speech trouble needs urgent care.

MANAGEMENT

Get an eye examination
Vision testing and eye examination help identify the cause.

Update glasses if needed
Correct prescription lenses can treat refractive blur.

Treat dry eyes
Lubricating eye drops and reducing triggers may help selected patients.

Control medical conditions
Diabetes, blood pressure, and other diseases should be well managed.

Reduce eye strain
Take screen breaks, blink often, and use appropriate lighting.

Seek urgent care for sudden changes
Sudden or severe vision loss needs prompt ophthalmic or emergency assessment.

SOURCES:
- American Academy of Ophthalmology – Blurred Vision (https://www.aao.org/eye-health/symptoms/blurred-vision)
- Centers for Disease Control and Prevention (CDC) – Vision Health (https://www.cdc.gov/visionhealth/)
- National Eye Institute (NEI) – Blurred Vision (https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/blurred-vision)

If your symptoms persist or worsen, please consult an eye care professional.

Ease Screen-Related Neck Strain

4 gentle movements • A short daily routine

May ease stiffness over time.

Five minutes is a starting habit—not a cure.

Exercise cannot reverse every spinal curve.

Your daily setup matters

- Raise your phone toward eye level.
- Support your forearms.
- Keep the monitor about an arm's length away, with the top at or below eye level.
- Change position often; move away from the desk 5–10 minutes each hour.



1 Chin tuck

Look straight ahead. Gently glide your head straight back, making a small double chin. Do not look down or force it.

Hold 3–5 seconds × 5.



Start: look straight ahead

End: gently tuck chin back

2 Comfortable wall slide

Stand with your back near a wall. Slowly slide bent arms upward only as far as comfortable. Keep ribs relaxed; do not arch your back or shrug.

Hands do not have to touch the wall. **5 slow repetitions.**



Start: elbows at about shoulder height

End: slide up to a comfortable range

3 Shoulder-blade squeeze

Gently bring shoulder blades together and slightly down. Keep neck relaxed; do not force your chest forward.

Hold 5 seconds × 5.



Start: relaxed

End: squeeze shoulder blades together and slightly down

4 Doorway chest stretch

Rest one forearm on a doorframe, elbow slightly below shoulder height. Step forward gently until you feel a mild chest stretch.

Hold 15–20 seconds × 2 each side.



Start: forearm on doorframe

End: step forward gently until you feel a mild stretch

Gentle starting amounts—not targets.

Start with one set daily; reduce or skip any movement that hurts.

Move slowly and breathe normally.
A mild stretch is OK; stop for sharp or spreading pain, dizziness, tingling or numbness. Seek prompt medical advice for new or worsening weakness, numbness or balance trouble. After injury or neck surgery, ask a clinician before starting. Persistent or worsening pain needs assessment.

General education • Not an individual treatment plan

Sources: MyHealth Alberta — Neck Problems and Injuries; NHS inform — Exercises for neck problems; CCOHS — Monitor positioning & Workstation stretching.

WAKING UP AT 3 A.M.?

Understand night waking. Build better sleep.

Brief awakenings can be normal. Frequent trouble getting back to sleep—especially when it affects your day—deserves attention.



3 FACTS TO KNOW

1 Sleep cycles are not exactly 90 minutes

Cycles often last about 80–100 minutes and vary. You may briefly wake between cycles. The time you wake does not reveal the cause.



2 Night waking does not prove a hormone problem

Stress and worry about sleep can keep you alert. Waking at 3 a.m. alone does not mean a cortisol surge or a brain malfunction.



3 Look for possible triggers

Caffeine, alcohol, pain, nighttime urination, medicines and sleep apnea can disturb sleep. Alcohol may make you drowsy but can fragment sleep later.



WHAT TO DO WHEN YOU WAKE



Relax—do not force sleep

If you feel comfortable and sleepy, rest quietly. Avoid checking the clock or scrolling on your phone.

Wide awake or getting frustrated?

If it feels like roughly 20 minutes have passed, get out of bed and do something calming in dim light. Read quietly or listen to gentle music. Return when sleepy.

20 minutes is a guide, not a stopwach rule.



Prevent falls

Use a gentle night-light and keep your path clear.



DAILY HABITS THAT HELP

- Get up at the same time each day.
- Spend time outdoors in natural daylight.
- Stay active and wind down before bed.
- Avoid caffeine for at least 6 hours before bed; sensitive people may need longer.
- Do not use alcohol as a sleep aid.
- Keep your bedroom quiet, dark and comfortable. Reduce screen use before bed.

WHEN TO TALK TO YOUR DOCTOR

- Seek help if poor sleep affects your daily life. You do not need to wait three months.
- Trouble sleeping at least 3 nights a week for at least 3 months, with daytime effects, may indicate chronic insomnia and needs assessment.
- Loud snoring, gasping during sleep or excessive daytime sleepiness also deserve medical attention.
- CBT-I—cognitive behavioural therapy for insomnia—is the first-line treatment for chronic insomnia. Sleep hygiene alone is often not enough.

Sources: NIH / NHLBI • NHS • American Academy of Sleep Medicine

General health education. Not a substitute for individual medical advice.



10 Habits for Better Sleep

Wind down, build a routine, and let sleep come naturally.

1 Keep a regular wake-up time

Get up at the same time every day, even on weekends.
Go to bed when you feel sleepy.



2 Wind down before bed

Allow about an hour for quiet activities. Dim the lights and put your phone away.



3 Read outside the bedroom

Choose a calming book or gentle music. Return to bed when you feel sleepy.



4 Breathe slowly and comfortably

Breathe gently without holding your breath. Stop if you feel dizzy or uncomfortable.



5 Relax your muscles

Gently relax your face, shoulders and legs.
Picture a peaceful scene; avoid straining.



6 If you cannot sleep, get up

If you feel wide awake or frustrated, leave bed. Do something quiet; return when sleepy.



7 Keep your room sleep-friendly

Choose a dark, quiet, comfortably cool room. Try earplugs or blackout curtains if needed.



8 Watch caffeine and alcohol

Avoid caffeine for about 8 hours before bed. Do not use alcohol as a sleep aid.



9 Get daylight and stay active

Spend time outdoors and move during the day. If naps affect sleep, keep them short and early.



10 Stay comfortably warm

If your feet are cold, try loose, breathable socks. Avoid overheating; choose a comfortable position.





Ongoing sleep problems? Seek help.

Talk to a health professional if poor sleep persists or affects your day. Cognitive behavioural therapy for insomnia (CBT-I) is the first-line treatment for chronic insomnia.
Loud snoring, breathing pauses or severe daytime sleepiness also need assessment.

These habits support sleep but do not replace treatment for chronic insomnia.

Sources: NIH / NHLBI • NCCIH • American Academy of Sleep Medicine

DISEASES • FOOD • SYMPTOMS

Food choices • Warning signs • When to get help

Food supports care. Symptoms alone cannot diagnose disease.

CONDITION	FOOD CHOICES	SYMPTOMS / CHECKS
High blood pressure 	 More vegetables, fruit and whole grains. Less salt and salty sauces.	Usually no symptoms. Check blood pressure. 
High LDL cholesterol 	 Oats, beans, nuts and fish. Use unsaturated oils instead of butter.	Usually no symptoms. Get a blood test. 
Type 2 diabetes 	 Vegetables, tofu, fish and high-fibre foods. Manage carb portions. Avoid sugary drinks.	Thirst, frequent urination, fatigue or blurred vision. May be silent. 
Iron-deficiency anaemia 	 Lean meat, beans or tofu with vitamin C foods. Confirm cause before taking iron.	Fatigue, pale skin, dizziness or breathlessness. Needs blood tests.
Osteoporosis 	 Milk, yogurt, fortified soy drink and calcium-set tofu. Discuss vitamin D.	Often silent until a fracture. Height loss or new back pain needs assessment.
Chronic kidney disease 	 Less salt. Tailor protein, potassium, phosphorus and fluids to your care plan.	Often silent early. Later: swelling or fatigue. Get blood and urine tests.
Fatty liver (MASLD) 	 Vegetables, whole grains, beans and fish. Limit sugary drinks. Discuss alcohol.	Often silent. Sometimes fatigue or upper-right belly discomfort.
Acid reflux (GERD) 	 Smaller meals. Avoid personal triggers. Do not lie down for 3 hours after eating.	Heartburn or sour reflux. Trouble swallowing needs medical review.



CALL 911: HEART ATTACK OR STROKE SIGNS

New chest pressure • Severe breathlessness • Face drooping • One-sided weakness • Trouble speaking.
Do not drive yourself.



Persistent symptoms, unexplained weight loss, blood in stool or a lasting cough? Seek medical assessment.

Sources: Canada.ca • Heart & Stroke • NIDDK • NHS • Osteoporosis Canada

10 PRACTICAL MENTAL HEALTH TIPS

Everyday support for Chinese Canadians

1 Check your basic needs

Eat regularly and drink water. Hunger can affect mood.



2 Protect your sleep

Keep a regular sleep routine. Ongoing sleep problems deserve care.



3 Be gentle with yourself

A shower or small self-care task may comfort you; it is not a cure.



4 Put worries into words

Write briefly or talk to someone you trust. Pause if writing makes you feel worse.



5 Take one small step

Choose one manageable task today. You do not need to solve everything.



6 Return to the present

Breathe slowly and notice what you can see, hear and feel.



7 Move in a way you enjoy

Try walking, tai chi or gentle movement. Choose safe indoor options in icy weather.



8 Reach out when overwhelmed

Tell someone how you feel. Seek professional help if distress persists or affects daily life.



NEW 9 Build community connections

Try a Chinese community centre, library group or trusted faith community. Share at your own pace.



NEW 10 Ask for care in your language

Request Cantonese, Mandarin or an interpreter. Discuss family or cultural pressures without shame.



Self-care supports mental health; it does not replace assessment or treatment.

Thinking about suicide? Call or text 988 in Canada, 24/7 (English/French). **Immediate danger: call 911.**

Sources: Public Health Agency of Canada • CAMH | Reviewed October 2026

KEEP FOOD FRESHER, LONGER

Canadian home food-storage guide

FRIDGE ≤ 4°C (40°F) • FREEZER ≤ −18°C (0°F)

TYPICAL STORAGE TIMES • APPROXIMATE RANGES

IN THE FRIDGE



LEAF LETTUCE
3 – 7 days
Dry well; paper towel.



CARROTS 2 weeks
BEETS 2 weeks
Remove leafy tops.



BROCCOLI 3 – 5 days
CABBAGE 1 week
Vegetable crisper.



CELERY 1 – 2 weeks
CUCUMBERS 1 week
Keep dry.



STRAWBERRIES 3 – 5 days
GRAPES 5 – 7 days
Store unwashed.



APPLES 3 – 4 weeks
Ventilated bag; separate fruit drawer.



ORANGES 2 – 3 weeks
LEMONS 3 – 4 weeks



ASPARAGUS 3 – 5 days
Stand stems in a little water.

MORE STORAGE TIMES



FRESH HERBS about 1 week
GINGER 2 weeks
Fridge; basil stays on counter.



OPENED MILK about 3 days
HARD CHEESE several weeks
Fridge; follow product instructions.



BANANAS 1 – 3 days when ripe
Counter; freeze peeled extras.



RIPE AVOCADOS 3 – 5 days
Fridge after ripening.



TOMATOES 3 – 4 days to ripen
Counter; use ripe fruit in 1 – 2 days or refrigerate.



WHOLE POTATOES 2 – 4 weeks
Cool, dark, ventillated pantry.



WHOLE ONIONS 4 – 6 weeks
WHOLE GARLIC 1 – 2 months
Cool, dry, ventilated pantry.



BREAD 2 – 4 days on counter
FREEZER 2 – 3 months for quality
Keep dry; freeze extras.

KEEP THESE APART



RIPENING FRUIT + SENSITIVE VEG
Separate apples, bananas and tomatoes from lettuce, broccoli and cucumbers.



ONIONS + POTATOES
Separate ventilated baskets.



BANANAS + AVOCADOS
Together ripens faster; separate to slow ripening.

CUT PRODUCE:
refrigerate within 2 hours; use within 1 – 2 days.

STORE RAW MEAT
below ready-to-eat food.

Produce times are freshness estimates from purchase, unless stated ripe. Actual life varies with initial freshness, temperature and packaging. Dairy times start after opening. Follow package storage directions; time, look and smell cannot guarantee safety.

Sources: Health Canada • Canadian Produce Marketing Association / Half Your Plate • UnlockFood.ca

12 Teas That Act Like Medicine



LICORICE ROOT TEA

Soothes the gut lining, calins acid reflux, reduces inflammation, and supports adrenal balance — one of the strongest "healing teas" in herbal medicine.



ROSE TEA

Rich in antioxidants that lift mood, support skin health, ease cramps, and calin the nervous system with a gentle floral effect.



GINGER TEA

Acts as a natural anti-nausea and digestive tonic, improves circulation, and reduces inflammation fast.



CHAMOMILE TEA

A natural sleep aid that relaxes the nervous system, reduces anxiety, and soothes the digestive tract.



PEPPERMINT TEA

Opens the airways, relieves bloating, reduces cramping, and cools inflammation.



DANDELION TEA

A powerful liver cleanser that also acts as a gentle diuretic to reduce water retention and bloating.



HIBISCUS TEA

Naturally lowers blood pressure, supports heart health, and provides a high dose of vitamin C.



NETTLE LEAF TEA

Rich in minerals that strengthen hair, reduce allergies, and support energy production.



TURMERIC TEA

Reduces inflammation throughout the body, supports joint health, and boosts circulation.



LEMON BALM TEA

Calms the mind, reduces cortisol, and supports digestive comfort — great for anxious stomachs.



GREEN TEA

Boosts metabolism, protects cells with strong antioxidants, and enhances brain focus.



VALERIAN ROOT TEA

One of the strongest natural sleep supports — helps the body relax and reduces nighttime tension.

Section 2 :
Renewal of Mind

15 GOOD HABITS *to* SLOW DOWN AGING

1. Walk more.
2. Drink more water.
3. Worry less.
4. Pray often.
5. Soak your feet regularly.
6. Give thanks often.
7. Never skip breakfast.
8. Protect yourself from the sun.
9. Learn to manage stress.
10. Stay away from junk food.
11. Use your brain, keep learning.
12. Go to bed early and get up early.
13. Stay young at heart.
14. Don’t compare, be good to yourself.
15. Stay away from negative people.

10 Words for a Wise & Joyful Later Life

Growing older with grace • For Chinese Canadians

1 Slow

Take your time.
Eat mindfully, walk safely,
and enjoy each moment.



2 Moderation

Choose balanced meals.
Ease your expectations.
Be content with enough.



3 Simplicity

Keep your home
uncluttered, your days
simple, and your
heart light.



4 Stillness

Make room for quiet.
Pause, reflect, and
find peace in prayer.



5 Grace

Give others room.
Choose kindness and
keep peace with family
and friends.



6 Release

Let go of old hurts.
Forgive yourself and
others. Welcome
a fresh start.



7 Forget

Leave yesterday's
quarrels behind.
Remember
the blessings.



8 Cherish

Treasure loved ones,
faithful friends, and
the everyday joys
of life.



9 Smile

Share a laugh.
Let gratitude brighten
your day and
someone else's.



10 Live

Enjoy today.
Stay connected,
keep learning, and
live with purpose.



Live for the Lord • Share His grace • Serve with love

A Home Full of Joy
Starts With Little Things
12 Heartwarming Traditions for Canadian Families

All ages • Little cost • Lasting memories

1 Weekend Breakfast Together
Make congee, steamed buns or pancakes. Everyone lends a hand.



2 Family Movie Night
Take turns choosing a film. Share snacks and your favourite scene.



3 After-Dinner Walks
Walk at a comfortable pace. Enjoy an indoor stroll on cold days.



4 Birthday Cards from the Heart
Write what you appreciate and wish for them. Give with love. Keep year after year.



5 Living-Room Picnics
Spread a blanket and share simple snacks. Enjoy a little adventure at home.



6 A Monthly Family Photo
No fancy outfits. No perfect poses. Include distant loved ones by video.



7 Music and Gentle Movement
Take turns sharing favourite songs. Join in standing or seated.



8 Share Joys and Worries
Share one happy moment from your day. Listen to each other's challenges, too.



9 Library Treasure Hunts
Each person chooses a book. Share a new discovery at home.



10 Listen to Elders' Stories
Talk about childhood, home and immigration. Ask permission before recording.



11 Cook a Family Recipe
Make dumplings or a favourite family dish. Pass down its flavours and stories.



12 A Family Gratitude Jar
Save funny moments, thanks and blessings. Read them together at year's end.



The most precious gift is time together.
Choose one today. Make togetherness a habit.

Behold, how good and how pleasant it is for brethren to dwell together in unity!
— Psalm 133:1 (KJV)

10 Healthy Habits for a Happy Marriage

Practical guidance • Shared effort • Mutual respect

1. **Make room for feelings.**
   Both can feel angry. Express it without insults or intimidation.
2. **Address hurts without keeping score.**
   Revisit unresolved issues calmly; agree on what needs to change.
3. **Start gently and be specific.**
   Try: “I feel overwhelmed. Could we share this task?”
4. **Rest when a discussion gets stuck.**
   It is OK to sleep first. Agree on a time to talk again.
5. **Pause when emotions run high.**
   Take at least 20 minutes to calm down; agree when to return.
6. **Make time for each other.**
   Plan regular connection while respecting friendships and personal space.
7. **Work toward a fair solution.**
   Understand both needs; seek agreement without pressure to give in.
8. **Take responsibility and repair.**
   Apologize specifically, change your behaviour, and allow time to rebuild trust.
9. **Show appreciation every day.**
   Notice effort, say thank you, and offer affection you both welcome.
10. **Listen to understand.**
    Reflect back what you hear. Ask for a pause instead of using silent treatment.

Safety comes first: Abuse is never the other partner’s fault.
If there is fear, coercion or violence, seek confidential individual support.
In immediate danger in Canada, **call 911.**

Guidance, not guarantees. Sources: The Gottman Institute • Government of Western Australia, Promoting Respectful Relationships

WHAT A HARVARD STUDY REVEALS ABOUT COUPLES WHO STAY MARRIED FOR 30+ YEARS

THEY STOPPED TRYING TO CHANGE EACH OTHER.

You married a person, not a renovation project. Some habits aren't changing. Decide which ones you can live with.

THEY STOPPED TURNING EVERYTHING INTO A FIGHT.

Forgot the milk? Said something annoying? Loaded the dishwasher like a criminal? Not every irritation needs a three-hour argument.

THEY LEARNED TO MAKE UP, NOT JUST FIGHT.

Lasting couples aren't those who never argue. They drop their egos, apologise and reconnect instead of competing over who's right.



THEY FACED LIFE AS A TEAM.

Money problems, difficult relatives, raising kids. It's us versus the problem, not me versus you.

THEY UNDERSTOOD THAT LOVE ISN'T ENOUGH.

Love matters. So do respect, friendship, shared responsibilities and making tea when your partner is exhausted.



THEY DIDN'T MISTAKE EVERY ROUGH PATCH FOR THE END.

Some seasons are difficult. Not every bad month means a bad marriage. Honest conversations, effort and time can help. Patience doesn't mean tolerating abuse.



THEY KEPT CHOOSING EACH OTHER.

Marriage takes daily effort, affection, forgiveness and two people willing to grow together.

THE REAL SECRET?

You don't need a partner who never annoys or disappoints you.
You need someone willing to work through life with you, own their mistakes and keep showing up.
A lasting marriage means knowing what to fix, what to accept and when to stop letting your ego run the relationship.

20 MEANINGFUL ACTIVITIES FOR SENIORS AFTER RETIREMENT



Enjoy life, keep learning, and grow in faith.

1. 

   Gardening
   Grow flowers, vegetables, or herbs.

2. 

   Reading
   Enjoy books and discover new ideas.

3. 

   Painting or Drawing
   Relax and express your creativity.

4. 

   Walking & Nature
   Explore parks and watch birds.

5. 

   Cooking & New Recipes
   Try dishes and share family favourites.

6. 

   Music
   Sing, play, or enjoy favourite songs.

7. 

   Volunteering
   Help others and build connections.

8. 

   Photography
   Capture everyday beauty.

9. 

   Puzzles & Games
   Enjoy crosswords, chess, and cards.

10. 

    Yoga & Stretching
    Gentle movement for flexibility and balance.

11. 

    Travel
    Enjoy local outings and new adventures.

12. 

    Writing & Journaling
    Record memories, stories, and wisdom.

13. 

    Fishing
    Enjoy quiet time outdoors.

14. 

    Dancing
    Move to music and enjoy friendship.

15. 

    Learning New Skills
    Explore a language, class, or craft.

16. 

    Bible Study & Devotions
    Read Scripture and reflect each day.

17. 

    Prayer & Intercession
    Pray for family, church, and the world.

18. 

    Worship & Hymn Singing
    Praise God at home or with others.

19. 

    Christian Fellowship & Care
    Join a small group and encourage others.

20. 

    Faith Mentoring & Testimony
    Share God's faithfulness with younger generations.

CHERISH THE YEARS
VALUE EVERY LIFE

Living with connection and dignity in Canada



01 CHERISH YOUR JOURNEY

Life holds love, loss, joy, and learning.
Every person's story deserves respect.

02 GROW AT YOUR OWN PACE

Wisdom and patience do not come automatically with age.
We can keep learning, reflecting, and growing.

03 STAY CONNECTED

Keep in touch with friends and family.
Join a community group, seniors' centre, or volunteer activity.

04 MAKE ROOM FOR EVERY FEELING

Appreciate today without having to feel strong every day.
When lonely or grieving, reach out to someone you trust
or a qualified professional.

05 DIGNITY AT EVERY AGE

Whatever your age, health, or family situation,
you deserve respect, care, and a voice in your own life.

CHERISH LIFE • CARE FOR ONE ANOTHER • KEEP GROWING

Inspired by healthy ageing and social connection guidance
from the World Health Organization and the Government of Canada.
October 2026

HOW TO RECOGNIZE SOMEONE'S PERSONALITY WITHOUT THEM REALIZING IT

1. People who love mountains are mostly **INTROVERTS.**



2. People who talk a lot, long, and often are usually **LIARS.**



3. People who stay quiet a lot are often mentally **TIRED.**



4. People who love the beach usually have **SAD** memories.



5. People who care for poor, seniors and children, mostly are **LOYAL.**



6. People who get angry often are usually **MANIPULATIVE.**



7. People who frequently talk about others are usually **LONELY.**



8. People who listen more than they speak are usually **OBSERVANT.**



9. People who stay calm during chaos are usually **EMOTIONALLY STRONG.**



When Autism Looks Like OCD, PTSD, BPD, or ADHD

OVERLAPPING SYMPTOMS. DIFFERENT ROOT CAUSES.



OCD

- Intrusive thoughts
- Compulsions
- Need for control
- Perfectionism
- Fear of mistakes

PTSD

- Trauma history
- Hypervigilance
- Flashbacks
- Emotional dysregulation
- Avoidance





HIGH-MASKING AUTISM

BPD



- Intense emotions
- Fear of abandonment
- Unstable relationships
- Identity disturbance
- Impulsivity
- Chronic feelings of emptiness

ANXIETY DISORDERS

- Excessive worry
- Avoidance
- Panic & physical anxiety
- Overthinking
- Intolerance of uncertainty
- Restlessness





ADHD

- Inattention
- Hyperactivity
- Impulsivity
- Difficulty with organization
- Time management challenges

nicabm



Different diagnoses can look the same.
The right diagnosis changes everything.

FROM IMMATURE REACTIONS TO MATURE HABITS

9 behaviours to notice — and practical ways to grow

1 IMPULSIVE

Acts before considering consequences.



PRACTISE:

Pause and take 3 slow breaths. Ask: “What could happen next?”

2 EASILY IRRITATED

Sulks or reacts sharply to frustration.



PRACTISE:

Name the feeling. Take a short break, then discuss it calmly.

3 SELF-CENTRED

Overlooks other people’s needs.



PRACTISE:

Ask what others need. Balance their needs with your own.

4 AVOIDS RESPONSIBILITY

Delays duties or shifts blame.



PRACTISE:

Set one clear deadline. Use reminders. Own mistakes and repair them.

5 SEEKS CONSTANT APPROVAL

Depends heavily on attention or praise.



PRACTISE:

Ask directly for connection. Notice your own effort; share the spotlight.

6 REPEATED COMPLAINING

Repeats concerns without seeking a next step.



PRACTISE:

State the concern clearly. Make one specific request or choose one action.

7 DEFENSIVE

Rejects feedback before considering it.



PRACTISE:

Listen fully. Ask for an example. Own any part that is yours.

8 INFLEXIBLE

Dismisses other views or resists change.



PRACTISE:

Ask one curious question. Consider new evidence. Try a small change.

9 INCONSIDERATE

Misses how actions affect others.



PRACTISE:

Listen without interrupting. Check the impact. Apologize and adjust.

BUILD THE HABIT: Notice your trigger → Pause → Choose a response → Reflect and repeat

Behaviours can change; this is not a diagnosis. Use for self-reflection, not labels.

How To Take Criticism Without Taking It Personally

1 In The Moment

Regulate before you respond.



- Take one breath
- Relax your jaw or shoulders
- Slow your reply

> "Thanks for raising that—I want to think about it before I respond."

2 Separate The Message From The Delivery

Focus on what's being said, not how it's being said.



3 Ask For Specifics

1. What did you observe specifically?
2. What impact did it have?
3. What would you have preferred instead?
4. Can you give me an example of what 'better' would look like next time?

Feedback focused on a specific behavior is more actionable and less likely to trigger defensiveness.

4 Shift The Internal Narrative & Response Sequence

Unhelpful Automatic Thoughts	Helpful Reframes
They think I'm incompetent.	This is one person's perspective, not the whole truth.
I'm being attacked.	I can acknowledge impact without agreeing with every conclusion.
I have to defend myself.	A gap in performance is not a flaw in identity.

Response Sequence

Receive	"Thank you for telling me."
Clarify	"What did you notice, and what was the impact?"
Reflect	"I can see how that may have landed that way."
Choose	"I'll consider that and follow up on what I'll do differently."

You can validate another person's experience without automatically conceding that their interpretation is completely correct.

LEADING ACROSS GENERATIONS

Listen with curiosity. Build trust. Grow together.

GEN Z | 1997–2012



Look beyond the label
Valuing boundaries does not mean avoiding responsibility.

Strengths to recognize
Fresh ideas, digital skills and a willingness to question old processes.

Practical ways to lead
- Explain the purpose behind the task.
- Give timely, specific feedback.
- Invite questions and better ideas.
- Agree on flexibility, deadlines and results.

Try saying
"How would you approach this? Let's agree on the deadline and standard."

MILLENNIALS | 1981–1996



Look beyond the label
Wanting feedback does not mean wanting constant praise.

Strengths to recognize
Collaboration, purpose and interest in learning.

Practical ways to lead
- Connect tasks to shared goals.
- Offer coaching and room to decide.
- Explain development opportunities.
- Follow up on ideas and suggestions.

Try saying
"What skill would you like to develop? Let's make a plan."

GEN X | 1965–1980



Look beyond the label
Preferring independence does not mean rejecting teamwork.

Strengths to recognize
Practical experience, resourcefulness and a focus on results.

Practical ways to lead
- Give ownership of a whole project.
- Be direct and clear.
- Ask for input rather than assuming silence means agreement.
- Respect work and personal boundaries.

Try saying
"You can lead this project. What support would help?"

BABY BOOMERS | 1946–1964



Look beyond the label
Valuing experience does not mean resisting change.

Strengths to recognize
Long-term perspective, relationships and knowledge to share.

Practical ways to lead
- Ask what has worked before.
- Explain and demonstrate new tools.
- Encourage mentoring in both directions.
- Ask which communication method works best.

Try saying
"From your experience, how could we make this approach work better?"

FOR EVERY GENERATION

Ask preferences. Set clear expectations. Offer support. Avoid assumptions.

For Canadian workplaces, volunteer teams and community groups.
Birth-year ranges are common reference points, not fixed rules. Generation does not determine personality, ability or work ethic. Adapt to each person's needs, culture, language and accessibility preferences.

BEYOND THE SCREEN, EXPLORE THE TRUTH

FOR A NEW GENERATION OF CANADIAN-CHINESE

FROM YOUTUBE AND AI SEARCHES, MOVE TOWARDS MORE MEANINGFUL CONNECTIONS.

REDEFINING OUR FAITH JOURNEY:

- **FROM 'INFO-SEEKING' TO 'LIFE-SEEKING':** Beyond asking 'Why?', explore 'How to Live in Love'.
- **REAL CONNECTION BEYOND ALGORITHMS:** Build deep, physical community and a true sense of belonging amidst the digital flood.
- **EMBRACING DIVERSE IDENTITIES:** A place where Canadian spirit and traditional Chinese wisdom harmonize and resonate.
- **RATIONAL FREEDOM & DEEP DIALOGUE:** A space to candidly ask questions and mutually deliberate on life's ultimate issues.



JOIN US, AND LET'S START THIS SPIRITUAL JOURNEY TOGETHER!

10 THINGS IN LIFE THAT CANNOT WAIT

Cherish today. Make every day count.

1. **Give love now.**
   Do not wait until you need love to show it.
2. **Stay connected.**
   Reach out to friends before loneliness sets in.
3. **Do your best today.**
   Do not wait for a promotion to take pride in your work.
4. **Listen with humility.**
   Learn from good advice before mistakes become setbacks.
5. **Care for your health.**
   Do not wait for illness to value your well-being.
6. **Treasure your relationships.**
   Show appreciation while you have the chance.
7. **Believe in your worth.**
   Do not wait for applause to believe in yourself.
8. **Own your mistakes.**
   Reflect, apologize and make things right.
9. **Help with what you have.**
   You can give time, kindness or support without being wealthy.
10. **Embrace life today.**
    Do not leave joy, gratitude and meaningful moments until later.




10 SIGNS
YOU ARE ACTUALLY
FOOLISH
WITHOUT REALIZING IT
facebook.com/Samuraiartss
1 You often give advice
Not patient to listen until the end.
2 You blame others
Always others' fault, rarely your own.
3 You get angry easily
Small things affect you too much.
4 You like giving unsolicited advice
Often teaching others without being asked.
5 You find it hard to admit mistakes
More reasons than saying sorry.
6 You criticize others too often
Always focused on others' flaws.
7 You choose friends based on status
Feel more comfortable with people
who have "value".
8 You rarely ask about others
Conversations mostly about yourself.
9 You feel like you already know everything
Find it hard to accept new input.
10 You pretend to be busy
Act like you are busy instead
of facing what you need to do.

Facing Difficult Situations

Biblical wisdom for Christians in Canada

1. **Pause and pray**
   Bring your concerns to God before you react.
   Philippians 4:6–7

2. **Ask God for wisdom**
   Seek His guidance through Scripture and prayer.
   James 1:5

3. **Listen before speaking**
   Be quick to listen, slow to speak and slow to anger.
   James 1:19

4. **Seek truth with humility**
   Check the facts; avoid rumours and hasty judgments.
   Proverbs 18:13, 17

5. **Be honest about your feelings**
   Bring grief and fear to God; ask others for support.
   Psalm 62:8; Galatians 6:2

6. **Take the next faithful step**
   Do what is right today; entrust tomorrow to God.
   Matthew 6:34; Galatians 6:9

7. **Seek wise counsel**
   Talk with a trusted pastor, mature believer or qualified professional.
   Proverbs 15:22

8. **Speak truth with love**
   Choose gentle words; disagree without contempt.
   Ephesians 4:15; Proverbs 15:1

9. **Forgive and seek peace**
   Release revenge; pursue peace as far as it depends on you.
   Ephesians 4:32; Romans 12:18–19

10. **Keep healthy boundaries**
    Forgiveness does not require remaining in danger. Seek safety and help.
    Proverbs 22:3

11. **Love your neighbours**
    Respect people of every background; help those in need.
    Luke 10:25–37

12. **Act with integrity**
    Honour lawful authority and keep your conscience faithful to God.
    Romans 13:1–7; Acts 5:29

13. **Care for body and mind**
    Make room for rest and practical care; accept help without shame.
    Mark 6:31

14. **Hold on to hope in Christ**
    God is with us in suffering, even when relief takes time.
    John 16:33; Romans 8:38–39



Pray faithfully • Act wisely • Love generously • Trust God

Biblical guidance • Scripture references accompany paraphrases

A SETBACK IS NOT THE END

One disappointment does not define you.

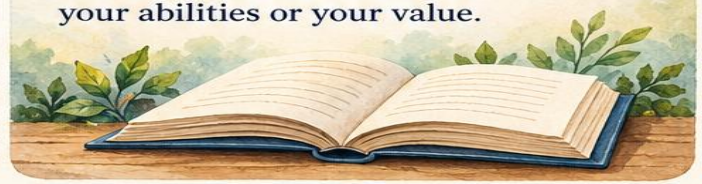
01 ACKNOWLEDGE YOUR FEELINGS

Sadness and disappointment are natural. Give yourself time. You do not have to rush.



02 REMEMBER YOUR WORTH

One difficult outcome does not erase your abilities or your value.



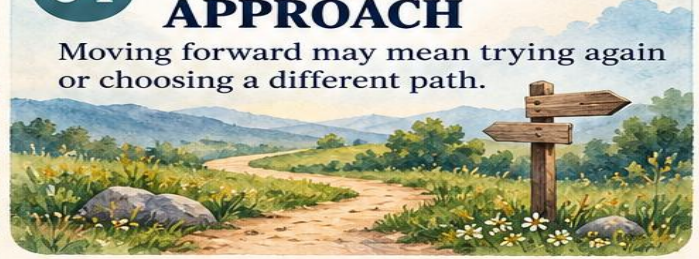
03 LEARN FROM EXPERIENCE

Notice what worked and what you could improve.



04 ADJUST YOUR APPROACH

Moving forward may mean trying again or choosing a different path.



05 REACH OUT FOR SUPPORT

Talk with someone you trust. Seek professional support when needed.



06 TAKE ONE SMALL STEP

Choose a manageable goal. Begin again at your own pace.



GIVE YOURSELF TIME—AND ANOTHER CHANCE

You do not have to do it all at once.
Just take the next step.

Everyone's circumstances and pace are different.
Rest and asking for help can be part of moving forward.

40 THINGS TO DO ALONE

FOR A MORE FULFILLING LIFE

1. Watch a sunrise phone-free.
2. Take yourself out for breakfast.
3. Read at a quiet café.
4. Visit a museum or gallery.
5. Take a long nature walk.
6. Watch a movie alone.
7. Cook yourself a special meal.
8. Learn a new recipe.
9. Sit quietly by the water.
10. Write to your future self.
11. Keep a gratitude journal.
12. Try a new hobby.
13. Take a solo road trip.
14. Explore your city like a tourist.
15. Watch the stars.
16. Have a solo picnic.
17. Visit a botanical garden.
18. Spend a day offline.
19. Declutter your room.
20. Plant a flower or herb.
21. Meditate for 10 minutes.
22. Watch a sunset somewhere new.
23. Take a photography walk.
24. Listen to an album uninterrupted.
25. Take a class alone.
26. Write down your biggest dreams.
27. Create a vision board.
28. Try a digital detox weekend.
29. Volunteer for a cause.
30. Browse a local bookstore.
31. Learn a new language.
32. Try a 30-day fitness challenge.
33. Spend an afternoon painting.
34. Bake something new.
35. Go on a scenic hike.
36. Watch the rain with a warm drink.
37. Write down your life lessons.
38. Celebrate a personal milestone.
39. Forgive yourself for a past mistake.
40. Reflect on the life you're building.

LIVING ALONE, LIVING WELL

9 essentials for seniors in Canada



EMERGENCY? CALL 911

1 Daily Check-ins



Arrange a daily call or message. If there is no reply, call again and ask a trusted person to check.

2 Ready to Get Help



Keep your phone and help button nearby. Install and test smoke and carbon monoxide alarms.

3 Emergency Contacts



Choose 2–3 contacts. Keep a spare key secure. List your address, medicines and allergies.

4 Health Follow-up



Plan visits and blood tests with your care team. Review medicines, vaccines, vision, hearing, mood and memory.

5 Move & Stay Strong



Build up safely toward 150 minutes of moderate-to-vigorous activity weekly. Add strength and balance exercises.

6 Nutrition & Bones



Get enough protein and calcium. Age 51+: take 400 IU of vitamin D daily. Ask your care team about personal needs.

7 Prevent Falls



Use grab bars, night lights and non-slip shoes. Clear clutter. Arrange snow and ice removal or help with errands.

8 Community Support



Plan meals, transport and home care. Contact 211 for local services. Ask about help in your preferred language.

9 Plan Ahead



Prepare a will and financial and health decision-making arrangements under local law. Check care costs and beware of scams.



Independence with Support

You help guide decisions • Trusted people stay connected • Care teams assess needs



Public coverage, fees and legal rules vary by province or territory.

Sources: Health Canada • Public Health Agency of Canada • Ontario government | October 2026

10 Calm Responses to Difficult Conversations

Speak clearly • Stay respectful • Set boundaries

1 When someone interrupts

"Please let me finish, then I'd like to hear your thoughts."



2 When your ideas are dismissed

"I see it differently. May I explain my perspective?"



3 When voices get raised

"Let's pause and continue when we can both speak calmly."



4 When claims need checking

"What information supports that? Let's check the facts together."



5 When the discussion goes in circles

"We seem to be repeating ourselves. Let's pause and revisit this later."



6 When one person dominates

"Let's make space for both of us to speak."



7 When comments become personal

"Let's focus on the issue and avoid personal remarks."



8 When you disagree

"We see this differently. What next step can we agree on?"



9 When the topic keeps shifting

"Let's return to the main question and our shared goal."



10 When a boundary is ignored

"I'm willing to talk, but I'll step away if the insults continue."



Pause • Use a steady voice • Listen • Follow through

If you feel unsafe, leave the situation and seek help.

GET TO KNOW PEOPLE BETTER

9 reminders before judging someone



1 MOUNTAIN LOVERS

Some research links this preference with introversion, but it cannot identify an individual's personality.



2 TALKING A LOT

Talkativeness does not establish dishonesty. Check facts rather than speech style.



3 BEING QUIET

Quietness may reflect reflection, shyness, fatigue or personal preference. Ask instead of assuming.



4 LOVING THE BEACH

A favourite place does not reveal whether someone has sad memories.



5 HELPING OTHERS

Helping can show care in that moment. Loyalty is better understood through consistent actions over time.



6 GETTING ANGRY

Anger alone does not prove manipulation. Pay attention to threats, pressure and boundary violations.



7 TALKING ABOUT OTHERS

This does not establish loneliness. Consider the context and whether the conversation respects privacy.



8 LISTENING MORE

Listening can support understanding, but silence alone does not prove someone is observant.



9 STAYING CALM

Looking calm does not reveal how someone feels inside. Check in with kindness.



ASK OPEN QUESTIONS • LISTEN WITH CURIOSITY • NOTICE PATTERNS OVER TIME

One behaviour is not a personality test. Context, culture and circumstances matter.

Research: Oishi et al. (2015), Journal of Research in Personality; Vrij et al. (2019), Annual Review of Psychology.

HOW TO GET TO KNOW OTHERS BETTER

16 ways to build understanding and trust

1. 
Ask open questions
"What do you enjoy, and why?"

2. 
Listen without interrupting
Give them time to finish.

3. 
Ask thoughtful follow-ups
"What was that like for you?"

4. 
Explore their values
"What matters most to you?"

5. 
Hear their story
Invite memories; let them choose what to share.

6. 
Learn their interests
Ask about hobbies, hopes and everyday joys.

7. 
Spend time together
Share a meal, walk or volunteer activity.

8. 
Notice everyday kindness
How do they treat people in different roles?

9. 
Look for consistency
Do their actions match their words over time?

10. 
Understand disagreements
Can you both listen and disagree respectfully?

11. 
Notice accountability
Do they own mistakes and try to make amends?

12. 
Respect boundaries
Accept "no" and avoid pressing for private details.

13. 
Ask about support
"What helps when you're having a hard day?"

14. 
Check your interpretation
"Have I understood you correctly?"

15. 
Share about yourself
Build trust through mutual, comfortable openness.

16. 
Stay curious over time
Follow up, remember details and allow for change.

Be curious. Be kind. Avoid quick judgments.

Shoes, posture, eye contact or a single gesture cannot reliably reveal someone's character.
Consider culture, circumstances and patterns over time.

GENTLE MOVES FOR SENIORS

6 Simple Exercises

Start small • Move comfortably • Keep breathing

BEFORE YOU START

For older adults whose health is stable and who can exercise safely. Ask your healthcare provider first if your blood pressure is uncontrolled, you have heart disease, or you have fallen recently.

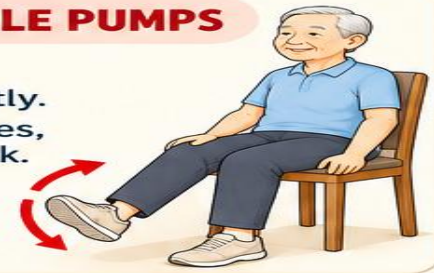
1 SUPPORTED MINI-SQUATS

- Hold a sturdy chair; feet hip-width apart.
- Bend your knees slightly, then slowly stand tall.
- Start with 5 repetitions. Breathe out as you rise.



2 SEATED ANKLE PUMPS

- Sit securely and extend one leg slightly.
- Slowly point your toes, then draw them back.
- Do 5–10 per foot. Do not strain.



3 RELAXED BREATHING

- Sit comfortably and relax your shoulders.
- Breathe in gently through your nose; breathe out slowly.
- Try 1–2 minutes. Do not hold your breath or force deep breaths.



4 SEATED MARCHING

- Sit upright and hold the sides of the chair.
- Lift one bent knee, lower gently, then switch legs.
- Start with 5 lifts per side. Keep your body steady.



5 SIT TO STAND

- Place a sturdy chair against a wall; feet flat.
- Lean forward slightly, stand up, then sit down slowly.
- Start with 5 repetitions. Use armrests if needed.



6 SUPPORTED HEEL RAISES

- Hold a sturdy chair and slowly lift your heels.
- Lower with control. Do not bounce or walk on tiptoe.
- Start with 5 repetitions. Try seated if unsteady.



SAFETY FIRST

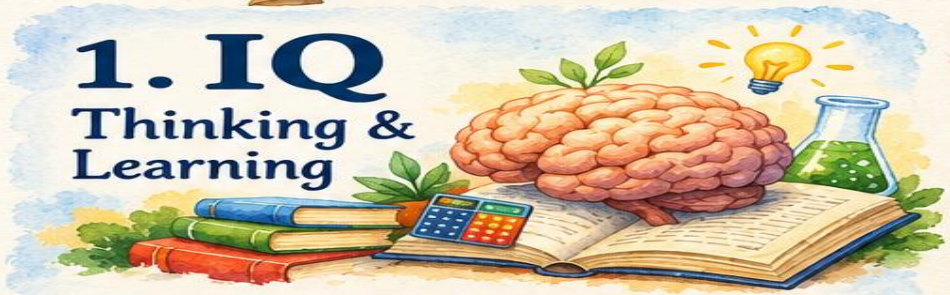
- Wear non-slip shoes and clear the floor. Have someone nearby when learking.
- Stop if you feel dizzy, have chest pain, unusual breathlessness or pain.
- **Call 911 for chest pain, fainting or sudden signs of stroke.**

These exercises do not replace blood pressure medicine, monitoring or regular walking. Do not stop prescribed medicine on your own.

Sources: NHS sitting and strength exercises • American Heart Association: physical activity and blood pressure

Four Areas of Intelligence

Practical habits for lifelong growth



1. IQ
Thinking & Learning

- **Recall:** Before bed, name 3 things you learned.
- **Learn & teach:** Explain a new idea in simple words.
- **Challenge your mind:** Read, solve puzzles and ask why.



2. EQ
Emotional Awareness

- **Quiet time:** Pause for 5 minutes and notice your feelings.
- **Respond calmly:** Take a breath before reacting.
- **Practise empathy:** Ask how another person feels.



3. SQ
Social Skills

- **Meet diverse minds:** Listen to different perspectives.
- **Connect:** Ask open questions and listen without interrupting.
- **Share learning:** Teach someone and invite their ideas.



4. AQ
Resilience

- **Think backwards:** Picture your goal and plan the steps.
- **Try something new:** Take a small, safe step beyond routine.
- **Learn from setbacks:** Reflect, adjust and try again.



Prepare your children for the road.



A practical framework—not four equivalent scientific measures.
These habits support learning and life skills; they do not guarantee higher IQ.

Section 3 :
Renewal of Community

Living in Canada - our Home

10 fascinating facts for newcomers

1 **An ancient impact in Ontario**

Sudbury's impact basin formed about 1.85 billion years ago. It is one of Earth's largest.



2 **A giant prehistoric sea reptile**

Alberta's Royal Tyrrell Museum displays a 21-metre Shonisaurus — a marine reptile, not a dinosaur.



3 **A golden Olympic moment**

Canada won 14 gold medals at Vancouver 2010, setting a world record at the time.



4 **Superman's Canadian connection**

Toronto-born artist Joe Shuster co-created Superman with American writer Jerry Siegel.



5 **Real roads made of ice**

Some northern winter roads cross frozen lakes and rivers. Travel only when officially open.



6 **The world's longest freshwater beach**

Wasaga Beach, Ontario, has about 14 kilometres of sandy shoreline on Georgian Bay.



7 **A park bigger than Albania**

Wood Buffalo, in Alberta and the Northwest Territories, is Canada's largest national park.



8 **A road across ten provinces**

The Trans-Canada Highway's main route spans about 7,821 km, including ferry links.



9 **Historic walls in Québec City**

Old Québec is a UNESCO World Heritage Site and the most complete fortified colonial town north of Mexico.



10 **A plant found only in Canada**

Hairy braya grows only around Cape Bathurst and the Baillie Islands in the Northwest Territories.



Learn • Explore • Feel at home

Fact-checked: October 2026 | **Sources:** NASA; Royal Tyrrell Museum; Team Canada; Canada Post; GNWT; Ontario Parks; Parks Canada; Transport Canada; UNESCO; ECCC.

Canadian Food Icons & Innovations

The real stories behind familiar favourites



Butter Tarts

Barrie, Ontario • 1900

Earliest known printed recipe.



Nanaimo Bars

Nanaimo, BC • 1952

Early recipe published; origins debated.



Poutine

Rural Quebec • late 1950s

Several towns claim its creation.



Hawkins Cheezies

Tweed, Ontario • 1949

Canadian production; Belleville since 1956.



Canada Dry Ginger Ale

Toronto • 1904

Pale ginger ale—not ginger ale itself.



Canola

Canadian Prairies • 1974

First double-low variety; named in 1978.



Pablum

Toronto • 1930

Developed at SickKids.



Instant Mashed Potatoes

Ottawa • 1962 patent filing

Asselbergs team's improved process.



Yukon Gold Potatoes

Guelph • 1966 / 1980

Bred in 1966; registered in 1980.



Peanut Paste

Montreal • 1884

Edson patent; not the first peanut food.



Cuban Lunch

Winnipeg • 20th century

Classic chocolate-peanut bar; date uncertain.



Caesar Cocktail

Calgary • 1969

Created by Walter Chell.



BeaverTails

Killaloe, Ontario • 1978

First public sales—not Ottawa.



Hawaiian Pizza

Chatham, Ontario • 1962

Credited to Sam Panopoulos.



Ginger Beef

Calgary • 1970s

Credited to George Wong, Silver Inn.



Maple Syrup • Indigenous Roots

Maple sugaring traditions long predate European settlement in northeastern North America.

Two Claims to Treat With Care



California roll: Vancouver and Los Angeles claims compete; no settled birthplace.



Chewing gum: Ancient origins; commercial gum sold in the USA in 1848. Not a Toronto invention.

Dates refer to recipes, patents, launches or registrations—not always invention.

Sources: UBC DCHP • CFIA • SickKids • Canola Council • Canada Dry • BeaverTails • Canadian Food Studies • patent records

Fact-checked • October 2026

10 Famous Brands Born in Canada

2026 UPDATE • Origins, Products & Ownership

Updated October 26, 2026

1 Tim Hortons



1964 • Hamilton, Ontario

Coffee, doughnuts and quick-service meals.

Part of Restaurant Brands International.

2 lululemon



1998 • Vancouver, British Columbia

Yoga, athletic apparel and accessories.

A global brand with Canadian roots.

3 Roots



1973 • Toronto, Ontario

Casual clothing, leather goods and the beaver logo.

Marquee Brands acquisition completed in October 2026.

4 Canada Goose



1957 • Toronto, Ontario

Founded as Metro Sportswear.

Known for premium cold-weather outerwear.

5 ARITZIA



1984 • Vancouver, British Columbia

First standalone boutique: Oakridge Centre.

Known for womenswear and Everyday Luxury.

6 Arc'teryx



1989 • North Vancouver, British Columbia

Founded as Rock Solid.

Technical outdoor gear; part of Amer Sports.

7 Canadian Tire



1922 • Toronto, Ontario

Founded by brothers John and Alfred Billes.

Automotive, home, tools and outdoor products.

8 shopify



2006 • Ottawa, Ontario

Grew out of an online snowboard store.

E-commerce and retail operating platform.

9 Bombardier



1942 • Valcourt, Quebec

Began with snow vehicles.

Now focused on Global and Challenger business jets.

10 MEC



1971 • Vancouver, British Columbia

Now Mountain Equipment Company.

Returned to Canadian ownership in 2025.

CANADIAN ORIGIN ≠ CANADIAN OWNERSHIP ≠ MADE IN CANADA

These brands were founded in Canada. Ownership and manufacturing locations vary.

Sources: official brand histories, corporate websites and investor announcements.

TOP 10 UNIVERSITIES IN CANADA

2026 EDITION

Based on the QS World University Rankings 2026

1	2	3	4	5
McGill University	University of Toronto	University of British Columbia	University of Alberta	University of Waterloo
Montréal, QC	Toronto, ON	Vancouver, BC	Edmonton, AB	Waterloo, ON
Global rank: 27	Global rank: 29	Global rank: 40	Global rank: =94	Global rank: =119
6	7	8	9	10
Western University	Université de Montréal	McMaster University	Queen's University	University of Calgary
London, ON	Montréal, QC	Hamilton, ON	Kingston, ON	Calgary, AB
Global rank: 151	Global rank: 168	Global rank: =173	Global rank: =191	Global rank: 211

Source: QS World University Rankings 2026 • topuniversities.com/world-university-rankings/2026

= indicates a tied global rank. Canada positions are ordered by QS global rank.
Overall institutional rankings; subject rankings may differ.

THE AI AGE

How to Support Job Seekers

Families • Mentors • Communities • Employers

Turn encouragement into practical opportunities.



01 LISTEN & ENCOURAGE

Ask about career goals, financial pressures and well-being.

Check in regularly. Avoid blame and comparisons.

02 FOCUS THE SEARCH

Choose 2–3 target roles.

Compare job requirements and identify transferable skills.

03 STRENGTHEN THE RÉSUMÉ

Tailor each application with real achievements.

Use clear formatting. Never invent credentials or results.

04 USE AI WITH JUDGEMENT

Practise interviews and improve application drafts.

Verify outputs. Protect confidential and personal information.

05 CONNECT & SHOW SKILLS

Introduce relevant contacts for short career conversations.

Help build a work sample and practise explaining it.

06 OPEN DOORS & FOLLOW UP

Employers: offer fair assessments and clear hiring information.

Communities: refer to employment services and review progress.

TAKE ACTION TOGETHER THIS WEEK

Choose 2 roles → Tailor 1 résumé → Create 1 work sample → Practise 1 interview

Adjust to individual needs. These steps do not guarantee employment.

CANADIAN JOB SEARCH RESOURCES

Job Bank • jobbank.gc.ca

Ontario: Free employment support
Employment Ontario • ontario.ca/page/employment-ontario

A difficult job search does not define a person's worth.



Resources: Government of Canada Job Bank; Employment Ontario

MINIMUM WAGE CANADA 2026

By province & territory • Canadian dollars per hour

Rates in effect: **October 25, 2026**

PROVINCE	CAD / HOUR	EFFECTIVE SINCE
Alberta	$15.00	Oct 1, 2018
British Columbia	$18.25	Jun 1, 2026
Manitoba	$16.40	Oct 1, 2026
New Brunswick	$15.90	Apr 1, 2026
Newfoundland & Labrador	$16.35	Apr 1, 2026
Nova Scotia	$17.00	Oct 1, 2026
Ontario	$17.95	Oct 1, 2026
Prince Edward Island	$17.30	Oct 1, 2026
Quebec	$16.60	May 1, 2026
Saskatchewan	$15.70	Oct 1, 2026

TERRITORIES	CAD / HOUR	EFFECTIVE SINCE
Northwest Territories	$17.20	Sep 1, 2026
Nunavut	$20.17	Sep 1, 2026
Yukon	$18.51	Apr 1, 2026

FEDERAL MINIMUM: $18.15 / hour

Effective **April 1, 2026**. Applies to federally regulated workplaces. Pay the provincial or territorial rate if it is higher.

General minimum wages before deductions. Special rates and exemptions may apply.

Sources: Government of Canada Minimum Wage Database; provincial and territorial governments.

20 GREAT CANADIAN INNOVATIONS

Inventions, discoveries & Canadian connections

1



INSULIN

Banting, Best, Collip & Macleod
Toronto • 1921–1922
Isolation & clinical treatment

2



TELEPHONE

Alexander Graham Bell • 1876
Conceived in Canada (1874); developed in the U.S.

3



EARLY ELECTRIC LAMP

Henry Woodward & Mathew Evans
Canadian patent • 1874
An early design, not the first bulb

4



ELECTRIC WHEELCHAIR

George Klein & NRC team • 1953
Practical power-chair design

5



EXTERNAL PACEMAKER

Hopps, Bigelow & Callaghan
Canada • 1950
Pioneering cardiac pacing

6



CANADARM

Spar Aerospace & Canadian team
First space flight • 1981

7



STANDARD TIME

Sir Sandford Fleming
Major international advocate
1870s–1880s

8



PABLUM

Brown, Drake, Tisdall & team
SickKids, Toronto • 1930s
Enriched infant cereal

9



MODERN ZIPPER

Gideon Sundback • 1913 design
Developed in U.S.; Canadian manufacturing connection

10



BASKETBALL

James Naismith • 1891
Canadian-born inventor; created in Massachusetts, U.S.

11



BOMBARDIER SNOW VEHICLES

Joseph-Armand Bombardier
B7 tracked vehicle • 1937
Ski-Doo launched • 1959

12



IMAX

Ferguson, Kroitor, Kerr & Shaw
Canadian cinema system
Expo '70 debut • Japan, 1970

13



ROBERTSON SCREW

Peter L. Robertson • 1908
Canadian square-socket design

14



PLASTIC GARBAGE BAG

Wasylyk, Hansen & Plomp
Independent Canadian efforts
Around 1950

15



PAINT ROLLER

Norman Breakey • circa 1940
Canadian early development; other inventors also contributed

16



EGG CARTON

Joseph Coyle • 1911
British Columbia
Protective paper packaging

17



TRIVIAL PURSUIT

Chris Haney & Scott Abbott
Conceived • 1979
Commercial release • 1981

18



CANOLA

Canadian plant-breeding teams
Tower variety • 1974
"Canola" name adopted • 1978

19



PORTABLE TWO-WAY RADIO

Donald Hings • 1937
Canadian "packset" pioneer; other inventors also contributed

20



ROAD SNOWBLOWER

Arthur Sicard • 1925 prototype
First commercial sale • 1927
Montreal area, Quebec

Dates identify discoveries, designs, patents or launches—not always a single invention date.

Sources: NRC Canada • Canadian Space Agency • Parks Canada • SickKids • Smithsonian • Canadian Museum of History • Canola Council of Canada • BRP

10 World-Changing Inventions & Discoveries

Key milestones • Years • Countries of development

1 The Wheel



c. 3500 BCE • Origin uncertain

Early evidence: Mesopotamia (Iraq) & Europe.

2 Magnetic Compass



11th century CE • China

Magnetic navigation developed in Song China.

3 Printing Press



c. 1450 • Germany

Gutenberg's mechanical movable-type press.

4 Practical Light Bulb



1878–1879 • UK & USA

Joseph Swan and Thomas Edison.

5 Internet



1983 • USA; international contributions

ARPANET adopts TCP/IP — a defining milestone.

6 Penicillin



1928 • United Kingdom

Discovered by Alexander Fleming in London.

7 Telephone



1876 • USA

Alexander Graham Bell's patent & speech tests.

8 Internal Combustion Engine



1860 • France

Lenoir's commercially successful gas engine.

9 Airplane



1903 • USA

Wright brothers: powered, controlled flight.

10 Vaccination



1796 • England, United Kingdom

Edward Jenner's smallpox vaccination.

Dates mark selected breakthroughs, not the entire history. Countries indicate where milestones occurred, not inventors' nationalities. Earlier printing and inoculation traditions predate these milestones. Selection is illustrative, not an objective ranking.

Sources: Internet Society • WHO • Library of Congress • ACS • Musée des Arts et Métiers

20 LANDMARK INNOVATIONS OF THE 21st CENTURY

Selected inventions, discoveries & engineering milestones

1



mRNA VACCINES

Karikó, Weissman & vaccine teams

2005 base modification • 2020 vaccine rollout

2



CRISPR–Cas9

Charpentier, Doudna & collaborators

Programmable DNA cutting • 2012

3



BASE EDITING

Liu and Kondo research teams

Targeted DNA-letter changes • 2016

4

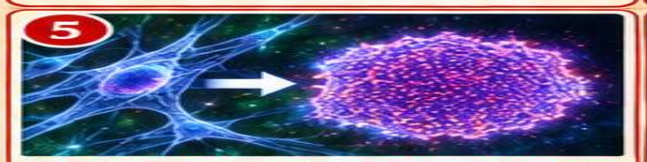


PRIME EDITING

Anzalone, Liu & collaborators

DNA substitutions, insertions & deletions • 2019

5



INDUCED PLURIPOTENT STEM CELLS

Takahashi, Yamanaka & colleagues

Mouse cells reprogrammed • 2006

6



INTESTINAL ORGANOIDS

Sato, Clevers & collaborators

Self-organizing gut tissue cultures • 2009

7



OPTOGENETICS

Boyden, Zhang, Deisseroth & colleagues

Light-controlled neuronal activity • 2005

8

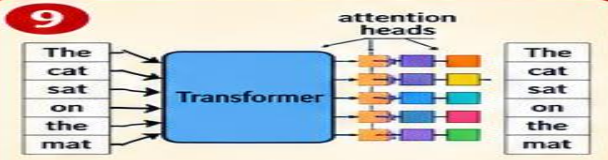


ALPHAFOLD 2

DeepMind research team

CASP14 breakthrough • 2020; paper • 2021

9

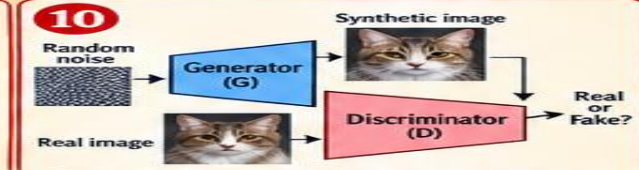


TRANSFORMER ARCHITECTURE

Vaswani & collaborators

Attention-based neural network • 2017

10



GENERATIVE ADVERSARIAL NETWORKS

Goodfellow & collaborators

Generator–discriminator framework • 2014

11



BITCOIN

Satoshi Nakamoto

White paper • 2008; network launch • 2009

12



ORBITAL-CLASS BOOSTER LANDING

SpaceX engineering team

Falcon 9 first successful landing • 2015

13



INGENUITY MARS HELICOPTER

NASA / JPL & partners

First powered, controlled flight on Mars • 2021

14



JAMES WEBB SPACE TELESCOPE

NASA, ESA & CSA

Launched • 2021; science operations • 2022

15



ISOLATED GRAPHENE

Geim, Novoselov & collaborators

Atomically thin carbon experiments • 2004

16



PEROVSKITE SOLAR CELLS

Kojima, Miyasaka & collaborators

Perovskite-sensitized photovoltaic cells • 2009

17



CULTIVATED BEEF BURGER

Mark Post & Maastricht team

Public tasting demonstration • 2013

18



PORTABLE NANOPORE SEQUENCING

Oxford Nanopore team

MinION early-access programme • 2014

19



EXASCALE SUPERCOMPUTING

ORNL, HPE & AMD teams

Frontier exceeds 1 exaflop on HPL • 2022

20



DNA ORIGAMI

Paul Rothemund

Scaffolded DNA folding method • 2006

Curated selection—not a ranking. Dates mark specific milestones; many build on earlier research.

Sources: NobelPrize.org • original research papers • NASA / ESA / CSA • ORNL • Oxford Nanopore • Maastricht University

HOW TO MAKE THE WORLD A KINDER PLACE

BASIC MANNERS. SURPRISINGLY RARE.

1. **Return your cart.**
   Your mess, your responsibility.



2. **Push in your chair.**
   Leave the table as you found it.
3. **RSVP to invitations.**
   Silence isn't an answer.
4. **Greet people when you enter.**
   A simple hello an matter.



5. **Never show up empty-handed.**
   A small gesture goes a long way.
6. **Learn people's names.**
   It shows they matter.
7. **Make eye contact.**
   Look at the person speaking, not your phone.
8. **Hold the door.**
   Decency takes two seconds.



9. **Say please and thank you.**
   Manners cost nothing.
10. **Don't yell at airport staff.**
    They didn't delay your flight.



11. **Don't humiliate others.**
    Correct privately.
12. **Clean up after yourself.**
    Your mother isn't everywhere.



13. **Stop interrupting.**
    Your opinion can wait.
14. **Don't mock appearances.**
    Nobody asked for your review.
15. **Keep your word.**
    Promises aren't decorations.
16. **Give credit.**
    Someone else's success isn't your loss.



17. **Admit when you're wrong.**
    Your ego will survive.
18. **Mind your business.**
    Not everything needs your opinion.
19. **Help without filming.**
    Kindness isn't content.



20. **Be kind without expecting rewards.**
    That's character.



MAKE YOUR HOME FEEL WARMER & MORE WELCOMING

15 simple ideas for Chinese Canadian homes

Start with what you already have

1 Welcome the daylight

Open curtains by day; close them at night in winter.



2 Clear one surface

Keep counters ready for cooking, tea and conversation.



3 Make walkways safer

Move cords and clutter; keep exits and heating vents clear.



4 Organize the entryway

Keep boots on a tray and dry wet floors promptly.



5 Enjoy everyday treasures

Use your favourite teacups and tableware.



6 Refresh your bedroom

Make the bed and wash bedding regularly.



7 Create a quiet corner

Set out a chair, blanket and book for a peaceful pause.



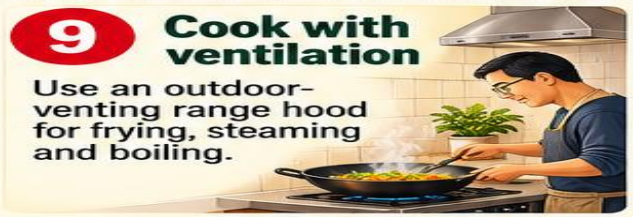
8 Ventilate wisely

Open windows when weather and air quality permit; close during smoke.



9 Cook with ventilation

Use an outdoor-venting range hood for frying, steaming and boiling.



10 Light for comfort

Use lamps for warmth; keep stairs and hallways well lit.



11 Celebrate your story

Display family photos, meaningful art and keepsakes.



12 Clean instead of perfume

Wash fabrics and empty bins; avoid masking odours with scents.



13 Refresh a small corner

Dust, tidy and reuse containers for everyday storage.



14 Share music and memories

Enjoy favourite songs at a volume that respects neighbours.



15 Make room for togetherness

Share tea, meals and conversation across generations.



A welcoming home grows through care, connection and small daily habits.

Air-quality guidance: Health Canada • canada.ca • Updated October 2026

HEALTHY HABITS FOR SENIORS IN CANADA

Recharge your day, one small step at a time

Start gently • Build gradually • Work within your abilities

1 WALK MORE, SIT LESS

Start with 5–10 minutes at a time.

Build toward 150 minutes of moderate-to-vigorous activity weekly.



2 BUILD STRENGTH

Exercise major muscle groups at least 2 days a week.

Try supported heel raises or sit-to-stands.



3 PRACTISE BALANCE

Hold a stable counter for gentle weight shifts.

Walk indoors when paths are icy.



4 KEEP JOINTS MOVING

Move shoulders and ankles slowly.

Avoid forceful twisting or painful stretching.



5 BREATHE TO RELAX

Breathe in naturally and exhale slowly.

Do not hold your breath. Stop if dizzy.



6 EAT WELL, STAY HYDRATED

Choose vegetables, fruit, whole grains and protein.

Follow medical advice if fluids are restricted.



7 CONNECT AND LEARN

Walk with friends or join community activities.

Read, learn new skills and stay in touch.



8 ENJOY OUTDOORS SAFELY

At UV Index 3 or higher: seek shade, wear a hat and use broad-spectrum SPF 30+ sunscreen.



9 KEEP A SLEEP ROUTINE

Adults 65+: aim for 7–8 hours each night.

Keep regular bedtimes and wake-up times.



10 TRY GENTLE MASSAGE

Use light, comfortable pressure.

Avoid wounds, swelling and painful areas.



SAFETY FIRST

If you have osteoporosis, recent surgery or a high risk of falls, ask a healthcare professional to adapt your exercises.

Chest pain, fainting or severe shortness of breath: stop and call 911.

General health information only. Does not replace medical assessment or treatment.

Sources: Public Health Agency of Canada • Health Canada • CSEP Canadian 24-Hour Movement Guidelines

BE A CONFIDENT FAMILY CAREGIVER

A practical guide for families in Canada



Care with respect. Learn the skills. Share the load.

1 RESPECT THEIR CHOICES

Ask what matters to them. Offer choices, protect privacy and support what they can still do independently.



2 MAKE A SIMPLE CARE PLAN

Keep diagnoses, allergies, medicines, contacts and appointments together. Agree on daily routines and a backup caregiver.



3 HANDLE MEDICINES SAFELY

Review all medicines and supplements with a pharmacist. Use a dose record. Never change doses or crush pills without checking.



4 LEARN SAFE HANDS-ON CARE

Ask a nurse or therapist to teach bathing, transfers and mobility support. Use fitted equipment; do not lift someone alone if unsafe.



5 SUPPORT DAILY WELL-BEING

Offer balanced meals, fluids within their care plan, gentle activity, oral care and social time. Report swallowing problems or weight loss.



6 COMMUNICATE WITH PATIENCE

Speak calmly, one idea at a time. Allow time to respond. With dementia, reassure rather than argue; check pain, hunger and discomfort.



7 MAKE HOME SAFER

Clear walkways, improve lighting and add grab bars. Plan for falls, getting lost and emergencies. Keep essential contacts accessible.



8 PROTECT YOUR OWN HEALTH

Schedule breaks and backup help. Share specific tasks. Ask about respite and support groups before exhaustion builds.



NOTICE CHANGES • GET HELP

Sudden confusion needs urgent medical assessment.
Call 911 for stroke signs, severe breathing trouble, chest pain or unresponsiveness.
Persistent memory or movement changes: contact a doctor or nurse practitioner.



FIND SUPPORT IN CANADA

Ask your provincial or territorial home-care service about an assessment, training and respite.
Dementia support: **alzheimer.ca**
Ask Service Canada about EI caregiving benefits; eligibility rules apply.
Services, fees and coverage vary by province or territory.

GOOD CARE IS A TEAM EFFORT — YOU DO NOT HAVE TO DO IT ALONE.

Sources: Canada.ca • Alzheimer Society of Canada • MyHealth.Alberta.ca

General guidance; follow the person's individual care plan.

8 WAYS TO MAKE LASTING MEMORIES

Simple moments for Chinese Canadian families

1 Explore outdoors together

Put screens away. Walk a local trail, spot autumn leaves, or play in the snow. Dress for the weather.



2 Let your child choose

Plan a little adventure together: a library visit, a board game, or a park picnic. Agree on time, budget and safety.



3 Cook a family favourite

Fold dumplings or make a favourite dish. Share its story and give children age-appropriate jobs.



4 Make a cosy indoor picnic

Build a blanket fort, share a story and enjoy time together. Finish before the usual bedtime.



5 Share language and family stories

Read, sing or chat in Cantonese, Mandarin, English or French. Invite grandparents to share a childhood memory.



6 Discover their interests

Make an interests board or try a library activity. Let dreams change, without pressure to perform.



7 Create your own traditions

Celebrate Lunar New Year, Mid-Autumn Festival or Thanksgiving your way. Praise kindness, effort and progress.



8 Practise kindness together

Make a card for a neighbour or donate requested items to a food bank. Choose age-appropriate ways to help.



Your time and attention matter more than spending money.

Adapt activities to your child's age, interests and abilities.

Parenting resources: Canada.ca • Local public libraries

AI SCAM WARNING SIGNS

Stop • Verify • Protect

A familiar voice or face is NOT proof of identity.
AI can fake voices, videos, photos and convincing messages.

1 VOICE-CLONED EMERGENCIES



"Grandma, I need money now!"

Hang up. Call your loved one on a saved number.

2 DEEPFAKE VIDEO CALLS



A familiar face asks for a sudden transfer.

Verify through a separate, trusted channel.

3 FAKE INVESTMENT ADS



Celebrity videos promise easy profits.

Check the firm with your securities regulator.

4 AI-WRITTEN PHISHING



Polished emails and texts can still be fake.

Open the official app or type the website yourself.

5 FAKE ONLINE RELATIONSHIPS



Realistic photos and chats build trust.

Do not send money to an unverified online contact.

6 BANK OR GOVERNMENT IMPERSONATORS



Urgent threats demand money or secret codes.

Call the organization using an official number.

PRESSURE + SECRECY + MONEY = STOP & VERIFY

BEFORE YOU ACT

1. Pause. Talk to someone you trust.
2. Never give an unsolicited caller passwords, PINs or one-time codes.
3. Do not rely on caller ID, perfect grammar or video quality.

ALREADY SENT MONEY OR SHARED INFORMATION?

Contact your bank immediately. Save messages and receipts.
Report to local police and the Canadian Anti-Fraud Centre.

1-888-495-8501
Report online:
reportcyberandfraud.canada.ca

Sources: Canadian Anti-Fraud Centre • Canadian Centre for Cyber Security

Where Your Data Leaks Out

Many devices and accounts collect more information than people realize.
The smart move is knowing which settings deserve a second look.

COMMON SOURCES

These everyday tools often collect more data than you might expect.

1. **Smart TV**
   Viewing data from apps and services
2. **Phone**
   Ad tracking and location data
3. **Connected car**
   Data from connected services
4. **Web browser**
   Tracking through websites and cookies
5. **Store loyalty programs**
   Purchase history and personal details



WHAT TO LOOK FOR

Key settings to check on your devices and accounts.

1. **Privacy menu**
   Look for privacy or security settings.
2. **Ad personalization**
   Find options to limit personalized ads.
3. **Data sharing**
   Check what information is shared with other companies.
4. **Connected services**
   Review which third-party apps and services have access.

FASTEST WINS

Simple steps that can make a big difference.

1. **Review app permissions**
   Remove access you don't need.
2. **Limit ad tracking**
   Turn on settings to reduce ad tracking.
3. **Turn off unnecessary data sharing**
   Disable features you don't use.
4. **Clear or reset advertising IDs**
   Do this on your phone and other devices where available.

SAME DEVICES.
BRIGHTER CHOICES.

IMPORTANT REALITY

A few things to keep in mind.

1. **Turning a setting off does not stop every form of collection.**
   Some data may still be collected for security, basic service, or other purposes.
2. **Streaming boxes and apps may have separate settings.**
   Each app or device can collect its own data.
3. **Privacy takes occasional maintenance.**
   New features and updates can change your settings over time.

CHURCH SCAM ALERT

Protect one another. Protect our community.

Real-world scam patterns • Illustrative messages



1. FAKE PASTOR REQUEST



STOP. Call your pastor using a number you already know.

2. NEW-NUMBER IMPERSONATION



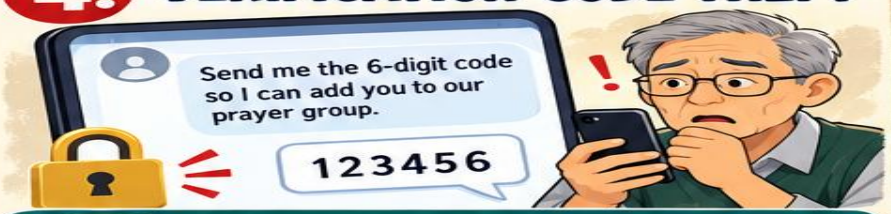
VERIFY. Contact the person through their previous number.

3. FAKE CHURCH FUNDRAISER



CHECK. Confirm with the church office before donating.

4. VERIFICATION-CODE THEFT



REFUSE. Never share login codes, passwords or PINs.

PAUSE • VERIFY • PROTECT

Already sent money? Contact your bank immediately.
Save the messages and tell your church office.

Test all things; hold fast what is good.
1 Thessalonians 5:21 (KJV)

HOW TO PREVENT REAL ESTATE FRAUD?

ANTI-FRAUD DIVISION

6 COMMON REAL ESTATE SCAMS



1. FAKE BUYER, REAL LOAN SCAM

Build trust with small payments, then exploit the transfer process to obtain multiple loans against your property.



2. FAKE DEBT, REAL FORECLOSURE

Forge debt documents to initiate a foreclosure; intercept mail to keep you in the dark.



3. FAKE INVESTMENT, REAL FRAUD

Lure with high-return real estate investment schemes, often pressuring you to leverage your existing property as collateral.



4. FAKE HOMEOWNER, REAL THEFT

Impersonate the owner to sell or lease your property, collecting deposits and sales funds.



5. FAKE AGENT, REAL FRAUD



6. ROMANCE SCAM FRAUD

Build trust through romantic or personal relationships, then request significant financial help or pressure you to put your property up as collateral.



THOROUGHLY VERIFY ALL TRANSACTIONS. PROTECT YOUR PROPERTY AND YOUR WEALTH!

BEFORE SIGNING, TRANSFERRING TITLE, OR BORROWING MONEY, **YOU MUST VERIFY ALL IDENTITIES AND DOCUMENTS.**

REPORT SUSPICIONS TO LOCAL POLICE AND FINANCIAL REGULATORS.

HOSPITAL CARE: A SENIOR'S GUIDE

From emergency care to recovery • For seniors & caregivers in Canada

THE TYPICAL CARE PATHWAY

ER / ED → ICU (if needed) → HOSPITAL WARD → REHAB (if needed) → HOME & FOLLOW-UP

ER = Emergency Room / Emergency Department. ICU = Intensive Care Unit.
Not everyone follows every step. Many go from ER to a ward or home.
ICU and the ward are both hospital care.

1 ER / ED: ASSESS & STABILIZE

- Patients are seen by urgency, not arrival time. Tell the nurse immediately if symptoms worsen.
- Bring your health card, medication list, allergies and caregiver contact.

2 ICU: CRITICAL CARE, IF NEEDED

- Close monitoring and organ support for severe illness.
- Ask: What is today's goal? What needs to improve before transfer? Share care wishes and the substitute decision-maker's details.

3 HOSPITAL WARD: TREAT & REBUILD

- Ongoing treatment with less intensive monitoring.
- Ask about safe movement, nutrition, pain control and discharge planning. Rehab can begin during the hospital stay.

4 REHAB & HOME: REGAIN INDEPENDENCE

- Physiotherapy and occupational therapy may help walking, strength and daily tasks.
- Rehab may be inpatient, outpatient or at home; eligibility and availability vary.

6 PRACTICAL TIPS FOR SENIORS

1 Protect thinking & sleep

Keep glasses and hearing aids nearby. Report sudden confusion, unusual sleepiness or agitation right away.

2 Prevent falls & weakness

Use the call bell and prescribed walking aid. Move with staff guidance; ask for help before getting up.

3 Eat, drink & speak up

Follow fluid and swallowing instructions. Report poor intake, pain, constipation or trouble passing urine.

4 Check every medicine

Include prescriptions, non-prescription drugs and supplements. Ask what changed and why. Do not take your own medicines without staff approval.

5 Prepare for discharge early

Get a written plan: medicines, warning signs, follow-up, equipment, home support and whom to call. Ask for an interpreter if needed.

6 Make recovery realistic

Ask what help is needed at home. Practise transfers and stairs with the team. Caregivers should explain the plan back to confirm understanding.

HOSPITAL FACTS — CORRECTED

- Antibiotics treat bacterial infections, not colds. IV fluids support care; they are not a cure. Ask for a blanket if cold; cool rooms are not proof of germ control.
- **Canadian coverage:** eligible residents generally have insured medically necessary hospital care. Ask about extra charges for room upgrades, ambulance, equipment or take-home medicines.

Call 911 for severe chest pain, severe breathing trouble, stroke signs or loss of consciousness. In hospital, alert staff immediately.

Sources: Ontario Health • UHN RECOVER Program • HealthInAging.org • Ontario.ca

General information. Care pathways and recovery times depend on the person's condition.

VISITING SOMEONE WHO IS ILL

12 Caring Things to Say

Kind words for hospital, home and long-term care visits

1	**“I’m glad I could visit you today.”**	Show that they are remembered and valued.
2	**“How have you been resting lately?”**	Let them decide how much to share.
3	**“What has been hardest for you?”**	Make room for their feelings.
4	**“That sounds really difficult.”**	Listen and acknowledge their experience.
5	**“Thank you for sharing that with me.”**	Honour their trust and openness.
6	**“What matters most to you right now?”**	Respect their values, wishes and priorities.
7	**“Is anything weighing on your mind?”**	Welcome concerns beyond their illness.
8	**“What helps you through difficult days?”**	Explore sources of comfort and strength.
9	**“I’m here with you. We don’t have to talk.”**	Offer companionship without pressure.
10	**“Would you like me to pray with you?”**	Ask first; respect their beliefs and choice.
11	**“What practical help would be useful?”**	Offer a meal, a ride or help with errands.
12	**“Thank you for spending this time with me.”**	End warmly and allow time to rest.

A CARING VISIT

Ask before visiting • Listen more than you speak • Respect privacy, culture and beliefs

THE EMERGENCY PANTRY

WHAT TO STOCK NOW

AT LEAST 72 HOURS • 3 DAYS •

BE READY FOR DISRUPTIONS | Prepare for storms, floods, wildfires and power or communication outages.

1 WATER
4 litres per person daily: 2 L drinking + 2 L cooking and cleaning. 12 L per person for 3 days.



2 CANNED FOODS
Beans, soup, fish and vegetables.



3 SHELF-STABLE FOODS
Nut butter, crackers and energy bars.



4 MANUAL CAN OPENER
Works without electricity.



5 FLASHLIGHTS
Include an LED lantern.



6 EXTRA BATTERIES
Match your lights and radio.



7 POWER BANKS
Charged, with phone cables.



8 FIRST AID KIT
Bandages, gauze, antiseptic and gloves.



9 MEDICATIONS
Prescriptions, medication list and medical supplies.



10 BATTERY / WIND-UP RADIO
Follow official local updates.



11 BLANKETS & WARM CLOTHES
Prepare for cold weather.



12 TOILET PAPER & WIPES
Personal hygiene essentials.



13 SOAP & SANITIZER
Clean hands; keep water for washing.



14 GARBAGE BAGS
Waste disposal and cleanup.



15 EMERGENCY CASH
Small bills and coins.



16 IMPORTANT DOCUMENTS
Waterproof copies and contact list.



17 MATCHES & LIGHTERS
Store safely away from children.



18 WHISTLE
Signal for help.



19 BASIC TOOLS
Pliers, duct tape and work gloves.



20 SPECIAL SUPPLIES
Baby and pet needs, spare glasses, hearing-aid batteries.



MAKE A PLAN

- Pack a grab-and-go bag. Choose a family meeting place.
- Know local hazards and evacuation routes.
- Follow official alerts. Check supplies and expiry dates regularly.

START WITH 3 DAYS. Build a larger reserve as space and budget allow.

⚠ Use generators and fuel-burning stoves outdoors only, away from doors and windows.

Sources: Government of Canada — Canada.ca/GetPrepared; Health Canada — Food and drinking water safety in an emergency.

FIRE SAFETY

Escape & Shelter Safely in Canada



LIFE FIRST • GET OUT SAFELY • CALL 911

PREPARATION: PLAN BEFORE A FIRE



- Know two possible ways out and an outdoor meeting place.
- Test smoke alarms regularly.
- Plan help for anyone who needs assistance.
- In apartments, know your building's fire safety plan.



IF YOU CAN ESCAPE SAFELY

1 ALERT OTHERS

Warn everyone nearby. If fire starts in your home or unit, leave immediately using a safe exit. Do not stop for belongings.



2 CHECK BEFORE OPENING

Feel the door and handle with the back of your hand. If hot, or smoke is coming around the door, keep it closed and use another safe exit.



3 USE A CLEAR ROUTE

Open cautiously. Use corridors and stairs only if clear of smoke and fire. Close doors behind you. Use stairs, never elevators.



4 CALL 911 OUTSIDE

Go to your meeting place. Give the address and tell dispatch if anyone is missing. Once out, stay out.



IF SMOKE OR FIRE BLOCKS YOUR EXITS

1 DO NOT ENTER HEAVY SMOKE

Try another safe route. If escape is impossible, move away from the fire into a room with a window and a door you can close.



2 CLOSE THE DOOR & CALL 911

Report your address, floor, unit or room, number of people and conditions. Use nearby towels or tape to reduce smoke entering around the door. Do not delay escape to find a wet towel.



3 SIGNAL & FOLLOW INSTRUCTIONS

Signal your location from a window with a bright cloth. Stay low if smoke enters. Follow the 911 dispatcher's and firefighters' directions. Never jump.





APARTMENTS & HIGH-RISES

If fire is elsewhere in the building and the corridor is smoky or your door is hot, keep your unit door closed and call 911. Follow your building's fire safety plan and fire service announcements.

NO ELEVATORS | **NO RETURNING FOR BELONGINGS** | **NO HIDING IN BATHROOMS** | **NO PLASTIC BAGS OVER YOUR HEAD**

Sources: Ottawa Fire Services — Home fire escape plan; High-rise fires

ottawa.ca | Emergency: 911 | Updated October 2026

Community education poster • Not an official government publication

PROTECT YOUR CAR

CANADIAN WINTER CARE

10 practical tips with everyday examples

1 WINTER TIRES

Fit four matching winter tires with the mountain/snowflake symbol.

EXAMPLE: Install a full set before winter weather arrives.



2 TIRE PRESSURE

Check cold tires monthly and after cold snaps. Follow the door label.

EXAMPLE: If the label says 240 kPa, use 240 kPa—not the tire-sidewall maximum.



3 BATTERY CHECK

Have the battery and charging system tested before winter.

EXAMPLE: Slow cranking? Book a battery test.



4 OIL & COOLANT

Use the specified oil. Have coolant freeze protection checked.

EXAMPLE: Ask your mechanic whether coolant suits local winter lows.



5 WINTER WASHER FLUID

Choose fluid rated below the expected outdoor temperature.

EXAMPLE: Expect −25°C? Choose a product rated for −40°C.



6 CLEAR SNOW & ICE

Clear the roof, glass, lights and sensors. Free frozen wipers first.

EXAMPLE: Use a scraper—never hot water on frozen glass.



7 REMOVE ROAD SALT

Rinse the underbody and wheel wells when conditions allow.

EXAMPLE: After salty slush, wash on a milder day and dry door seals.



8 START & DRIVE GENTLY

Follow the manual. Avoid long warm-ups and high revs.

EXAMPLE: Accelerate gently while the engine warms. Never idle in a garage.



9 PLAN FUEL OR CHARGING

Keep extra fuel or charge for delays and cold-weather range loss.

EXAMPLE: Charge before a long trip; precondition plugged in if supported.



10 PACK AN EMERGENCY KIT

Carry a shovel, scraper, blanket, gloves, flashlight and phone charger.

EXAMPLE: Add first aid supplies, snacks and water for longer trips.



EVERY TRIP: Clear snow • Check weather • Leave extra braking space

STRANDED? Call for help. Keep the exhaust clear. Never run an engine with a blocked tailpipe.

Follow your owner's manual and local tire rules. Sources: Transport Canada; Government of Canada emergency car kit.

Ontario Wealth Strategy Experts

10 CANADIAN RETIREMENT FACTS

Plan your income. Understand your taxes.

UPDATED • OCTOBER 29, 2026

1 — OAS CAN BE SUBJECT TO RECOVERY TAX
Based on net world income—not just taxable income. For 2026 income, recovery begins above $95,323, generally at 15% of the excess, capped at OAS received.

2 — CPP CAN START BETWEEN 60 AND 70
Compared with starting at 65: age 60 means a 36% reduction; age 70 means a 42% increase. These are monthly pension age adjustments.

3 — OAS CAN START BETWEEN 65 AND 70
Deferral adds 0.6% per month, up to 36% at 70. You cannot receive GIS while delaying OAS; GIS does not increase for delaying.

4 — RRSP WITHDRAWALS ARE GENERALLY TAXABLE
Ordinary withdrawals are included in income. Withholding may not cover the final tax bill. Qualifying transfers and special programs have different rules.

5 — YOUR RRSP DEADLINE IS THE YEAR YOU TURN 71
By December 31, withdraw the funds, transfer to a RRIF, buy an eligible annuity, or combine these options. A direct RRIF transfer is tax-deferred.

6 — RRIF MINIMUMS START THE FOLLOWING YEAR
Minimum withdrawals begin the year after opening. Standard factors: 5.28% at 71; 6.82% at 80, using January 1 age and value. A spouse's age may be elected at setup.

7 — ELIGIBLE PENSION INCOME MAY BE SPLIT
Elect to allocate up to 50% to a spouse or common-law partner. RRIF income generally qualifies at 65+. OAS and CPP do not qualify; CPP sharing is separate.

8 — TFSA WITHDRAWALS ARE TAX-FREE
They do not affect federal income-tested benefits, including OAS and GIS. Withdrawn amounts return as contribution room on January 1 of the next year.

9 — CAPITAL GAINS HAVE DIFFERENT TAX RULES
Only the taxable portion is included in income. Inclusion rates, exemptions and capital losses matter. A 50% inclusion rate is not a 50% tax rate.

10 — DEATH MAY TRIGGER FINAL-RETURN TAX
RRSP/RRIF values are generally included in income; capital property is generally deemed sold at market value. Spousal rollovers and other exceptions may defer or reduce tax.

COORDINATE YOUR RETIREMENT PLAN
Review CPP, OAS, GIS, RRSP/RRIF, TFSA and other investments together. Delaying pensions is not the best choice for everyone.

Sources: Canada.ca • Service Canada: CPP timing; OAS deferral and recovery • CRA: RRSP age-71 options; RRIF minimums; pension splitting; TFSA; capital gains; tax at death.

www.ontariowealthstrategyexperts.ca

General education only. Rules and eligibility vary; obtain advice for your circumstances.

BEFORE YOU SHRED YOUR TAX RECORDS CHECK CANADA'S CRA RULES

KEEP RECORDS FOR AT LEAST 6 YEARS

Count from the end of the LAST tax year the records relate to.

RECORDS	HOW LONG TO KEEP
Tax returns & supporting documents	Usually 6 years. Keep returns, assessments, tax slips, receipts and proof of claimed expenses.
Filed late?	Keep records for 6 years from the date you filed that return.
Objection or appeal?	Keep until the latest of: resolution, the deadline for any further appeal, or the applicable 6-year period.
CRA requires longer?	Keep records for the longer period CRA specifies.
Property & investment costs	Keep purchase, capital improvement and adjusted cost base records while relevant, then for 6 years after the last tax year they affect.
Unused losses or other future claims	Keep the supporting records while they may affect future returns, then for the applicable retention period.

EXAMPLE: 2025 PERSONAL TAX RECORDS

2025

If filed on time: keep through December 31, 2031.
Shred from January 1, 2032 only if no longer-retention rule applies.

RECORDS TO INCLUDE

INCOME & PENSIONS
T4 • T4A • T4A(P) • T4A(OAS) • T4RIF • T5

DEDUCTIONS & CREDITS
RRSP receipts • medical expenses • donation receipts • proof of payment

HOME & INVESTMENTS
Purchase and sale documents • capital improvements • investment transactions

FILED ONLINE? KEEP YOUR RECORDS TOO.

Early destruction: obtain CRA written permission first (Form T137 or a written request).
Personal income tax guide. Other laws may require longer retention.

Verified October 29, 2026.

Sources: *Canada.ca / CRA — How long should you keep your income tax records?; Books and Records Retention/Destruction (IC78-10); Keeping records.*

CANADIAN CHRISTIAN'S GUIDE TO VOTING

KEY PRINCIPLES & BIBLICAL GUIDANCE

As Christians in Canada, voting is an opportunity to steward our democratic responsibility and seek the good of our nation. Let's approach the ballot box prayerfully and thoughtfully, guided by Scripture.



1 SEEK WISDOM & PRAYER

- **PRAY** for discernment for yourself and wisdom for all candidates (James 1:5).
- **STUDY** God's Word to understand principles of justice, righteousness, and compassion.
- **ASK** the Holy Spirit for guidance in your decision-making.

2 EVALUATE CHARACTER & INTEGRITY

- **LOOK FOR** leaders of integrity, humility, and honesty (Exodus 18:21).
- **CONSIDER** if their actions and words align with their promises.
- **ASSESS** their commitment to serving the common good over personal gain.



3 ASSESS PLATFORMS THROUGH A BIBLICAL LENS



- **PRIORITIZE** policies that protect the vulnerable, the poor, and the marginalized (Proverbs 31:8-9).
- **SUPPORT** initiatives that uphold the sanctity of life and strengthen families.
- **EVALUATE** stances on religious freedom and ethical governance.
- **CONSIDER** stewardship of God's creation and resources.

4 VOTE WITH CONSCIENCE & HOPE



- **VOTE** based on your prayerful conviction, not just partisan loyalty.
- **REMEMBER** our ultimate allegiance is to God's Kingdom, while being responsible citizens (Matthew 22:21).
- **AFTER VOTING**, continue to pray for those elected, regardless of the outcome (1 Timothy 2:1-2).

GO AND VOTE prayerfully and responsibly, seeking to reflect Christ's love in our nation.

This guide is for informational purposes and does not endorse any specific political party or candidate.

Section 4 :
Renewal of Spirit

A CHRISTIAN'S LIFE

1. It's not that there is no severe winter, but in the severe winter there is **warm sunshine**;
2. It's not that there is no wind and rain, but in the wind and rain there is **a place of refuge**;
3. It's not that there are no wind and waves, but in the wind and waves the **Savior walks with us**;
4. It's not that there are no difficulties, but in the difficulties we can **rely on His power**;
5. It's not that there is no pain, but in the pain there is the comfort of the **Lord's love**;
6. It's not that there is no discouragement, but in the discouragement there is the **saving grace of the cross**;
7. It's not that there are no tribulations, but in the tribulations we always **receive grace**;
8. It's not that there is no loneliness, but in the loneliness the **Lord's companionship** can be seen;
9. It's not that there is no weakness, but in the weakness there is the **support of the Lord**;
10. It's not that there is no death, but in this life we have the **hope of eternity**!

10 WAYS TO DISCERN GOD'S LEADING

Practical habits for listening, testing and responding.

1 READ SCRIPTURE IN CONTEXT



Read a short passage daily. Ask: What does it teach, and how can I live it?

2 Timothy 3:16–17

2 MAKE ROOM FOR QUIET



Put your phone away. Begin with five quiet minutes and a simple prayer.

Psalm 46:10

3 ASK FOR WISDOM



Name your decision honestly. Ask God for wisdom and a willing heart.

James 1:5

4 WORSHIP WITH ATTENTION



Sing or read a psalm slowly. Focus on God's character, not just your feelings.

Psalm 95:6–7

5 PRAY AND WRITE IT DOWN



Record your prayer, thoughts and questions. Review them over time.

Philippians 4:6–7

6 TEST YOUR IMPRESSIONS



Check thoughts against Scripture. Strong feelings or inner peace alone are not proof.

1 Thessalonians 5:21

7 SEEK WISE COUNSEL



Ask a mature Christian or pastor who knows you and welcomes honest questions.

Proverbs 15:22

8 LOOK FOR CHRISTLIKE FRUIT



Ask whether the next step expresses love, patience, kindness and self-control.

Galatians 5:22–23

9 ACT ON WHAT IS CLEAR



Take one faithful step today: forgive, tell the truth, serve or make amends.

James 1:22

10 BE FAITHFUL AND PATIENT



Keep small commitments. For major choices, allow time to pray, learn and seek counsel.

Luke 16:10

START TODAY:

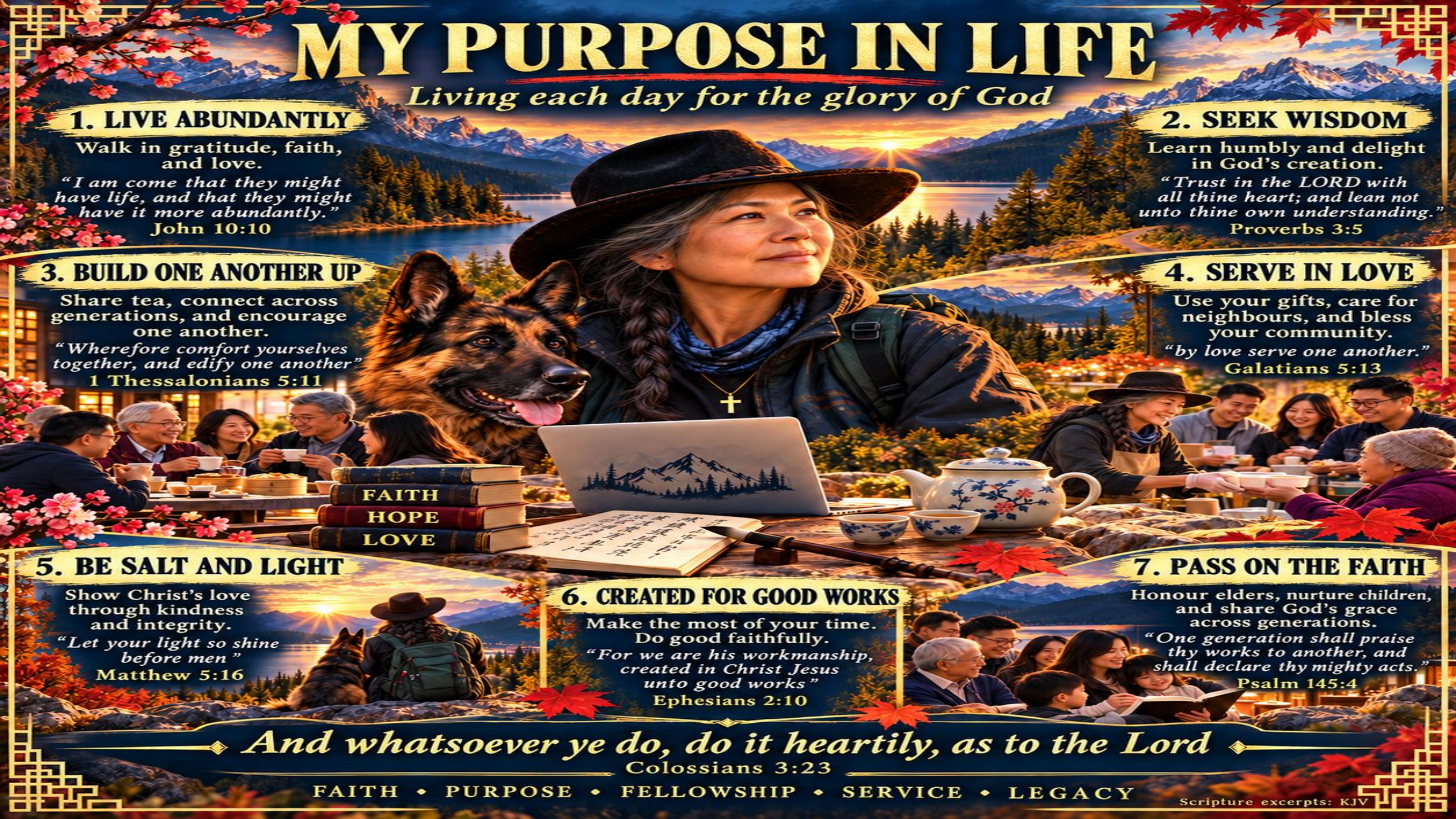
Read for 5 minutes • Pray for 5 minutes • Write one next step



God's guidance never excuses harm, manipulation or contradicting Scripture.

MY PURPOSE IN LIFE

Living each day for the glory of God



1. LIVE ABUNDANTLY

Walk in gratitude, faith, and love.

"I am come that they might have life, and that they might have it more abundantly."

John 10:10

2. SEEK WISDOM

Learn humbly and delight in God's creation.

"Trust in the LORD with all thine heart; and lean not unto thine own understanding."

Proverbs 3:5

3. BUILD ONE ANOTHER UP

Share tea, connect across generations, and encourage one another.

"Wherefore comfort yourselves together, and edify one another"

1 Thessalonians 5:11

4. SERVE IN LOVE

Use your gifts, care for neighbours, and bless your community.

"by love serve one another."

Galatians 5:13

FAITH
HOPE
LOVE

5. BE SALT AND LIGHT

Show Christ's love through kindness and integrity.

"Let your light so shine before men"

Matthew 5:16

6. CREATED FOR GOOD WORKS

Make the most of your time. Do good faithfully.

"For we are his workmanship, created in Christ Jesus unto good works"

Ephesians 2:10

7. PASS ON THE FAITH

Honour elders, nurture children, and share God's grace across generations.

"One generation shall praise thy works to another, and shall declare thy mighty acts."

Psalm 145:4

And whatsoever ye do, do it heartily, as to the Lord

Colossians 3:23

FAITH • PURPOSE • FELLOWSHIP • SERVICE • LEGACY

Scripture excerpts: KJV

Walk Together in God's Love

Growing a Christ-centred marriage through love, respect and shared responsibility.

Made in God's image. Equal in worth. — Genesis 1:27

1 Celebrate your differences



Personality, culture and family history shape us. Get curious about each other instead of keeping score.

2 Build a shared partnership



Use your strengths. Share decisions. Agree on responsibilities together—and revisit them as life changes.

3 Value the unseen work



Paid work, caregiving, household tasks and emotional support all matter. Notice the effort. Say thank you.

4 Choose respect over pressure



Family expectations and cultural traditions can pull you apart. Listen well and set healthy boundaries together.

5 Break the conflict cycle



Criticism and withdrawal create distance. Pause, name your feelings, listen, and return to the conversation with kindness.

6 Follow Jesus: lead by serving



Jesus washed his disciples' feet. Take initiative in loving, serving and caring for each other.

— *John 13:14–15*

7 Start with your part



Have I listened? Have I shown appreciation? Have I followed through? What can I do today to help us reconnect?

8 Practise everyday love



Pray together. Share the load.
Make time to talk and laugh.
Apologize sincerely.
Forgive and rebuild trust.

9 Walk forward together



The goal is a loving, faithful partnership. When you're stuck, seek support from a trusted pastor or qualified counsellor.

Two people of equal worth. Different strengths. A shared life of love.

Be kind and compassionate to one another. — *Ephesians 4:32*

10 WAYS TO SUPPORT YOUR CHURCH & LOCAL COMMUNITY



Love God. Serve others. Make a difference.

1. **Pray faithfully**
   Pray for pastors, neighbours and local needs.
2. **Show up consistently**
   Join worship, fellowship and community activities.
3. **Welcome and include**
   Befriend newcomers and people who feel alone.
4. **Volunteer your gifts**
   Offer your time, skills and practical help.
5. **Give generously**
   Support church ministries and trusted local charities.
6. **Care for those in need**
   Help with meals, rides, visits or food bank donations.
7. **Encourage and appreciate**
   Thank volunteers and speak words that build others up.
8. **Listen and build peace**
   Avoid gossip; resolve disagreements with humility.
9. **Strengthen local connections**
   Support local businesses and join neighbourhood projects.
10. **Serve across generations**
    Mentor young people and learn from older adults.

Love your neighbour as yourself.

MARK 12:31

Family is the nursery of growth, parents are God's appointed stewards.
Psalm deuteroromy with
| Deuteronomy 6:6-7

WISDOM · HERITAGE · GROWTH

Canadian Chinese Parenting Guide: Nurturing with Wisdom and Love



「Children are a heritage from the LORD, the fruit of the womb a reward.」
—— Psalm 127:3

1 GOD'S FOUNDATION FOR FAMILY



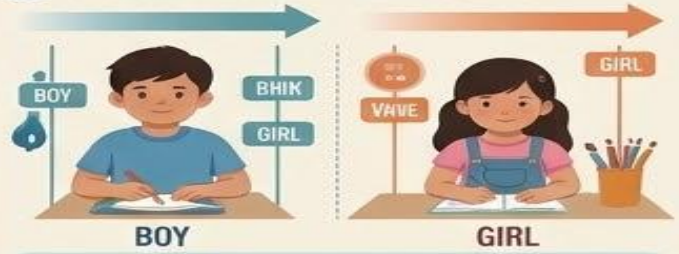
PARENTS ARE STEWARDS

2 INHERITANCE OF ETERNAL VALUES

- Respect Values
- Faith Values
- Sincerrity Values



3 UNDERSTAND AND ACCEPT



- Adapt to developmental stages
- Accept unique personality
- Observe learning styles
- Accept unique personality
- Observe is learning

4 LOVING DISCIPLINE AND GUIDANCE



- Discipline is guidance, not punishment
- Set clear, reasonable consequences
- Affirm more than accuse

5 LISTEN AND DIALOGUE

- Listen speialnce
- Used to chiwenlist
- Listen pulhaling



6 ESTABLISH HEALTHY BOUNDARIES

- Priphmate sex aad
- Tesarite to det s peon
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7 POWER OF PRESENCE AND EXAMPLE



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M8a INTEGRATING CULTURAL WISDOM

- Movemented Gulturel
- Barh ɜn to Goals
- Hold hor Presence



「Rayh tə nninind thow heed sokg to go. Le t.
You shall teach thmy hear·····」 — Psalm: 6:6-7

M8b CULTURAL INTEGRATION



- Canadian Culture
- Chinese Culture gastion
- Cingirse Culture

CANADIAN CHINESE FAMILY EDUCATION SERIES —— Ministry Logo

"And these words that I command you today shall be on your heart.
You shall teach them diligently to your children..." — Deuteronomy 6:6-7

CHRISTMAS & EASTER

One Saviour • One Story of Love and Hope

CHRISTMAS

God came to us

December 25

Christians celebrate the birth of Jesus Christ—God's Son, who came to live among us and bring salvation.

Meaning: God's love, humility and peace.

Read: Luke 2:1–20 • Matthew 1:21–23 • John 1:14



EASTER

Jesus is risen

Celebrated on a Sunday in spring; the date changes each year.

Good Friday: Jesus died on the cross for our sins.

Easter Sunday: God raised Jesus from the dead, bringing hope and new life.

Meaning: Forgiveness, victory over death and life in Christ.

Read: Luke 24:1–8 • 1 Corinthians 15:3–4



FROM THE MANGER TO THE CROSS TO THE EMPTY TOMB

Christmas celebrates His birth. Easter celebrates His resurrection.



CELEBRATE WITH PURPOSE IN CANADA

Worship and pray • Read the Bible together
Share a meal • Help a neighbour • Welcome someone who is alone

God's love invites us to love others all year.



A Christian guide for Canadian families and communities

Mid-Autumn Festival

Together in Gratitude • Walking with God

Celebrating Chinese Canadian traditions, family reunion and God's goodness.

1 Genesis 1:16

God made the sun to govern the day, the moon to govern the night, and the stars.

2 Psalm 136:9

The moon and stars light the night; His faithful love endures forever.

3 Psalm 104:19

God made the moon to mark the seasons; the sun knows when to set.

4 Psalm 8:3

The heavens, the moon and the stars reveal the work of God's hands.

5 Psalm 148:3

Praise Him, sun and moon; praise Him, all you shining stars!

6 Psalm 121:6

The sun will not harm you by day, nor the moon by night.



Scripture summaries • Paraphrased

Share mooncakes • Honour our elders • Welcome neighbours • Pray for loved ones

May God bless our families near and far,
fill our hearts with gratitude, and guide us in His light. Amen.

HALLOWEEN & THE CHRISTIAN

20 Biblical Principles for Wise Discernment

The Bible does not mention Halloween by name.
These passages teach principles; applying them to particular activities requires discernment.
Scripture summaries below — not verbatim quotations. Read each passage in context.

10 WARNINGS TO TAKE SERIOUSLY

1. **REJECT OCCULT PRACTICES**
   No divination, sorcery, or consulting the dead.
   Deuteronomy 18:10–12
2. **DO NOT SHARE IN EVIL DEEDS**
   Expose unfruitful works of darkness.
   Ephesians 5:11
3. **TURN FROM WORKS OF THE FLESH**
   Sorcery is among the sins Paul condemns.
   Galatians 5:19–21
4. **AVOID EVERY FORM OF EVIL**
   Test everything; hold firmly to what is good.
   1 Thessalonians 5:21–22
5. **DO NOT PARTNER IN IDOLATRY**
   Light and darkness have no fellowship.
   2 Corinthians 6:14–16
6. **PUT AWAY DARK DEEDS**
   Put on the armour of light.
   Romans 13:12
7. **REJECT WHAT IS WICKED**
   Do not set wicked things before your eyes.
   Psalm 101:3
8. **DO NOT CALL EVIL GOOD**
   Do not reverse God's moral standards.
   Isaiah 5:20
9. **AVOID THE PATH OF THE WICKED**
   Turn away from it and pass on.
   Proverbs 4:14–15
10. **REMEMBER: GOD IS LIGHT**
    There is no darkness in Him.
    1 John 1:5

10 WAYS TO WALK IN THE LIGHT

1. **LIVE AS CHILDREN OF LIGHT**
   Show goodness, righteousness, and truth.
   Ephesians 5:8–9
2. **PURSUE HOLINESS**
   Be holy in all your conduct.
   1 Peter 1:15–16
3. **THINK ON WHAT IS PURE**
   Dwell on what is true, just, and praiseworthy.
   Philippians 4:8
4. **HATE EVIL; HOLD TO GOOD**
   Let your love be sincere.
   Romans 12:9
5. **LET YOUR LIGHT SHINE**
   Let good works glorify your Father.
   Matthew 5:16
6. **DO EVERYTHING FOR GOD'S GLORY**
   Even eating and drinking should honour Him.
   1 Corinthians 10:31
7. **SEEK GOOD FOR EVERYONE**
   Do not repay evil with evil.
   1 Thessalonians 5:15
8. **FLEE YOUTHFUL DESIRES**
   Pursue righteousness, faith, love, and peace.
   2 Timothy 2:22
9. **LIVE DECENTLY**
   Reject drunkenness, immorality, and jealousy.
   Romans 13:13
10. **HONOUR THE LORD JESUS**
    Act in His name, giving thanks to God.
    Colossians 3:17

APPLY WITH FAITH, LOVE & A CLEAR CONSCIENCE

Reject occult involvement and sinful conduct. For other activities, consider what they involve, whether they honour Christ, and their effect on others. Do not violate your conscience or cause another believer to stumble.

Romans 14:5–6, 13, 23 • 1 Corinthians 10:23–24, 31

FOLLOW CHRIST • DISCERN WISELY • LOVE YOUR NEIGHBOUR

Bible references: BibleGateway.com • BibleHub.com

THE GIFTS OF THE HOLY SPIRIT

BIBLE CHRONICLES

1 CORINTHIANS 12, 8-10

But the Holy Spirit gives **different gifts** to each person, according to what the Spirit has given, and they are for the **common good.**

1. WORD OF WISDOM
Ability to speak with true insight and spiritual understanding.

2. WORD OF KNOWLEDGE
Understanding and teaching God's plans.

3. FAITH
Confidence and extraordinary trust in God.

4. GIFTS OF HEALING
Physical and emotional healing by the power of the Holy Spirit.

5. MIRACLES
Performing extraordinary works through God.



6. PROPHECY
Announcing God's message to encourage, exhort and console.

7. DISCERNMENT OF SPIRITS
Recognizing whether something comes from God or not.

8. TONGUES
Speaking in languages inspired by the Holy Spirit.

9. INTERPRETATION OF TONGUES
Explaining what the languages mean so others can understand.

KEY IDEAS
- One Spirit is active in all.
- Each person receives different gifts.
- The gifts are given to serve and help others.

> **THIS IS WHY THE SAME SPIRIT WORKS IN EACH OF US, DISTRIBUTING THESE GIFTS AS HE CHOOSES.**
>
> 1 CORINTHIANS 12, 11

FOR WHAT?
To build the church, strengthen the faith and show God's love to the world.

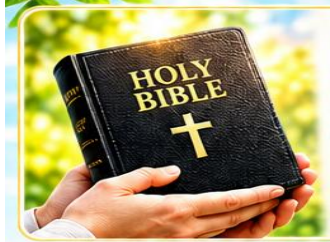


USE YOUR GIFTS FOR THE GLORY OF GOD!

You make the difference!

How to Sharpen Spiritual Discernment

A CLEAR MIND • A STEADFAST HEART • A LIFE GUIDED BY GOD'S WORD



Feed on God's Word Daily

Know the truth.
Recognize deception.

Psalm 119:105



Guard Your Mind

Take every thought captive to Christ.

2 Corinthians 10:5



Walk in Obedience

Put God's Word into practice.

James 1:22



Be Led by the Holy Spirit

Follow His guidance into truth.

John 16:13



Test Everything

Examine all things.
Hold on to what is good.

1 Thessalonians 5:21



Stay Spiritually Alert

Be watchful and stand firm in faith.

1 Peter 5:8



Pray for Wisdom

Ask God. Listen. Apply.

James 1:5



Treasure Truth

Hold fast to truth and godly wisdom.

Proverbs 23:23



DISCERN AI TIME • WALK IN TRUTH • LIVE FOR HIS GLORY

BIBLICAL HISTORY

HOW CAN WE KNOW IF WE ARE WALKING IN THE SPIRIT?



The Holy Spirit transforms our heart and shapes our life to reflect Christ. Here are key signs you are walking in the Spirit:

1. **GROWING LOVE FOR GOD.**
   Your heart desires more of Him every day.
2. **DESIRE FOR HOLINESS.**
   You long to live a life that pleases God.
3. **INCREASING HUMILITY.**
   You become less about yourself and more about Christ.
4. **LOVE FOR OTHERS.**
   You genuinely care for, serve, and encourage those around you.
5. **SENSITIVITY TO SIN.**
   You grieve over sin and turn quickly back to God.
6. **SPIRITUAL FRUIT BECOMING VISIBLE.**
   The fruit of the Spirit becomes evident in your life and actions.

> “ THOSE WHO ARE LED BY THE SPIRIT OF GOD ARE CHILDREN OF GOD. ”
> — ROMANS 8:14

STAY ROOTED

GALATIANS 5:22-23 | ROMANS 8:14 | JOHN 15:5

Let the Word of God and prayer keep you connected to the source of the Spirit.

THOSE WHO ARE LED BY THE SPIRIT OF GOD ARE CHILDREN OF GOD.
— ROMANS 8:14 —

WATCH, PRAY, WORK

SPREAD THE GOSPEL

CARE & HELP

SERVE WITH LOVE

BEAR WITNESS

"As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work."
(John 9:4)

Imagine the Ledger of Heaven opened before us. We might be shocked to find many who call themselves Christians contributed nothing to building Christ's kingdom, made no effort to save souls. They were lazy servants. Many were content to give little but felt self-satisfied, thinking they weren't hindering the diligent. This is a very harmful example.

The lazy servant was condemned not for what he did, but for what he failed to do. Regarding the Lord's holy work, nothing is more dangerous than an idle Christian. An open scoffer is less harmful, as their nature is plain. But a useless person is a greater hindrance. Those who shirk responsibility fall easiest into the devil's snare and, by their example, spread wrong behavior.

WATCH

PRAY

WORK

--- These are more than slogans, they are our Christian calling. Let no one push away responsibility or refuse to join the work of salvation. Let no one deceive themselves by thinking they have no work to do. Everyone will be held accountable, down to the person who received just one talent.

BOOK OF LIFE RECORDS

In our families, in our neighborhoods, there is work for Christ everywhere. The poor, the sick, the discouraged—by caring for them, we let the divine truth enter their hearts. There are endless opportunities to do good. Those filled with the Christ-spirit will show themselves to be fruitful branches on the true vine.

We have the right to create the record we wish to face. Let every page of that book show faithful service to God and humanity. May we follow the steps of the Master who said, "As long as it is day, we must do the works of him who sent me. Night is coming, when no one can work."

WHEN LIFE REACHES A BREAKING POINT, WILL YOU STILL TRUST GOD?



Jonathan Roumie's Story of Surrender

The actor who portrays Jesus in The Chosen

According to Roumie's testimony, in May 2018 he was deeply in debt, with only US$20 left. He knelt before a cross and entrusted his struggles and future to God. That day, four overdue payments for past acting work arrived, totalling about US$1,100. Around three months later, he was invited to join The Chosen.

01 **A CHOICE IN DESPERATION**
With only $20 and one day's food left, he chose to pray and surrender his burdens.

02 **SURRENDER BEFORE ANSWERS**
He did not know what tomorrow would bring, but chose not to carry fear and anxiety alone.

03 **TIMELY PROVISION**
In his account, four overdue cheques arrived that day, providing about US$1,100.

04 **A TURNING POINT**
Around three months later, director Dallas Jenkins invited him to portray Jesus in *The Chosen*.

05 **THE HEART OF FAITH**
Faith means choosing to trust even when the answers are not yet clear.

"Even when tomorrow is unknown, we can still choose to trust Him."

TRUST IS NOT A TIMETABLE FOR SUCCESS

Trusting God does not mean every hardship will end in success within three months. Some people see change quickly; others face a long wait. Faith is about more than getting the outcome we want. Even when life does not follow our plans, we can continue to trust God.

Based on Roumie's personal testimony • One person's experience is not a promise to everyone

TAKE HEART

Peace in Christ. Hope through every trial.



"In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

JOHN 16:33 • KJV

Jesus spoke these words to His disciples.

Faith does not promise a life without trouble.
In Christ, we have peace and lasting hope.

TROUBLES WILL COME

Loss, pain and disappointment are part of life. Bring them honestly to God.

TAKE COURAGE

You do not have to pretend to be strong. Trust Jesus, even when you are afraid.

JESUS HAS OVERCOME

Our hope rests in His victory, even when our circumstances are difficult.

HOPE REMAINS

The night may feel long. God's presence sustains us as we wait.

WALK WITH HIM

Pray, seek support and take the next faithful step with Jesus.

"God is our refuge and strength, a very present help in trouble."

PSALM 46:1 • KJV



OBEY IN FAITH
TRUST GOD TO PROVIDE

Seek first His kingdom and His righteousness

THE LESSON OF OBEDIENCE

Peter had worked all night and caught nothing. Yet he obeyed Jesus and let down the nets. They caught so many fish that their nets began to break.

"But at your word I will let down the nets."
— Luke 5:5

LUKE 5:4–6

"When he had finished speaking, he said to Simon, 'Put out into the deep, and let down your nets for a catch.' Simon answered him, 'Master, we worked all night, and took nothing; but at your word I will let down the nets.' When they had done this, they caught a great multitude of fish, and their net was breaking."

MATTHEW 6:33

"But seek first God's Kingdom and his righteousness; and all these things will be given to you as well."

PHILIPPIANS 4:19

"My God will supply every need of yours according to his riches in glory in Christ Jesus."

OUR RESPONSE TODAY

Seek God first • Act on His word • Entrust your needs to Him

Obedience opens our lives to God's grace. He provides in His wisdom and timing; His blessings reach beyond material abundance.

Scripture: World English Bible (WEB)

CHARACTER UNDER TEST

How Will You Respond to Hurt?

David Spares Saul's Life | 1 Samuel 24:1–22



THE BIBLICAL ACCOUNT

Saul entered a cave to relieve himself. David cut off a corner of Saul's robe, then felt conscience-stricken. He refused to kill Saul and stopped his men from harming him. (24:3–7)

1 KEEP A CLEAR CONSCIENCE

David felt remorse even for cutting Saul's robe.

TODAY: Do not let anger justify humiliating or hurting others. (24:5–7)

2 CHOOSE RESTRAINT OVER REVENGE

David did not treat an opportunity as permission to kill.

TODAY: Having power to harm calls for greater self-control. (24:4–7)

3 SPEAK THE TRUTH WITH RESPECT

David used the piece of robe to show that he meant Saul no harm.

TODAY: Explain your position clearly without attacking another person's dignity. (24:8–11)

4 REFUSE REVENGE; KEEP WISE BOUNDARIES

Saul went home; David and his men returned to the stronghold.

TODAY: Forgiveness does not require immediate trust. Keep a safe distance and seek help when needed. (24:22)

5 ENTRUST JUSTICE TO GOD

David asked God to judge and refused to harm Saul himself.

TODAY: Seek justice without being ruled by revenge. (24:12–15)

SCRIPTURE | 1 Samuel 24:12 (KJV)

"The LORD judge between me and thee, and the LORD avenge me of thee: but mine hand shall not be upon thee."

REFLECT

Can I stand for truth and protect my safety while treating others with honesty and respect?

HOLD FAST TO INTEGRITY. DO NOT LET REVENGE DEFINE YOU.

Source: 1 Samuel 24:1–22 | Scripture quotation: King James Version.
"Today" sections are practical reflections, not direct Bible quotations.
Illustration is an artistic interpretation.



HONEST LIVING
STARTS WITH THE HEART

Practical reminders for Canadian Christians

Acts 5:1–11 | Ananias and Sapphira

God cares about more than what we give. He cares whether we are truthful.

CONTEXT

The property and its proceeds were theirs to manage.
The deception was presenting part as the whole.
See Acts 5:3–4.

SIX WAYS TO PRACTISE HONESTY

1. **Be truthful about giving**
   State the amount and purpose accurately.
   Give without exaggerating.
2. **Record volunteer hours accurately**
   If you served two hours, record two hours.
   Do not add time to gain recognition.
3. **Keep expenses clear**
   Claim actual expenses and keep receipts.
   Keep personal spending separate.
4. **Make realistic commitments**
   If you cannot attend or finish a task, tell others early. Do not invent excuses.
5. **Correct mistakes promptly**
   Say: "What I said was inaccurate. Here are the facts..."
6. **Offer gentle accountability**
   Check facts and speak privately.
   Avoid guessing motives or shaming others.

A CANADIAN EXAMPLE | GIVING AND TRUTH

Mr. Chan sells his car for CAD $15,000 and gives $3,000 to his church. He says, "I donated all the money from selling my car."

THE PROBLEM:	He presented part as the whole.
THE CORRECTION:	*"I misspoke. I donated $3,000, not all the proceeds."*
THE NEXT STEP:	Clarify this with those who heard it. Ask for any inaccurate records to be corrected.
TAKEAWAY:	Keeping some money was not the deception condemned in this passage. Misrepresenting the gift was.

Lord, help my words, money and actions reflect an honest heart.



THE TWELVE APOSTLES

Their Backgrounds in Scripture

Jesus chose twelve disciples and named them apostles. — Luke 6:13



1 SIMON PETER

From Bethsaida • Fisherman
Andrew's brother; called to follow Jesus.
John 1:44; Mark 1:16–18



2 ANDREW

From Bethsaida • Fisherman
Peter's brother; brought Peter to Jesus.
John 1:40–44; Mark 1:16



3 JAMES

Son of Zebedee • Fisherman
John's brother; witnessed Jesus' transfiguration with Peter and John.
Mark 1:19–20; 9:2



4 JOHN

Son of Zebedee • Fisherman
James's brother; the two were called "Sons of Thunder."
Mark 1:19–20; 3:17



5 PHILIP

From Bethsaida
Called by Jesus; invited Nathanael to come and meet him.
John 1:43–46



6 BARTHOLOMEW

Hometown and occupation unknown
One of the Twelve; traditionally identified as Nathanael, though Scripture does not explicitly equate them.
Matthew 10:3



7 MATTHEW

Tax collector
Jesus called him at the tax booth, and he followed.
Matthew 9:9; 10:3



8 THOMAS

Also called Didymus ("Twin")
After seeing the risen Jesus, confessed him as Lord and God.
John 11:16; 20:24–29



9 JAMES

Son of Alphaeus
One of the Twelve; hometown and occupation are not recorded.
Matthew 10:3; Luke 6:15



10 JUDAS

Son of James
Usually identified with Thaddaeus; not Judas Iscariot.
Luke 6:16; Matthew 10:3; John 14:22



11 SIMON

Called the Zealot
One of the Twelve; hometown and occupation are not recorded.
Luke 6:15; Matthew 10:4



12 JUDAS ISCARIOT

Son of Simon
Kept the money bag and later betrayed Jesus. His hometown is uncertain.
John 6:71; 12:4–6

SCRIPTURE & TRADITION

- **Explicit:** Peter, Andrew and Philip were from Bethsaida.
- **Traditional identification:** Bartholomew = Nathanael; Nathanael was from Cana in Galilee (John 21:2).
- **Uncertain:** Several apostles' hometowns, and the claim that Judas came from Kerioth.
- **Authorship:** Traditional attributions of Matthew and the Johannine writings are distinct from explicit identification in the texts.

THE LISTS: Matthew 10:2–4 • Mark 3:16–19 • Luke 6:13–16

Portraits are artistic interpretations, not historical likenesses.

10 Biblical Signs of Godly Friends



Not everyone who walks beside you is a true friend.
The Bible gives clear signs to help us recognize godly friendships.

1 Speak the Truth



True friends speak honestly in love, even when it is difficult.

Proverbs 27:6

2 Encourage You



They strengthen your faith and support you when you feel weary.

1 Thessalonians 5:11

3 Pray for You



They do more than discuss your problems—they bring you before God.

James 5:16

4 Love in Every Season



They stand by you in good times and in adversity.

Proverbs 17:17

5 Correct You in Love



They hold you accountable and help you avoid destructive paths.

Proverbs 27:17

6 Celebrate Your Success



When God blesses you, they rejoice with you instead of becoming jealous.

Romans 12:15

7 Keep Your Confidence



They are trustworthy and handle sensitive matters with care.

Proverbs 11:13

8 Lead You to Christ



Their influence draws you closer to God, rather than away from Him.

Hebrews 10:24–25

9 Make Sacrifices



They willingly offer help, even when it costs them something.

John 15:13

10 Remain Faithful



When life becomes difficult, they do not disappear.

Proverbs 18:24

KEY LESSON

Godly friends do more than make you feel good. They help you become the person God created you to be.

Godly friends do more than walk beside you; they help you walk closer to God.

REFLECTION

Which quality do you value most in a friend, and why?



11 LIFE LESSONS FROM NOAH'S ARK

Reflections inspired by the story of Noah

1. **Don't miss the boat.**
   Recognize opportunities to do good.
2. **We're all in the same boat.**
   Care for one another.
3. **Plan ahead.**
   Noah prepared before the rain came.
4. **Care for your health.**
   You may have important work ahead.
5. **Stay faithful.**
   Do what is right despite criticism.
6. **Build on higher ground.**
   Let God's wisdom guide your future.
7. **Walk together.**
   Life is better with companionship.
8. **Keep going at your own pace.**
   Both the snail and the cheetah made it aboard.
9. **Make time to rest.**
   Be still and renew your strength.
10. **Serve with willing hands.**
    Ordinary people can do meaningful things.
11. **Hold on to hope.**
    The rainbow reminds us of God's covenant.

"Noah did according unto all that the LORD commanded him." — *Genesis 7:5 (KJV)*

Life applications inspired by Genesis 6–9; not direct Bible quotations.

BIBLE PROPHECY

Fulfilled Promises & Future Hope

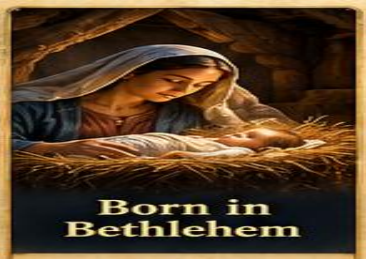
FULFILLMENT IN CHRISTIAN UNDERSTANDING



Cyrus Named

Isaiah names Cyrus as a ruler who would help restore Jerusalem.

Isaiah 44:28; Ezra 1:1–4



Born in Bethlehem

Matthew connects Jesus' birthplace with Micah's prophecy.

Micah 5:2; Matthew 2:1–6



Jerusalem's Temple Destroyed

Jesus foretold the Temple's fall; Rome destroyed it in AD 70.

Luke 21:6



Thirty Pieces of Silver

Matthew links Judas' betrayal payment with prophetic Scripture.

Zechariah 11:12–13; Matthew 27:3–10



Israel Scattered

Scripture warns of exile among the nations.

Deuteronomy 28:64



Israel Restored

Ezekiel promises restoration. Some Christians link this to 1948; interpretations differ.

Ezekiel 37:21–28



The Suffering Servant

Christians see Jesus' suffering for sins in Isaiah's servant.

Isaiah 53; 1 Peter 2:24–25

PROPHECIES CHRISTIANS STILL AWAIT



Jesus Will Return

Christ will come again.

Acts 1:11



Resurrection of the Dead

The dead will be raised.

John 5:28–29



Final Judgment

God will judge with justice.

Revelation 20:11–15



Evil Finally Defeated

Satan's defeat will be complete.

Revelation 20:10



New Heaven & New Earth

God will dwell with His people; death and sorrow will end.

Revelation 21:1–4

Live in faith, love and readiness.

No one knows the day or hour — Matthew 24:36 (summary)

A Christian overview. Interpretations and end-times timelines differ; these cards do not set a sequence or date.

END-TIME DECEPTION

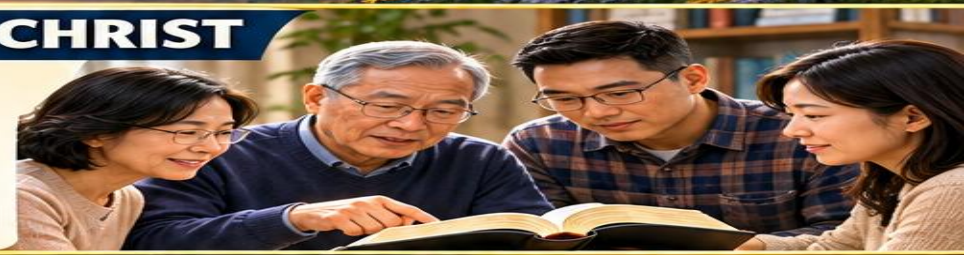
Biblical discernment in the age of AI

Test the spirits. Hold fast to Christ.

1 TEST TEACHING ABOUT CHRIST

Examine teaching in light of Scripture. Test what it says about Jesus Christ, who came in the flesh. Eloquence and impressive signs do not prove a message is from God.

1 John 4:1–3 • Acts 17:11 • Matthew 24:24



2 AI & DIGITAL DECEPTION

Modern application: AI can fake voices, faces, sermons and images of supposed miracles. Check original sources and context before sharing.
The Bible does not explicitly identify AI as the beast.

1 Thessalonians 5:21–22 • Ephesians 4:25



3 666 & THE BEAST'S MARK

Revelation connects the mark with worship of the beast and restrictions on buying and selling. It identifies 666 as the beast's number.
The text does not name AI, phones, QR codes or digital payments as the mark. Interpretations differ; avoid declaring speculation to be Scripture.

Revelation 13:15–18; 14:9–12



4 STAND FIRM IN CHRIST

Worship God alone. Read Scripture, pray, love others and persevere in faith. Remain watchful without setting dates for Christ's return.

Matthew 4:10; 24:36, 42 • Revelation 14:12



FAITHFULNESS OVER FEAR

Stay rooted in Christ • Walk in truth • Be ready for His return

Scripture references support paraphrased teaching; AI guidance is a modern application.

The Miracles of Jesus

for Our Body, Mind, Community and Spirit

With Faith, He still works miracles today!



By *faith*, He works miracles today!

Trust Jesus,

Experience His Healing and Presence!