

Kerby News

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Surinder Brar, a client of Kerby Centre's Adult Day Program, enjoys the company of a therapy dog. For more information see article on pages 8 and 9.

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22 April, 2016 Earth Day
23 April, 2016 First Day of Jewish Passover



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Older adults can benefit from pets

President's Report Hank Heerema

Kerby Centre strives to reduce social isolation and loneliness among older adults. Isolation has been shown to have very negative effects on health and we encourage anything that keeps older adults healthy with a positive outlook. One of the growing areas of study in ways to combat

loneliness is animal therapy and allowing older adults to keep pets in their independent living residences. Kerby Centre has begun to incorporate pet therapy into the Adult Day Program and at the Kerby Rotary Shelter and we are seeing great results. The people in those programs now look forward to the visits.

I know from first-hand experience that owning a pet brings one joy and companionship and encourages activity. Our family dog keeps me moving with our walks around the neighbourhood.

There are many benefits of having a pet in your home. These benefits can be even more valuable for older adults, particularly those who have fewer family members or friends near them. As well as companionship, exercise, and a healthy routine, pets have been shown to reduce stress and depression, as well as to give people a sense of purpose.

The Journal of the American Geriatrics Society found that independently-living older adults with pets tended to have better physical and mental health compared to those without pets. Ontario went so far as to disallow "no pets" policies in rental agreements, partly out of recognition of the therapeutic value of pets.

If you have a dog, a daily walk can also introduce opportunities of making new friends at your local park and enlarging your social circle. Shared love for dogs is enough to spark conversation and interaction. It also encourages you to walk around your neighbourhood and remind you that you are part of the community in which you live.

For those of you with a parent or grandparent who

you think might benefit from a pet, be sure to talk to them before you rush into getting one. Pets are a responsibility and you have to make sure that they are

physically capable of the care involved.

For more information on Kerby Centre's animal therapy program, see the article on pages 8 and 9. □

APRIL 2016

Front page: Photograph by Barry Whitehead
Design by Winifred Ribeiro

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To assist older people to live as well as possible for as long as possible as residents in the community.

Kerby News

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Letters to the Editor

Thanks for Kerby Centre's support of lesbian seniors

Dear Editor,

Thanks to Hank for the President's Report in the February issue of the Kerby News. In it he mentions the LGBTQ community and the Lesbian Seniors group hosted by Kerby Centre. As two members of that group, we are impressed by the support shown by Kerby Centre. Since our inception in 2007, Kerby Centre has provided a meeting place and even paid for the banner we carry in the annual Calgary Pride Parade. This wonderful banner lists Kerby Centre's phone number and shows our goals of friendship and support.

We have developed friendships through several different activities, and last year we met monthly for lunches. Since October 2015 we have shared lunch at the Kerby cafeteria, meeting in

the back room. We are the loudest table and laugh the longest, and we would welcome others to join us. We plan to meet on the third Tuesday of each month, at 12:30p.m., in the cafeteria.

We offer support in various ways. We sponsor speakers to address our group on issues relevant to us. In January Dr. Janice Kinch spoke about her doctoral study *Lives of Lesbians: Living Longer and Becoming Who We Are*. Her findings are relevant to all people, not just those within the LGBTQ community. Upcoming speakers are scheduled. Anyone interested in these public lectures and discussion forums can contact 403-245-2196. As "becoming who we are" is the task of all individuals, speakers will address different aspects of this developmental task. We expect to focus these discussions on aging, health, and support.

We are a volunteer group of lesbian women who wish to strengthen ourselves and our small community. We

don't expect to continue our struggle to 'change the world' because we've done that, especially in the previous century. Now our reality is that of aging. We appreciate the recognition given by Kerby Centre and the Calgary Pride Parade as we meet and continue to

grow. We wish to build community. We like each other, we listen to each other, and we are still learning how to become who we are. New members are welcome, at discussions or lunches!

Sincerely,
Sharon Montgomery

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.

Woman's obituary says no flowers, asks for letters to politicians instead

An 89-year-old Winnipeg diabetic who had recently been diagnosed with stage four breast cancer has chosen to end her life by refusing to take her insulin.

And in lieu of flowers, her family is asking people to write to politicians to showing support for broadly defined right-to-die legislation, and to urge legislators to act soon.

According to an obituary published in the Winnipeg Free Press, Jess Bowness died March 3 from complications related to her decision to refuse insulin.

In the obituary, her family says they supported "her gutsy decision to die on her own terms."

They also criticized "the legal and medical vacuum that still exists around the right to die, noting her death "took longer than it needed to" and there was "more discomfort and distress than needed to be."

The Supreme Court of Canada struck down a ban on physician-assisted dying last year but gave the new Liberal federal government until June 6 to come up with replacement legislation.

In the obituary, Bowness's relatives wrote of her flamboyant personality and love

of shocking people or making them laugh.

However, with diabetes, heart disease, arthritis, quadruple bypass surgery, neuropathy, memory loss and cancer, "she'd had enough. There wasn't enough laughter anymore."

Bowness was born in Singapore, where she worked as a nurse during the Japanese occupation of the city-state during the Second World War.

She, her husband and children emigrated to Canada in 1965 and her husband, Michael, who died in 1999, became a professor of biochemistry at the University of Manitoba.

Her obituary describes her as "stylish to the point of eccentricity," noting an outfit she wore once to an event to raise money for a son's terminally ill friend: "Silver knee-high platform leather boots, sparkly silver pants that tied at the knee, black-and-white striped blouse ... and lots of silver snake jewellery, bracelets and necklaces, some wrapped into her hair."

The obituary recalls that sometimes, out of boredom, she would answer her phone with "city morgue."

The Canadian Press



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News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

Our unseasonably warm winter almost made me forget that spring is on our doorstep. Aside from being

City reduces impact on environment

able to start barbeque season early, the warm weather meant that the city saved \$1 million in our Snow and Ice Control budget and that our road crews have been able to get a jump start on much needed road repairs. Now, with spring actually here, I am excited to see our parks turning green and to see our roads and sidewalks cleaned up for motorists, cyclists and pedestrians.

The city's Roads Department has launched a brand new fast-tracked program for this year that aims at completion of all sweepings before June 1st. With June being our city's rainiest month, we can reduce the impact on our environment and our waste water treatment facilities by removing all the salt, sanding materials and debris that accumulates during the winter months before it's swept into our storm

water systems. Residential sweeping will be done seven days a week this year, up from the previous four days a week, and major roads and commercial/industrial roads will be done during the night (Monday to Thursday). With sweeping starting two weeks earlier, all of us will be able to enjoy more of our great summer months with safe and clean streets.

Spring cleanup helps keep our city beautiful and makes

for a safer commute for everyone. Make sure you're doing your part by watching for the "No Parking" signs and by moving your vehicles as well as your blue, black and green bins. Keeping our city clean is a collaborative effort and it requires everyone's help. For up-to-the minute information and status updates on roadways and to find out when sweeping is scheduled for your community, visit calgary.ca/sweep.



This month in Edmonton

KATHLEEN GANLEY

Kathleen Ganley is MLA for Calgary Buffalo, Minister of Justice and Solicitor General and Minister of Aboriginal Relations

The second session of the 29th Legislature opened on March 8th, 2016 and it was my pleasure to represent the

Throne speech highlights priorities

many diverse interests of Calgary-Buffalo. The Throne Speech delivered by Her Honour, Lois Mitchell, Lieutenant Governor of Alberta, highlighted the government's plan as we navigate these challenging economic times. She stated "we will address the difficult choices that lie before us, in keeping with our deeply held values. Albertans are an optimistic, entrepreneurial, can-do people." I have witnessed this can-do attitude firsthand as I have come to know the constituents, neighbors, small business-owners, seniors, and active volunteers

that make Calgary-Buffalo such a vibrant area.

The Throne Speech focused on diversifying our energy markets, pursuing a coherent and effective economic strategy across sectors, and investing in greener, more sustainable technology. The government is showing leadership on climate change, and working toward continued intergovernmental engagement on pipelines – we are working together to get our natural resources to tidewater. The government has also committed to creating the Oil Sands Advisory Group to

advise government on sustainable paths forward. By investing in a clean energy future, Alberta will focus on job creation and economic diversification.

On April 14th, Budget 2016 will be introduced with a focus on prudent and balanced fiscal management. The Throne Speech included the government's promise to protect health care and education services, while carefully managing public spending. The ongoing review of agencies, boards and commissions will identify areas for better oversight, stewardship and accountability to the

public. In addition, public and municipal governments will be invited to comment on the modernization of the Municipal Government Act.

Your thoughts on public spending and the programs and services of the provincial government are always welcome. If you're interested in reading the Throne Speech, copies are available at my office in English, French, Spanish, Tagalog, Mandarin, Arabic and Punjabi. I encourage you to connect with my constituency office team to find out more about the work of government and to provide any feedback you may have.



This month in Ottawa

KENT HEHR

Member of Parliament for Calgary Centre and the Minister for Veterans Affairs

First 100 days of learning, listening and doing

It has been over 100 days since I was appointed Minister of Veterans Affairs and Associate Minister of National Defence. Each and every day I am honoured and proud to serve those who wear—or who have worn—our nation's uniform.

The opportunity to work with my caucus colleagues from across Canada is reward-

ing, and being a strong voice for Calgary and Alberta at the cabinet table is a tremendous privilege and responsibility that I do not take lightly.

The Prime Minister has given me an aggressive mandate, one that I plan to fulfill through stronger relationships with veterans and the organizations that represent them.

During my first days, I participated in a number of Veterans' Week activities, including Remembrance Day ceremonies in Ottawa. This special day was humbling and concluded a week of learning and listening. It reconfirmed my commitment to ensuring that we get Veterans the care they need, whenever and wherever they need it.

Within the first month, I travelled across the country to engage with Veterans and Veterans' organizations, and held my first Veterans' Stakeholder Summit in Ottawa in December. Next, I travelled to Poland and Ukraine to meet our Canadian Armed Forces troops during the holidays and to thank them for their service on behalf of all Canadians.

Veterans will once again be able to access services in offices closed in previous years. And we have already rehired more than 175 frontline staff to provide more support to Veterans across Canada.

I know that times are tough for Alberta and Canada. In the first 100

days as a government, we have quickly begun work on key campaign promises that I believe will make a real difference in the lives of Canadians.

We have already reduced taxes to the middle class. This will put more money into nine out of every 10 Canadians' pockets.

We have implemented a consultation process for pipeline projects that allows for industry, communities, first nations and people who are concerned about the environment to take part. I truly believe we are on a path to build public trust in our approach so that we can move forward in a thoughtful manner that will see success for our industry in the long run.

The Prime Minister confirmed that \$700 million in Infrastructure funds would start flowing to Alberta in the weeks ahead. Those investments in projects identified by our provincial partners and their municipal partners will create thousands of jobs and generate economic benefits for our great province.

My first 100 days have been exciting and I look forward to achieving much more in the future. My door, and my mind, will always remain open to the input and ideas of Canadians. We were elected on a mandate of real change, and part of that real change is a commitment to evidence-based decisions and consultation with all of you.

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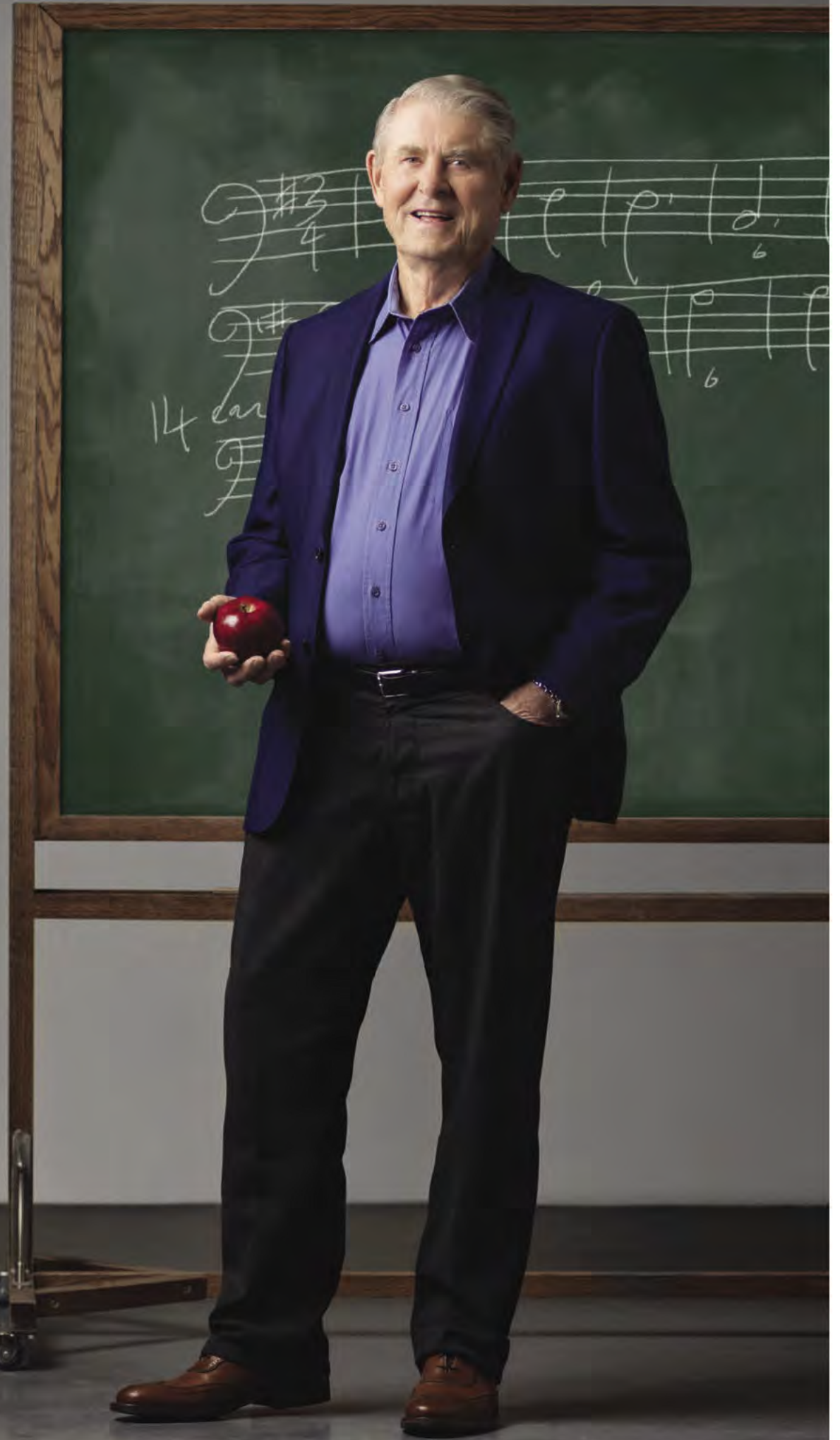


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Therapy dogs a ray of sunshine at Kerby Centre

By Rita McGillivray

Do you remember crying during the movie *Old Yeller*? What about TV's *Lassie*, where the collie always managed to save the day? Can you remember the joy you felt as a young child when the fluffy chicks hatched in the classroom just before Easter? For most of us it doesn't take much to conjure up feelings of happiness when we encounter or even reminisce about a favourite animal.

Decades of study regarding the effects of social support on our well-being and happiness provide convincing evidence that the comfort we derive from interacting with companion animals accrues similar benefits to those we obtain through relationships with other people. Even when human subjects are just observing animals in photos, scientists have measured significant changes in levels of the hormone oxytocin, one measure of the brain's response in experimental animal interactions.

This deep human-animal connection was not lost on local Calgary psychotherapist, Straja Linder King, who, while interning many years ago, volunteered at the Agape hospice in Calgary. When she arrived at the door of the hos-



Straja with her dogs and clients of Kerby Centre's Adult Day Program.

Photo by Barry Whitehead.

pice for her shift, armed with art supplies and her beloved rescue dog, she began to notice that residents had eyes only for the dog. Their active, positive response to the dog, its impact on the general mood and conviviality, became the foundation of her study and delivery of therapeutic services to clients in the Calgary region.

Today pet assisted therapy is a regular part of King's services, and she has also been instrumental in helping

the local police service acquire and train therapy animals for support in courtroom settings, helping to calm witnesses and victims who may be suffering trauma and stress as a result of their experience.

I caught up with King recently, between therapy groups and dog walking that make up her typical 16-hour day. She explained the way the dogs interact with her clients and why this aspect of therapy is so successful. "Dogs are only in the here

and now. They have no baggage from the past and no expectations. They accept us immediately as we are, and people know this."

In her practice, King continually observes the powerful effect that her enormous Shiloh German Shepherd therapy dogs, Twilla and Talla, exert on clients. People with Attention Deficit Disorder, victims of abuse, depression, stress, dementia and many other psychological problems routinely experi-

ence positive outcomes in their health status from time spent with the dogs.

The dogs' interaction with clients, King says, is personal and unique, and the dogs will respond to each person according to need. It may be as simple as just sitting beside a chair and having a client silently pet the animal for as long as desired. Or therapy might involve someone being alone in a room with the dog, speaking quietly and tearfully in private until all the hurt and anguish has been released. "Dogs represent safe touch and they never lie," King reminds me. "They choose to be our companions and to help us. They can absorb the feelings and emotions of their clients. Of course they are so huggable."

The Kerby Centre is fortunate to benefit from King's service, thanks to Deb Runnalls, Senior Manager of Wellness and Support Services. Runnalls was working at the Agape Hospice when she first encountered King. Now a strong advocate for pet assisted therapy, Runnalls has been successful in arranging monthly sessions at the Kerby Centre's Adult Day Program and the Shelter. Since starting the program two years ago, Runnalls says she has never encountered a

Continued on page 9



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Continued from page 8

bad outcome from any client-animal interactions.

People have likely endured many losses by the time they are in their advanced years, Runnalls notes; loss of loved ones, health, and independence are but a few of the more obvious. Sometimes members of the Kerby community have experienced abuse or other intolerable situations. When the dogs are brought in, they tend to seek out a client, remain still with the individual and don't leave his or her side until they have detected a change in the person. "The dogs provide an opportunity to be calm in the present moment, to allow stuff to go away. The dogs are the keepers of secrets so it doesn't matter what is told to them. Often the dogs will help remind clients of a more pleasant time of innocence and joy. It allows them to recall warm pleasant memories that help delete some of the horror for a time. At the end of the therapy session the clients appear to be happier and feel lighter, having had their perspective restored."

On a stroll through the Kerby Centre, Runnalls and I stop to chat with one of the guests, Anthony. In the course of our brief conversation, Deb reminded him the pet therapy dogs would be returning later that week for a visit. It was remarkable to see how his face lit up at the very mention of the dogs. I asked how he felt when he gets a chance to visit with them. "Awesome!" he responded without hesitation. "They are like companions, and then I don't feel so lonely," he continued, adding, "I love it when they 'say their prayers' with us." Anthony went on to explain how he used to take great pleasure in trying to train his dogs on the farm as a youth, and to point out how much patience it takes to really do a good job training a dog well. Just as Deb had predicted, Anthony had joyfully recalled a long-ago time and the sweet days of a boy and his dogs.

During my own brief introduction to the two stars of King's Strawberry moon Counselling service, Talla and Twilla, I too immediately felt the need to pet these beautiful animals and look deeply into their intelligent and loving eyes. They were happy to show off their fine form, demonstrate a bit of dribbling with the soccer ball, and pose for the camera before curling up on an enormous dog bed, no doubt restoring their energy for their next therapy session. It was all I could do to resist the urge to post my photos on Facebook! □

Do you have the same personality as your dog?

Consider this: We've all heard the old cliché that people look like their dogs, but would you be surprised to find out that people and their dogs tend to socialize, eat, and learn new skills in very similar ways, too?

According to the "Natural Balance Canine Personality Study" - a survey of 1,015 U.S. dog parents conducted by Natural Balance Pet Foods in conjunction with Learndipity Data Insights - Americans love dogs who are often just like them:

People choose dogs who act just like them.

66% of extroverted people have extroverted dogs - and there's a 65% chance that an introverted dog will have an introverted human parent.

If you're a choosy eater, your dog is three times more likely to be one as well.

If you identify as a lifelong learner, then there's a 72% chance your dog will be good at learning new tricks.

Dogs display complex emotions, just like us.

Dogs' personalities are highly nuanced and they experience many emotions that are all too familiar to us humans.

If you're hurt or late coming home, 90% of dog parents believe your dog is worried about you.

Seventy-nine per cent say dogs can feel embarrassment, while 93% are certain they've seen their dog smile.

Dogs strongly influence the emotions of their human parents.

According to 79% of dog parents, their dogs consciously and actively attempt to comfort them.

Fifty-five per cent report that their dog looks at them with loving eyes that communicate deep emotion.

Fifty-two per cent say their dog is able to accurately sense when they are sad.

Volunteer Typesetter needed – Kerby News

To typeset editorial content on a monthly basis. (This could be worked as a shared position) Typeset editorial copy. Work with Kerby News team on ads when necessary.

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Preservation of Dignity and Pursuit of Happiness

Helping older people and older dogs stay connected

By Susan Peters

Seven years ago, Ardra Cole walked out of her late brother's Toronto home, his chocolate Labrador retriever by her side. Her sibling's sudden death meant the 10-year-old dog, recently diagnosed with cancer, had no one to care for him. "What happens to all the Mr. Browns of the world when they're old and sick and lose their human companions?" Cole asked herself.

Then an educational psychologist and adult educator

in her late 50s, Cole had studied how people caring for family members with Alzheimer's viewed their dogs as stress relievers. She had also seen first-hand the calming effect her therapy dog had on patients she visited in palliative care. Starting an organization to support seniors who own dogs, and senior dogs who lose their owners, seemed like the next logical step—and a fitting memorial to her brother.

Cole founded ElderDog in 2009, as Mr. Brown, who

had been adopted by her pack of Portuguese water dogs, happily chased sticks despite his waning strength. "Caring for him toward the end of his life was such a gift," she says. "He was at his most vulnerable, and I feel like it really brought out the best in me."

With eight chapters in Prince Edward Island, Nova Scotia (where Cole has lived since 2012), Ontario and Alberta, ElderDog strives to help seniors keep their pets at home as long as possible. The organization's 320 volunteers—who include seniors recovering from the death of their own canine companions and people living in apartments that prohibit animals—offer rides to vet appointments, provide care (brushing fur, administering medicine) and walk the dogs.

Students who miss their childhood pets also give their time, says Sacha Nadeau, one of the organi-

zation's volunteer coordinators. The 26-year-old gerontology graduate regularly walks two Samoyeds that bark excitedly, jump up and wag their entire bodies as soon as Nadeau opens the gate to their house. The owner, an older man, worried about being toppled by the energetic pair—which Nadeau likens to mini polar bears—leaves joking voice mails whenever the dogs are "ready, willing and able to walk."

If an owner must be admitted to hospital or passes away, ElderDog will foster a pet temporarily or find it a new home. To date, the group has placed 80 dogs, some of which went to owners that traditional pet shelters deemed too old to adopt. One of those seniors is Joy Saunders. The 96-year-old has a lifelong fondness for retrievers, but when her most recent dog, a Nova Scotia duck tolling retriever, passed away, Saunders's family tried

to convince her to get a canary. Instead, Cole proposed a golden retriever named Prayer, now 12.

"She is old, so am I. We suit each other," says Saunders. The pair strolls a kilometre and a half through the woods near the town of Lunenburg, N.S. three times a day, stopping to chat with other dog walkers along the way. "My social life is on the street," says Saunders. At my age, my contemporaries are dead, and it's very lonely. On this trail where I walk, I have all sorts of friends."

Saunders knows first-hand the health benefits, emotional and physical, of owning a dog. And as Cole notes, it's the kind of relationship that works both ways. "When you get to a certain age and your family—if you have family—has moved away, you might look at yourself and think, I'm not needed anymore. But this dog really does need you."

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Study finds PSA testing does not change prostate cancer mortality rates

University researchers downplay the benefits of common screening practice

University researchers have assessed the effects of Prostate Specific Antigen (PSA) screening and found that while screening increases the number of diagnoses of prostate cancer, the test has only minimally reduced mortality rates, if at all. While mortality rates from the disease have been decreasing, the study suggests the decline is more likely due to the evolution of treatment. The study results will be published in the March 1 online edition of CMAJ Open.

The PSA test was introduced as a non-invasive prostate cancer screening tool in Canada in the early 1990s. A blood test, it measures the amount of prostate specific antigen in a man's blood – high levels of PSA may indicate the presence of cancer. By 2008, countries that adopted this screening tool saw prostate cancer rates rise, including Canada, which has been among countries with the highest rates in the world. Typically a very slow growing cancer, the risk of developing prostate cancer rises with age, especially for men over 75.

“Screening causes substantial increases in the number of men diagnosed with prostate cancer, especially before 70 years of age,” says Dr. James Dickinson, lead author of the paper. “However, most would never have known about it otherwise, and died of other causes at a normal age.”

The test doesn't produce any benefits but can cause harm. Dickinson adds that treatments for prostate cancer such as surgery, chemotherapy and radiation cause harm, as they take both a physical and mental toll on the body. “Treatment is worthwhile for the five in 1,000 men with cancers that invade and kill, but not the for the men with slow-growing cancers that do not – possibly over 120 per 1,000,” he says.

The study shows that mortality rates caused by prostate cancer began to decline two years prior to the widespread use of PSA tests after 1996, and have continued to drop by approximately 3.25 per cent annually.

“This pattern of decline in mortality rates began to

occur earlier and is greater than could possibly be expected even from the most optimistic evaluation of screening,” says

“Screening causes substantial increases in the number of men diagnosed with prostate cancer”

Dickinson, professor in the Departments of Family Medicine and Community Health Sciences at the University of Calgary's Cumming School of Medicine and member of the O'Brien Institute for Public Health.

The team then began to look at other possibilities for the decline. They noted similar patterns of diag-

noses and mortality rates in countries that started using the screening tool early. Conversely, European countries that delayed adopting the PSA test, an expected delay in diagnoses was observed while the change in mortality rates was similar to that of countries using PSA tests.

“This suggests that the mortality drop is likely due to changes in patterns of treatment such as surgery, chemotherapy and radiation that occurred at the time in all these countries,” says Dickinson. “There are also other possibilities such as changes in how deaths were reported.”

Dickinson says the study suggests that most men who are not screened using the PSA test will likely never know they have cancer and will not be bothered by it. Those who develop advancing cancer should be diagnosed and treated when they

feel symptoms.

The Canadian Task Force on Preventive Health Care suggests that men who are uncertain should discuss very care-

fully with their family doctor before choosing PSA screening.

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Volunteer Spotlight



Gloria Higgins

Gloria first started volunteering at Kerby Centre in the kitchen back in 2008, where she is still volunteering today. With the opening of Kerby Centre's satellite location, K2EV, Gloria decided to take on more volunteer opportunities. Once a month Gloria also volunteers at K2EV's Chow n' Chatter. Gloria loves volunteering because it keeps her busy and she likes to socialize. Her favorite thing about Kerby Centre is that it "keeps you going." Gloria explained there is always something to do, every month there is something going on if you just get out there and do it. She would know because you will often find her participating in one of Kerby Centre's many activities, whether that is a day trip, a special event, or Thursday bingo! Gloria has contributed over 2285 volunteer hours to Kerby Centre. Thank you Gloria, for all that you do for the Kerby Centre!

Community Events

Learning about Germans in South America

The Calgary Chapter of the American Historical Society of Germans from Russia will hold an English meeting with a video showing life of Germans in South America on April 9th, with doors opening at 11:00 a.m. The location is the Ascension Lutheran Church, 1432 – 19th Street NE. For more information, please contact (403) 246-6968 or (403) 273-8178. The Society has an extensive library on all areas of Volga, Bessarabia,

Volyhnia, local history, etc., open on the second Monday of each month from 2:00 p.m. to 7:00 p.m. unless otherwise notified. Check the Society's website at <http://calgarychapterahsgr.ca>, or join it on Facebook. Nonmembers are welcome.

Presentation on long-term care

On April 14th, the Calgary Chapter of Seniors United Now (SUN) will present a speech titled Long Term Care by Deborah Prowse Q.C., from the Alberta Health Advocates Office. Registration

begins at 12:30 p.m. and presentation at 1:00 p.m. The location is the St. Edmonds Anglican Church, 8336 – 34th Avenue NW. Members and nonmembers are welcome. For more information, please call toll-free 1-855-786-8669, email unitednow@telus.net, or visit www.seniorsunitednow.com.

Forum on seniors' housing

The Calgary Seniors Housing Forum Society will present a free information session and forum with

the theme Seniors Housing Transitions on April 16th, in which experts will speak on the following topics: understanding housing options (long-term care, assisted living, income-based and affordable options), downsizing, and age-friendly Calgary. An expert panel will be there to answer questions. Doors and information booths open at 9:30 a.m., and the session and forum runs between 10:00 a.m. and 12:00 p.m. Information booths will remain open until 12:30 p.m. The location is the Confederation Park 55+ Activity Centre, 2212 – 13th Street NW. For registration, please call Confederation Park at (403) 289-4780 before April 12th. There is limited parking on site. For more information, visit www.seniorshousingnow.ca.

Leaving a lasting legacy

On April 28 from 7:00 p.m. to 8:00 p.m. at Fish Creek Environmental Learning Centre, Marissa German, an estate planning expert, will present a talk titled Estate Planning –

Leave a Lasting Legacy for Cherished Green Spaces and Healthy Families. Come and join this talk to learn how you can leave a lasting legacy by planning a gift to help protect and preserve Fish Creek Provincial Park for future generations. The topics to be discussed will include: what happens if you do not have a will, what happens to your estate, who can claim against your estate, important provisions to include in your will, responsibilities of an executor, and the estate administration process. You can also learn about such incapacity issues as Enduring Powers of Attorneys and Personal Directives. Registration is required. For more information, please visit www.friendsoffishcreek.org/event/estate.

Urban portraits

From April 22nd to May 1st, at the Louheed House Drawing Room, in partnership with the City of Calgary's Calgary Neighbourhood Division, Kerri Singh will present a

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Continued on page 13

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Community Events

Continued from page 12

pop-up exhibit Urban Portraits, featuring portraits of downtown community members. Entrance fee is included in the paid admission the Loughheed House (\$8.50 for adults, \$6.50 for students and seniors, \$5 for children 6-12, \$25 for families, free for children under 6). Loughheed House is located at 707 13 Avenue SW and is open from 11:00 a.m. to 4:00 p.m. Wednesday through Friday, and from 10:00 a.m. to 4:00 p.m. on Saturday and Sunday. Please visit www.loughheedhouse.com or call (403) 244-6333 for more information.

Imagine Performing Arts

Imagine Performing Arts invites audiences of all ages to experience its debut production, *Dreams of Broadway*, which will involve 27 performers and 31 hit Broadway songs in a two-act production. The cast is local, from age seven to ... very experienced. It is conceived, written and directed by Darryl Lindenbach and musical director Colleen Lindenbach,

choreographer Ashley Soles, arranger/bandleader Evan Cribb and pianist Wilma Rothbauer. The production will take place in the Wright Theatre at Mount Royal University, 4825 Mount Royal Gate SW on Friday, April 15 at 7:00 p.m., Saturday, April 16 at 2:00 p.m. and 7:00 p.m., and Sunday, April 17 at 2:00 p.m. Tickets cost \$25 for adults, \$23 for students, plus service charges. For more information please visit the show box office: www.musicandplay.ca.

Calgary 55 plus Summer Fun Games

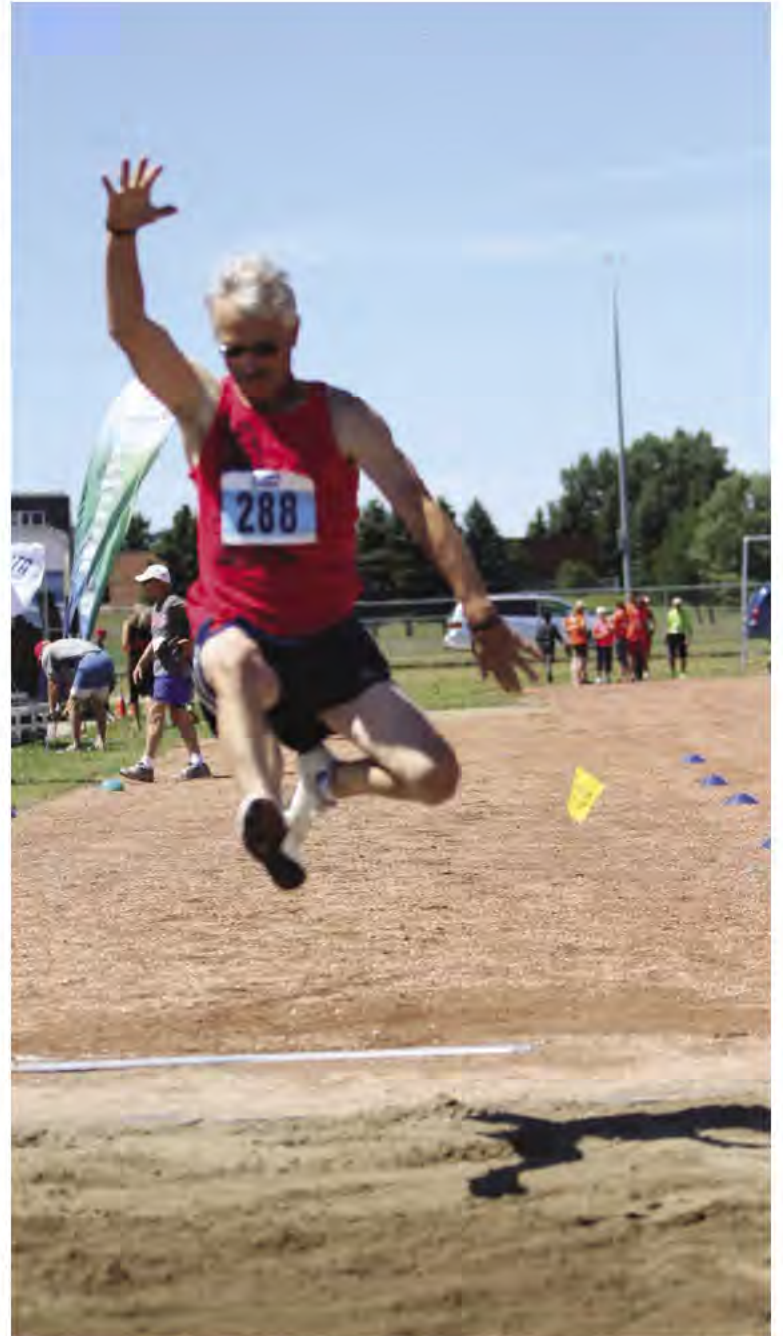
The Summer Fun Games are available to all Calgarians aged 55+. They will begin on April 21 with cribbage, and continue through May and June with 14 different events. These include Contract Bridge (April 16), 8-Ball Pool (April 22 and 23), Horseshoes (April 30), Floor Curling (May 19), Floor Shuffleboard (May 25 and 28), Military Whist (May 24), Swimming (May 31), Bocce (June 2 and 3), Golf (June 7), Tennis and Pickleball (TBA) and finish on June 25 with athletic

events which include Races, Discus, Javelin, Long Jump, Shot Put and Time Predicted Walk. There's something for everyone, and members can participate in any or all of the events with the purchase of a membership for \$30 per year. This membership will also allow participation in the Winter Games, which are held in the fall. For more information please phone Dan Guglielmin at 403-289-0852 or visit the website: www.calgary55plus.com. □

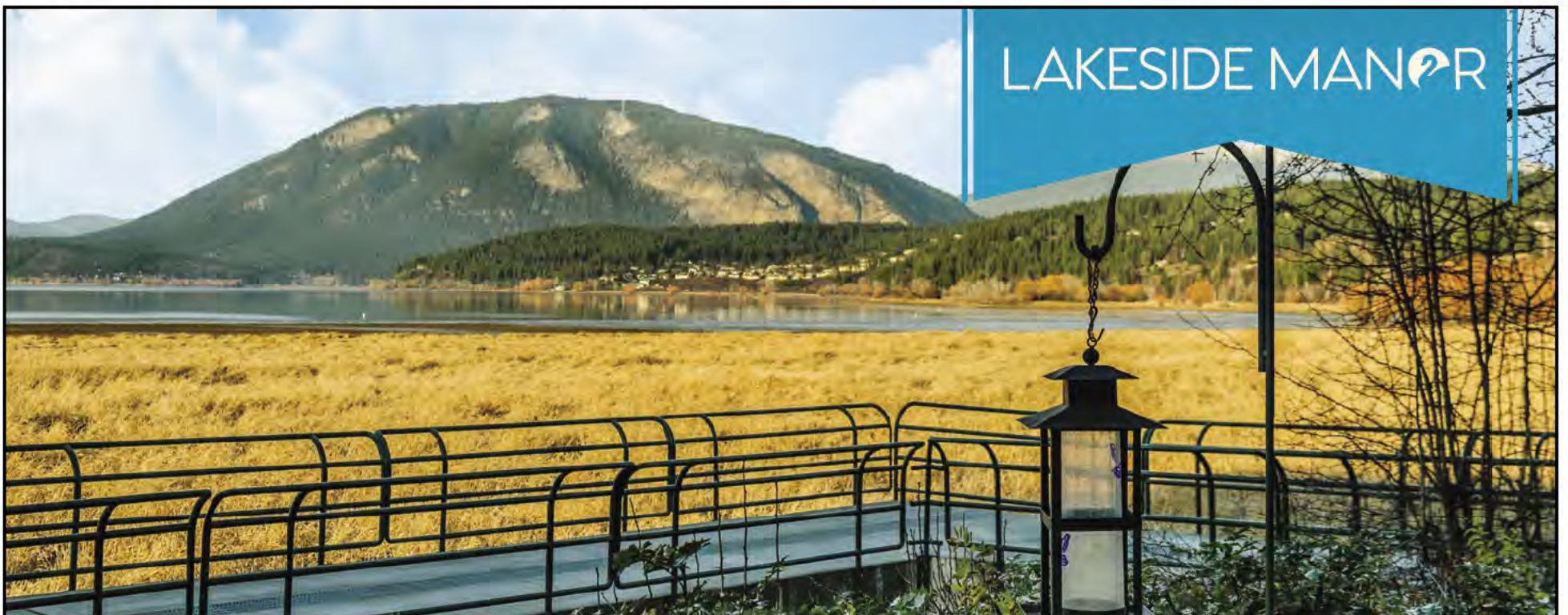
Compiled by Faye Wu and Margaret McGruther

Woofs of Wisdom

- There is no psychiatrist in the world like a puppy licking your face. -Ben Williams
- A dog is the only thing on earth that loves you more than he loves himself. - Josh Billings
- We give dogs time we can spare, space we can spare and love we can spar. And in return, dogs give us their all. It's the best deal man has ever made. -M. Acklam



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Put your life on PAWS

By *Tim Johnston*

If you are a retiree looking for a worthwhile activity for a couple of hours each month you might want to consider volunteering with the PAWS Pal program at the Calgary Animal Shelter. PAWS stands for Positive Animal Wellness Support and each volunteer in the program is a Pal. Those working in the program attend at the shelter to play with, exercise and care for dogs and cats and provide interactions that are of benefit to animals in care. The time commitment is only four hours per month over the course of a year and a thorough training session is provided. Any senior physically able to handle cats and dogs and who meets a short list of qualifications would be welcome to apply.

Calgary has two main organizations that deal with the well being of domestic animals. Calgary Humane Society's mission is to protect animals from humans. Animals that have been mistreated, abused or abandoned may come to the care provided by the Humane Society.

Calgary Animal Services is the civic organization that enforces animal bylaws by



Connie Ramsey-Befus and Frank Tuma with Yuki, a Westie Terrier cross. Photo by Tim Johnston

way of licensing cats and dogs, providing shelter under the Responsible Pet Ownership Bylaw and through an adoption program for cats and dogs that have not been claimed by their owners. Part of the mandate of the Animal Shelter is to protect humans from animals.

Animals within Calgary city limits that are found on the loose and picked up by a Calgary Bylaw Officer can be checked on the spot for identification of the animal. If a dog or cat is wearing a collar tag, has an identifying tattoo or if an implanted microchip is detected, own-

ership of the animal can be quickly confirmed by way of a computer link to the centre. In many cases, the Bylaw Officer will return the animal directly to its owner, along with a ticket for allowing the animal to be on the loose. Otherwise the animal is brought into the shelter.

Animals that cannot have ownership verified come directly to the shelter. There they are checked for obvious disease and health problems and then placed into a holding area for four days. If during this time the owner comes to collect the animal, a fee will be

charged for the animal being off leash and another for boarding costs for each day the animal stayed at the shelter.

After four days, the animal falls into the ownership of the shelter. It receives a thorough examination by the staff veterinarian and will spayed or neutered if necessary, have a microchip implanted, be given a set of vaccinations, have its teeth cleaned and be given a deworming medication. Then the animal is available for adoption into what is termed a forever home.

Because the shelter does not euthanize healthy animals, some end up being at the shelter for weeks and sometimes months. All of the adoptable animals require daily exercise and interaction with people.

Connie Ramsey-Befus and Frank Tuma are two volunteers at the shelter, having contributed eight and 14 years respectively to the PAWS Pal program. Connie got involved after adopting two cats from the shelter and stayed on to work with other animals that were taken in. She finally convinced her husband to

let her adopt a dog and that's Yuki, a Westie Terrier cross, who appears in the photographs.

About 14 years ago, Frank was looking for an opportunity to get involved in volunteer work. Having had dogs throughout his life, word of the shelter's PAWS Pal program got his attention. He also has a shelter adoptee in his home, a German Shorthair pointer named Shatzi. "As a volunteer, I had the unique opportunity to get to know Shatzi before deciding to adopt him," Frank said. He recounted an instance at the shelter when an enormous wolfhound was brought in. "He was a lovely dog," Frank said. Within an hour, his owners showed up to reclaim their pet. They had just arrived in Calgary as immigrants from Poland and in the confusion of settling in, the dog had wandered off. "The dog was so happy to see his people," Frank said, "and it was a very happy reunion."

Right now, the shelter has several volunteers who work with the dogs and cats after working hours. What the shelter really needs are volunteers who are available during the day, people

Continued on page 15


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Life and liberty
by liberty forrest

I'd like you to grab a piece of paper and write down your answers to a few questions I'm about to ask. It'll be important in a minute, you'll see. So I'll wait.....

Okay. Ready?

What is important to you? Don't read any further, please, until you've written your answer. It doesn't have to be lengthy or involved, just a quick point form list will do.

This little exercise can be quite a profound experience if you do it, so please do yourself a favour and take a few moments with this.

Okay. Next question. Who is important to you? Another quick point form list, please.

Now, a separate list. Please jot down what has eaten up your week. Make a few notes about how you spent your time over the past seven days. What were you doing each day?

One more thing: What were you thinking about during the week? What was on your mind?

I really hope you wrote those answers down because there's something about seeing them in writing that works better than just leaving it all in your head.

Now, please take a look at your list of what you did and what you thought about for the past week. Most people have a whole lot of stuff on their lists that is about work – whether it's about their jobs or the housework, the errands, the obligations, the responsibilities, the meetings,

The really important stuff of life

the children's homework and music lessons and the groceries and the meals blah blah blah.

Okay, let's take a look at your list of what is important to you. Chances are, some of that stuff is on that list, as it should be. But are there things on that list that aren't getting your attention? Why not?

Look at the list of who is important to you. Did those people make it onto your list of how you spent your time and what you were thinking about?

If there is something out of alignment about all of this, perhaps you could stand a shift in your priorities. If you say it's important to play and enjoy your life more, then do it. If you say your children, your parents, your sister, your friends are important to

you, then make sure they know it. Write. Phone. Email. Send a card.

Or perhaps you could plan a gathering of some sort. It doesn't have to be big and fancy or take a lot of time, effort or money. Maybe a pot luck evening, an afternoon walk together. How about going to an art gallery or just having a few people in for muffins and coffee some morning?

The point is that it's not about what you do that matters. What is important is to make sure you let those people know you're glad they're a part of your life. It's essential to reach out and tell them you're interested in what's happening for them, and to be sure they know you're there for them if they need a shoulder, an ear, or just some company now and then.

And don't forget: You should really be on that list of who is important to you. If you're not, then put yourself right at the top and make sure you spend time doing something for yourself every day, even if it's only for 10 or 15 minutes. Get on with that hobby you love or always wanted to try. Read, go for a walk, soak in a delicious hot bath.

You see, if you don't "restock your own fridge", you'll have nothing left to give to all of those people, activities and responsibilities that fill up your life. Running on fumes will only cause you certain misery, perhaps in anxiety, depression, or a variety of health ailments. If you don't see yourself as the most important person in your life, you will burn yourself out so that you're

no good to anyone. I would assume you know this, so if you're not living it, I would invite you to consider making a significant change there.

We give our attention to what is important to us. Sometimes we know what should be important, and we can say all the right stuff on that subject, but really, in our heart of hearts, our priorities are a mess.

It's another case of actions speaking louder than words. If you say something or someone is important to you, then show it. Prove it. Live it. No more excuses.

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Continued from page 14

like retired folk, for instance. If you are good with animals, able to handle the physical needs of the work and want to take part in a very worthwhile program, please consider volunteering during the day with the PAWS Pal program at the Calgary Animal Shelter. The shelter is located at 2201 Portland Street SE. To volunteer, call 311 and ask to be connected to the animal shelter.

Make brunch for mum on her special day

Page design and layout by Winifred Ribeiro

There's no better way to celebrate Mother's Day than by making your mom a delicious, healthy brunch. Bobby Flay may be best known for his skills at the grill, but brunch is his favorite meal of the week. In *Brunch @ Bobby's* he includes 140 recipes starting with the lip-smacking cocktails, both spiked and virgin, that we have come to expect from him, along with hot and iced coffees and teas. He then works his way through eggs, pancakes, waffles, and French toast (including flavored syrups and spreads); pastries (a first) and breads; salads and sandwiches; and side dishes. Bobby shares his simplest, most sought-after recipes — while still delivering his signature intense flavors.

You will have no problem putting together a menu that is big on looks and flavour but low on stress.

Brunch @ Bobby's is a great gift and would be a useful addition to your cookbook library.

Excerpted from *Brunch at Bobby's* by Bobby Flay, Stephanie Banyas and Sally Jackson. Copyright © 2015 by Boy Meets Grill, Inc. Photographs copyright © 2015 by Ben Fink. Excerpted by permission of Clarkson Potter/Publishers, an imprint of the Crown Publishing Group, a division of Penguin Random House LLC, New York. All rights reserved.



ASPARAGUS AND CHEESE POPOVER[©]

WITH FONTINA AND SPICY HERB OIL

This spring popover is like a cross between an omelet and a Dutch baby pancake; it emerges from the oven with a puffy crust and golden yellow center. Grassy asparagus and creamy fontina cheese are an awesome pairing, and the bright, just-spicy-enough herbaceous chile oil is truly delicious.

Serves: 2 to 4

- Nonstick cooking spray
- 1/2 pound asparagus, bottoms trimmed
- 4 large eggs
- 1/2 cup whole milk, at room temperature
- 1/2 cup all-purpose flour
- Kosher salt and freshly ground black pepper
- 1 cup shredded fontina cheese
- 2 tablespoons unsalted butter
- 1/4 cup freshly grated parmigiano-reggiano spicy herb oil (recipe follows)

Preheat the oven to 425°F. Spray a 12-inch cast-iron skillet with nonstick spray and put the pan in the oven to heat.

Bring a medium skillet of salted water to a boil, add the asparagus, and cook until just tender, about 2 minutes, depending on size. Drain, rinse with cold water, drain well, and dry on a plate lined with paper towels.

Whisk together the eggs and milk until smooth. Slowly whisk in the flour until smooth; season with salt and pepper. Add 1/2 cup of the fontina

Using pot holders, carefully remove the pan from the oven, add the butter, and stir until melted. Arrange the asparagus in the pan. Pour the egg mixture on top. Bake until puffed and golden brown, about 15 minutes. Do not open the oven while the popover is cooking.

Remove from the oven, sprinkle the remaining 1/2 cup fontina and the Parmigiano-Reggiano on top, and return to the oven. Bake for 1 minute, until the cheese has melted. Remove from the oven, drizzle with some of the herb oil, and serve immediately.

SPICY HERB OIL[©]

Makes: about 1/2 cup

- 1/2 serrano chile, finely diced
- 1 tablespoon finely chopped fresh flat-leaf parsley
- 1 tablespoon finely chopped fresh mint
- 1 tablespoon finely chopped fresh basil
- 1/2 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper

1 Put the serrano, parsley, mint, and basil in a small bowl. Stir in the olive oil and season with salt and pepper. Let sit at room temperature for at least 30 minutes and up to 2 hours before serving to allow the flavors to meld.

COCONUT WAFFLES[©] WITH CHOCOLATE MAPLE SYRUP AND BANANA

These waffles have amplified coconut flavor; there's toasted coconut both in and on top of the waffles and coconut milk in the batter. The result is a moist, sweet waffle with chewy shreds of coconut in each bite. Sliced bananas and a maple syrup doctored with chocolate are the perfect finish.

Serves: 4

- 1 3/4 cups all-purpose flour
- 2 tablespoons granulated sugar
- 1 tablespoon light brown muscovado sugar
- 1 tablespoon baking powder
- 1/4 teaspoon plus a pinch of fine sea salt
- 1 1/4 cups whole milk
- 3 large eggs
- 1/2 cup unsweetened coconut milk
- 1/2 teaspoon pure vanilla extract
- 6 tablespoons (3/4 stick) unsalted butter, melted, plus more for the waffle iron
- 3 tablespoons canola oil
- 1/3 cup shredded sweetened coconut, lightly toasted, plus more for serving
- 1 cup pure grade B maple syrup
- 2 ounces bittersweet chocolate, finely chopped
- 2 large ripe bananas, sliced

Preheat the oven to 250°F. Put a baking rack on top of a baking sheet. Whisk together the flour, both types of sugar, baking powder, and 1/4 teaspoon of the salt in a medium bowl. Whisk together the milk, eggs, coconut milk, vanilla, butter, and oil in a medium bowl. Add to the flour mixture and mix until just combined. Gently fold in the coconut. Cover and let rest in the refrigerator for 30 minutes.

Bring the maple syrup to a simmer in a small ovenproof saucepan over low heat, add the chocolate and remaining pinch of salt, and remove from the heat.

Whisk until smooth. Keep warm in the oven until serving.

Heat a waffle iron according to the manufacturer's directions. Brush the grates liberally with butter. Fill the iron and cook according to the manufacturer's instructions until crisp and golden. Transfer to the baking rack in the oven to keep warm while you cook more waffles, buttering the grates before each batch. Serve the waffles topped with the bananas, syrup, and a sprinkling of toasted coconut.



OLIVE OIL-POACHED EGGS[©]

WITH CRISP PAN CETTA AND TOMATO-MUSTARD SEED RELISH

I absolutely love this dish. Layered on sourdough toast with crisp slices of pancetta and a barely cooked tomato relish popping with the bright flavor of toasted mustard seeds, these silky poached eggs are a must-try for brunch

Serves: 4

- Canola oil
- 8 thin slices pancetta
- Kosher salt and freshly ground black pepper
- 1 cup extra-virgin olive oil
- 1 garlic clove
- 4 large eggs
- 4 slices sourdough bread, lightly toasted
- Tomato-Mustard Seed Relish (recipe follows)
- Chopped fresh flat-leaf parsley, for garnish
- Chopped chives, for garnish

Preheat the oven to 375°F.

Brush a baking sheet lightly with canola oil and add the pancetta in an even layer, leaving a little room between slices. Sprinkle the top with black pepper. Bake until just crisp, about 8 minutes. Set aside to cool.

Put the olive oil and garlic in a small sauté pan over medium heat. Heat until the garlic begins to sizzle and turns light golden brown, about 1 minute. Remove the garlic and discard. Bring the oil to 140°F on an instant-read thermometer.

Crack each egg into a ramekin and carefully slide the eggs, one at a time, into the warm oil. Poach until the yolks are almost set, about 3 minutes.

Put each piece of toast on a plate. Remove the eggs with a slotted spoon and place one on top of each piece of toast; season with salt and pepper. Top each egg with 2 pieces of pancetta and some of the tomato relish. Garnish with parsley and chives.

TOMATO-MUSTARD SEED RELISH[©]

Serves: 4

- 3 tablespoons olive oil
- 1 teaspoon yellow mustard seeds
- 1/2 pint heirloom cherry tomatoes, quartered
- Pinch of sugar
- Kosher salt and freshly ground black pepper
- Splash of red wine vinegar
- 2 tablespoons chopped fresh flat-leaf parsley
- 2 tablespoons chopped fresh chives

Heat the oil in a large sauté pan over medium heat, add the mustard seeds, and cook until the seeds begin to pop, about 30 seconds. Add the tomatoes, sugar, and salt and pepper to taste and cook until the tomatoes begin to just soften, about 5 minutes.

Add the vinegar, parsley, and chives and transfer to a bowl.

Serve warm or at room temperature

Crank up the oven and heat up the sheets

Page design & layout by Winifred Ribeiro

No time to cook? Whether breakfast, side, main course or dessert sheet pans will soon become indispensable in your kitchen. *Sheet Pan Meals* gives you recipe ideas for conveniently combining your whole meal onto one pan and just popping it into the oven. Whether using roasting, baking, or broiling methods, flavours will intensify. Getting the meal onto the table will be less expensive and a lot easier. Clean up is a breeze leaving more time to do the things you love.

Use an actual sheet pan which is also known as a “half-sheet” or “rimmed baking sheet,” a sheet pan is a flat, 18x13-inch metal pan with a 1-inch rim around the sides.

The 200 recipes in *Sheet Pan Meals* offer a choice of recipes for meat eaters, vegetarians or vegans, and sweets and desserts.

It's time to re-imagine quick dinners. All you need is a sheet pan and an oven and you are well on your way to creating meals for your family to enjoy.



Courtesy of 200 Best Sheet Pan Recipes by Camilla Saulsbury © 2016 www.robertrose.ca Reprinted with publisher permission.



Roast Chicken Quarters with Lemon-Dill Spring Vegetables ©

This combination of roasted chicken, fingerling potatoes and spring vegetables is fancy enough for a dinner party but quick and easy enough for a weeknight.

Serves 4

- Preheat oven to 500°F (260°C)
- 18- by 13-inch (45 by 33 cm) rimmed sheet pan, lined with foil
- 4 chicken leg quarters (about 3 lbs/1.5 kg), patted dry
- 3 tbsp / 45 mL olive oil, divided
- Salt and freshly ground black pepper
- 1 package (12 oz/375 g) frozen pearl onions, thawed
- 1 package (1 lb/500 g) peeled baby carrots
- 1 lb / 500 g yellow-fleshed fingerling or baby potatoes, halved crosswise
- 2 cups / 500 mL trimmed radishes, halved lengthwise
- 1/4 cup / 60 mL chopped fresh dill
- 1 tbsp / 15 mL finely grated lemon zest
- 2 tbsp / 30 mL freshly squeezed lemon juice

Place chicken, skin side up, on prepared pan, spacing evenly. Brush with 1 tbsp (15 mL) oil and season generously with salt and pepper. Roast in preheated oven for 10 minutes.

Meanwhile, in a large bowl, gently toss together onions, carrots, potatoes, radishes, the remaining oil, 3/4 tsp (3 mL) salt and 1/2 tsp (2 mL) pepper.

Remove pan from oven and nestle vegetables around the chicken pieces. Roast for 20 to 25 minutes or until vegetables are tender, chicken skin is crispy and an instant-read thermometer inserted in the thickest part of a chicken thigh registers 165°F (74°C).

Transfer chicken to a serving platter or individual plates. Sprinkle vegetables with dill, lemon zest and lemon juice, then toss to coat. Serve with chicken.

Tip: An equal amount of chopped fresh parsley or mint can be used in place of the dill.



Sheet Pan Clam Bake ©

No need to head to the beach: this sheet pan preparation delivers the New England flavors of a classic clam bake to your kitchen anytime.

Makes: 4 servings

- Preheat oven to 450°F (230°C)
 - 18- by 13-inch (45 by 33 cm) rimmed sheet pan, lined with foil
 - 1 lb / 500 g small yellow-fleshed or white new potatoes
 - 1 tbsp / 15 mL olive oil
 - 1/2 tsp / 2 mL salt
 - 1/4 tsp / 1 mL freshly cracked black pepper
 - 1 lb / 500 g mussels, scrubbed
 - 1 lb / 500 g littleneck clams, scrubbed
 - 2 corn cobs, cut crosswise into 2-inch (5 cm) pieces
 - 1 package (12 oz/375 g) smoked sausage, cut into 2-inch (5 cm) pieces
 - 1/4 cup / 60 mL unsalted butter, cut into small pieces
 - 2 tsp / 10 mL Old Bay or other seafood seasoning
 - 1 lb 500 g jumbo shrimp, peeled and deveined
- Suggested Accompaniments:**
 Chopped fresh parsley
 Lemon wedges
 Crusty bread

On prepared pan, toss potatoes with oil, salt and pepper. Spread in a single layer. Roast in preheated oven for to 20 -25 minutes or until potatoes are slightly tender.

Remove pan from oven and scatter mussels, clams, corn and sausage evenly over pan. Sprinkle with butter and Old Bay seasoning. Roast for 8 minutes.

Remove pan from oven and scatter shrimp over pan; stir to combine, then spread evenly over pan. Roast for 3 to 6 minutes or until mussels and clams have opened, shrimp are pink and opaque and potatoes are tender. Discard any mussels or clams that do not open.

Scoop seafood mixture into bowls with any accumulated juices and serve with any of the suggested accompaniments, as desired.

Tip: To make your own seafood seasoning, combine 3/4 tsp (3 mL) celery salt, 1/2 tsp (2 mL) freshly ground black pepper, 1/2 tsp (2 mL) sweet paprika and a pinch of cayenne pepper.

It is best to discard any mussels or clams that do not open after cooking because that is a strong indicator that they are not safe to eat.

Berries and Cream Pavlova ©

Hello, gorgeous. This stunning dessert has multiple delightful layers: a crisp-pillowy meringue, a tangy whipped cream filling and fresh berries

Serves: 8

- Preheat oven to 225°F (110°C)
- 18- by 13-inch (45 by 33 cm) rimmed sheet pan, lined with parchment paper



Meringue

- 4 large egg whites, at room temperature
- 1/4 tsp / 1 mL cream of tartar
- 1 cup / 250 mL granulated sugar

Pavlova

- 1 lb / 500 g strawberries, quartered
- 1 cup / 250 mL raspberries
- 2 tbsp / 30 mL granulated sugar, divided
- 1 cup / 250 mL heavy or whipping (35%) cream
- 1/4 cup / 60 mL sour cream
- Fresh basil or mint leaves, thinly sliced (optional)

Meringue: In a large bowl, using an electric mixer on medium speed, beat egg whites until foamy, about 1 minute. Add cream of tartar and beat for 60 to 90 seconds or until soft peaks form. Gradually add 1 cup (250 mL) sugar, beating constantly. Increase mixer speed to medium-high and beat for 4 to 6 minutes or until meringue is glossy and stiff peaks form.

Spread meringue in a 10-inch (25 cm) circle on prepared pan, mounding it slightly higher at the outside edge to create a nest shape.

Bake in preheated oven for 2 1/2 to 3 hours or until firm and dry. Turn oven off and let meringue cool in oven for 1 1/2 to 2 hours or as long as overnight.

Pavlova: In a medium bowl, combine strawberries, raspberries and 1 tbsp (15 mL) sugar.

In another medium bowl, using an electric mixer on medium-high speed, beat cream, sour cream and the remaining sugar until soft peaks form.

Carefully transfer meringue to a serving plate. Top with whipped cream, berries and basil (if using). Serve immediately.

Seniors Scene

Ogden House

The next Acoustic Jam at Ogden House is on April 8th with a catered meal at 5:30 p.m. before the jam starts at 6:00 p.m. The cost of dinner and jam is \$15 per person. It costs \$5 if you attend only to enjoy the performance of a variety of musicians. For more information, go to Bob Hager's Facebook page and look for "Acoustic Jam".

Ogden House's next TGIF dinner is on April 15th with great entertainment. Jim Bullough, a longtime member, will be sharing his love of building and flying airplanes. Tickets are \$14 per person. Reservation is needed, so call now to book your seat.

Come and join Ogden's weekly potluck lunch on Wednesdays from 12:00 p.m. to 12:45 p.m. Bring a couple of sandwiches or pay \$3. After lunch, try your

skill (or lack thereof) at carpet bowling.

Ogden House's "Filling the Gap" program addresses the needs of isolated low-income seniors in the Ogden community, designed to reduce social isolation, connect seniors to supports and resources, and enhance the quality of life through improved physical and emotional health.

For more information about the above events and programs, please call (403) 279-2003 or visit programs@ogden50plus.org. Ogden House is located at 2102 – 69th Avenue SE.

Social Dance Club

Saturday dances will be held on April 9 and April 23 in the Kerby Centre Gym, 1133 – 7th Avenue SW, featuring Rumba and 2-Step to the music of Benny Uchaez and Joel Spire respectively. Doors open at 5:30 p.m. for those taking the dance lesson and at 7:00 p.m. for regular dances, which run from 8:00 p.m. to 11:30 p.m. Members pay \$12 and guests \$14, inclusive of complementary coffee and tea. On site there is the Lions' Club Cash Bar; no outside drinks are allowed. For more information, please call Sharon or John at (403) 242-6957, or visit www.socialdanceclubcalgary.com.

Good Companions

Good Companions 50 Plus Club's Social Supper on April 12 will be an Easter Bonnet Parade. Happy Hour is at 4:30 p.m., supper at 5:30 p.m. Entertainment to be announced. The cost for members is \$12, non-members \$15.

On April 29 and 30 the Annual Rummage Sale will feature treasures galore, collectibles, books and clothing. The sale takes place on both days from 9:00 a.m. to 4:00 p.m.

For further information about these and other programs, please call (403) 242-3799 or visit the website: www.gc50plus.org.

Confederation Park

There will be Saturday dances at Confederation Park on April 9, 23, to the music of Country Travelers and For Old Tymes Sake respectively. Doors open at 6:30 p.m. and dance begins at 7:30 p.m. Tickets costs \$12.

Three more events will take place in April: 1) Multimedia presentation on April 15 by Jacinthe Lavoie and Ian Wilson, authors of Wildflowers of Banff. Admission is \$2 per person or by donating to the Veterans' Food Bank. 2) Seniors Housing Forum on April 16. Call (403) 289-4780 to register. 3) Craft Event at the McMahon Stadium on April 19. For details, please call

the Confederation Park 55+ Activity Centre at (403) 289-4780.

For more information, please visit www.confedpark55plus.ca. Confederation Park 55+ Activity Centre is located at 2212 – 13th street NW.

Greater Forest Lawn

Greater Forest Lawn 55+ Society will hold three dances in April. On April 2 the band will be Sentimental Journey, April 16, Country Travelers, and on April 30, Black Jacks. Doors open at 6:30 p.m., dance is at 7:30 p.m. Cost is \$12 for members, non-members \$13.

Five Star Bingo takes place on April 7 and 21, at 12:15 p.m. at 4980 25 street SE Bus Route – Circle #72 or #73. Telephone 403-248-8334.

The Monthly Birthday Supper will be held on April 31 with reserved seating, at 5:30 p.m., entertainment to follow, cost for members: \$14, non-members \$16.

Sunday Morning Breakfast and Dance on April 3 and 17 will be at 9:00 a.m. to 12 noon, cost \$7.

For more information about these and other programs, please call 403-272-4661 or visit the website: www.gfls.org

Compiled by Faye Wu and Margaret McGruther

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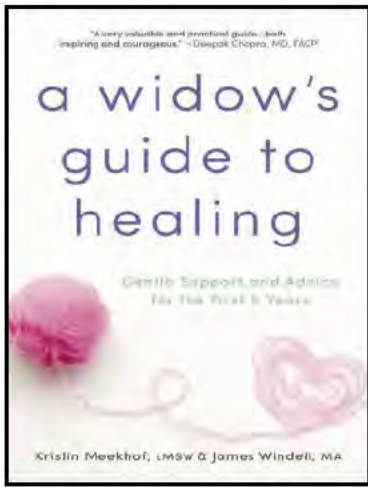
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Book Review



“A Widow’s Guide to Healing”

By Kristin Meekhof, LMSW, and James Windell, MA

c.2015, Sourcebooks
\$14.99 U.S. /
\$19.99 Canada
256 pages
Reviewed by the Bookworm

You’ve already passed so many milestones.

The first night without your husband. The first meal without him, the first day, a week, a month, you mark each one and try to move on. Somebody said grief gets easier, but you’d like to know when; the new book, “A Widow’s Guide to Healing” by Kristin Meekhof, LMSW and James Windell, MA might help.

Kristin Meekhof was just thirty-three when her husband, Roy, died of cancer.

She remembers going to the bookstore in the days afterward, searching for something that would offer direction, but no one had what she needed. Because of that, this book was born to offer widows what Meekhof couldn’t find: a “blueprint” for getting through the next day and the first five years.

First of all, the authors say, nobody “thinks clearly after a tremendous loss,” so if you’re feeling foggy, “it’s normal.” Don’t try making decisions you don’t have to make (“For right now, your needs are simple.”) but understand that there are things that will need doing “ASAP.”

You may’ve always been independent, but don’t be stoic: ask for and accept help when friends and family offer it. You know they will, so don’t be afraid to take them up on their offer. You’ll need it.

In the weeks after your loss, having a “basic understanding of the legal process” could protect you. Hire a lawyer if you feel as though you can’t deal with probate, wills, and legalities of death. You may also need a list of assets and financial information; again, ask for

help or find a financial consultant — but take your time, if you can.

If you’re now a single parent, know how to talk to your children about what’s happened. Your relationships with family may also change, especially those which you’ve had with in-laws and stepchildren. Remember that your loss is theirs, too.

And finally, don’t let anyone pressure you into anything; everyone grieves differently, and there is no timeline. “Grieving is going to be a long process,” say the authors, and you must learn to release regrets and forgive. You will get through this.

Another day, another milestone. Another found object that leads to tears. Another reason to have “A Widow’s Guide to Healing.”

While no one can know how you feel, authors Kristin Meekhof and James Windell offer advice from Meekhof’s

experiences and from widows who’ve walked the walk. Those in-the-trenches, no-nonsense words of wisdom, I think, are the best of what’s here, which is not to minimize the rest of this helpful book; indeed, there’s no subject untouched and no topic ignored, all in readable chapters that needn’t be finished in order. Meekhof and Windell even include discussions that many books of this type often don’t: old hurts, new relationships, and caregiver’s concerns.

I couldn’t think of one neglected question after reading this book, which may make it the most useful thing a new widow will need. Have it, in fact, before you need it because “A Widow’s Guide to Healing” could carry you for miles.

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

Happiness is when what you think, what you say, and what you do are in harmony.

Mahatma Gandhi

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The Healthy Geezer

By Fred Cicetti

[This is the first installment in a three-part series on breast cancer]

Breast cancer is second – behind lung cancer – as the leading cause of cancer death in women. The chance of developing invasive breast cancer at some time in a woman's life is about 1 in 8.

The female breast is composed primarily of milk-producing glands (lobules), ducts that connect the glands to the nipple, and soft tissue. Breast cancer is a malignant tumor that has grown from breast cells. Nearly all breast

cancers start in the ducts or lobules of the breast. The cancer can spread (metastasize) to other parts of the body, but it will continue to be defined as breast cancer.

There are many forms of breast cancer. Infiltrating ductal carcinoma (IDC) is the most common form. It starts in a duct, then breaks through the duct wall and invades the tissue of the breast. At this point, it can metastasize through the lymphatic vessels and the bloodstream.

Lymph plays a major role in breast cancer. It is a fluid that carries immune-system cells through lymphatic vessels. Lymph nodes are small collections of these cells in

the vessels. Almost all lymphatic vessels in the breast connect to lymph nodes under the arm.

Cancer cells that enter lymphatic vessels can spread and begin to grow in lymph nodes. This is why doctors check the lymph nodes to see if breast cancer has spread.

Ductal carcinoma in situ (DCIS) is the most common type of noninvasive breast cancer. The term “in situ” means the cancer is confined to its original site. DCIS denotes that the cancer cells are inside the ducts but have not spread through the walls of the ducts into the surrounding breast tissue. Nearly all women diagnosed at this

early stage of breast cancer can be cured.

There are many risk factors for breast cancer.

The risk rises with age. About three quarters of women with breast cancer are older than 50 when they are diagnosed.

Breast cancer risk is higher among women whose close relatives have the disease.

A woman with cancer in one breast is at high risk of developing a new cancer in either of her breasts.

Women who started menstruating before age 12 or who went through menopause after age 55 have a slightly higher risk of breast cancer.

Having multiple pregnancies and becoming pregnant at an early age reduces breast cancer risk.

Long-term use of hormone replacement therapy (HRT) after menopause increases your risk of breast cancer.

Drinking alcohol is linked to an increased risk of developing breast cancer.

Obesity is a breast cancer risk, especially for women after menopause.

Evidence is growing that exercise reduces breast cancer risk.

If you would like to ask a question, write to fred@healthygeezers.com

Perfecting pet health

(NC) Balance is an important part of leading a healthy fulfilled life and it's just as important for our pets. To help make

nutritious choices on behalf of our pets, here are some tips from celebrity dog trainer Harrison Forbes.

Enjoy first class fuel

Diet is a major factor in a healthy lifestyle for pets and humans. Like you, your pet should eat nutri-

tious ingredients from all of the essential food groups. Incorporate high-quality proteins as the main ingredient, along

with wholesome grains, fruits, vegetables, pre- and probiotics, and omega-3 and 6 fatty acids to nourish your pet's body.

Get physical

Pet behaviour problems can sometimes be rooted in frustration. Like people, dogs can get bored and anxious when they are under-exercised. Being a good pet parent means finding time to play with your dog. Whether focused on mental stimulation (for example, using “smart toys”) or on physical exercise (like a walk in the park), interactive activities are crucial for a healthy, well-behaved pup.

Educate early

When it comes to pet parenting, education is essential – for both of you. To effectively train your dog, you need to invest time in understanding his genetic history so you can design a program that takes advantage of his natural instincts. As your pup learns good conduct, don't forget to recognize and reward his progress. Treats can be a nutritious way to reinforce and reward behaviour, help him enjoy the training experience, and fuel his body.

Seek out puppy pals

Taking your dog out on the town is key to teaching him how to interact with other people and animals. Just like human babies, dogs need time to learn what they can and cannot do around others, and exposing them to other pets is a great way to help them establish relationships and learn to enjoy spending time with furry friends. Plus, having a dog on your arm is a great way to meet like-minded friends.



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 AGM.....Tue Apr 19
 Health Presentation.....Mon Apr 18
 Rock and Roll Comedy Show.....Tues Apr 26
 Monthly Movie "The Magic of Belle Isle"...Fri Apr 29

Internet Drop-in
 Rm 305
 Monday-Friday
 9:00am-2:00pm
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Fit Room (Rm 108)
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Health Presentation—April 18
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 Room 205 11:00am-12:00pm
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Kerby Centre 2016 Tax Clinic is Here!
 Kerby Centre 2016 Tax Clinic kicked off on March 1, 2016. The Tax Clinic provides free assistance in filing tax returns for low-income adults who are 55+. Appointments can be booked by visiting the Information Resources office in Room 206 or by calling 403-705-3246.

Kerby Centre Dining Room	
8:00am-10:00am	Breakfast
11:30am-2:00pm	Hot entrée, homemade soup, sandwiches, salads, desserts
1:30pm-3:00pm	Pastries, muffins, tea and coffee
Tasty and nutritious meals are available at a reasonable price. A hot meal including soup or salad is \$7.50. Everyone is welcome!	

Monday
 Recorders Group (Rm 313) 1:00pm-2:30pm
 Cribbage (Rm 307) 1:30pm-3:30pm
 Writing Group (Rm 301) 1:30pm-3:30pm
 Pickleball (Gym) 3:30pm-5:00pm
 Cost: \$1.25
 Peer Learning Group (Rm 318B)
 10:00am-12:00pm Cost: \$2.00

Tuesday
 Canasta (Rm 307) 10:30am-12:30pm
 Cost: \$1.25
 Options 45 (Lounge) 1:30pm-3:00pm
 Cost: \$2.00

Wednesday
 Bridge (Rm 307) 1:00pm-3:00pm
 Dance (Rm 205) 1:00pm-3:00pm
 Cost \$1.25
 Craft Group (Rm 311) 9:00am-12:00pm
 FREE

Thursday
 Artist Group (Rm 313) 10:00am-3:00pm
 Cost \$1.25 half day
 Latin American Club (Rm 119) 10:00am-12:00pm
 Bingo (Rm 205) 11:00am-3:00pm
 Pickleball (Gym) 3:30pm-5:00pm
 Cost: \$1.25
 Kerby Tour (Dining Room) 10:30am-11:30am

Friday
 Spanish Conversation Group (Rm 311)
 10:00am-12:00pm
 Badminton & Ping Pong (Gym) 10:30am-1:00pm
 Cost:\$1.25
 Crazy Karvers Woodcarving Club (Rm 102)
 10:00am-3:00pm
 Cost: \$1.00 per hour

Weekly Clubs and Events
 If you have any questions, ideas 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.



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Shop at Kerby Centre			
Wise Owl Boutique (Rm 214) Monday-Friday 10:00am-3:00pm	Next-to-New (Rm 203) Monday-Friday 10:00am-2:30pm	Trekking/Walking Poles Education and Recreation Department (Rm 305) \$25.00	Woodshop (Rm 102) Monday-Friday 9:00am-12:00pm & 1:00pm-3:00pm

**Location: K2-EV – 428 9th AVE SE
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lifespring Community Church 10:30am 403-862-5639	Gentle Fitness 11:15am-12:15pm Cost: \$2.00 Drop in Computer Time 9:00am-11:00am	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am – 3:00pm	Games n' More 10:30am-12:00pm Community Connects 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-11:00am	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-3:00pm	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-3:00pm

Monthly Movie: Thursday, April 28 11:00am "The Magic Belle Isle" Cost: \$2.00
 Chow N' Chatter: Wednesday April 20, 12:00pm-1:30pm Cost: Older Adults \$2.00, Others \$5.00

How to make your dog's meal time nutritious — and fun

Veterinarian explains the bonding and health aspects of home-made meals

By Brittany Thomas

Getting it right at meal time isn't always easy for busy dog owners.

There's a tendency to grab a bag of store-bought dog food, pour it in the bowl and be done with it.

"I've seen 18-year-old dogs that have been fed nothing but commercial food all their lives," says veterinarian Dani McVety.

Some of those store-bought brands do have a balanced mixture of nutrients that can serve a dog well, she says, but it's even more beneficial when people can add such supplements as fish oil or vegetables to their pet's diet.

"What we put into our own bodies is important, and the same is true for our dogs," McVety says.

Devoted owners can, on occasion, even take the time to cook their dogs a meal, much like they would for any family member.

Kris Rotonda does that sometimes. He has three dogs — Coco, Kobe and Jordan — that he gives home-cooked meals as a special treat.

"I started cooking for them because I think it's a healthier way to go for meals," Rotonda says.

"Cooking for our pets increases the bond we have with them and increases the time we spend with them,"

For example, a favorite recipe — for chicken cakes — includes chicken, brown rice, peas, bread crumbs and parsley.

There's certainly something to be said for Rotonda's approach, and it goes beyond the nutritional aspects, McVety says.

"Cooking for our pets increases the bond we have with them and increases the time we spend with them," she says.

It's also a good way to know exactly what's in the animal's meal because you are adding each ingredient. Just what, and how much, to feed a pet varies, though. A certain amount of trial and error is involved as you settle on the right amounts and the balance of nutrients, McVety says.

"But as long as it's a balanced diet that your vet recommended," she says, "then the benefits of cooking for your pet can be immeasurable."

McVety offers a few tips on how to make the most out of your dog's meal:

- Mixing it up. Deciding whether to prepare a meal at home or opt for a commercial dog food instead doesn't have to be an either/or thing. McVety likes mixing things up with her own dog, with about half the daily calories coming from a balanced commercial dog food and the other half from ingredients she provides. Salmon is one of her favorite things to include in the meal rotation because of its anti-inflammatory properties, she says. She also likes to add eggs,

along with vegetables such as carrots. "If it's healthy for us, generally it's going to be relatively good for them," she says.

- Beware of allergies. Just like humans, dogs can be allergic to certain foods. In some cases, they develop allergies to the proteins in commercial dog foods. "That may or may not be because of the quality of the dog food they are getting," McVety says. "That's why I

prefer organic." If you are adding something new to your dog's diet, introduce it slowly so you can monitor the dog's reaction.

- Check with your vet. Ultimately, your dog may have specific diet needs based on its breed, health history or other factors. "It's important to work through a veterinarian because we understand the physiology of the animal," McVety says. □

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The stigma of mental illness

One of the last examples of wide-spread institutionalized discrimination

By Dr. Latimer

Getting treatment for a mental illness is often a lot more difficult than simply calling up your doctor and making an

appointment. For many people it involves a painful process of accepting that they have a problem and being willing to expose themselves.

Many people who come to be treated for the first time say they have put off treatment for several years because of fear. They fear the reactions of their co-workers, friends or family - of being

seen as weak, strange or overly dramatic. If it's not the reactions of others they fear, it is often the shame of feeling like a dependant on therapy or medication that keeps them away.

Sometimes, the fear of people's reactions is simply perception, but the reality is that mental illness is stigmatized in our society. In fact, mental illness is one of the last examples of widespread institutionalized discrimination just as race and gender have been in the past.

Mental illness is recognized to affect a large portion of the population from all walks of life. The World Health Organization tells us it is the second leading cause of disability and premature death worldwide - outstripping cancer and second only to heart disease. Still, in both Canada and the United States, insurance companies can openly and legally impose treatment limitations for mental illness that differ significantly from limits on all other medical conditions.

Depression is an independent risk factor for heart disease just like high cholesterol, obesity or smoking.

Other disorders that worsen with depression include cancer, diabetes, epilepsy and osteoporosis. Diabetics are twice as likely to be depressed as others and those who are depressed are twice as likely to suffer complications of diabetes such as heart disease, nerve damage and blindness. Depression more than triples the likelihood of dying in the 10 years after a stroke. These complications can be avoided by treatment with antidepressants.

It is important to realize that while our societal stereotypes are discriminatory, mental illness is not. It can affect anyone of any walk of life, background, ethnic group, educational status or religion.

If you think you suffer from a mental illness, resist succumbing to stigma and ask your doctor about getting treatment.

Dr. Latimer is a psychiatrist and president of Okanagan Clinical Trials. www.troymedia.com



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Survey confirms only 11% of Canadians 50+ eat enough protein

A recent survey of Canadians who are 50 years of age and older shows that only 11 per cent are eating protein as frequently as they should. Dr. Stuart Phillips, a Professor of Kinesiology at McMaster University, who studies the link between protein consumption and exercise for maintaining muscle mass, recommends adults 50 and over eat protein with every meal.

"We lose muscle tissue as we age, and for most people it limits our ability and confidence in our mobility. But it

doesn't have to be that way," explains Dr. Phillips who was recently appointed Director of McMaster's Physical Activity Centre of Excellence (PACE), which is devoted to studying and improving health among adults. "If you want to stay active as you age, incorporate protein, especially high-quality protein, into every meal and exercise daily," says Phillips.

A recent online survey of Canadians 50 years of age or older, found that while 89%

of respondents know that protein is important to build muscle, only 11% say they consume some form with every meal within a typical week. Similarly, 96% know that regular exercise is important to maintain muscle mass as we age, but only 13% are exercising for more than 20 minutes every day in a typical week.

"The loss of muscle as we age is called sarcopenia. While we can't stop it we can slow it down," says Phillips. High quality protein

contains the essential amino acids, the building blocks of protein, which help build and repair muscles and prevent muscle loss.

In the newest installment of the Protein Builds video series, Phillips discusses how protein needs change as we age.

"Adults 50 and over should be consuming 25-30 grams of protein at every meal, which includes meat and alternatives," says Phillips. That's the equivalent of:

- A ham sandwich (3 slices on whole wheat bread) with

1 cup 1% milk.

- 75 g baked chicken breast on quinoa (1/2 cup) with broccoli (1 cup).

High quality proteins also contain other nutrients like calcium and iron, along with many other essential vitamins and minerals. Meat, milk and dairy, eggs, nuts, beans and legumes are all good sources of high quality proteins.

Courtesy of Canada Newswire

Get your barbie ready

A few simple steps to enhancing your BBQ's performance

- Clean the cooking grids and searing plates. Soak the cooking grills in warm water and soap before giving them a good cleaning to get rid of the grease and food crust that has been burnt on. Season them for the coming season and get ready for incredible grilled

flavours all summer long. While your searing grids are soaking, remove the heat shields (give them a good scrape as well) so you can run your barbecue brush over the burners. This is also a good time to check your igniter and rear burner to make sure all is in working order.

- Clean the grease cup. The more you use your grill, the more you will have to clean or replace your grease cup. Before firing up your grill, take out the old and put in the new.

- Scrape off the grease tray. All the grease and food remnants from past meals collect and char on the grease tray. No need to get out the soap and water for this one, but give it a good scrape with a spatula or putty knife to clean off all the bits.

- Check for leaks. Inspect your hose and fittings to ensure everything is in order and that there are no leaks. Do a soap test to be safe: in a spray bottle or small bowl, mix one part

water to one part dish soap. Apply the mixture (spritz it or apply with a small brush) to all fittings. Make sure your lid is open and all the control knobs are turned off.

Turn on your gas — any growing bubbles are a sign of a leak that needs to be addressed.

Courtesy of Enterprise Canada

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How to protect your pet from fleas and ticks

(NC) A cat or dog with fleas or ticks in their fur is an uncomfortable and irritated pet. But did you know that these infestations can lead to more serious health problems for both your pet and your family? Some animals – and people – can suffer allergic reactions to flea saliva, causing rashes. Sometimes, fleas and ticks can transmit disease.

One of the best ways to detect fleas or ticks is to inspect your pet regularly, especially after an outing or contact with other animals. Here's what to look for:

- Fleas are small insects (one to four millimetres long) with dark brown or reddish brown flattened bodies. Look for black particles the size of milled pepper on your pet's skin near the tail on the back of your dog or cat.

- Ticks feed on the blood of animals, including humans. They have four pairs of legs and can be easily seen, especially when they are feeding.

If you find a flea infestation or a tick on your pet, the first step is manual removal:

- For fleas, use a flea comb and focus on where fleas are most likely to gather; usually the neck, tail or belly of your pet. Flea combs allow hair to pass through the tines, but not the fleas, and remove fleas, flea feces and dried blood. Deposit any fleas you catch in hot soapy water to kill them.

- Ticks need to be removed carefully. Wear disposable gloves and grasp the tick with a pair of fine tweezers as close to the skin as possible, with the tweezers held at a right angle to the tick's body. Gently but firmly, pull the tick up and away from the host's skin. Avoid twisting or turning the tick during removal. To kill a tick, you can freeze it, or submerge it in rubbing alcohol. Afterwards, throw out the gloves and wash your hands and the tweezers thoroughly. When appropriate, disinfect the site where the tick was feeding.

If you suspect Lyme disease and wish to send the tick for laboratory testing, contact your local provincial public health authority to find out where it should be sent. Advice on how to handle, package, and ship ticks is available from the Public Health Agency of Canada at: www.phac-

www.aspc.gc.ca, under Infectious Diseases.

To protect against fleas and ticks, many pet owners use products that are designed for skin contact with pets, such as spot treatments, shampoos, sprays or collars. These products have been proven effective, however it is extremely important to read and follow all of the label directions for the safety of your pet and family.

If you plan to use a flea or tick control product on your pet:

- Check with your veterinarian for advice if you're unsure about which product to use. If your pet is elderly, pregnant or nursing, sick or on medication, it may have additional sensitivity to flea and tick control products.
- Tell your vet if your pets are in regular close contact with young children.

- Make sure to always read the product label and closely follow the instructions, which can change over time.

- Use the product only on the animal specified on the product label: dog products should only be used on dogs, cat products only on cats.

- Apply only the amount indicated for the size and weight of your pet – too little could be ineffective and too much could be harmful.

- Observe your pet closely during and after treatment, especially the first time that you use a flea and tick control product. Signs of an adverse reaction can include skin irritation. Seizures are a sign of a more serious reaction.

- Contact a veterinarian if you notice your pet experiencing an adverse effect. It is important to report any adverse effects to the manufacturer listed on the product label. Manufacturers are required by law to report incidents to Health Canada. You may also report incidents to Health Canada.

More information, including a video on how to properly apply pet protection products, is available at www.healthycanadians.gc.ca/video/flea-tick-antipuces-antitiques-eng.php. You can also contact Health Canada's Pest Management Regulatory Agency at 1-800-267-6315 or pmra.infoserv@hc-sc.gc.ca.

www.newscanada.com

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27 Winslet and Middleton	70 "Make no edits to those script lines!"?	117 Oasis beast	15 Female grids	63 Hole tool	108 Large city in Nebraska
28 Source of great wealth	76 Sleek, informally	119 Capital of the Beaver State	16 Copy closely in product names	65 Stomached	109 Established fact
30 Make juice of	77 How some freelancers work	123 Poe's bird	17 Low-cost, in product names	66 Used a tool to grab, as an ice block	110 — Gay (warplane)
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38 Life story, for short	81 Very spirited	129 Wise up	24 Get from — B	71 Big name in vacuums	113 Some jabs
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41 With 45-Down, place for paternity testing	89 Brand of fruit drinks	131 — Domingo	31 Blind as —	73 EMS skill	118 Pre-euro Italian money
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SENIOR'S DAYS

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Classified Rates
Starting at \$18.50* (50 characters 2 lines)
Classified Deadline for April issue must be received and paid by April 7.



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10 Health

Careco Health Services
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13 Mobility Aids

Moto Master: New \$3000 selling \$1000 403-238-0543

GO-GO electric scooter. New July 2015 used only 4 mos. \$1000 ph 403-239-7932

Cobra 778EL Red \$3200, hardly used. New \$3700 Joyce 403-440-9733

20 Home Maintenance

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Kerby Classifieds may help you!

24 Landscaping

Need help on rural land? - in exchange for room and plot to grow vegetables. References avail. Call to talk. Roselyn 403-702-3099

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30 For Sale

AQUATEC reclining back bath lift chair Retails over \$2000 asking \$150 Barb 403-702-1987

Large lift chair purchased late Oct, used approx. 2 months. Originally \$2600 asking \$1500. Ph 403-251-4096

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Old or antique furniture wanted by hobby refinisher. Also want china, silverware, art. Donny 403-286-6436

Mature single adult female with Christian beliefs seeks long term live-in position with senior/couple. Open to discussing remuneration/room & board. Am compassionate, honest, hard working & love animals. Jill 403-455-2133

Continued on page 28

A Big Woof!

- The reason a dog has so many friends is that he wags his tail instead of his tongue. -Anonymous
- Don't accept your dog's admiration as conclusive evidence that you are wonderful. -Ann Landers
- If there are no dogs in Heaven, then when I die I want to go where they went. -Will Rogers

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Crossword Solution

A	B	E	R	A	B	B	I	L	A	D	E	D	T	A	M	E	D			
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Kerby Centre's Classified Ads

Continued from page 27

Senior looking to buy older 1/2 ton truck in good condition. 403-249-4180

45 For Rent

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- Priority registration for classes
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- Member rates for select Kerby Centre Events
- Member rates for Education and Recreation programs
- Advanced ticket purchases and reduced fees for day trips
- Member rates for foot clinic
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To purchase a membership:

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Kerby Centre 1133 - 7 Avenue SW Calgary, Alberta T2P 1B2

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City _____ Prov. _____
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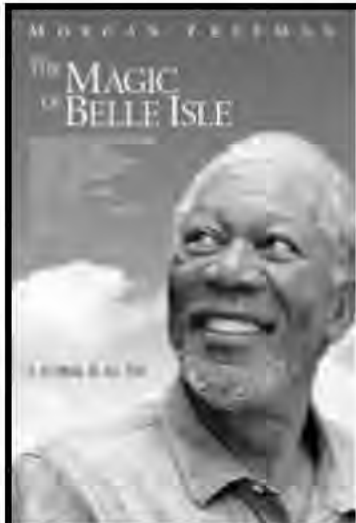
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Kerby Centre



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Housing crisis a health care emergency

The health impacts of homelessness and inadequate housing are well known, including an increase in diabetes, epilepsy and Hepatitis C

By Michael Schwandt and Ryan Meili

A disturbing photo of five people sleeping in a Saskatoon bank lobby printed in Saskatchewan newspapers contrasted sharply against an earlier photo of lush yards on the east side of the city's riverbank with tents in the bushes on the west side.

A few days later, the Saskatoon fire department discovered a makeshift living space under the closed Traffic Bridge.

Each of these disturbing images and events in one Saskatchewan city are part of a larger narrative: despite a strong economy, Saskatchewan has a deficit in access to safe and affordable housing.

But Saskatchewan isn't alone: across Canada, an estimated 235,000 people – many of them children – will experience homelessness in the course of a year, with 35,000 homeless on any given night.

Many other Canadians are struggling to maintain the housing they have; in 2014, one in four paid more than 30 per cent of their household income on housing. For these Canadians, the cost of their dwellings squeezed out their ability to pay for other essentials.

The health impacts of homelessness and inadequate housing are already well known. A 2007 Wellesley Institute study showed that homeless people in Toronto were 29 times more likely than the general population

to have Hepatitis C, 20 times more likely to have epilepsy and twice as likely to have diabetes. Lack of shelter also means exposure to the elements, with risk of heat stroke in summer and hypothermia in winter, as well as violence and other risks.

Accessing safe food and clean water also become a challenge, and healthy social and family dynamics all but impossible. Managing mental health issues, addictions and other illnesses is improbable without a stable living situation.

As a result, hospitalization for unmanaged chronic medical conditions rises, as do ambulance pickups to address emergencies. The cumulative effect of these challenges has untold impact on individuals, and costs the Canadian economy more than \$7 billion a year.

These illnesses and costs associated with homelessness can be prevented while still providing safe, stable housing that will allow people an opportunity to manage health issues, pursue education and employment, and develop supportive family environments.

In Saskatoon, for example, a "Housing First" pilot program spearheaded by the United Way provided housing to 10 local residents who have challenging health issues and social circumstances. In only six months, the program saved nearly \$700,000 through decreased ambulance trips, hospital visits, police calls and detentions.

And reflecting the role of housing in both preventing and alleviating poverty, the Saskatchewan government's advisory group on poverty reduction recently released recommendations for a provincial strategy that

would include establishing a province-wide Housing First model and strategies to increase affordable housing.

All levels of government have a role to play in making safe and affordable housing available to all.

As well as the direct development of affordable housing, cities have a variety of tools available to encourage and maintain such housing options in their neighbourhoods.

Federally, there is potential for leadership on this issue and practical initiatives such as earmarked funding for affordable housing. Canada remains the only G-8 country without a national housing strategy.

The people of Saskatoon have been rightly upset by pictures of homelessness. Now is the time for all Canadians to demand action from our political leaders so that we can instead become the picture of health.


Michael Schwandt is a Public health physician and Assistant Professor, Department of Community Health and Epidemiology, University of Saskatchewan.

Ryan Meili is an expert advisor with EvidenceNetwork.ca,

a practicing family physician in Saskatoon and founder of Upstream: Institute for A Healthy Society and Chair of Canadian Doctors for Medicare.

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Reverse mortgage, home equity line or downsizing?

Home is where the heart is and a lot of your money, too. The kids are gone, retirement is on the horizon or for a number of other personal reasons, you may be at a point in your life where you're looking to unlock the equity you've built into your home over the years. Let's look at three popular strategies for making that happen.

Reverse mortgage:

This is a mortgage secured by the equity in your home but unlike a regular mortgage you do not have to make principal or interest payments — a reverse mortgage pays you. Generally available only to those over 55 years of age, a reverse mortgage allows you to receive up to 50 per cent of the value of your home and you can choose how you want to receive the money, either as a lump sum, in monthly payments, or a combination of the two. The money is tax-free, you keep ownership of, and all remaining equity in your home but the full amount of the reverse mortgage comes due when you sell your home or move out.

Home equity line of credit (HELOC):

This is a relatively new cash management option that allows you to combine your mortgage, loans, line of credit, and chequing and savings accounts into a single line of credit based on the equity in your home. With a HELOC, you can access up to 80 per cent of the value of your home (reverse mortgages are capped at 50 per cent) and take any amount of money (up to your approved limit) on your own schedule. Many financial institutions offer this HELOC option: You deposit money in your HELOC account (your pay-check, for example) and take money when you need it to cover day-to-day expenses or for any other reason. Any unused money from your deposits is applied to your loan principal, reducing the loan balance and minimizing interest charges.

Downsizing:

With the kids gone, your home may seem too big. You can replace it with a smaller one at a lower price, move to a cottage (if you have one) or by renting and using the difference to augment your income, invest for regular returns, or pay down debt.

There are pros and cons to each of these equity-liberating options. Ultimately, choosing the right one for

you will depend on your financial situation and the lifestyle you want now and in retirement. Your professional advisor can help you make the best choice for your situation as it is today and as you want it to be tomorrow.

For a no obligation second opinion on your situation call Joanne Kirk or Daryl Standish at Investors Group (403)-253-4840. They would love to help you out.

This column, written by Investors Group Financial Services Inc. (in Québec — a Financial Services Firm), and Investors Group Securities Inc. (in Québec, a firm in Financial Planning) presents general information only and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances. For more information on this topic please contact Joanne Kirk or Daryl Standish at Investors Group. Phone 403-253-4840.

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When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile.
 - Unknown

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Financial Planning Today

Topic: Ready to move or downsize?

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

DATE: Saturday, April 23, 2016

TIME: 10:00 am – 11:30 am

Join us for coffee and cookies while learning about moving and downsizing. Downsizing requires organization and planning, learn what to keep and what to part with. For many people, the hardest part of downsizing is just getting started. Learn about protecting your home: title protection, liens, lines of credit and reverse mortgages.

Please **RSVP** to Rob Locke
 Director of Fund Development

403-705-3235 or
robl@kerbycentre.com

Presenters: Joanne Kirk and Daryl Standish
 Investors Group Calgary South
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Kerby Centre courses offered in south Calgary

By Shelley Den Haan

Those who live in South Calgary can access Kerby

Centre courses at our south location, St. Andrew's Centre (1 – 10601 Southport Road SW) near Anderson and Macleod. This spring, Yoga for You will be offered on Thursdays beginning April 21 and the four-week Memoir Writing and Legacy Letters starts on April 19.

Lynne Thompson attests to the benefits of Yoga for You. Before taking the course she suffered from stiffness and had a lot of leg pain. Thompson says for herself and other classmates, "It's amazing what we can do now that we couldn't do earlier. We've improved in our flexibility and balance and resolved pain issues. We've been taught to do exercises safely."

"All the exercises are modified for our needs," said Thompson. She says Yoga Instructor Angie Friesen has a gentle manner while assisting the participants to improve their well-being, and none ever leave the class feeling sore. Friesen adapts the exercises to the participants, whether they need a chair for support or can balance without. All participants must have the ability to get down on the floor.

The Memoirs and Legacy Letters course is taught by Lea Storry, an experienced journalist and writer. Storry



The Yoga for You class with instructor Angie Friesen in the centre.

says, "I love hearing people's stories and helping them to get their stories out to family and friends." During the class, students learn how to write short stories based on their life, as well as how to share thoughts in the form of a letter. The final result will be several completed narratives along with legacy letters that can be shared with family and friends.

The Memoirs class is an opportunity to begin writing stories and memories. Storry has worked as a journalist across Canada and around the world. She's written the children's book,

The Raven named Flight and How She Learned to Fly and runs the company, Our Family Lines, which helps families and companies to write their histories.

Computer Instructor Pat Siefert just finished teaching a Kerby Centre Facebook course at St. Andrew's Centre last month. "My students comment on how convenient it is to get to St. Andrew's Centre. If you live in the south of Calgary you don't have to go all the way downtown to take a course."

In Seifert's Facebook course, students learned how to communicate with family and friends and to connect

with old friends using the social media tool. They also learned what they should put up in social media and what they should not. "I always say never put anything up on Facebook that your mother wouldn't like."

Memoirs and Legacy Letters will be offered on Tuesdays, 10 am to noon, April 19 to May 10. \$55 for Kerby Centre members and \$75 for non-members. Yoga for You runs Thursdays, 9 to 10 am, April 21 to June 23. \$80 for members and \$100 for non-members. To register, call Kerby Centre at (403) 705-3233.

IN MEMORIAM



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

Patricia Antonia Barnes
Herb Breikreutz
Mildred Ella Brown
Louis Alvin (Lou) Campbell
Robert George Crawford
Lorraine Daubert
Marian Davies
Hendrik (Henk) De Klerk
Lorraine Elna Demosky
Gerald (Elroy) Easton
Kathryne Eunice Filipowicz
Edward John Firth
Carmel Garr
Nick Gregory
Henny Asta Hansen
Helga Haschke
Donald Frank Henderson
Shirley Jean Hennessy
Eileen Jewell Howatt
John Kindrachuk
William Rupert Mack
Lillian May McClure
Olive Katherine McLeod
Ingeborg Thea Mork
Joyce Morrish
John Joseph Nadurak
Edith Florence Ohlhauser
Eleanor June Oltean
Harry Montgomery Tomlins
Willem Lambertus Van Dijk
Betty Joan Warner
Ethel Whitehead
Elizabeth Margaret Wolfe
Rita Anna Elizabeth Wynn

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.



Refugee Rights Day reading

(NC) To mark Refugee Rights Day, April 4th the Amnesty Book Club is hosting a special novel this month: The Illegal by Lawrence Hill. The novel is featured on CBC Canada Reads, as well as Hill's own book tour that coincided with the ongoing Syrian refugee crisis. Now fiction meets reality as both the Amnesty International Book Club and Hill discuss the vivid story of The Illegal and its real-world implications.

In his novel, Hill challenges Canadians to consider a different perception of the refugee – not focused on the families in the camps, but rather those in limbo between systems. Keita is a runner who has fled the politically motivated violence of

his homeland, and arrives in a land called Freedom State. But Keita has no true freedom, and must keep running within this new home that hunts down refugees. He runs from the authorities, but also runs to train in hopes of winning an important race – the prize money so important, it could save the life of his sister.

Through this novel, the Amnesty International Book Club shares Canada's own refugee story, both past and present, and discusses how we can offer a place of safety and opportunity in our own country and worldwide.

Other novels featured include Ru, What We All Long For, and Dogs at the Perimeter, which shed light on the diverse experiences of refugees.

A free-to-attend online interview will be held in April with Lawrence Hill. Join the reading community

at amnestybookclub.ca for more information.

www.newscanada.com



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