

# Kerby News

Published by  
Kerby Centre

for the **55** plus

2015  
April

Volume 31 #4



Introducing 150 minutes of physical activity in your week can reduce your risk of stroke. See article on page 26.

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Happy Easter



3 April, 2015 Good Friday  
4 April, 2015 First Day of Passover  
5 April, 2015 Easter Sunday



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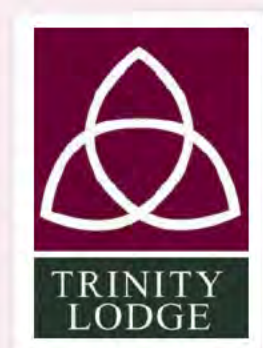
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**President's Report**



**Kerby Centre to celebrate Canada's birthday**

By Hank Heerema

Kerby Centre is looking to the future and hopes to play a vital part in commemorating Canada Day's 150-year anniversary in 2017 by reflecting on Canada's past and looking toward its future.

My memories of 1967 don't have much to do with the Confederation year: I was going back to university then as a mature student and was enjoying life with my family. Expo '67 was the furthest thing from my mind and I didn't make any special plans to celebrate Canada's 100th birthday. But now I have a chance to be a bit more creative with Canada's 150th birthday in 2017.

Why think about it now, you might ask? Because big plans take time to come to fruition. You might need the next two years to think up a grand plan that truly reflects your feelings

about our great country. It took time for St. Paul, Alberta, to work on their UFO landing pad — a Confederation project; and to plan the cross-country tour of *Anne of Green Gables*, the musical — another Confederation project. There was the Confederation Train, Bobby Gimby's *Ca-Na-Da* song, and too many individual projects to count.

**So what's on tap for 2017?**

A group called ImagiNation 150 is trying to stimulate dialogue about our vision of a future society and using the 150th birthday celebration as a launching point. One initiative is *The Possible Canadas Project* which aims to generate a national discussion about creating a better society. The first phase of the project involves 52 interviews with insightful Canadians exploring their greatest hopes and

fears for Canada's future.

These interviews can be found at [possiblecanadas.ca](http://possiblecanadas.ca).

Other projects that are already in the planning stages include:

- 50@150 which will create a visual novel of Canadian heroes.
- Canada's Coolest Map which will list 1001 reasons why Canada is cool.
- The TransCanada Trail Completion – 24,000 kilometers across Canada.
- Sesqui — a mobile geodesic dome travelling across Canada to show multimedia programming on the themes of art and landscape.

Many more of these projects can be found at [www.i150.ca/what-others-are-doing/](http://www.i150.ca/what-others-are-doing/)

I believe older Canadians should be an integral part of the plans for 2017. We are the

living repositories of the past – we lived 1967. We've seen Canada grow and change – sometimes for the worse, mostly for the better. So I encourage you to get involved. A celebration is always welcome. And if you want to start a project that makes the community and Canada just a little bit more

human, that tackles homelessness or poverty, that inspires and ignites, even better.

We will be holding sessions at Kerby Centre, check the Kerby News each month for more information on how to get involved and celebrate Canada.



In celebration of the 50th anniversary of our national flag, our Government is giving this proud Canadian symbol to fifty Canadians and organizations who have contributed significantly to the well-being of our citizens. One of the fifty Canadians receiving a flag is Luanne Whitmarsh, CEO of Kerby Centre, in recognition of Kerby Centre's commitment to delivering valuable social services to senior citizens of all income levels. The flag was presented to Ms. Whitmarsh at a public event at Kerby Centre on Friday, February 20, 2015 by The Honourable Joan Crockatt, Member of Parliament for Calgary Centre. (photo: from left The Honourable Joan Crockatt, Member of Parliament for Calgary Centre; Hank Heerema, President of the Kerby Centre Board of Directors; Luanne Whitmarsh, Kerby Centre CEO)

**APRIL 2015**  
**Front page:** Photo courtesy of News Canada  
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 To assist older people to live as well as possible for as long as possible as residents in the community.

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News from City Hall —

**Staying connected with my constituency is a first priority**

Evan Woolley



**Listening is My Job**

As Calgary City Councillor for Ward 8, my first job is to listen. All of the other work I do, be it reading a report or sitting in a committee or advocating in the media or speaking out for my ward in Council, is totally dependent on hearing your voices. And the ways in which I stay connected are about as diverse as Ward 8 itself. Emails, phone calls, letters, newsletters, Facebook, Twitter, Instagram, and community associations are just some ways we connect. Of course, nothing beats meeting

someone in person, looking them in the eye, and hearing what they have to say.

It's important that I continue this dialogue with you throughout my term in office. I want to hear your thoughts about our Ward 8 neighbourhoods and our growing city. Here are a few subjects to start off our conversation:

**Multi-Family Recycling**

Sustainable and thoughtful development is critical for our city's future. By this time next year, all multi-family complexes in Calgary will be mandated

to provide on-site recycling. How is this transition going?

**Affordable Housing**

Not only must we accommodate the enormous pressures of growth that Calgary faces, but I believe that our greater community is only as good as it gives to those less fortunate. Therefore, affordable housing is a critical part of my work as Councillor.

**Safety in the Inner City**

Most of Calgary's core communities such as the Beltline, Downtown, Cliff Bungalow/Mission, and Sunalta are in Ward 8.

These neighbourhoods are all growing, and growing fast, and our services have kept up very well with the changes. Our infrastructure needs to adapt as well, and this is why I am pushing hard, for example, to upgrade the underpasses across the CP Rail tracks to make them safer, more convenient and more pedestrian-friendly.

Calgary's 55-plus community is, I believe, the bedrock for our city's success and will form a crucial role in creating our shared future. I want to envision

and build this future together, and to do that I need to hear your voice. You can get in touch with my office by email([ward08@calgary.ca](mailto:ward08@calgary.ca)), phone (403-268-2430) or letter (Historic City Hall, PO Box 2100, Stn. M, #8001B, Calgary, T2P 2M5). And, if you catch me walking on the other side of the street, I hope you'll cross over and say hi. That's what I'm here for.

*Evan Woolley is the Calgary Councillor for Ward 8*

This month in Edmonton —

**Having different perspectives is important in a democracy**

Kent Hehr



With my time in the Alberta legislature drawing to a close, I am going through the last seven years and assessing what lessons I have learned as your MLA. The first lesson I have learnt is that being the Premier is not easy. The second thing is that politics is not about good public policy but about winning the next election.

Opposition matters. Having opposition in the Legislature to hold the government to account to advance public policy positions that the government may not take into consideration is imperative. It would be a nightmare if all the Legislature members were from one party. In my view, the fact that the Alberta

Legislature has consisted primarily of massive majorities for the last 43 years has played no small role in leading us to the unenviable situation we are facing in this province: the situation that finds us having spent the vast portion of the oil wealth, going into massive debt and facing the prospect of cuts to the most cherished public services of education, healthcare, and support of seniors.

Opposition matters. I can point to real and tangible moments in my time in the Legislature where changes were made as a result of opposition MLAs' speaking out on behalf of their constituents when government policies were unfair, unwise,

or unnecessary. Here are a couple of examples.

Three years ago, I found that Albertans living in long-term care facilities could only get one bath a week based on the government policy. The issue, raised by the residents in the Fanning Centre, prompted Kerry Towle, then a Wild Rose Party member, and me to ratchet up pressure on the government to change the policy and they did.

Last year, I raised another issue that mattered—this time the safety and care of our students. With Motion 503 I ignited a debate on Gay-straight Alliances in early 2014, having done all the research and found GSAs a good public policy.

Although these student-led organizations cut suicide rates of LGBTQ teens and reduce bullying in school, many students have been denied the right to organize them on their campuses. To the outrage of the citizenry of Alberta, the motion was voted down and then another similar bill brought up by the fellow Liberal Laurie Blakeman was also rejected. But the current government is now essentially implementing the change of policy we have championed, making Gay-straight Alliances available in all schools where kids want them.

There are several other instances where the opposition parties have been successful both in holding the

government to account and getting legislation changed. I encourage all readers of this column to consider that when they go to the polls.

It truly has been an honor and privilege to represent you in the Alberta Legislature. I thank you all from the bottom of my heart for giving me the opportunity to play a role in Alberta politics and share my life with you.

As always, you can drop by my office at #130, 1177 – 11 Avenue SW, call me at 403-244-7737, or send me an e-mail at [calgary.buffalo@assembly.ab.ca](mailto:calgary.buffalo@assembly.ab.ca).

*Kent Hehr is MLA for Calgary Buffalo*

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*The opinions and projects of the correspondents on this page represent the views of the correspondent and are not necessarily endorsed by either Kerby News or the Kerby Assembly.*

**Kerby Centre Department Directory**

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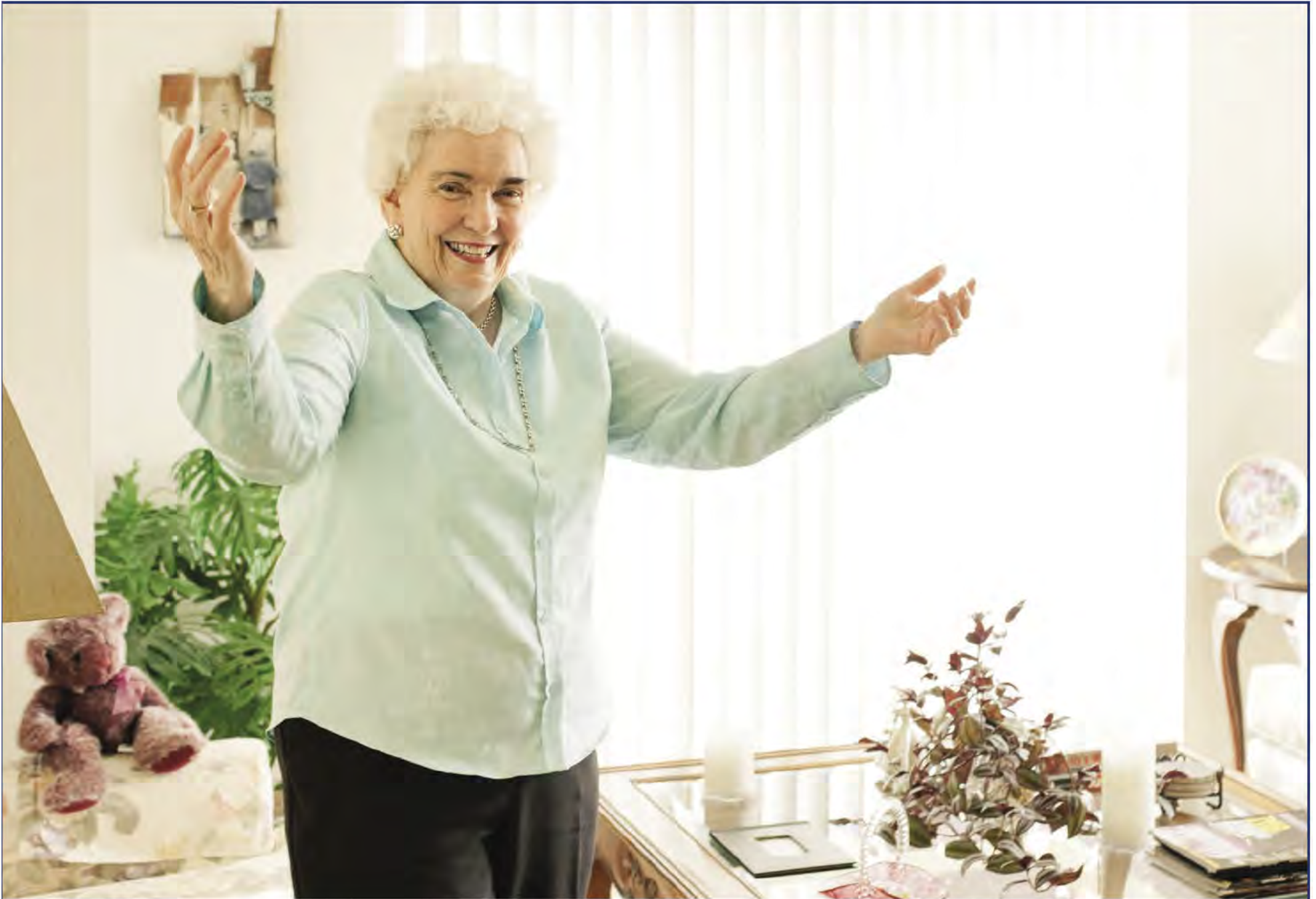
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# The Grandparent Trap

Seniors across Canada are being recruited to help raise their kids' kids. But at what cost?

By Dawn Calleja

My parents are living the boomer dream. They're both in their mid-60s and retired. My father put in 32 years as an air force officer, plus another seven in the private sector while battling through two bouts of cancer. My mother stayed at home until I started university, then worked happily as a customer service rep for 10 years. These days, they love spending time with their grandkids—there are eight, between me, my brother and my sister—and they're pleased to take them for the occasional sleepover or drive into Toronto from the suburbs to help out if we're stuck. But my parents also spend three months in Florida each winter and another four at their cottage near Peterborough, Ont. When they're at home, their calendar is packed.

After the birth of my first child, it didn't occur to me to ask whether my parents would trade in their freedom to become full-time childminders, because I knew the answer: no way. My folks are comfortably entrenched in the "kid, you're on your own" camp. "We love them, but we don't want to be tied down. We've already raised our family," says my mom now. A big sticking point: being an official caregiver means becoming a de facto disciplinarian. My mother lived under the same roof as her grandmother in the 1950s and often took her kindness for granted. Mom wants her grandkids to consider time with her to be special—a treat.

According to a 2013 University of Alberta report, my parents' position is losing traction. Twenty-two per cent of seniors aged 65 to 74 currently pitch in with childcare, along with nine per cent of people over the age of 75. All told, Statistics Canada reports that Canadian grandparents—most of them women—devote four million hours a week to unpaid childcare.

Their reasons for doing so vary wildly—from the joy of being around kids to cultural mores to a desire to be useful. Of course, there's also the guilt factor, born from watching their children struggle to achieve the same standard of living they had. Today's under-45s are caught in an economic double-whammy that means we have to struggle to achieve comparable financial stability,

The so-called Squeeze Generation is working longer hours for less money than adults a generation ago, with little long-term security or pension prospects. At the same time, we are grappling with crushing student debt loads and large mortgages, thanks to record high housing prices: the national average sits at more than \$400,000 today, compared to less than \$160,000 in 1999.

For Squeezers, chasing what our parents had means putting the kids in daycare: three-quarters of all couples with dependent children have two incomes, up from just over one-third in 1976. On average, parents pay \$9,000 a year for infants and \$8,000 a year for preschoolers, according to the Toronto-based Childcare Resource and Research Unit—if we're lucky enough to get a spot in the first place,

which leaves many of us looking hopefully, even desperately, at our parents.

As boomers begin to retire, a massive demographic shift is also under way. "The stereotype is that anyone who reaches the grandparent age is just headed for a rocking chair," says Susan Eng, vice-president of advocacy for the Canadian Association of Retired Persons (CARP). "But grandparents today are different. They're a little more self-actualizing." Translation: members of the Me Generation—many of whom are healthier and wealthier than any previous crop of retirees—worked for decades and plan to wring every drop of pleasure out of their retirement years, with a to-do list that includes travel, leisure, volunteerism and, yes, spending time with family. "While they were bringing up their

own children, they were just getting it done," says Eng. "Now they have the time to play with kids."

That's certainly the case for Shirley Ritchie. When her three children were young, she worked weekends as an operating room and ER nurse, leaving little room for family fun. Then, at 59, a blocked artery ended her career. A few years later, her son David and his wife, Jacquie, began searching for daycare for their two boys in Brampton, Ont. Shirley lived nearby, so she volunteered her services. Her husband, Len, retired a year later and began helping out, too.

Their friends thought they were overdoing it. Instead of sipping wine, playing euchre and planning vacations, the Ritchies were visiting the zoo, dismantling remote-control cars and collecting buckets of rocks on the way

home from school. They'd spend entire afternoons at a model train shop. Once, they took the boys to watch the demolition of an old generating station. "We just loved it," says 73-year-old Shirley, the loquacious half. "A lot of people retire and their world sort of falls apart. This gives you a reason to get up in the morning and get organized. It keeps you young at heart."

Now that the boys are older, the Ritchies' load is lighter: shuttling them to hockey practice and sailing camp, picking them up after school and accompanying them on field trips. Last year, the couple took a break and sailed away on a European cruise for their 50th anniversary. (They pined for the grandkids.)

As for the Ritchies' daughter-in-law, she knows just how lucky she is. "They are incredible," says Jacquie.

*Continued on page 10*

## Donna Gee

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*Donna Gee*  
- Donna Gee RN, BN, Juris Doctor (law)

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Please VOTE  
on March 28th

**Continued from page 9**

“They’ve raised the bar for what grandparents do for their grandkids.”

In many cultures, the Ritchies’ arrangement is the norm. Immigrants to Canada—who now account for one-fifth of the population—are twice as likely to live in multigenerational homes as their Canadian-born counterparts, according to a 2013 report by the Ottawa-based Vanier Institute of the Family, and they are far more likely to provide care to grandchildren. Vancouver graphic designer Adam Vandyck found that out when he married Felicia, an accountant whose parents emigrated from China four decades ago; it was always assumed the couple, both in their early 60s, would act as full-time caregivers to her children. “That was one of the major factors in having kids—it would be easier for us,” says Vandyck. Daycare for a two-year-old in

Vancouver costs an average of \$14,000 a year and can go much higher. Those savings allowed him and his wife to buy a home in the most expensive market in the country.

Each morning, he drops off his two boys—aged four and one—at Po Po and Gong Gong’s toy-filled house. “It’s unreal,” says Vandyck reverentially. “Felicia’s parents ask nothing of us, except to be around the kids.” The Vandycks’ four-year-old already speaks English and Cantonese fluently, and their youngest jumbles both. Felicia has broached buying a duplex so they can all live together. Many kids-in-law would cringe at that thought. Not Vandyck. To him, it’s a fair trade for all the support he and his wife have received over the years. As for his own parents, Vandyck grumbles that they live just down the street but so far haven’t demonstrated much interest in their grandsons.

Of course, there are downsides to handing your brood over to someone else, even family. Recently, Vandyck became concerned that his eldest son was taking advantage of his Po Po, who does the bulk of child-minding since her husband still works full-time as a chef. Shopping trips were turning dictatorial—and the power wasn’t flowing from the direction one might expect. When the determined little boy demanded a toy, the discipline-averse grandmother would concede. Vandyck’s attempts to intervene resulted in his mother-in-law bursting into tears and locking herself in the bathroom. He’s learned to stop being so blunt.

Another potential minefield: compensation. Do you pay your parents a weekly stipend? Cover the cost of an annual trip? Commit to giving them a place to live when they can no longer manage on their own? “As soon as there’s an exchange of money, it can change the relationship,” says

parenting expert Alyson Schafer, the author of three bestselling how-to books. Most people expect paid caregivers to follow a set of rules. “But a grandmother might say, ‘I just want to spoil them,’” she continues. “That might be fine for a weekend, but if it’s every day after school and they’re saying yes to unlimited TV, that’s different.”

The bottom line: when parents and their children are sharing the job of raising the next generation, disagreements are inevitable.

When Carolynne Canham’s son and his wife went through a difficult split, she and her husband, Bob, offered to watch the children—then aged five, seven and 10—for the summer. Their home near Queenston, Ont., was a safe, secure environment, and even though Carolynne, a teacher, was still working at the time, they were confident in their ability to weather this unexpected development.

So began seven summers of mayhem, and a sobering lesson in the pitfalls of blurry boundaries. A full house was a big change, after having space and time during so many years. And the kids needed a lot of care. The Canhams enrolled them in theatre, rowing and other programs—on their own dime. “It was just too tiring for us to not do that,” she says. Still, “It was long, very long. The kids would go home on weekends, and not a minute too soon. By the end of the summer, we were semi-hysterical.”

That’s not to say they didn’t enjoy having the rambunctious trio around. It came, however, at a physical and social cost. As their friends planned extended road trips together, the Canhams braced for an onslaught of laundry and Cheerios-covered kitchen floors. Summers got easier as their grandchildren got older, but Carolynne (who still helps her son out financially, too) was resentful at times. “Your kids can easily start to take advantage. Ours didn’t realize how taxing it was, how worn out we were.”

That’s why Schafer counsels grandparents to enter into this kind of arrangement with extreme caution and to be clear about what they are willing and unwilling to do. “You don’t have to write out a contract, but be specific,” she says. If you can only do three days a week, no later than 9 p.m., tell your kids that. And schedule a meeting a month or two down the road to address any concerns. “Set really clear expectations, so there are no misunderstandings,” says Schafer.

Carolynne, now 70, wishes she’d heeded that advice years ago. And yet, all the craziness—even the seething frustration—was worth it. She and Bob celebrated 50 years of marriage this past July. At the party, all three of their son’s kids took turns at the microphone to say how much they love and appreciate their grandparents. “Being a grandparent is not at all like being a parent,” says Carolynne. “Being a parent was all right, but it was demanding—you’re tired, you’re working, you just do it. With grandchildren, you love them differently. I hesitate to say more, but I think you almost do love them more. It’s a strange thing.” □

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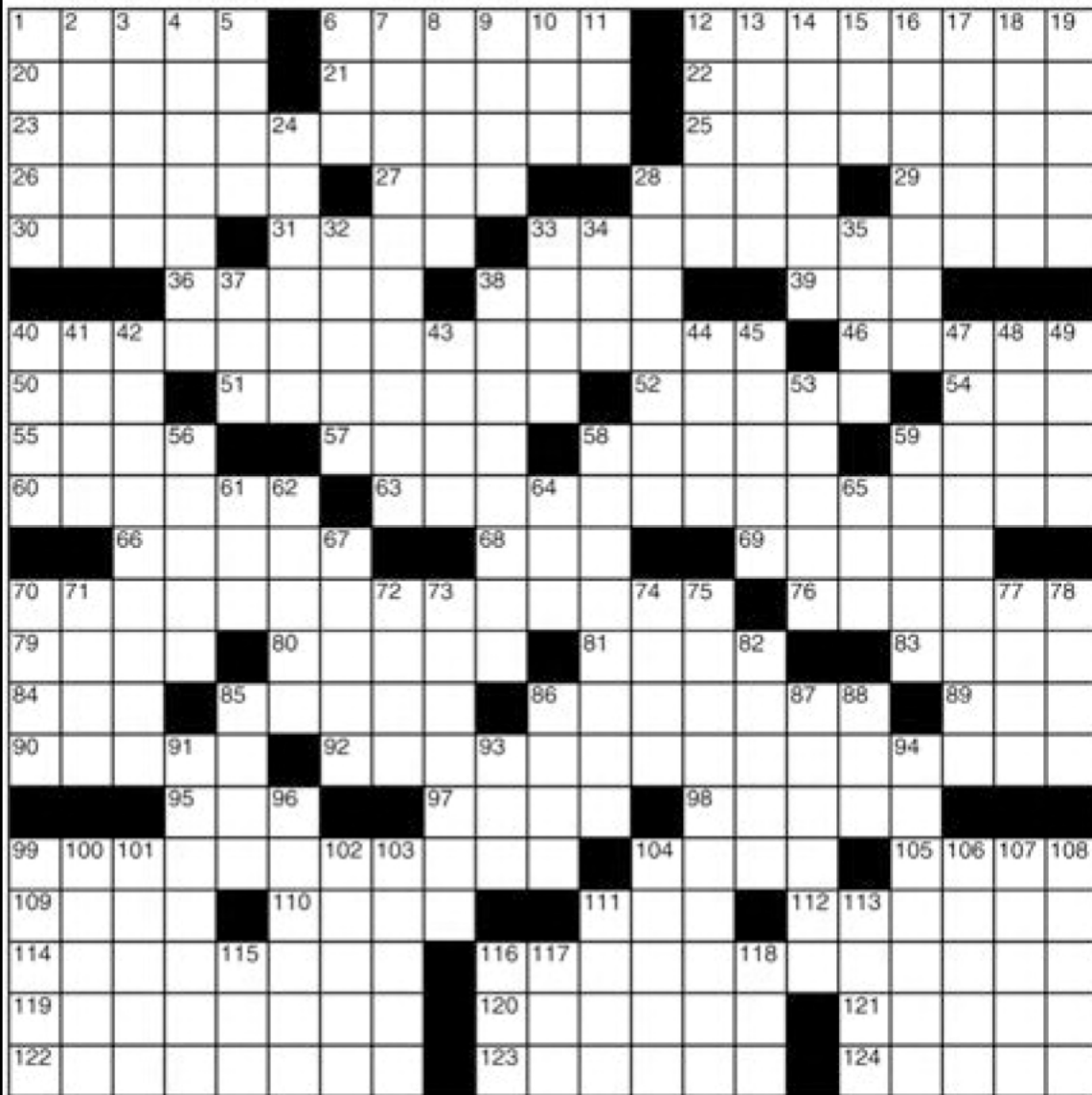
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# Crossword Puzzle

PREMIER CROSSWORD/ By Frank A. Longo **STARTING SOUND-ALIKES**


- |                                  |                                  |                                      |  |                                   |   |
|----------------------------------|----------------------------------|--------------------------------------|--|-----------------------------------|---|
| <b>ACROSS</b>                    | 50 Doctrine suffix               | 92 Vista points                      | 4 Retirement savings                   | 38 Get hired                      | 77 "Star Wars" furball                        |
| 1 Modify, as a bill              | 51 Nunnery                       | 95 Was in command of                 | 5 No-win situation                     | 40 Chang and Eng's land           | 78 "Shoot!"                                   |
| 6 With 68-Across, deli container | 52 Lawn stuff                    | 97 Royals manager                    | 6 Ballet step                          | 41 Capri or Ely                   | 82 Bullet points                              |
| 12 "Bewitched" witch             | 54 Ending for duct               | Ned                                  | 7 Goran of tennis                      | 42 Skin softener                  | 85 At the home of, to Henri                   |
| 20 Stinky stream system          | 55 Shampoo additive              | 98 Qatari chiefs                     | 8 Two-dot mark                         | 43 Proof mark                     | 86 Galileo's birthplace                       |
| 21 Confession                    | 57 Embellish richly              | 99 It began with the Tertiary Period | 9 Michelle of figure skating           | 44 City in Algeria                | 87 Songlike                                   |
| 22 Acquired                      | 58 Book by a bed                 | 104 Plus                             | 10 Young 'un                           | 45 Prison parts                   | 88 35mm camera choice                         |
| 23 They have bases of romaine    | 59 The Bruins of the NCAA        | 105 Tar's spar                       | 11 Letters before ems                  | 47 Pastoral folk dance of Italy   | 91 Least far-off                              |
| 25 Common way to sell goods      | 60 Hardly harsh                  | 109 Line crossing the origin         | 12 Flash                               | 48 Troubles                       | 93 —'wester                                   |
| 26 Boxing double-whammy          | 63 Halt, legally                 | 110 One with a B.A., say             | 13 MGM motto ender                     | 49 See 104-Down                   | 94 Diffuses gradually                         |
| 27 Prefix with hazardous         | 66 Pale violet                   | 111 Jazz band's engagement           | 14 Changes gradually                   | 53 "The Exorcist" actor Max von — | 96 Sets of doctrines                          |
| 28 What cleats improve           | 68 See 6-Across                  | 112 Appease                          | 15 One, in Yahtzee                     | 56 Doolittle of "Pygmalion"       | 99 Houses, in Havana                          |
| 29 Article of Cologne            | 69 Socialist philosopher Georges | 114 Guy hawking                      | 16 Sweet bread spread                  | 58 Run-down                       | 100 Praise highly                             |
| 30 Young 'un                     | 70 Live for right now            | 116 Alternate title for this puzzle  | 17 Property                            | 59 Exploitative sorts             | 101 — Wafers                                  |
| 31 Leading                       | 76 Less trustful                 | 119 Geico alternative                | 18 German poet Heinrich                | 61 Shout to a matador             | 102 Plenty angry                              |
| 33 Try to find a safe place      | 79 Place                         | 120 Grosset & — (book publisher)     | 19 Actress Stella                      | 62 Timepiece                      | 104 With 49-Down, option for an air passenger |
| 36 Irishmen, e.g.                | 80 Chocolate stand-in            | 121 Denoted                          | 24 "Night of the Living Dead" director | 64 Cooke with soul                | 106 Really irked                              |
| 38 Jokester Jay                  | 81 Petty of Hollywood            | 122 Social climbers' concerns        | 28 Atlanta locale                      | 65 MLB stat                       | 107 1953 Alan Ladd film                       |
| 39 Skit show since '75           | 83 "I never — purple cow ..."    | 123 Smiles derisively                | 32 Ding- —                             | 67 Burns partly                   | 108 Lab activities                            |
| 40 Onetime popular pair in Vegas | 84 — Taylor (clothing retailer)  | 124 Old politico                     | 33 Email folder heading                | 70 Car from Sweden                | 111 Heredity unit                             |
| 46 Spring in a dry stretch       | 85 Matthews of "Hardball"        | Kefauver                             | 34 Last part                           | 71 Rubik of Rubik's Cube          | 113 "My treat"                                |
|                                  | 86 They're hit at parties        | <b>DOWN</b>                          | 35 905-year-old in Genesis             | 72 Funny Idle                     | 115 Role in "The Hangover"                    |
|                                  | 89 NSFW part                     | 1 Foppish tie                        | 37 N.Y. Jets' gp.                      | 73 Sauntered                      | 116 NFL coups                                 |
|                                  | 90 Bungle                        | 2 Spiteful type                      |  | 74 It's prohibited                | 117 Savage sort                               |
|                                  |                                  | 3 Tech mag                           |  | 75 Trip-taking equipment          | 118 Corp. execs                               |



Solution on page 29

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# Dealing with the cancer blues

(NC) Fear and uncertainty become constant companions when a woman is diagnosed with cancer. In fact, for a majority of women, a cancer diagnosis unleashes as many emotional symptoms as physical ones.

And studies show that while there are steady advances in the way the medical system understands and treats the disease, the emotional aspect of a cancer diagnosis is often ignored and rarely addressed. A national cancer support organization has set out to change that.

Beauty Gives Back is the charitable foundation of the Canadian beauty industry — and the Cancer Blues is the name the group has given to the emotional fallout from cancer and its treatment, a consequence of the disease that can affect a woman's ability to

fight and endure through the difficult ordeal of cancer.

Dr. Alexandra Ginty has witnessed cancer from both sides, as both a physician and as a cancer survivor. Diagnosed with bilateral breast cancer in 2011, Ginty was surprised by the emotional turmoil she experienced.

"It was overwhelming," she says, recalling the day she received her diagnosis. "It all happened so fast: surgeries, complications, chemo, genetic testing, a hysterectomy, delivering the bad news about my results to my family. I felt vulnerable, scared and uncertain. That is simply not a feeling that I am comfortable with and did not own. I felt edgy, fragile and alone."

Studies show that 87% of cancer survivors describe at least one psychosocial issue as 'moderate' or 'severe'. Ginty

says her cancer experience has given her a greater appreciation for the psychosocial challenges her patients face on their cancer journey. "Women need to know that these feelings — fear, grief, sadness and anxiety over not looking like yourself — can all be part of their cancer experience but they don't need to suffer in silence. By giving this malady a name, the Cancer Blues, it makes it easier for women to acknowledge and discuss their feelings. It gives them permission to ask for help."

For more than 20 years, Beauty Gives Back has supported tens of thousands of women through the 'cancer blues' with programs such as Look Good Feel Better, a cosmetic and hair alternatives workshop, and FacingCancer.ca, an online support community. Ginty

has benefitted from both programs and says the importance of resources such as these cannot be understated.

"A Look Good Feel Better workshop helps you look like yourself through treatment, which may seem like a small thing, but symptoms like hair loss and skin changes can be a source of sadness and anxiety for so many of us," she explains. "It turns us into walking billboards for our illness. By taking away some of that anxiety and having fun while you do it, you're releasing hormones that can help you through pain and stress. It boosts your confidence and resilience, which can help you cope better."

"Also, by giving women a chance to connect with other women facing similar challenges, both of these programs erase some of the isolation you feel with cancer," Ginty adds. More information is available online at [beautygivesback.ca](http://beautygivesback.ca).

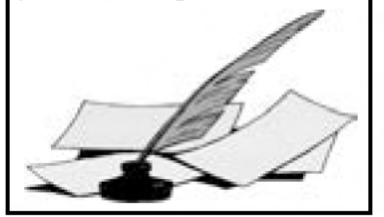
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The deadline is Wed., May 13. Poets chosen will be notified in advance of publication. No remuneration will be provided, however, you will enjoy the thrill of seeing your work in print.



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- You are eligible to vote if:
  - o you are at least 18 years old;
  - o are a Canadian citizen;
  - o have resided in Alberta since October 13, 2014;
  - o are a resident on Election Day;
    - Of the City of Calgary Ward 11 or 13; and
    - Of the Calgary Board of Education; and
  - o provide one of the authorized pieces of identification.

All eligible electors can vote at the Advance Vote, April 2, 7 & 8.

Blind voter templates are available at the Advance Vote only.

If you can't vote at the Advance Vote or on Election Day – request a Mail-in (Special) ballot or, if housebound due to injury, illness or disability, a special service to vote at home can be requested.

A City of Calgary By-election brochure will be delivered to every household in Wards 11 & 13 in late March.

Visit [calgary.ca/election](http://calgary.ca/election) for more details or call 403-476-4100 (option 2).

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# A Little Less Conversation

By Judy Millar

When I got cancer, people were full of advice and theories. One friend said it best, however.

Following quickly upon the shock of a cancer diagnosis is the unsavoury prospect of telling friends and family. Already it's not just about you; it's a social thing. Being naturally introverted and habitually private, I shied away from the inevitable conversations with a superstitious fear, I suppose, that revealing my secret aloud would only confirm the depressing reality.

Today, from a more comfortable perspective, having so far survived not just the cancer but the treatment, I look back on one friend's response to my carcinoma's "coming out" with fondness and amusement. I think it may serve as a model for anyone who is just handed the "shock and awe" of bad news and is suddenly struggling for consolatory words.

I had gone for a bike ride along my local stretch of Calgary's exceptional river pathways, processing

this new version of myself—a cancer patient. Patient, victim, unwilling host. What to call it? Physically I felt no different, despite various unhappy joints. If you had asked me to describe myself, I would have said healthy, fit, a damned good specimen for 55. Maybe even—on a good day—for 45!

The only change on this lovely afternoon was a diagnosis of Stage two invasive ductal carcinoma, the most common form of breast cancer. Left untreated, it would kill me sooner rather than later. A plan had been neatly laid out: chemo (six months' worth); surgery (tumour and lymph node removal); and radiation, followed by five years of hormonal assault via daily pill. Poison/slash/burn/starve—the full arsenal.

I was just killing time on the bike path as if awaiting call-up to the blitzkrieg.

Don't get me wrong. I knew bad things, much worse than this, were happening all over all the time. In fact, in some ways I couldn't have had it better. Thanks to generous funding, breast cancer is one of the least scary forms. If worse came to worst, well, I'd had a good half-century. And as

for frequent trips to the cancer centre, I didn't even face the age-old stress of parking—it is a 10-minute walk from my house.

Still, grateful as I was for the science and technology that would allow me another chance at what I had assumed would be the second half of my life, I couldn't help feeling...well...cheated.

Why? I'd always been active—ballet, cross-country skiing, running, hiking, cycling, backcountry skiing and canoeing in my teens and twenties; modified versions of these, fitted around child-raising, in the following two decades; verging, in my fifties, into joint-saving swimming, cycling, more cross-country skiing and classes in Pilates, strength and dance.

Moreover, I'd eaten well. I shopped the perimeter. Gave up sweets, quite happily, for about a decade. Hell, I was even careful not to be too careful, occasionally indulging—in moderation. "Everything in your cart is so healthy!" declared someone in line at the grocery store some years ago. The contents haven't changed much since.

You get the picture. And so you may also get my disappointment when, in mid-

dle age, having done everything supposedly right, I still failed to dodge the Reaper's shadow.

Like motherhood, a cancer diagnosis invariably brings on advice. I've had well-meaning invitations to meditate or yogify, journal, join a group, change my diet, change my life. And this barrage is not limited to cures. There's an abundance of causal accounting—beyond the traditional risk factors of genetics, poor diet or dearth of exercise, I mean.

"Too much inflammation in the body," one intelligent, well-read friend pronounced. "Leaky gut," intimidated someone else. Unresolved grief, modern wheat, a dearth of laughter, air pollution, pesticides. One authoritative author presents a persuasive case for stress as the root of our chronic ills, and breast cancer as a manifestation of anger long suppressed. One is swayed.

Especially in the dog days of first diagnosis, such well-meant counsel made me feel like the condemned, mounting the gallows steps, having thrust into my hand a two-for-one coupon for massage and talk therapy.

Which brought me to that bike-path encounter last spring. This friend is an

unusual mixture: sensitive visual artist on the one hand and rugged mountaineer on the other. Ten years my senior, he rides his bike everywhere, all year round. He still clammers up and skis down those peaks in the distance. All in all, an in-your-face guy who says what he means.

When we recognize each other beneath the helmets and brake to chat, I have just the one thing on my mind: myself, my diagnosis, my life a fragile thing. We bat around a few pleasantries until I cannot stand it and I blurt.

There, I have said it, I have told him. His jaw drops.

"DUCK!" he shouts (first consonant altered for family publication). "Duck! Duck! Duck! Duck! Duck!"

I feel immediate immeasurable relief. It's what I have wanted to shout myself—in the doctor's office, in the ultrasound/biopsy/ECT/MRI clinics, at all those hushed reception desks in all those demure waiting rooms. But of course I'm too polite. Too female. Too middle-aged. Too Canadian. Too...suppressed. Maybe that anger theory guy is right.

Judy Millar is a Calgary writer



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# Four ways to make pharmacare work for Canadians

Canada is the only developed country with a universal healthcare system that does not include universal coverage of prescription drugs

By Steve Morgan  
Expert Advisor  
EvidenceNetwork.ca

A growing number of health professionals, patients, community groups and even politicians are calling for national pharmacare. But many Canadians likely wonder what pharmacare is and whether Canada is ready for it.

Let's start at the beginning. Affordable access to safe and properly prescribed prescription medicines is so critical to patient health that the World Health Organization has declared governments

are obligated to ensure such access for all their citizens.

Unfortunately, Canada is the only developed country with a universal healthcare system that does not include universal coverage of prescription drugs. The negative consequences for our health and economic well-being are significant.

Without universal coverage of prescription drugs, one in 10 Canadians cannot afford to fill the prescriptions their doctors prescribe. When patients don't fill prescriptions they need, it hurts them and our economy because they end up needing more healthcare in the long run.

But pharmacare is about more than just drug coverage. Insurance companies can do that. What national pharmacare must do is to ensure sustainable, equitable and affordable access to medicines that are safe and appropriately prescribed.

In the Canadian context, this is a public responsibility. And, to be clear in this election year, it will require federal engagement – and not just in the form of cutting cheques for provincial pharmacare programs, but real leadership.

More so than other aspects of health policy in Canada, the federal government has responsibility for matters that affect the safety, availability, use and cost of prescription drugs. Here are four things the federal government could do to make national pharmacare work for Canadians:

1. Commit to a clear and comprehensive pharmacare plan. Not a patchwork of private and public insurance and not income-based or "catastrophic" drug coverage. Research has consistently shown those systems don't work well and are unnecessarily costly.

Canada needs a universal, public, and comprehensive

pharmacare system that will meaningfully integrate medicines into medicare in ways that lead to safer, more affordable use of medicines for all Canadians. We've known this since the 1960s.

2. Get on with the task of improving prescribing in Canada. About one in three seniors receives prescriptions known to pose health risks for older adults. The preventable problems of overuse, under-use and misuse of medicines cause one in five hospitalizations in Canada. Cutting these problems in half would save Canadians billions.

The federal government should fund the development and implementation of a national strategy to improve prescribing. Done in partnership with patients, professionals, and the provinces, this national strategy should aim to establish a culture of safety and appropriateness, to put an

end to questionable drug marketing practices, and to put credible and usable information in the hands of patients, prescribers and policy makers.

3. Quit applying antiquated drug price regulations. We live in a world where most comparable health systems have abandoned the blunt instrument of price regulation in favour of more sophisticated tools of price and supply contract negotiation. When done well, negotiations with suppliers lead to more competitive prices and more assurances of a secure supply of the medicines the country needs.

The federal government should take the \$11-million spent enforcing antiquated price regulations and invest it in joint capacity for negotiating, monitoring and enforcing contracts on behalf of public drug plans and hospitals from coast to coast. This would not only level the playing field within Canada, it would also make Canada much stronger on the world market.

4. Sustainability of any system to encourage access to medicines depends to a great extent on timely and vigorous generic competition. Yet Canadian regulations create unnecessary barriers to generic drugs entering our market.

The federal government should create a clearer, faster and fairer path to generic entry following required periods of market exclusivity for patented drugs. This would save Canadians millions – and wouldn't cost the federal government a dime.

If done right, a pharmacare plan would effectively integrate medicines into Canadian medicare and ensure that the Canadian principles of universal access to high quality, affordable healthcare do not end when doctors give patients prescriptions to fill. It is within reach with the right plan – and leadership.

Steve Morgan is a Professor in the UBC School of Population and Public Health

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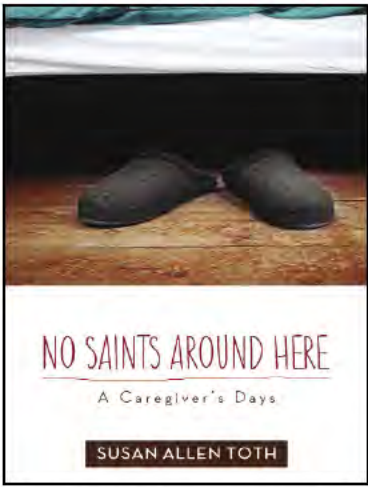
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## Book Review



### “No Saints around Here: A Caregiver’s Days”

By Susan Allen Toth  
c.2014, University of Minnesota Press  
\$16.95 U.S. / Higher in Canada  
215 pages  
Reviewed by the Bookworm

It was supposed to be paradisiacal.

You’d planned it that way, in fact: the two of you, retired, with time aplenty to travel, explore, garden, enjoy yourselves. It was supposed to be good – until one of you got sick and the other’s now a caregiver, a journey you never wanted or expected but... there you are. And in the new book “No Saints around Here” by Susan Allen Toth, you’ll see that you’re not alone.

There were fifteen years between Susan Allen Toth and her husband, James.

That’s not a lot of difference in age, really. It’s certainly not enough to make anyone fret about a future full of health issues, but that’s what arrived: while in his mid-70s, James was diagnosed with Parkinson’s disease.

“Parkie,” as they called it faux-casually, was initially mild; James was a little clumsy and had slight tremors, and they dealt with it. But then, his symptoms worsened: loss of memory, slowness, dementia, and Toth became a spousal caregiver, a member of an “ever-expanding club without borders.”

In her quest for books on the subject, Toth discovered that few authors write “from the front lines.” Nothing, for instance, indicated that she’d have to floss James’s teeth. She wasn’t prepared for “absurdities” of life with an ill husband or round-the-clock strangers ministering care. She was surprised at friendships that fell away, and how new “webs” knit themselves in help.

She began journaling and, in her entries, the word “time” crops up repeatedly – mostly, because there was never enough. Not enough time for herself (although, with paid help, she was

sometimes able to sneak away to their Wisconsin cabin), not enough for day-to-day chores, and not enough time with James.

“It is a terrible loss,” she said of no longer being able to “slip into his bed.” She never expected to have to know about incontinence care, “beige lies,” or nursing homes (she kept James at home until the end). Snappiness wasn’t her normal mien, but it happened. There was a “last Christmas” and a pleasant surprise that accompanied hospice care. And, says Toth, through it all, “I did the best I could.”

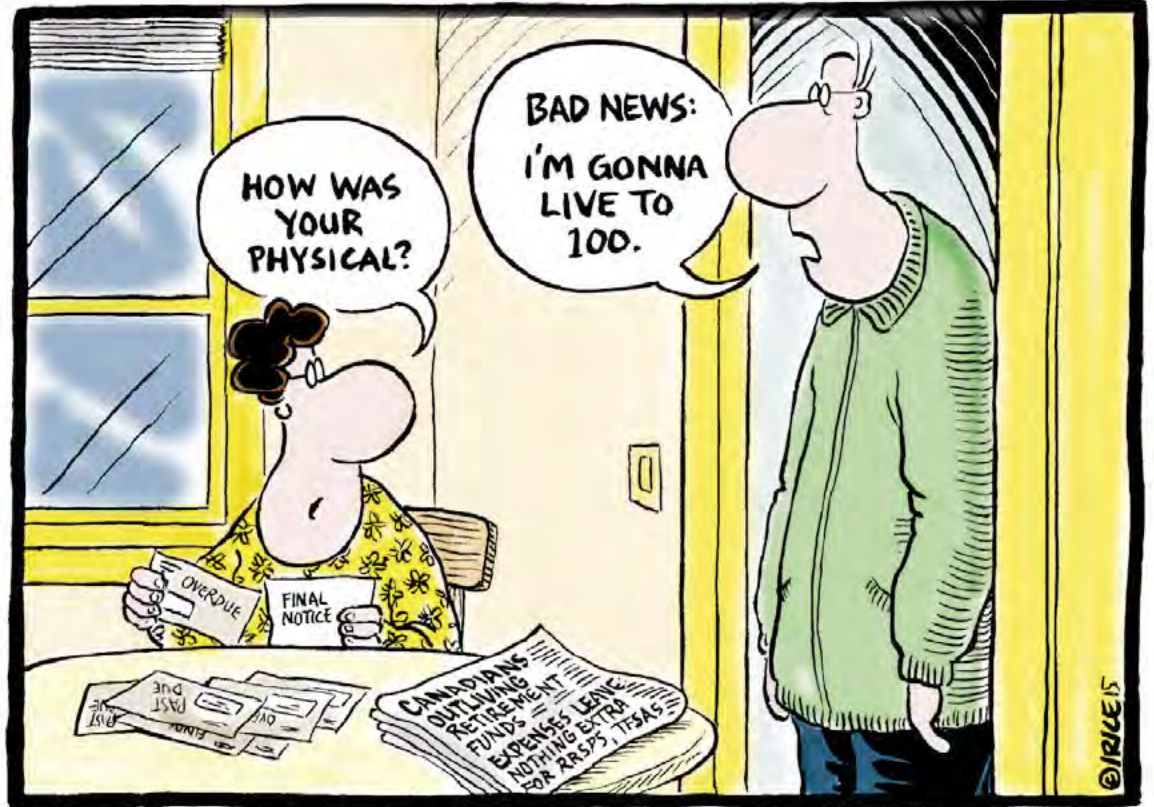
Pick up “No Saints around Here” and you’ll notice something: holding it in your hands is like grasping a half-pound of pure ache.

The truth, beautifully and brutally in real-time, is what author Susan Allen Toth offers her readers, with entries that span the 18-months before James died. Toth writes about hands-on caretaking, but she also touches upon relief, guilt, self-care, anger, and the whole-life dwindling that comes with progressive illness. That bluntness and raw honesty may shock some readers

and it may make you gasp at its audacity.

Then again, if you do, maybe this isn’t your book. Toth’s words will give comfort to newly-minted caregivers who aren’t sure what’s next, who aren’t sure what to do, who don’t know what “normal” is anymore. This is a book for those men and women, spouses and children – and if that’s you, “No Saints Around Here” may be heaven-sent.

*The Bookworm is Terri Shichenmeyer. She lives on a hill in Wisconsin with two dogs and 11,000 books.*



# SHALEM HAVEN

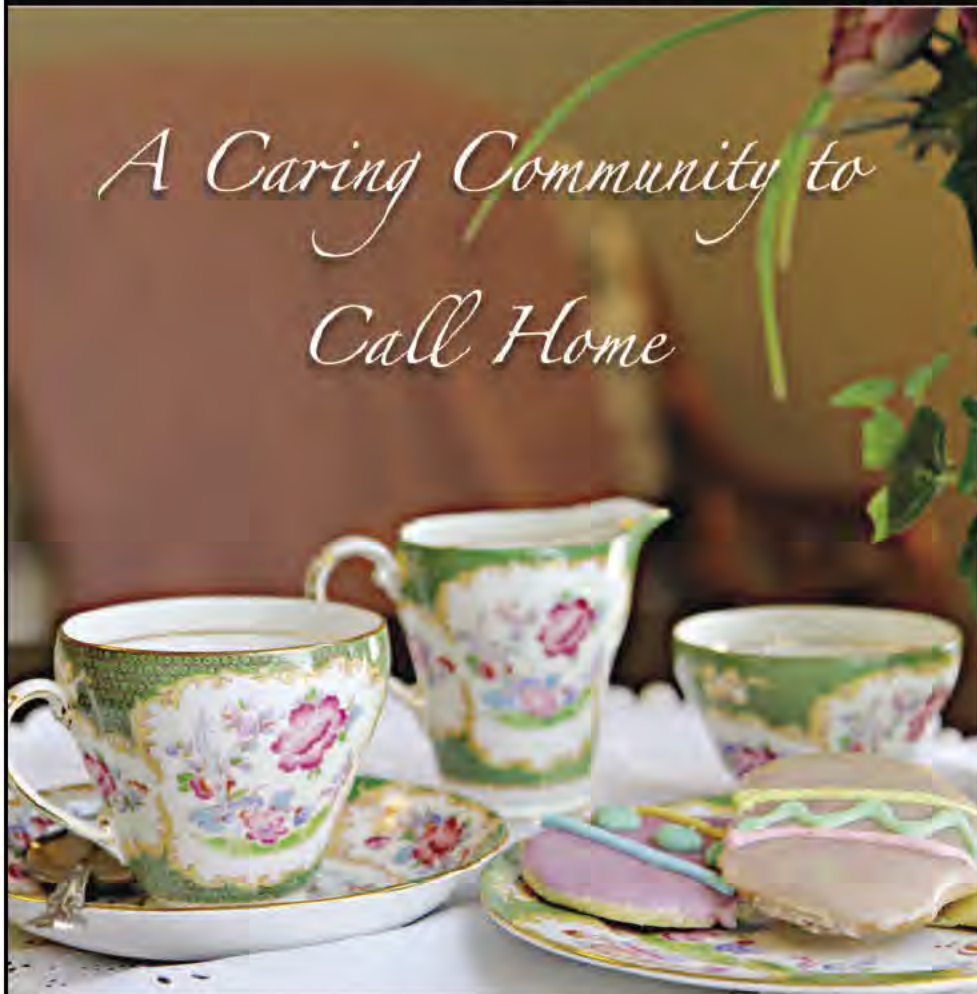
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# Pucker up this Easter

Page design and layout by Winifred Ribeiro

That citrus kiss, that tang, that pucker, it makes some of us swoon. *Pucker* is for the citrus lovers amongst us who'd gladly pass over chocolate or caramel for a lemon meringue or key lime pie. "Forget truffle oil, fancy salts and expensive spices; for about 50 cents, a lemon or lime adds instant luxe." says Gwendolyn Richards in her cookbook *Pucker: 100 recipes from drinks, salads, sides, breakfasts, mains, and desserts*. It contains tips on leftover fruits for those recipes that call for a little zest and leave your lemon or lime to linger on, waiting for a use. It highlights the best tools to get in your kitchen,

"What I like about citrus is in the depths of winter when you're having rich comfort food dishes you can actually add a bit and it just lightens it up, but then in the summer citrus is refreshing, so it's a very multi-seasonal all-purpose ingredient," Richards notes. Put some zest into your cooking with *Pucker*.



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Published by Whitecap  
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at [www.whitecap.ca](http://www.whitecap.ca)  
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## Carrot Ribbon Salad with lime Dressing®

Using carrots in a variety of colours makes for a gorgeous salad, but the regular orange ones are just as tasty. The pistachios add a great crunch, while the cranberries play up the carrots' sweetness. Even friends and family who don't like carrots say they enjoy this salad.

**Serves:** 2 - 4

**1 pound (500 g) carrots**  
**1 avocado, sliced**  
**1/4 cup (60 mL) pistachios**  
**1/4 cup (60 mL) dried cranberries**

### DRESSING

**2 tablespoons (30 mL) lime juice**  
**1 1/2 teaspoons (7.5 mL) sugar**  
**3/4 teaspoon (4 mL) salt**  
**freshly ground pepper**  
**3 tablespoons (45 mL) extra virgin olive oil**

Peel the carrots and then, using the peeler, lightly shave off layers of carrot in ribbons. In a bowl, mix the carrots, avocado slices, pistachios and cranberries. In a jar with a lid or in a bowl, combine the lime juice, sugar, salt and pepper to taste. Give it a couple of shakes, or whisk together, and then add the oil. Shake or whisk again until emulsified. Pour a few tablespoons over the salad and toss lightly to keep the avocado from getting too mushy. Add more dressing as needed.



## Chicken with lemon and Chorizo and Oregano®

There's a Spanish influence in this dish, what with spicy chorizo for heat, plus tart lemon and herby oregano adding lots of flavour to the chicken.

**Serves:** 4

**4 to 6 chicken thighs (about 2 pounds [1 kg])**  
**salt**  
**freshly ground pepper**  
**1 lemon**  
**1 tablespoon (15 mL) extra virgin olive oil**  
**8 ounces (250 g) dry Spanish chorizo, sliced 1/2 inch (1 cm) thick (see note)**  
**8 sprigs fresh oregano, divided**  
**1 large shallot, diced**  
**2 cloves garlic, minced**  
**1/4 cup (60 mL) chicken stock**  
**1 tablespoon (15 mL) butter (optional)**

**Preheat the oven to 425°F (220°C).**

Over medium-high heat, warm an ovenproof frying pan large enough to fit the chicken in one layer with some space in-between. Liberally season the chicken thighs with salt and freshly ground pepper.

Slice half the lemon into 1/8-inch (3 mm) rounds, leaving the other half uncut.

Add the oil to the pan and swirl to coat the bottom. When it's hot, add the chicken pieces skin side down. Sauté until cooked about halfway and the skin is golden and has rendered its fat. Spoon off the majority of the oil, leaving a thin layer still coating the pan. Turn over the chicken. Scatter the lemon slices and chorizo into the pan around the chicken thighs, then toss in 6 of the oregano sprigs.

Place the pan in the oven and bake the chicken until completely cooked through, about 10 minutes. (The internal temperature should reach 165°F [74°C].)

Set the pan back on the stove, remove the chicken, chorizo, lemon and oregano to a serving dish, and set aside.

Leaving an oven mitt on one hand to hold the pan, add the shallot and garlic and sauté over medium heat until fragrant and soft, about 1 to 2 minutes. Add the chicken stock, scraping up the lovely, flavourful brown bits on the bottom of the pan. Squeeze in the juice of the remaining half of the lemon. Let reduce slightly. Remove from the heat and add the butter, if using, stirring until it's mixed in completely and the sauce is thicker and glossy. Pour the reduction around the chicken and chorizo, then sprinkle the oregano leaves from the remaining 2 sprigs overtop and serve.

**Recipe note:** Dry Spanish chorizo is a hard pork sausage flavoured with smoked paprika, which also gives it a deep brick-red colour. Although it comes in both spicy and sweet versions, spicy is best for this recipe. Find it in the deli department of larger grocery stores or, often, at Italian markets.



## Peanut Soup®

A friend of mine made a version of this soup for me years ago and I immediately asked for the recipe. The combination of tomato and peanut butter is odd on paper but beautiful in the bowl. I've adapted it since then, adding tomato paste to intensify the tomato flavour, including ginger for some complexity and increasing the lime to cut the richness. It's rich and creamy, but the lime juice and Tabasco sauce keep it from tasting too heavy.

**Makes:** 4 servings

**2 tablespoons (30 mL) vegetable oil**  
**1 small onion, finely diced**  
**1/2 teaspoon (2.5 mL) salt, divided**  
**3 cloves garlic, minced**  
**1 teaspoon (5 mL) minced fresh ginger**  
**2 tablespoons (30 mL) tomato paste**  
**one 28-ounce (796 mL) can diced tomatoes**  
**3 cups (750 mL) chicken stock**  
**1 cup (250 mL) smooth peanut butter**  
**1/4 teaspoon (1 mL) freshly ground pepper**  
**3 green onions, thinly sliced**  
**1/2 cup (125 mL) roasted peanuts, coarsely chopped,**  
**plus more for serving**  
**1 tablespoon (15 mL) Tabasco sauce**  
**juice of 2 limes**  
**lime wedges**

Set a large saucepan over medium heat and add the oil. Once heated, add the diced onion and half the salt. Sauté until the onion is soft and translucent, about 5 minutes. Add the minced garlic and ginger, then sauté for about a minute, until fragrant. Stir in the tomato paste and cook for another minute before pouring in the diced tomatoes and the chicken stock. Raise the heat and let the soup come to a simmer before adding the peanut butter. Stir thoroughly, waiting for the peanut butter to melt into the soup before covering and reducing the temperature to medium-low. Let the soup simmer for about 15 minutes.

Add the rest of the salt and the pepper, green onions, peanuts and Tabasco sauce. Add most of the lime juice and taste the soup. If it still tastes a bit rich or bland, add the rest of the lime juice and a bit more Tabasco sauce, as desired. Serve with lime wedges, Tabasco sauce and roasted peanuts.



# From Minsk to Marrakesh recipes that have travelled across continents

Page design & layout by Winifred Ribeiro

The premise of *Jewish Soul Food* is that the only way to preserve traditional cuisine for future generations is to cook it. Author Janna Gur provides practical, delicious updated recipes devoted to the culinary masterpieces of Jewish grandmothers from Minsk to Marrakesh: recipes that have traveled across continents and cultural borders and are now brought to life for a new generation. Included are dishes that, though rooted in their original Diaspora provenance, have been embraced by Israelis and have become part of the country's culinary landscape. Over 150 wide-ranging recipes from a fascinatingly diverse food culture that will give you a chance to enrich your own cooking repertoire and to preserve a valuable element of the Jewish heritage and of its collective soul.



Excerpted from *Jewish Soul Food: From Minsk to Marrakesh, More Than 100 Unforgettable Dishes Updated for Today's Kitchen* by Janna Gur. Copyright © 2014 Janna Gur. Photographs by Daniel Lailah. Excerpted by permission of Schocken, a Penguin Random House company. All rights reserved.



## BASBOUSA – Juicy Semolina, Coconut, & Pistachio Cake ©

When semolina cakes come out of the oven, they are not so sweet and are very crumbly, but once they are doused with hot and fragrant syrup, they turn moist and very sweet. The syrup also prevents them from drying out so they keep for a long time.

**Makes:** one 15x10-inch (40x25-cm) cake

### For the cake

**3/4 cup (6 1/2 fluid ounces/180 ml) vegetable oil**  
**1 1/2 cups (12 fluid ounces/350 ml) half-and-half (single cream)**  
**1 cup (3 1/2 ounces/100 g) shredded or flaked coconut**  
**1 cup plus 2 tablespoons (5 1/2 ounces/160 g) unbleached all-purpose flour**  
**1 1/4 cups (9 ounces/250 g) semolina (cream of wheat or cream of farina)**  
**1/2 cup (2 ounces/55 g) ground pistachio nuts**  
**4 teaspoons baking powder**  
**6 eggs**

### For the syrup

**1 1/2 cups (11 ounces/300 g) sugar**  
**1 1/2 cups water**  
**1 1/2 cups sugar**  
**1 scant teaspoon ground cinnamon**

1. Preheat the oven to 350°F (180°C).
2. Combine the vegetable oil and half-and-half in a large bowl.
3. Combine the coconut, flour, semolina, ground pistachios, and baking powder in a separate bowl. Stir into the oil mixture.
4. Beat the eggs and sugar in the bowl of a stand mixer fitted with the whisk attachment on high speed for 8 minutes until pale and fluffy. Gently fold the beaten eggs into the semolina batter.
5. Pour the batter into a deep rectangular baking pan approximately 15 x 10 inches (40 x 25 cm). Bake for 35 minutes, or until the cake turns golden and a toothpick inserted into the center comes out dry with a few crumbs adhering.
6. While the cake is in the oven, prepare the syrup. Bring the water, sugar, and cinnamon to a boil in a small saucepan. Lower the heat and simmer for 15 minutes. Cool slightly.
7. Take the cake out of the oven and pour the syrup evenly over the warm cake. Cool completely and store in an airtight container for up to 1 week.



## KEBAB GEREZ – Meatballs with Sour Cherries ©

A Syrian/Turkish recipe influenced by the sour cherry fruit grown locally. In season use fresh pitted cherries, the rest of the year preserved cherries will do.

**Serves 6**

### For the meatballs

**1 large onion**  
**1 lb (1/2 kg) finely ground beef**  
**1/2 tsp freshly ground black pepper**  
**1/2 tsp ground allspice**  
**1/4 tsp ground cinnamon (optional)**  
**Vegetable oil for frying**

### For the sauce

**1 lb (1/2 kg) fresh cherries pitted, or preserved sour cherries drained**  
**1 tbsp dark brown sugar (optional depends on sweetness of cherries)**  
**2 1/2 cups boiling water**  
**1 cup semi-dry white wine, such as Gewürztraminer, Riesling or Muscat**  
**1 tbsp white wine vinegar**  
**1 cardamom pod, cracked (with the pod), or a dash of ground cardamom**  
**Salt and freshly ground black pepper**

1. Prepare the meatballs: Grate the onion on a coarse grater. Squeeze out the excess liquid and transfer to a large bowl.
2. Add the meat, pepper, allspice, and cinnamon (if using). Knead thoroughly with your hands and refrigerate the mixture for 30 minutes.
3. Prepare the sauce: Put half of the cherries in a wide medium saucepan. Add the brown sugar (if using), water, white wine, vinegar and cardamom. Bring to a boil, reduce the heat, cover, and simmer for 20 - 25 minutes. Puree with an immersion blender or in a food processor until smooth. Taste and adjust the seasoning. Transfer to a medium saucepan and set aside.
2. Wet your hands or rub them with oil and form tiny meatballs (slightly bigger than the cherries).
3. Heat the vegetable oil in a large skillet. Add the meatballs and brown for 1 to 2 minutes. Shake the skillet to roll the meatballs in the oil. Transfer to a paper towel-lined plate to absorb the oil.
4. Carefully add the meatballs to the sauce. Add the rest of the cherries. At this point, the sauce should barely cover the contents of the pan. If it doesn't, add some more boiling water (up to 1/2 cup). Cover and cook for 20 minutes. Serve over rice.

## FETA-STUFFED PEPPER "CUTLETS" ©

Toasted peppers and feta cheese—this combo epitomizes Bulgarian cuisine. The following recipe, nicknamed "fake schnitzel" in Israel, yields a delightful snack: golden and crispy on the outside; red, oozing cheese and juicy on the inside. Serve as a starter or a vegetarian main dish. For a vegan version, you can leave out the cheese.

**Serves:** 4-5

**4 to 5 large red bell peppers**  
**11 ounces (300 g) feta cheese, cut into eight to ten 1-inch (2 1/2-cm)- thick slices**  
**1/3 cup unbleached all-purpose flour**  
**Salt and freshly ground black pepper**  
**1 egg, beaten**  
**1/2 cup good-quality unseasoned bread crumbs (preferably panko or homemade)**  
**2 thyme sprigs, leaves only**  
**Vegetable oil for frying**



1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment.
2. Arrange the bell peppers on the baking sheet and roast, turning once or twice, until the skins are charred. Transfer to a plastic container and close. Allow to cool (the peppers' skins will separate from the flesh). Peel and remove the seeds and membranes. Try to keep the peppers whole, but if they tear, don't worry—the breading will glue everything back together.
3. Stuff each pepper with 2 slices of the cheese.
4. Prepare three plates: one with the flour seasoned with salt and pepper, one with the beaten egg diluted with a little water, and one with the bread crumbs seasoned with thyme. Dip the stuffed peppers in the flour and gently shake off the excess. Dip the peppers in the beaten egg and, finally, dip in the bread crumbs and press together firmly to ensure good adhesion and to form a nice coating. To prevent the stuffing from seeping out, dip the whole pepper once again in the egg and bread crumbs.
5. Heat the vegetable oil in a heavy frying pan until it simmers. The oil level should be one-half the thickness of the cutlets. Add the cutlets and fry over medium heat for 2 minutes on each side, until golden. Remove from the oil to a paper towel-lined plate to absorb the excess oil. Serve promptly.

# The Healthy Senior

By Fred Cicetti

**Q.** Is ALS an old-person's disease, or does it affect every age group?

**A.** Amyotrophic lateral sclerosis (ALS) usually strikes between the ages of 40 and 70, but there have been cases of it in young adults, children and older people. The average age for getting ALS is 55.

ALS is known as Lou Gehrig's disease in the USA. Gehrig, who played baseball for the New York Yankees, died of the disease in 1941. In other countries, ALS is often called motor neuron disease. It is not contagious.

ALS destroys nerve cells—motor neurons—that control muscle cells. In most cases, the cause is unknown. As the motor neurons are lost, the muscles they control

weaken. Eventually, people with ALS are paralyzed.

Amyotrophic means "no muscle nourishment." Lateral identifies the affected areas in the spinal cord. Sclerosis refers to the scarring or hardening in the region.

ALS doesn't directly affect involuntary muscles, so the heart, digestive tract, bladder and sexual organs continue to work. Hearing, vision, touch and intellectu-

al ability generally remain normal. Pain is not a major component of ALS.

The most common form of the disease in the United States is "sporadic" ALS. It may affect anyone, anywhere. "Familial" ALS is inherited. Only about 5 to 10 percent of all ALS patients appear to have the inherited form of ALS. In those families, there is a 50 percent chance each offspring will inherit the gene mutation and may develop the disease.

Respiratory problems usually kill those with ALS in three to five years after diagnosis. About ten percent of those with ALS live more than ten years. Some survive for many years. For example, the famed British physicist Stephen Hawking has had ALS since the 1960s. In a small number of people, ALS mysteriously stops.

The usual early symptoms of ALS are weakness or spasms in a limb, and trouble speaking or swallowing. After the initial symptoms, the disease may progress in the following way: cramping of muscles, demitted use of the limbs; thick speech and difficulty projecting the voice; difficulty breathing.

Doctors begin testing for ALS by checking muscle and nerve function. The next step is usually an electromyogram (EMG). This test measures the signals that run between nerves and muscles and the electrical activity inside muscles. Additional tests may include a magnetic resonance imaging (MRI) scan, a spinal tap between two lower vertebrae, blood tests and muscle biopsies.

The drug Rilutek (riluzole) and the NeuRx Diaphragm Pacing System have been approved by the U.S. Food and Drug Administration for treating ALS. The NeuRx Diaphragm Pacing System™ is a medical device used to help ALS patients breathe.

However, there are other treatments to help people with ALS. These include physical and occupational therapy, respiratory therapy and assisted ventilation, speech therapy, nutritional and emotional support. There are devices, too, such as special grips for writing implements and eating utensils, canes, supportive braces, walkers, wheelchairs and scooters.

*If you would like to ask a question, write to [fred@healthygeezzer.com](mailto:fred@healthygeezzer.com)*

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## HOW ARE MARTHA AND HENRY'S KIDS DOING THESE DAYS?

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# Think about Parkinson's disease in April

(NC) Parkinson's disease is a progressive brain disorder that affects nearly 100,000 Canadians and six million people worldwide. It may be affecting your family in some way right now, or it may affect you in the future. So during the month of April why not take the opportunity to learn more about this disease-on-the-rise during Parkinson's Awareness Month?

A majority of those diagnosed are over the age of 65 and this is predicted to rise dramatically over the next 20 years from 15% to 23% of the population, increasing the expected incidence by almost 50%.

Symptoms of the disease include tremors, slowness of movement, stiffness, impaired balance, and rigidity of the muscles. The disease progresses

at a different rate for everyone. And as this happens, symptoms can worsen to the point where a person becomes dependent on others to perform even basic activities, such as help getting out of a chair and turning over in bed.

While there is presently no cure for Parkinson's there are a number of treatments, both drug and therapy based, used

to help control symptoms and improve quality of life. "The initial goal of drug treatment is to lessen the symptoms and to reduce disability without inducing complications over the long term. Surgery, including the implantation of deep brain stimulators, as well as new therapies such as Duodopa, a new medication delivered at specific times by a surgically implanted intraintestinal pump, can improve the quality of life for those with advanced stages of disease," says Dr. Ranjit

Ranawaya, a neurologist and expert in movement disorders.

Parkinson Alberta (PA) is an Alberta-based charitable organization dedicated to helping those affected by the disease through support, education, advocacy and research. The breadth and depth of the services PA provides make a real, positive and lasting impact on those living with the disease. It helps them to live better day-to-day lives and to hold on to their freedom for as long as possible.

More information is available at [www.parkinsonalberta.ca](http://www.parkinsonalberta.ca).

## Letters to the Editor

### Honesty matters

Recently the Kerby News has carried several letters from readers who were required to take a driver's test, in which many failed. Names of several testing companies were mentioned. This is possible but may not be really fair. It would be really nice if someone could come up

with the name of an *honest* company which gives *honest* driving tests where licensing is concerned. Since potentially unfair results can cause a massive change in a senior driver's life by getting him/her house-bound, please let us seniors have a clue where to find a fully honest company which is accredited by the province.

Lawrence Mills  
Calgary, AB

### Disclaimer

*These letters represent the views of the correspondents and are not necessarily endorsed by either Kerby News or Kerby Assembly. The Kerby News reserves the right to edit for content and length.*

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## Seniors Scene

### Social Dance Club

As part of its Saturday Night Dances program, the Social Dance Club will hold two Cha Cha dances on the evenings of April 11 and April 25 at the Kerby Centre, to the music from Benny Uchaez and Jana and Danny respectively. Doors open at 7 p.m. and dance begins at 8 p.m. Tickets, inclusive of snacks and 50/50 draws, are \$12 for members and \$14 for guests. The Kerby Centre is located at 1122 – 7 Avenue SW. For more information, call 403-242-6957 for recorded messages or visit [www.socialdanceclubcalgary.com](http://www.socialdanceclubcalgary.com)

### Ogden House

Ogden House is hosting its annual general meeting on April 14th at 1 p.m. Members are reminded to bring their current membership cards in order to vote. Those without their card will not be able to vote on any issues. On April 24th and April 25th

Ogden House will host their annual Dinner Theatre, “The Case of the Motorcoach Murders”. The play will be held in the dining room of a resort in Banff. Bar opens at 5 p.m., dinner begins at 6 p.m. and the performance starts at 7:15 p.m. Tickets are \$30 per person. Reservations are required. Thursday Night Game Night continues; drop in to see what’s going on every Thursday evening from 7 p.m. to 9 p.m. Join the fun. Ogden House is located at 2102 – 69 Avenue SE. For more information for these and other events, telephone 403-279-1009.

### Good Companions Club

Good Companions Club presents Floor Curling Fun In-House Toumey on April 14th. Drop-in fee is \$1. Tournament begins at 10 a.m. A Social Supper will be held on April 14th. Happy hour is from 4:30 p.m. to 5:30 p.m. Supper begins at 5:30 p.m. Tickets are \$12 for members and

\$15 for non-members. Entertainment to be announced. The Annual Rummage Sale will be held on April 24th and April 25th from 9 a.m. to 4 p.m. Come out and discover treasure. Good Companions is located at 2609 – 19 Avenue SW. For more information for these and other events, telephone 403-249-6991.

### Confederation Park

Music for the Saturday night dance on April 11 will be supplied by the Badlanders, and on April 25 by Orange Blossom Express. Doors open at 6:30 p.m. and the dance starts at 7:00 p.m. Tickets cost \$12 per person.

The Sasi Jaunt, a fun walk/run through Confederation Park will take place on June 6, check-in at 10:00 a.m. The top pledge-raiser will win a Fitbit Surge. Visit [www.Sasijaunt.com](http://www.Sasijaunt.com) for details.

To learn more about these events and other events visit [www.confedpark55plus.ca](http://www.confedpark55plus.ca) or call 403-289-4780.

### Greater Forest Lawn

Greater Forest Lawn Five Star Bingo will be held on April 2 and April 16 at 12:15 p.m. at 4980 25 Street SE. For more information phone 403-248-8334. The available bus routes are Circle 72 or 73.

Military Whist will be on April 10 at 7:00 p.m. Everyone is welcome, but please be aware that you should have a team of four people.

A dance will be held on April 18 to the music of For Olde Tyme Sake. Doors open at 6:30 p.m. and dance starts at 7:30 p.m. Cost is \$12 for members and \$13 for non-members.

For further information about these and other activities please call 403-248-8334 or go to [www.gfls.org](http://www.gfls.org). Greater Forest Lawn 55+ Society is located at 3425 26 Avenue SE.

*Compiled by Faye Wu and Bryony Fortune*

## Jane Austen fans invited to have a ball in Calgary

On May 16 of this year, Calgarians will have the unique opportunity to experience Jane Austen’s England without leaving the city. Having twice sold out their costume ball in Edmonton, Regency Encounters is bringing the event to the Fairmont Palliser Hotel, where guests of all walks of life will dress in historical costume, dance traditional English Country Dances and play card games enjoyed 200 years ago using replica antique playing cards. There is also an optional supper at the start of the evening featuring authentic dishes from the period. In order to prepare for the ball, dance lessons are being offered for the three Sundays leading up to the main event, where guests will learn and practice the dances they will do at the ball.

Every effort is made to maintain an authentic historical setting: use of electronic devices is strictly prohibited; ladies are given dance cards on which to enter the names of their partners for each dance; guests are provided with purses of reproduction coins with which to gamble at the card tables; the refreshments served at the ball are all based on recipes from the Regency era; and the dance lessons enable guests to arrive at the ball ready to dance.

The organizers hope to see a repeat of the sold-out events which took place at Edmonton’s Hotel Macdonald. Both saw over 100 people, some coming from as far away as B.C. and Saskatchewan, recreating this bygone era, which has become so popular in recent years with a renewed interest in the works of Jane Austen.

Melanie Kerr, chief organizer and founder of Regency Encounters is providing various options for guests to obtain Regency costumes. She has posted several videos on YouTube of how to create a costume quickly and with almost no budget. Guests can rent a costume directly from the organizers for \$25. And the organizers also have a network of costume-makers on hand to take orders from those who would like something custom-made.

Tickets are currently available for the ball and for dance lessons, which will take place on April 23, May 3 and May 10 at 5400 Dalhousie Drive. No dance experience is required and all are welcome.

For more information contact Tara Rout, Email: [tararout@gmail.com](mailto:tararout@gmail.com) or phone: (780) 893-8962.



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*Norma, Westview resident*



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 From Shanghai to Beijing  
 Choose April to October  
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 Escorted, 34 meals, door to  
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**Cape Cod Tour**  
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 Dbl. pp. from \$1697, Sgl.  
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 Escorted, 12 meals,  
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**Italian Vistas**  
 (Rome, Pompeii, Sorrento,  
 Isle of Capri, Florence,  
 Venice & more)  
 Choose any month in 2015  
 (13 days)  
 Dbl. pp. \$3549, (call for  
 Sgl. rates) plus air  
 Escorted, 18 meals, door-  
 to-door pick-up, entry fees  
 More itineraries available

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 (From Madrid to Barcelona)  
 Choose any month in 2015  
 (11 days)  
 From Dbl. pp. \$2149, Sgl.  
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 Choose May to October  
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 Dbl. from \$559, Sgl. from \$889  
 Escorted. Includes 6 meals.  
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**Wonders of Waterton**  
 June 18 and September 17  
 (3 days)  
 Dbl. \$625, Sgl. from \$835  
 Includes Head-Smashed-in  
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 Museum, more  
 Escorted, 3 meals

**Alaska Midnight Sun**  
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 Dbl. pp. from \$4081, Sgl.  
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 Includes two-night Inside  
 Passage cruise, narrow-

gauge railroad, salmon  
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 voyage. Many other cruise  
 and land itineraries available

**Haida Gwaii (from  
 Edmonton)**  
 July 12-20 (9 days)  
 Dbl. pp. from 1833, Sgl. from  
 \$2379 EBD Escorted 4 meals

**Baltic Cruise Adventure**  
 July 19-July 31 (12 days)  
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**Travel Presentation  
 No presentation in April.  
 May 12 at 1 PM  
 in the Lounge  
 \$2.00 includes snacks  
 No obligation to purchase**

## Day Trips

**Please book trips early.**  
 Trips will be cancelled if  
 the minimum number of  
 people are not booked by  
 the cut-off dates.

*Continued on page 22*

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 – St. Augustine



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**KOOTENAY - OKANAGAN TOUR**  
 6 Days - September 20 - \$699.00  
 1 night Radium, 1 night Rossland,  
 2 nights Vernon 1 night 3 Valley Gap,  
 Boat cruise, winery tour & tasting,  
 Orchard tour & lunch,  
 steak bar-b-q, Italian dinner

**MINOT HOSTFEST**  
 8 Days - departing September 28 - \$1578.00  
 Includes 7 nights superior accommodation,  
 5 deluxe breakfasts,  
 \$30 Casino pkg, bus shuttle passes,  
 admissions to all performances & pavilions.

Prices based on per person  
 double sharing + GST on Cdn. portion

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 April 28  
 10 am - 3 pm**

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- + Recruiter Panel Discussion
- + How to Network Presentation
- + Employers on site
- + And much more!

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<p><b>LAS VEGAS</b>                  9 days Starting at \$489.00                  April 25, May 9, July 25                  4 nights in Las Vegas                  The Golden Nugget or TheD                  2 in Wendover, 2 in Helena, 5 to 6 meals,                  Slot Play and side tours                  The Golden Nugget - fun book \$140.00                  TheD - \$20.00 in food coupons</p>	<p><b>DEADWOOD, SD</b>                  7 Days \$559.00                  May 9 &amp; Sept 12                  Includes: 4 nights in Deadwood                  at the Mineral Palace, 1 in Great Falls,                  1 in Regina, 5 breakfast,                  Wine &amp; cheese reception,                  slot &amp; blackjack tournaments, optional                  Keystone, Mt Rushmore and Crazy Horse                  Optional Casino Regina Package                  \$10 Slot Play, \$5 food coupon</p>	<p><b>COEUR D'ALENE CASINO</b>                  6 days \$489.00                  April 15 and Oct 7                  2 nights Kootenai River Casino                  2 x \$5.00 meal coupons                  3 night Coeur d'Alene Casino                  \$35.00 Slot Play                  \$45.00 Food &amp; Bev Vouchers</p>	
<p><b>LAUGHLIN, NV</b>                  12 days \$679.00                  April 27, Oct 5                  Includes: 6 nights in Laughlin                  3 in Wendover, 2 in Helena,                  9 meals, \$21 Slot Play &amp; side tours</p>	<p><b>DEADWOOD SUMMER SPECIAL</b>                  7 Days \$589.00                  June 6, July 11, Aug 8                  Includes: 4 nights in Deadwood                  at the Mineral Palace, 1 in Great Falls,                  1 in Regina, 5 breakfast, Wine &amp; cheese reception,                  Badlands National Park, World-Famous Wall                  Drug Store, D.C. Booth Historic Fish Hatchery,                  Crazy Horse, Mt Rushmore, Trial of Jack McCall slot                  &amp; blackjack tournaments,                  Optional Casino Regina Package                  \$10 Slot Play, \$5 food coupon</p>	<p><b>TEMPLE GARDENS MINERAL SPA                  &amp; CASINO MOOSEJAW</b>                  4 days \$339.00                  May 31, June 28, July 26                  Includes \$20 Meal &amp; \$60 slot play,                  city tour, optional day tour to Regina</p>	
<p><b>LAUGHLIN, NV</b>                  9 days \$529.00                  Oct 3                  Includes: 4 nights in Laughlin                  2 in Wendover, 2 in Helena,                  7 meals, \$14 Slot Play &amp; side tours</p>	<p><b>RIVER ROCK RESORT &amp; CASINO</b>                  6 days - April 26 \$589.00                  Includes: 1 lunch, \$20 in slot play                  \$30 food &amp; beverage, city tour, Granville Island,                  and Historic Stevenson</p>	<p><b>NORTHERN LIGHTS CASINO</b>                  Prince Albert, SK                  4 days \$299.00                  April 12 and Sept 20                  Includes \$85. Casino package,                  3 breakfasts, optional day trip to Dakota                  Dunes Casino with \$10 slot</p>	
<p><b>WENDOVER, NV</b>                  7 days May 3 \$349.00                  Wendover Nugget                  Includes: 2 nights in Helena w/3 meals,                  4 in Wendover with side tours.                  The Nugget includes: 4 buffets, \$28 slot play +</p>	<p><b>CASINO OF THE ROCKIES</b>                  4 days May 24, Aug 30 \$339.00                  St. Eugene Resort                  Includes: 3 nights St. Eugene Resort                  1 Lunch, \$15. Meal vouchers, \$30. Slot                  Optional side trip to Ft Steele Heritage Town                  and                  Kimberley the Bavarian Village</p>	<p><b>CASINOS OF WINNIPEG</b>                  6 days - June 7 \$464.00                  \$25 meal coupons, 1 breakfast,                  up to \$105 slot play,                  tour the Canadian Mint,                  visit South Beach Casino with lunch</p>	
<p><b>See our NEW and Improved                  Website at                  www.a-startours.com</b></p>	<p><b>YELLOWSTONE NATIONAL PARK                  &amp; DEADWOOD, SD</b>                  10 days - Sept 10 \$1029.00                  Includes: 9 nights, 8 breakfasts,                  Historic Virginia City, Quake Lake Old Faithful                  Geyser &amp; Visitor Center, Buffalo Bill scenic                  by-way, Dam &amp; Visitor center, Bighorn Scenic                  Byway, Shell Canyon &amp; Falls, Devils Tower,                  Wine &amp; cheese reception, Badlands National                  Park, World-Famous Wall Drug Store,                  D.C. Booth Historic Fish Hatchery, Crazy Horse,                  Mt Rushmore, slot &amp; blackjack tournaments,                  Optional Casino Regina Package                  \$10 Slot Play, \$5 food coupon</p>	<p><b>KOOTENAI RIVER INN &amp; CASINO</b>                  Bonners Ferry, ID                  4 days \$339.00                  May 11 and Sept 28                  Includes \$15 meal coupons, 1 lunch,                  50% off day spa coupon,                  and shopping trip to Spokane</p>	
<p style="text-align: center;"><b>For detailed information of tours please Call, E-Mail us or Visit our website                  JOIN OUR ONLINE CONTEST! You could WIN \$250.00 worth of travel.</b></p>			<p><b>YELLOWSTONE NATIONAL PARK</b>                  5 days - June 25 \$559.00                  2 nights in Helena,                  2 in Yellowstone,                  4 breakfasts, 2 dinners,                  Virginia City, Quake Lake                  Yellowstone National Park w/Old Faithful</p>

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Don't forget, for individual taxpayers, **April 30, 2015** is the due date for 2014 Canadian taxes.

# LIFETIME HIGHS INC.

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## SLOTS OF FUN (CASINO ADVENTURES) 2015

Kootenai River Inn & Casino – 2015: – April 19-22, May 25-28, Sept 15-18, Nov 1-4, Dec 6-9  
 Cranbrook Casino of the Rockies – (4 Days/3 Nights), Apr 19-22, May 25-28, Sept 15-18, Nov 1-4, Dec 6-9  
 River Cree Resort & Casino: (Edmonton) – 2015 June 14-16  
 Deadwood – 2015 Oct 3-8 (6 Days/5 Nights)  
 Camrose – 2015 Oct 18-19  
 Cowboys Casino - Call for details for our monthly visit

## LOTS OF FUN DAY TRIPS (NO CASINO) 2015

Salt Luncheon - April 16 - Call for details  
 Jasper Spring Fling - April 13-16  
 High River Theatre/Dinner Evening Event - Nonsense - Apr 18  
 Royal Trel Museum - April 23  
 Yodelfest - A Unique Airdrie Concert - May 9  
 Rosebud Theatre - "The Miracle Worker" - May 13  
 Saskatoon Farm - May 20  
 Rosebud Theatre - "The Wizard of Oz" - June 10  
 SW ALTA - Overnighter includes Waterton, The Barn & Remington Museum and all meals (6) - June 19-20  
 Rosebud Theatre - "Mass Appeal" - Sept 30  
 Jasper Fall Fling - Oct 26-29  
 Rosebud Theatre - "Wind in the Willows" - Nov 25  
 Golf Anyone - Coeur d'Alaine - Call for details  
 \*Do you require a bus for your activity; eg. your own lunch or shopping trip??? Let us help!  
 We can arrange transportation for any size group. Please contact us.

## INTERNATIONAL ADVENTURES AND CANADIAN TOURS

Grizzly Bears- 2015 One Day Adventure - Saturday June 6, June 20, and July 18, 2015  
 Polar Bears - 2015 One Day Adventure - Oct 23, Nov 1 and Nov 14 - Call for details  
 Southern France River Cruise – May 1 - May 16, Pre/Post in Paris & Nice 2016 – pre/post in Paris and Nice  
 East African Safari – We have partnered with Boutique Safaris, the only Maasai owned safari company in East Africa. If you or anyone you know has an East African Safari on your bucket list contact us and we will assist in fulfilling your African dream  
 Grizzly Bear, Whale and Polar Bear one day charters – Call for details

## GIFT CERTIFICATE AVAILABLE

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ph:403-282-5734 f:403-220-0689 [lifetimehighs@shaw.ca](mailto:lifetimehighs@shaw.ca)

**Continued from page 21**

### Royal Tyrrell Museum

Date: Thurs April 23 2015  
 Cost: Member: \$62  
 Non-Member: \$67  
 Includes transportation,  
 lunch & admission  
 Time: 8:00AM-4:30PM  
 Cut-off date: April 8, 2015

### Saskatoon Farm

Wednesday May 20, 2015  
 Cost: Member \$44

Non-Member: \$49  
 Includes transportation,  
 lunch (with Saskatoon pie)  
 and time to browse the gift  
 shop & garden nursery  
**SOLD OUT**  
 Get on the waiting list by  
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### Westjet Hanger

Date: Tuesday May 5, 2015  
**TRIP SOLD OUT** – Get on  
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**June's Day Trip: RCMP  
 Dog Training Tour &  
 Trochu Arboretum**  
 Wednesday June 17, 2015  
 Call Kerby Travel for more  
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More information to follow  
 for upcoming trips; trips  
 subject to change. Call **403  
 705-3237** to book any of  
 the trips.

## What would you do? Tips if you get into a fender bender

Whether you're an experienced road warrior who drives three hours a day or a brand new driver, would you know what to do if you were involved in a fender bender? Research by TD Insurance indicates only 31% of

Canadians say they are extremely likely to know the exact steps to take in this situation.

Dave Minor, a vice president at TD Insurance, suggests following these steps from TDInsurance.com, if you get into a fender bender:

- **Move your vehicle** – Half of the Canadian drivers (51%) surveyed incorrectly believe that if they've been in an accident, they should never move their vehicle from the road before the police come or they will not be able to determine who was at fault. This isn't always the case. If you're able to safely move your vehicle out of the flow of traffic, while protecting your vehicle from further damage, do so.

- **Keep calm and carry on** – Try not to panic or make any rash decisions. When speaking with the other party involved, don't accept money or fault for the fender bender and don't agree to just "forget about it".

- **Contact your insurer** – Three-in-ten Canadian drivers (28%) incorrectly believe that if they are in an auto accident, they only need to report the incident to their insurance provider if their car has sustained significant damage. The reality is that your insurance policy requires you to report any accident involving loss or damage to people or property. If you don't report it, it may affect your coverage. If another driver involved reports the accident, their insurance company may contact your insurance provider, which could lead to cancellation or non-renewal of your policy.

- **Take notes** – Include details of the accident and identification of the vehicles and people involved. If possible, take pictures and/or draw a diagram of the accident scene to assist with documentation. Keep a notepad and pen in the glove compartment, just in case.



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## Community Events

### Morpheus Theatre

The Morpheus Theatre will present "Ruddigore", a musical operetta by Gilbert and Sullivan, at the Victor Mitchell Theatre at 2140 Pumphouse Avenue SW from April 17 to May 2. The presentations on Wednesday through Saturday start at 7:30 p.m. and Saturday and Sunday matinees start at 2:00 p.m. Tickets are \$20 for adults and \$15 for students and seniors. To buy tickets, please call 403-246-2999 or visit [www.morpheustheatre.ca](http://www.morpheustheatre.ca).

### Live Theatre at Chinook

The following Stratford Festival Shakespearean plays will be shown at the Chinook Theatre at the Chinook Mall: *King John* on April 9 at 7:00 p.m. and April 12 at 12:55 p.m. *Anthony and Cleopatra* on May 21 at 7:00 p.m. and June 7 at 12:55 p.m.

### Hiking with Skyline Hikers

Every year the Skyline Hikers of the Canadian Rockies offers hiking camps to its members along the border of Alberta and British Columbia. The 2015 camps, each 6 days and 5 nights long, will be located near the Palliser Pass in Banff National Park and their dates are: Camp 1 from July 13 through July 18, Camp 2 from July 20 through July 25, Camp 3 from July 27 through August 1, Camp 4 from August 3 through August 8, and Camp 5 from August 10 through August 15. The cost of each camp is \$1,035, inclusive of GST and back-country fee, transportation to and from the trailheads from Banff and Canmore, a choice of 5 or 6 day hikes with leader from the base camp each day (ranging from easy to strenuous), hearty breakfast and bag lunch for the trail and 3-course dinner back at the camp each day, accommodations in prospector-style tents with wood stoves, and nightly campfires with music, stories, and entertainment. Check-in, duffel drop-off and orientation will take place in Banff on the Sunday before each camp. Please visit [www.skylinehikers.ca](http://www.skylinehikers.ca) for registration and information on membership, area history and maps. You can also register online at [registrar@skylinehikers.ca](mailto:registrar@skylinehikers.ca).

### Felix with Festival

Grace Presbyterian Church in conjunction with The Festival Orchestra presents *Elijah* by Felix Mendelssohn on May 1st at 8 p.m.

The presentation features three of the most popular oratorio works ever composed. Chorus and soloists will perform the orchestration of the Old Testament prophet Elijah, with some of the well-known choruses such as: *He, Watching Over Israel* and solos such as: *Then Shall the Righteous Shine Forth* and *O Rest in the Lord*.

To buy tickets, please call 403-294-9494 or visit [www.thefestivalchorus.com](http://www.thefestivalchorus.com). Grace Presbyterian Church is located at 1009–15 Avenue SW.

### Catch the Birds

Friends of Fish Creek is hosting a 12-week Spring Birding Course starting March 30 at Fish Creek Provincial Park and other natural areas.

Increase your knowledge of fascinating bird species as they return from their wintering grounds and see them in their local habitats. Sign up on your own or with your child, grandchild, niece, nephew or any young person who enjoys experiencing nature and wildlife. This course will once again be conducted by volunteer instructor and lifelong naturalist, Gus Yaki, and other knowledgeable and experienced volunteer instructors.

Fee for 12 outings is \$60 for Friends members, \$100 for non-members and \$5 per youth (16 and under) with registered adult. For course availability and to register visit [www.friendsoffishcreek.org/programs/birding-course](http://www.friendsoffishcreek.org/programs/birding-course). For information please contact Chris Lalonde.

Compiled by Faye Wu and Bryony Fortune



The wide range of slo-pitch softball players includes seniors from their fifties to their nineties.

## Senior men's softball wants players

Calgary Senior Men's Softball 55+ (CSMS 55+) is a senior slo-pitch softball league looking for new players. There are now 250 members, and the plan is to add two or more new teams. It is a low-cost program which allows men to keep playing through their senior years. The ages of current players range from 55 to 93.

Spring is here and many seniors look forward to another season of slo-pitch softball. CSMS 55+ is an organization that provides opportunities for senior men to participate in this wonderful game. Unlike fast-pitch, which is a pitcher's game and a game of speed, slo-pitch is a hitter's game. This allows players to remain active in the league for many years.

The Triple A division has the most competitive players,

the majority in their 50s and 60s. Double A is still competitive, but the players are in their 60s and 70s. Single A is mostly made up of players in their 70s and 80s. New players are evaluated at the start of the season and a draft of all players is held each year to ensure parity throughout the divisions. They are the only pure draft league in Calgary.

In addition to league games and playoffs, members can also participate in special events throughout the season:

- There is a tournament early in the season with teams made up of players from all divisions. This provides members the opportunity to meet players from other divisions and play against a different skill level.
- CSMS 55+ is a member of the 16-team Alberta Senior Slo-Pitch Association and sends tournament teams to

various locations throughout the summer. They hold their tournament in July. This tournament attracts players not only from Alberta but from other provinces.

- In the fall the league sponsors a tournament in support of the Prostate Cancer Society. Entry fees and other revenues are donated to this charity. To encourage participation from players of all ages, the average age of a team entered in this tournament must be 65 or over.

Overall there are many benefits of playing slo-pitch softball: staying active, meeting people with the same interests, camaraderie and most importantly having fun. For more information visit the website at [www.grandslam-slopitch.com](http://www.grandslam-slopitch.com), or email us at [fred@grandslamslopitch.com](mailto:fred@grandslamslopitch.com) or call Fred at 587-331-7023.



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# Creating drama at Kerby Centre



Applying makeup at a Kerby Centre drama class.

Photo by Barry Whitehead

## Kerby Klowns

The Kerby Centre now has an active and thriving Drama and Theatre programme.

This term, the class is entitled: Make 'Em Laugh. In ten sections, the class created a clown troupe called Kerby Klowns. While receptionists at the front desk noted the sound of laughter ringing down the hall, the class participants were learning some theory of comedy including improvisation, use of props, reader's theatre and clowning. The last weeks of the class involved learning clown routines, and each section created its own clown, makeup and costume. The troupe will be presenting their routines in the cafeteria on April 1 at noon.

The leader of the classes is P. Gail Whiteford. Gail taught drama with the Calgary Board of Education for over 35 years before retiring. She now teaches at the University of Calgary in the Drama Department. Gail has been involved in theatre for over 50 years. She has acted in both community and professional theatres and was co-owner of Shadow Productions for 20 years. Presently, Gail is the Artistic Director of Aspen Crossing Theatre at Mossleigh, just south of Calgary. Gail also writes and directs the Kerby Players shows.

Drama and theatre experiences can improve seniors' wellness in both body and mind. Through the physical activities of movements, improvisations and even swordplay, the body is always in motion. Even though the class may be modified for people with physical limitations, everyone will get a chance for a bit of physical workout. And through readings, scene work and memorization, everyone will participate in a bit of a mental workout, too. Besides, the teamwork allows for collaboration and conversation. By means of feedbacks from fellow participants, skills are advanced and these skills can later be applied to many aspects of real life. For example, people can make use of certain skills when required to speak publicly or to respond to difficult situations. Drama is an all-round experience, combining creativity, socialization and laughs, all of which can be experienced in one 90-minute class.

Public performance places the participants' efforts under the judge-

ment of an audience, who are there to be entertained. Although the stress level may be raised, endorphins are also released to the benefit of both the audience and the performers. Needless to say, public performance also allows participants to go further in real life with the skills learned from lessons on theatrical presentation.

## Murder at the Funeral Tea

Once again the Kerby Players will be presenting a Dinner Theatre Show entitled *Murder at the Funeral Tea*. Dinner and show will start at 6 p.m. on Thursday, May 21. The play revolves around a group of family and friends who have just attended a funeral. At the after-funeral tea and reading of the Will, Death decides to take a seat at the table. This year's show will take place in the Lecture Hall, which has good acoustics. The play features murder, mayhem and comedy, and the audience will be asked to solve the mystery. There will be prizes for those who figure it all out. There is only room for 70 people, so get your tickets early.

If you are interested in being part of the cast of *Murder at the Funeral Tea*, come out to auditions on Wednesday, April 1 at 2:30 pm. You do not have to prepare anything for the audition, but be prepared to read a few scenes from the script and create an improvised scene with a fellow auditioner. There are roles for 8 people, so if you have an urge to act, come and try your hand at it. Rehearsals will be on Mondays and Wednesdays from 2:30 p.m. to 4:00 p.m.

If the last Dinner Theatre's *She Had it Coming* was any indication, this show should be another sellout. These shows, utilizing an entire cast of seniors, are co-creations with the playwright/director Gail Whiteford. While the shows are written in scenario-based scenes, their dialogues are created by the actors themselves. The personal traits of each character are fleshed out during rehearsals by the actors. The plots are based on events that do affect seniors, yet are presented in a comedic fashion. Good prevails, evil is vanquished and the audience has a chance to figure out what really happens, drawing on the police procedure of means, opportunity and motive.

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## Downsizing is easier with a guiding hand

(NC) No matter whether you're an empty nester, a person looking to simplify your life, or someone who wants to help their aging parents move into a more functional space, downsizing can be a stressful experience. A little guidance goes a long way however.

Designer Wendy Wilkinson of Oakville, Ontario, specializes in helping people transition into smaller living spaces, so here are a few of her tips to make it easier.

Before you begin to pack, Take multiple pictures (from various angles) of every room in your house. Each photo will give you a record and act as a

reference for what to get rid of and what to keep. Photos also provide good insurance information for any moving issues.

Decide ahead of time which items have sentimental value and will be making the transition with you. At the same time, if there are adult children, have them reclaim their belongings before the move. If going through sentimental items, such as photographs, is overwhelming, hire a professional organizer to help.

Place different coloured sticky notes on furnishings labelling them with an action plan like 'donate', 'new home',

or 'sell'. Give yourself a few days to reconsider your decisions. Consult a designer to talk over what will work in your new space and what items should be kept to stage your home for sale. Wilkinson says that on one occasion she salvaged her client's children's furniture to create a play space that became a big selling feature.

Keep calm and carry on. Start de-cluttering in advance of your move, even if it is only one drawer or closet a day. Scale down by discarding what you don't use or wear. If you are not sure about anything, just drop it in a 'decide later' box.

Give books to your local library sale and dispose of electronic equipment. Think green and donate still-useable items to places like the ReStores of the home-building organization, Habitat for Humanity. ReStores accept a wide range of household products and provide a tax receipt for the value of your donation. You can find one in your community at [www.habitat.ca/restore](http://www.habitat.ca/restore).

Colour-code rooms and corresponding boxes of the contents you'll be keeping, then colour-code the doorway in the new space for an easy transition.

Draw up a floor plan and measure furniture pieces such as tables and sofas. They are

often too large to go into a new downsized home.

Looking to the future, homeowners need to consider their furniture from an ergonomic standpoint. Is it too low or too big? Can you get in and out of it easily? It might be time to donate old furniture and invest in updated pieces that work with your new space.

Consider moving to a home that is within walking distance of stores, local library, and other favourite places. Depending on your age, think about a home with Accessibility Design Standards. This ensures that your new place will meet any possible needs in the future, such as wider doorways and additions to the bathrooms.

[www.newscanada.com](http://www.newscanada.com)

## Use this handy spring cleaning checklist

(NC) After the long Canadian winter, there's something about this time of year that inspires us to throw open our windows and let the fresh breeze in. Spring is an ideal time to de-clutter and infuse renewed energy into our living space.

A complete spring clean overhaul can take days of course, so plan accordingly and set a realistic schedule. The following tips will soon have your home dust-free:

- Before you begin cleaning, categorize the list of jobs required (e.g. cleaning baseboards, organizing cupboards, washing curtains). Although it seems easier to tackle all the vacuuming at once, completing one room at a time will give you the satisfaction to continue.

- Begin with dusting and vacuuming surfaces—from ceiling to baseboards—as well as chandeliers, light bulbs and light fixtures. Spring cleaning does require a little old fashioned elbow grease. Scrub floors with a scrubbing brush and cleaning solution. Clean the grout on tiled floors. If you don't already own one, rent a steam cleaner for carpets.

- Take down window treatments and wash or dry clean. Wipe wooden blinds with a gentle wood cleaner. Wash aluminum blinds outdoors where they can dry. Clean the inside of windows.

- As a rule, work from the top down, so areas don't get dirty again. However, when it comes to washing walls, it is easier to start from the bottom using a sponge mop. This way, you can more easily clean up any drips.

- In the kitchen, thoroughly clean the tops of cabinets, fridges and the stove vent.

Be ruthless with the contents of your fridge and throw out anything old, or furry. Defrost your freezer, empty the contents and wipe the inside with a mix of a litre of hot water with 2 tablespoons of baking soda.

- In the bedroom, flip your mattress and edit your wardrobe. Store away winter garments until the next season and get rid of clothes you haven't worn for more than a year; don't save them for "someday".
- Organize bookshelves and storage cabinets. Spring cleaning is a good time to donate unused or unwanted items. One place you can donate is to a ReStore of the home-building organization Habitat for Humanity. It accepts everything from furniture, household products, to even the kitchen sink. And ReStores provide a tax receipt for the value of your donation. You can find one in your community at [www.habitat.ca/restore](http://www.habitat.ca/restore).

• Spring cleaning is also an ideal time to safely dispose of expired medications and replace batteries in your smoke detector.

Once the work is done, open the windows wide and let that fresh spring air in.

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BY

# Six top tips to help older folks sleep better

(NC) If you don't sleep like a baby any more, you're not alone. As we age, our brains change, which affects how we sleep. While many changes are normal, scientists think that helping older people sleep better may one day help rejuvenate brain functions like concentration and memory.

"Sleep patterns change as we get older," explains Dr. Julie Carrier, a scientist with the Centre for Advanced Research in Sleep Medicine in Montreal. Many older adults go to bed and wake-

up earlier, take more naps and sleep less at night. They also tend to wake up more often and sleep more lightly.

"We've all seen how a baby can sleep right through a Christmas party," she says. "By the time we reach the age of 50, it's just not possible."

As we sleep, our brains get a chance to recharge. But gradually, our brains lose that capacity, which can affect our ability to learn and remember. Dr. Carrier and her colleagues

are looking at ways to stimulate the brain to give older adults back the qualities of sleep they've lost.

"Some people think of it as searching for the Fountain of Youth," she says, laughing. Her research is still in its early stages. In the meantime, if you're tired of counting sheep, try these six tips for a better sleep:

1. Cut back on smoking, as well as coffee and alcohol.
2. Stay active and eat well, but don't eat too much or exercise near bedtime.

3. Make sure your bedroom is quiet and dark with a comfortable temperature.

4. Go to bed at the same time every night.

5. Try to avoid stress at bedtime.

6. Don't panic. Many changing sleep patterns are normal. But if you're not sleeping well, talk to your doctor. Your insomnia might be caused by a medical condition.

The Centre for Advanced Research in Sleep Medicine, located within the University of Montreal, has several labs

where researchers use advanced technology to explore different aspects of sleep. These include how chronic pain affects our sleep, why we sleepwalk, how sleep patterns change after a brain injury and the sensitivity of our brains to light.

Dr. Carrier's research is funded in part by the Canadian Institutes of Health Research. You can keep up-to-date on her work at [www.ceams-carsm.ca](http://www.ceams-carsm.ca).

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## Knowledge is key for stroke prevention

By Victoria Horne

(NC) – You cannot control your family history, age, gender or ethnicity. But you can do something about other factors that could increase your risk of having a stroke, including maintaining a healthy weight, eating well, being tobacco-free, controlling your high blood pressure, and controlling your blood cholesterol.

Stroke occurs when the blood supply to part of the brain is cut off. Without oxygen-rich blood, brain cells begin to die. If the blood supply is not restored, the affected part of the brain dies, causing disability or death.

According to the Heart and Stroke Foundation, you can help

prevent a stroke by learning more about these risk factors:

- High blood pressure. This is the number one risk factor for stroke, so it is important to keep your blood pressure in a healthy range. The Heart & Stroke Blood Pressure Action Plan is a free online tool that will help you achieve and manage a healthy blood pressure. You can find it at [www.heartandstroke.ca/health](http://www.heartandstroke.ca/health).

- High blood cholesterol. By lowering your cholesterol, you can dramatically reduce your risk of heart disease and stroke. Ask your doctor about getting your cholesterol checked. Try to reduce the amount of fat in your diet and work some physical activity into your day.

- Being overweight. If you are struggling with your weight, you are not alone. More than 60 per cent of Canadian adults are either overweight or obese. Increasing your fruit and vegetable intake as well as introducing 150 minutes of physical activity into your week can help you better manage your weight.

- Unhealthy alcohol consumption. Drinking too much alcohol can increase your blood pressure and contribute to the development of heart disease and stroke.

- Smoking. Both smoking and exposure to second-hand smoke can increase your risk for heart disease and stroke. Becoming tobacco-free has tremendous health benefits.

- Stress. Too much stress can elevate your blood cholesterol or blood pressure and make it difficult to lead a healthy lifestyle.

You can take a personal risk assessment online at [www.makehealthlast.ca](http://www.makehealthlast.ca).

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# Kerby Centre's Activities, Programs & Services

## DATES TO REMEMBER

Kerby Centre Closed "Good Friday" .....Fri Apr 3  
 Kerby Cares AGM .....Tues Apr 7  
 Options 45 1:30pm - 3:00pm .....Thurs Apr 9  
 Health Presentation .....Mon Apr 20  
 Summit Big Band Dance .....Fri Apr 24  
 Monthly Movie "Maleficent" .....Fri Apr 24  
 Options 45 5:30pm - 7:00pm .....Tues Apr 28

### Join In:

**Membership:** (Rm 305)  
 Being a Member at the Kerby Centre has several perks such as Ed & Rec course discounts, a monthly issue of the Kerby News, fit room discounts, AGM voting privileges and more. Annual Membership only \$22.00 and with \$3 onsite parking for the year!

**Internet Room:** (Rm 305)  
 Free access available to the internet terminals. Monday to Friday, 9:00am to 2:00pm.

**Options 45:** (lounge)  
 This is a drop-in group for people 45 years of age and older. The group involves networking and speakers on topics such as resume building, LinkedIn, encore careers, connecting with recruiters, dressing for success, job finding, skills and abilities along with much more! Drop in fee of \$2.00 2nd Thursday of every month, 1:30pm – 3:00pm  
 4th Tuesday of every month, 5:30pm – 7:00pm

**Peer Learning:** (Rm 301)  
 Are you interested in making new friends, sharing knowledge and experience, learning in a friendly and informal manner, and participating in activities? Then Peer Learning may be for you! The discussion group includes a wide range of topics from politics, aging, health, history of Calgary, and interesting people. Every Monday for 8 weeks, starting May 4th ending June 29th between 10:00am-12:00pm. Cost \$16 or \$3 Drop in. For more information please contact (403) 705-3233. Please note no session on May 18th.

**What can be purchased at the Kerby Centre?**  
 ⇒ The Next-to-New Store (Rm 203): This store has a variety of second-hand clothes for men and women at low prices. Open Monday-Friday, 10:00am – 2:30pm.  
 ⇒ The Wise Owl Boutique (Rm 214): This consignment shop features unique handmade items by seniors. Open Monday – Friday, 10:00am – 3:00pm.

Consignments are only accepted on Wednesdays from: 9:30am – 1:30pm. Please call (403) 705-3218 for more information.  
 ⇒ Trekking/Walking Poles are available through the Ed & Rec department! We have pairs that come in a variety of sizes and can be purchased for \$25 a pair.

### Get Involved:

**Tour of Kerby Centre:**  
 Tours are held every Thursday at 10:30am for approximately 1 hour. Starting in the dining room, you will learn about Kerby Centre's programs, services and volunteer opportunities. No registration required.

**Donations:**  
 We appreciate any donations of clean used men and women's clothing, good wool, yarn or crochet cotton. Please bring your donations to the Volunteer Department; Monday to Friday, 8:00am to 4:30pm.

**Weekly Clubs and Events:**  
 If you have an idea for a new group, or would like to join a current one, touch base with the Education and Recreation Department (403) 705-3233 or our Volunteer Department (403) 705-3218.

**Knitting for a Cause:**  
 Do you love knitting? Do you enjoy meeting new people? Then come join us for the Volunteer Departments "Knitting and Crocheting for a Cause" group! On March 9 and 23 join this free activity in the Chandler Kennedy Room between 10:00am – 12:00pm. For further information contact the Volunteer Department at (403) 234-6570

### Be Active:

**Fit Room:**  
 Get the right amount of exercise in our fitness room on the basement level of the Kerby Centre. Applications are available in room 305. Membership includes free 1hr session with Personal Trainer, Tammie Yearwood. Cost for Kerby members is \$20/month or \$180/year. Open Monday – Friday 7:30am-7:30pm

## Weekly Clubs and Events

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Recorder Group</b> Room 313 12:30pm- 2:00pm \$1.25	<b>Tuesday Luncheon Group*</b> Chandler Kennedy Room 11:15am-1:00 pm FREE	<b>General Craft Group*</b> Room 311 9:00am - 12:00pm FREE	<b>Artists Group</b> Room 313 10:00am - 3:00pm \$1.25 per half day	<b>Spanish Conversation Group</b> Room 311 10:00am-12:00pm \$1.25
<b>Writers Group</b> Room 307 1:30pm- 3:30pm \$1.25		<b>Bridge</b> Chandler Kennedy Room 1:00pm - 3:00pm \$1.25	<b>Bingo*</b> Room 205 11:30am - 3:00pm	<b>Krazy Karvers Woodcarving Club</b> Room 102 10:00am - 3:00pm \$1.00 per hour
<b>Cribbage</b> Chandler Kennedy Room 1:30pm -3:30pm \$1.25	<i>It is never too late to be what you might have been.</i> GEORGE ELIOT			

**Dance:** (Rm 205)  
 Join your peers in the Lecture Room every Wednesday between 1:00pm and 3:00pm. Cost \$1.25

**Pickelball:**  
 Stay fit and have fun by playing Pickelball in the Kerby Gymnasium. Every Monday and Wednesday the nets will be set up between 3:30pm – 5:00pm. Cost \$1.25

**Badminton & Ping Pong:**  
 Members are welcome to join us for some lighter sports in our Gymnasium on Fridays between 10:30am – 1:00pm. Cost \$1.25

**Kerby Centre Presents...**  
**"Confused about Confusion"**  
 Monday April 20, 2015  
 11:00am - 12:00pm  
 Lecture Room #205  
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  	<p><b>February 9</b> The Big Picture on Seniors and Scams</p> <p><b>March 9</b> Identity Theft</p> <p><b>April 13</b> Internet Fraud</p> <p><b>May 11</b> How to hire a contractor</p>	<p><b>Kerby Centre Lecture Room</b>              1133 - 7 Ave SW              10:00am - 11:00am  <b>Members Cost: \$2.00</b>  <b>Non-Members Cost: \$3.00</b>  <b>Refreshments Included</b>  <b>Only 100 spots available so call and Register today!</b>  <b>(403) 705-3246</b></p>
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Continued on page 29

**Continued from page 28**

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**48 REAL ESTATE**

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**80 ANNOUNCEMENTS**

Buying gold & silver - Free special event. Kerby Centre Flr 2, RM 210 Tues. April 14, 2015 9am - 1pm. Bring us your gold or silver jewellery pieces & coins in any condition & we pay you cash immediately. If you don't make this event, please come visit us in our Inglewood location. Amaswiss watches and jewellery at 1409 9 Ave SE Calgary, AB Tel: 403-265-9883 Repair, Custom Design Watch Battery, Buying gold or silver, Wooden Watches.

**Fish Creek naturopaths present talk**

Fish Creek Naturopaths of the College of Naturopathic Doctors of Alberta and the Canadian Association of Naturopathic Doctors. The talk will take place on Thursday, April

16, at the Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park, 13931 Woodpath Road SW, access via 130 Avenue SW and 37 Street SW.

Registration is required. The talk is free to Friends members and \$5 each for non-members. For more information or to register visit: www.friendsoffishcreek.org/event/nature □

**Crossword Solution**

A	M	E	N	D	P	I	C	K	L	E	S	A	M	A	N	T	H	A	
S	E	W	E	R	A	V	O	W	A	L	P	R	O	C	U	R	E	D	
C	A	E	S	A	R	S	A	L	A	D	S	A	T	R	E	T	A	I	L
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S	T	A	T	U	S	E	S	S	N	E	E	R	S	E	S	T	E	S	

Puzzle on page 11

**Volunteer Spotlight**



**Dan Fenske**

Dan has been a member of the Kerby Centre since 2003 and started volunteering in the woodshop in 2005. Coming into the woodshop Dan really had no prior experience carving or working with the machines. He knew he wanted to learn how to carve faces and this has now become his specialty! Most of Dan's knowledge in the shop has come from teaching himself. The Krazy Wood Carvers group meets every Friday at the Kerby Centre and Dan volunteers his time during this day. Dan enjoys being able to do something he loves surrounded by others in the group who have become family to him. This group has been together since 2003 and they have all formed friendships that will last a lifetime! Dan has contributed over 1,000 hours to Kerby Centre.

Thank you Dan, for all that you do for the Kerby Centre!

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Membership for 2015 is \$22.00 plus \$3.00 for an annual parking tag

Membership is for a calendar year (expires December 31) and is open to those 55 years and older. **MEMBERSHIPS ARE NON-REFUNDABLE**



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*IN MEMORIAM*



Join us in extending sympathy to the families of these Kerby Centre members and volunteers:

- Gordon Tate Berry
- Barbara Gene Bird
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- Matthew Morris Colier
- Edith Marguerite Dodds -Belanger
- Jean Elizabeth Gourlay
- Sonia Hutchinson
- Sidney Ronald Jones
- Wilfred Ralph Kamis
- J Walter Keith
- Arlene Kerr
- Margaret Elizabeth Leblanc
- John Arthur McLaren
- Katherine M (Kay) Mullan
- Terezia Resovsky
- James Kenneth Sangster
- Peter James Savage
- Minnie Sawaryn
- Jeffrey Schofield
- Verl Joyce Smith
- Martha Lucy Stanford
- Hiroshi (Jim) Tomimoto
- Naomi Witayawickrama
- Paul Andrew Workun

Please inform Kerby Centre's Volunteer Department if you know of members and volunteers who have recently passed away and we will endeavour to publish their names in the forthcoming issue of the Kerby News.



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# What can you say to help someone with cancer?

Psychotherapist shares her patients' four favorite boosts

By Ginny Grimsley

In 2013 alone, 238,000 men will be diagnosed with new cases of prostate cancer, the most common incidence of the disease. More than 234,580 men and women will learn they have breast cancer, the second most common today, according to the National Cancer Institute.

All told, about 13.7 million Americans are living with cancer or a history of cancer. Chances are, you know one or more of them.

"Friends, family, co-workers – they can all play an important role in helping a cancer patient's recovery simply by providing emotional support," says pioneering cancer psychotherapist Dr. Niki Barr, author of "Emotional Wellness, The Other Half of Treating Cancer," (canceremotion alwellbeing.com).

After a diagnosis of cancer, people have a greater need for social support, which has been shown to influence health outcomes, according to a National Institutes of Health report. Of the nine types of social support, the report says emotional support is among the most important.

"Even if you're not among the person's closest friends or family, you can help far more than you imagine simply by being encouraging and supportive," says Barr, who works exclusively with cancer patients and their loved ones.

"I understand people don't always know what to say to someone who's just been diagnosed or is in the midst of treatments and yes, sometimes they do say the wrong thing," Barr says. "I remind my patients often to refuse to listen to cancer 'horror stories,' so please, don't tell those!"

While everyone is different, Barr says that she's found a few things her patients consistently say benefit them:

• **Sometimes saying nothing at all says everything.** If your friend or loved one

wants to talk about her treatments, complain about his situation, or not talk at all, being a good listener or simply a quiet presence speaks volumes. When a person complains, many of us jump to "help" by suggesting solutions. That's likely not what your friend or loved one is looking for. As my patients have said time and time again, sometimes they just want to get it all off their chest. An empathetic listener is all the help they need.

• **Make your offer of help specific.** "Call me if you need anything at all," puts the burden on your loved one – who already carries a tremendous burden!

Instead, you might offer to make dinner for her family on Wednesday night and ask what meal everyone enjoys. Or volunteer to drive him to his doctor appointment on Monday afternoon. This makes it easy for your friend to politely accept or decline your offer, and it ensures you provide the assistance you feel comfortable providing.

• **Not sure what to talk about?** Follow his lead. Some days, my patients want to talk only about their illness, the treatment they're undergoing, and how they feel. Other days, they want to talk about anything BUT cancer. We all have days when we're immersed in our own lives and other days when we want to be distracted – or to just feel normal.

• **If you're not sure what to say, err on the side of being positive.** Don't say what you don't know – for instance, you don't know that everything is going to be just fine. But if you admire your loved one's strength or sense of humor, if your friend's attitude inspires you, tell them so. We all benefit from hearing a sincere compliment.

When a person who's going through what may be the most difficult, stressful event of their lives knows that you care, it makes a difference, Barr says.

"If you're truly at a loss for words, it never hurts to simply say, 'I'm thinking about you.'"

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# April is Dental Health Month

## Dental health goes beyond cavities

When it comes to dental health, most Albertans know that brushing is important to avoid both tooth decay and gum disease. However, the results of good dental health go beyond simply a bright smile. Good dental health is linked to health benefits in other areas of the body as well.

Many people may not realize that the dangers of poor dental health go beyond cavities, and that poor dental health can affect more than just the mouth. It can affect an individual's overall well-being. Many serious health conditions, including respiratory infections, diabetes, and poor nutrition are closely linked.

The connection between gum disease and diabetes is a two-way connection. People with diabetes are more susceptible to oral infections and are at a greater risk of developing gum disease. And treating gum disease can also lead to better control of diabetes.

Regular dental exams by your dentist are also the first line of defense when it comes to early detection. According to the Canadian Dental Association, every year approximately 3,200 Canadians are diagnosed with oral cancer and 1,050 deaths from oral cancer occur. This devastating disease has a low survival rate because it is often diagnosed very late. With early detection the survival rate of oral cancer can be greatly improved. This means going to your dentist for regular dental exams. Your dentist has the training and experience to detect oral cancer early.

Poor dental health can have a significant impact on how well you nourish your body. If you suffer from a sore or infected mouth, it is difficult to eat. For seniors, this can mean substantial weight loss, dehydration, and infirmity. And for children, poor dental health can contribute to behavioral and learning difficulties.

Studies have shown that poor oral hygiene in older adults is a major risk factor for aspiration pneumonia because the microorganisms that can cause pneumonia are commonly found in the dental plaque of elderly people.

Visiting the dentist is the best way to ensure that your mouth is healthy. Your dentist will work to diagnose, treat and prevent dental health problems and allow you to speak, eat and socialize without pain, discomfort or embarrassment. With the increase in evidence showing the connection between oral disease and your overall health and wellbeing, it is important to understand that dental health goes beyond cavities.

### Tips for better dental health

The Alberta Dental Association and College reminds you that taking proper care of your teeth and gums makes a significant contribution to your overall health and wellbeing. Follow these steps to contribute to your good dental health.

### Put a smile in your body: visit your dentist

Regular dental exams by your dentist are the best way to prevent and detect problems before they get worse. Your dentist will exam your teeth, gums, mouth and jaws

and check for gum disease, cavities, loose fillings and early signs of oral cancer. Many dental problems may not be visible or cause pain until in more advanced stages.

### Keep your mouth clean

To prevent cavities, you need to remove plaque, the transparent layer of bacteria that coats the teeth. The best way to remove plaque is to brush your teeth. Use a soft bristle toothbrush and fluoride toothpaste. Also, eat a well balanced diet and limit high sugar foods and beverages.

### Look for any changes in your mouth

Check your mouth regularly, and watch for signs including:

- red, shiny, puffy, sore or sensitive gums;
- bleeding when you brush or floss;
- bad breath that won't go away;
- bleeding or open sores that don't heal;
- white or red patches;
- numbness or tingling;
- small lumps and thickening on the sides or bottom of your tongue, the floor or roof of your mouth, the inside of your cheeks, or on your gums.

### Minimize the use of tobacco and alcohol

The use of tobacco and alcohol can increase your oral cancer risk. As well, tobacco may stain your teeth.

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## Taking Flight: Festival of Student Work

The School of Creative and Performing Arts of the University of Calgary is proud to present Taking Flight: Festival of Student Work, until Saturday, April 11, in the Reeve and F.R. Matthews Theatres.

This annual student festival offers a wide range of performances, extending from staged readings by graduate level playwrights, to complete one-act plays by some of the world's most respected playwrights. Highlights include:

The Real Inspector Hound by Tom Stoppard, in the

Reeve Theatre, on April 1, April 2 (noon), and April 3, and April 4.

Pericles, Prince of Tyre by William Shakespeare, in the Reeve Theatre, from April 9 to April 11.

A Midsummer Night's Dream by William Shakespeare, in the Reeve Theatre, from April 9 to 11.


A Festival Pass (available at the door only) costs \$20. Single day tickets are \$10. For more information on these and other events visit [scpa.ucalgary.ca](http://scpa.ucalgary.ca) or phone 403-220-7202.

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Over the next while you will be receiving more information about the services and programs offered by Retirement Concepts. With 23 locations to serve you across BC, Alberta and Quebec, we have something for everyone. From Independent Living to Assisted Living to Long-term or Residential care, we can help you navigate the sometimes complicated system of seniors’ housing and services by providing you with the information you need to make this important decision.

We look forward to getting to know Alberta better!



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