

Kerby News

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for the **55** plus

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Participation in boxing is proving to be beneficial to those with Parkinson's disease. See story on page 8.

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HAPPY CANADA DAY

1 July, Canada Day
July 12, Western Heritage Day
27 July, OAS/CPP Payment date

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Alberta Health Services and Kerby Centre increasing mental health capacity

President's Report Zane Novak

Kerby Centre is always pursuing new partnership opportunities and programs that will enable us to better support older adults in Calgary and surrounding communities. We partner with Alberta Health Services (AHS) on many programs

including our Adult Day Program.

I am pleased to share with you that older adults dealing with mental illness have more treatment options as they transition from acute care to the community. A new on-going program called Kerby Transitions will add ten new geriatric mental health transition beds in our existing shelter.

Located at the Kerby Rotary Shelter, Kerby Transitions is a partnership between AHS and Kerby Centre, providing treatment spaces to older adults (65+) who no longer require intensive treatment in hospital. The program provides 24-hour access to mental

health professionals, and other supports, in a home-like environment, allowing older adults a smoother transition to independent living. This program will serve those in acute care who do not have appropriate housing to meet their mental health needs. AHS and Kerby Centre will work together to assist clients as they transition to a permanent living environment, by providing mental health support, skills for daily living, finances, recreation and future planning. Ensuring older adults in our community have safe, appropriate housing, and access to services specific to their needs is our priority. We are very pleased

to be working with AHS to offer this type of care. Kerby Transitions is the first older adult-specific mental health transition program in the Calgary area.

Kerby Centre is proud to be at the forefront of this new program and we hope it will be a model for programs in other cities in the future. Thank you to AHS for working with us on Kerby Transitions. It is a valuable program for our older adult community and we look forward to the work ahead. Kerby Centre currently provides similar safety and services for older adults who are experiencing elder abuse and who are at risk of homelessness. □

JULY 2016

Front page: Photo by Rock Steady.

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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Kerby President Zane Novak and CEO Luanne Whitmarsh with the Honourable Lois E. Mitchell, Lieutenant Governor of Alberta (centre) who visited Kerby Centre recently.

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- Resident laundry services
- Activities room with a 72 inch large-screen TV
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- Thermostat control in each suite
- Wheelchair access to suites and wheelchair lift
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- Personal laundry services - our staff will do your laundry
- Ready to move in fully furnished suites - brand-new furniture and we will listen to your wishes - save moving costs
- On-site parking
- Scheduled weekly transportation to different locations including shopping malls, fitness centres, and the Kerby Centre (we are open to suggestions for day trips)
- Catering for special events (you can plan the menu)
- Dental cleanings on The Riverford Plan in a Periodontal Specialty Office
- Meals for families and friends (breakfast, lunch and dinner)
- Lifeline emergency support (we will facilitate arrangements)



Community Amenities within Walking Distance of The Riverford

The Riverford is centrally located within walking distance of a local community garden, the Max Bell Centre which offers free supervised walking programs along the many nearby trails and the Albert Park, Radisson Heights Community Association where a variety of programs are available for seniors.

The Riverford is also close to a wide variety of stores, banks, fitness facilities, restaurants, and cultural and entertainment venues in downtown Calgary, at Sunridge Mall, Marlborough Mall and on 17th Avenue SE. As well, a variety of churches/places of worship and health care facilities (Peter Loughheed Hospital and the Mosaic Primary Care Network) are also locally available. There is a City of Calgary bus at the front door

What our Open House Guests have said about The Riverford

Over the past several weeks, we have held a variety of open houses and these are typical comments from our guests.

- inviting, friendly and very welcoming - just the kind of seniors facility that Calgary needs
- the custom touches in the different suites are most welcome
- the private courtyard is a wonderful addition
- a wonderful quiet neighborhood but with so many services
- very affordable compared to some other facilities

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Our website is <http://theriverford.ca> and our address is 1312 25 Street SE Calgary AB T2A 0X4



News from City Hall

EVAN WOOLLEY
Calgary Councillor for Ward 8

Enjoy the summer with numerous City Of Calgary events

Summer is here! I love Calgary at this time of year. It's a great chance to get outside and connect with old friends, enjoy new restaurants and patios, float down the river or just enjoy all our great city has to offer in the warmer months.

If you're looking for things to do with the family or with friends visiting from out of town, The City of Calgary offers numerous

fun, free and community-based programs and services for children, youth and families all over Calgary each summer. Some of these programs include Ralph Klein Park's free nature programs, Park n' Play, Stay n' Play, Kids at Play Summer Club, Community Camps, Youth Days, and Lawn Chair Theatre. You can visit calgary.ca/cns to check out

what's happening in your area.

If you're planning on taking advantage of the great weather to do yard improvements make sure that before you buy materials and start getting your hands dirty, you save yourself a headache and visit Calgary.ca/home-improvement or get in touch with the City (403-268-5311) to check what work requires a permit.

I plan to be out in the neighbourhoods this summer, stopping in at Stampede breakfasts and barbecues, and a number of other community events. I look forward to seeing you all there. In the meantime, take some time off, connect with your friends and family, try something new, and enjoy the summer!

□



This month in Edmonton

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

Immerse yourself in the Calgary Stampede

Howdy! Once again it's time to dust off our western wear and celebrate a timeless city tradition: the Calgary Stampede. With the Stampede Grounds, parade route, and many breakfasts and BBQs located in Calgary-Buffalo, I look forward to immersing myself in activities alongside my colleagues, constituents, and neighbors. Starting with the parade on July 8th, I will be attending Stampede activities throughout the days of July 8th-17th. If you are hosting an event for Stampede week, I would love to stop by to chat — please contact myself or my

staff at 403-244-7737 or calgary-buffalo@assembly.ab.ca to keep us up to date with happenings in the community.

I invite all Calgary-Buffalo residents to join my caucus colleagues and Premier Rachel Notley at the Premier's Annual Stampede Breakfast from 7:00 – 9:00 a.m. on Monday, July 11th at McDougall Centre (455 6th Street SW). The free event will feature live music, dancing, Stampede Royalty, Chuckwagon Drivers and plenty of pancakes to go around.

On July 15th I will be

handing out coffee at the annual Kerby Centre Stampede Breakfast from 8:00 – 11:00 a.m. at 1133 7th Ave SW. Kerby Centre's vision of a happy and healthy senior population is supported by the Alberta Government's mission to promote the well-being and quality of life of Alberta seniors. The breakfast is open to people of all-ages, and I encourage you to stop by to connect with the volunteers, residents, and members who make up and support this thriving hub for older adults.

As we come together to celebrate our western her-

itage and share in the sights of the Stampede, we must not forget our duty to our fellow Albertans. As I write this in late-May, the wildfires in Fort McMurray and the Regional Municipality of Wood Buffalo remain extreme. With residents of Fort McMurray beginning to return home on June 1st, we know that the hard work of rebuilding is still ahead of us. I want to thank the many constituents who have reached out to our office to find out how they can help their neighbors in Northern Alberta. All of Alberta stands with Fort McMurray.

□



This month in Ottawa

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

Federal ad hoc committee keeps working to rebuild Fort McMurray

Last month, the nation looked on as wildfires raged throughout northern Alberta. As events continued to unfold, the city of Fort McMurray declared a state of emergency and evacuated all residents. Our hearts went out to the evacuees as they left their properties behind at a moment's notice, while touching stories of loss and heroism trickled in through media reports.

Our government was quick to respond to the crisis. We assured Albertans in the very early days that we would stand with them during this difficult time and would support their efforts to rebuild. I was in the airport heading back to Alberta when I

received the call from the Prime Minister asking me to chair the federal government's Ad Hoc Committee on Northern Alberta Wildfires. My cabinet colleagues and I will coordinate across the government's departments and take a comprehensive approach to recovery and rebuilding efforts in the weeks and months ahead.

After convening this committee, we met to discuss the strategy, resources and coordination at all levels of the government to assist our friends, families, and neighbours in the north. We committed the military to provide air support and matched the generous donations of Canadians to the Red Cross.

For years Alberta has carried the Canadian economy. Now it's time for other provinces to give back by offering assistances during this acutely difficult period. It's understood that rebuilding Fort McMurray and northern Alberta will take years. The federal government will continue to play a role.

Through federal leadership and the cooperation of other jurisdictions, we brought in relief for Alberta's incredible first responders. Further to this, four water bombers from Quebec, three Ontario firefighting teams, 3,000 cots, blankets, generators, and living supplies were also brought in through federal agencies. Additionally, we

deployed federal resources to restore communication networks, including the Canadian Space Agency to track the wildfires.

In addition, hundreds of millions of dollars will be sent to the province through the Disaster Financial Assistance Arrangements Program.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 – 6th Avenue SW and my door is always open to you. You can follow my work in Parliament online at www.KentHehrMP.ca where you can watch clips of yours truly in question period and sign up for my e-newsletter. □

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Making children's dreams come true



A child with wish granters.

By Judy Millar and Tina Amini

Shortly after retiring in 2012, Karen Rose was invited by a friend to join the Make-A-Wish Foundation as a wish granter. "At first I was scared," says Rose. But she later began to feel more comfortable in this organization originally founded in Phoenix, Arizona, in 1980 when a community of passionate volunteers helped a young boy temporarily "become" a police officer. Four decades later Make-A-Wish remains known for making wishes come true for children with life-threatening medical conditions. As a wish granter, Rose explains, she is assigned to a child and is responsible for making their wish come true. Wish granters work in pairs so they have help with the wish granting process. Each child has three wishes, and the foundation will grant one of them. This way they are not disappointed if one of their wishes cannot be fulfilled. Rose says she feels "great joy when taking wishes and granting them."

Make-a-Wish children can wish for almost anything they want according to their interests and hobbies. Wishes granted by the foundation have ranged from trips to Disneyland, birthday parties and celebrity meet-and-greets to "becoming" a cop or firefighter for a day. Although it is sometimes tricky to grant a wish within the limitations of a child's illness and specific situation, the foundation goes to great lengths to make it work, says Rose. She herself gets great energy from the young families

families. "Every family has its own story." One young boy had an unsettled feeling about Halloween as he had spent one Halloween year before very ill in the hospital. Halloween had become a stigmatized bad day for the family. This boy loved Disney characters and wished for a trip to Disneyland.

"We organized a trip for the family on Halloween. They were all ready to go, when two days before the planned departure, the boy became ill again and had to stay in the hospital." This was hard on the family, Rose explains, as everything in their lives revolved around the boy's illness. "So we booked it again the next year for the next Halloween, but we didn't tell the kids in case it fell through. We went and surprised them at a McDonalds the day before they left, and they were ecstatic," says Rose.

Part of a wish granter's responsibility is to see that everything goes as planned, so Rose makes sure to follow up with the family after the child has been granted the wish. "In January I sent a young boy who is a hockey fanatic to the NHL All-Star game." Rose followed them on NHL.com and saw that the boy and his siblings even got a chance to go to the locker room and meet the NHL players. "It brings

as much happiness to me as it does to the children," said Rose. "It is incredibly rewarding."

April Cote, Event and Volunteer Coordinator at Make-A-Wish Calgary

"Being so wrapped up in making sure someone else is happy makes her happier as a result"

agrees. "I put a lot of energy into Make-A-Wish but not as much as I get from it," said Cote. For Cote, working with Make-A-Wish has been an "amazing experience. It's not just a job, it's a lifestyle. In terms of feeling like an integral part of the community, we are an important service that is

changing lives."

Fay Haluka, Development Coordinator at the Foundation, volunteers her time when she can. "I initially volunteered with hopes of making a difference in someone's life," she says, "but at the end of the day I am the one who notices a difference in my life."

As a volunteer, Haluka has played many roles. She has sold tickets, been a wish granter, managed funds for the foundation, even dressed up as a fairy godmother.

"The most rewarding part for me is being a wish granter," says Haluka, who enjoys the process of discovering the wishes as well as granting them. Haluka says she gains a personal connection with ninety percent of the Make-A-Wish families. "They become friends and part of your life. It is not sad because it's about being in the moment, not what may happen tomorrow." □



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ASK THE EXPERT ABOUT HEARING LOSS
 By Dr. Carrie Scarff



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Boxing programs aimed at fighting Parkinson's now in Canada

By Judy Millar and Tina Amini

In 2006 Scott Newman, a 39-year-old county prosecutor in Indianapolis, was diagnosed with early onset Parkinson's. "The progression of his symptoms was rapid," says Joyce Johnson, Executive Director of Rock Steady Boxing in Indianapolis. "He had balance issues and tremors, an overall deterioration of his physical condition." When a friend of Newman noticed he needed to move and become more active, it was suggested he take up boxing. Newman started training, and within a few months his balance improved and his tremors disappeared. According to Newman, one night while eating dinner, he lifted his arms with pride and declared himself "rock steady!" Others interested in what Newman had accomplished wanted to start training as well. They rented a gym and began classes for larger groups of people who wanted to conquer their own symptoms. Thus was born Rock Steady, a non-contact boxing program created specifically for people suffering from Parkinson's disease. "I exercise because it gives

me hope that I can return to doing things I used to do like gardening and other things," says Jerry Jones, an Indianapolis participant. Rock Steady grew rapidly by word of mouth and, by 2011, was flooded with calls and requests to bring the boxing program to other cities and states. Overwhelmed by how the people reacted to the concept, Rock Steady then created a three-day workshop that anyone can attend to learn the training programs.

And it is now available to Canadians. This past spring, Rock Steady was launched in Toronto, and a similar program is coming here to Calgary as well. The Rock Steady boxing program is non-contact. Attendees train like a boxer but without the sparring. The classes include physically demanding actions demonstrated to reduce and remove symptoms of Parkinson's disease. When one is diagnosed with Parkinson's in Ontario, there are few available options for physical treatment, and until now, a lack of programs specifically for those patients, says Marry Neilans, Executive Director of Rock Steady in Toronto. "We hope to fill that gap and provide high intensity programs that are customized to those who have Parkinson's." She explains that each hour- and a-half-long class incorporates movements designed to address many symptoms of Parkinson's, such as rigidity, tremors, movement, balance, voice, swallowing and more. Neilans herself first heard about Rock Steady shortly after a friend was diagnosed at the age of 50. "He became isolated. He felt alone in the diagnosis," she says. "He would try to work out but was mostly using meds. "We went to



Throwing punches in the gym.

the world Parkinson's conference in 2013. It was a rare conference that included doctors and neurologists," says Neilans, adding that it was a great way of learning more about the disease. There, the thing that intrigued her most was the Rock Steady boxing demo. Upon further research, she learned that "forced intense exercise helps with retraining the brain, boosting dopamine levels in the brain and improving balance, speed, mobility and everything."

Neilans immediately signed up to attend the Rock Steady training course in Indianapolis. She is now part of the first group to bring Rock Steady north of the border. "It was hard to locate the Parkinson's community in Toronto," says Neilans. "We were kind of stalled, until CBS covered Rock Steady."

When CBC in Canada found out that Rock Steady was coming to Toronto, they contacted Neilans. They asked her to come with them to Indianapolis to cover the process of becoming certified.

Before the media coverage, Neilans was concerned there was not a big need for the program in Toronto. She worried about finding boxers willing to help. Shortly after all the media and press coverage in February, Rock

Steady Toronto was ready to launch. Since then, "There has been a lot of interest," says Neilans. She is especially proud of the positive environment that the program creates for participants. "Everyone is in the same boat and everyone is battling the same fight, which is Parkinson's." Here in Calgary, Parkinson's Alberta, a non-profit organization, is teaming up with Grizzly Cage Boxing to bring in a similar program, says Tanya Good, Service Manager with Parkinson's Alberta. Grizzly Cage founders Darcy Irwin and Wayne Richardson approached Parkinson's Alberta about launching such a program, and now the two organizations are together creating a pilot boxing program as a trial run. If there are positive clinical results, it will be continued.

Parkinson's Alberta offers many other programs as well, explains Good. One

of these, "Pwr! Moves," is designed by a neuroscientist specifically for people with Parkinson's. She adds, "Physical exercise is important for everyone, but for people with Parkinson's it is essential. It is just like medicine, it helps maintain people and hopefully even slow down the progression of the disease." □

Dear readers,
There is a possibility of a disruption of Canada Post service in July. For those who receive Kerby News by mail, we will send the issues to you when possible. Kerby News is always available at free publication stands in grocery stores, community centres, and libraries across Southern Alberta. As well, Kerby News is available at Kerby Centre and on our website at www.kerbycentre.com. Thank you for your support.

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**Life and liberty
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Although it was a good many years ago, I will never forget that morning. I was just a girl and had awakened after a disturbing dream about my two dearest childhood friends being dead.

As I got dressed and ready for school, I couldn't shake that awful feeling. I slumped into my chair at the kitchen table and unusually, my father was there with my mother rather than having his coffee in front of the morning news on TV.

I told them about my awful dream. They looked at each other and then at me. My father went to the living room and came back moments later with the morning paper, folding it carefully as he placed it in front of me and then pointed to an article.

It was true. The two young girls were dead. The family had been on their way to a funeral during a blizzard when they collided with a train. Aside from my obvious shock and grief, I was terrified because I had known.

Over the months and years following this incident, this sort of thing happened with increasing frequency and accuracy. I fought it at times because it scared me but eventually, I came to understand that this is a gift — not to me, but to those who can benefit from finishing unfinished business with loved ones who are in spirit, or in some other way can find guidance or answers they are seeking.

There are always people who doubt and challenge psychics and mediums, not believing it possible to know what we know.

This is a huge topic and I don't have enough space to elaborate in detail. But I'll do my best to offer some insight and food for thought.

First, it is important to understand the distinction between being psychic and being a medium. Being psychic means that a person can connect energetically with what's going on for other people whether past, present or potential future. Being a medium means connecting with those who have passed to the spirit world. All mediums are psychic, but not all psychics are mediums.

As for how it works, science has proven that everything is energy. This includes people. I like to think of us as all being a part of one big mass of energy, with each of us carrying around a little portion of it in a physical body. We're all connected to one another and have the ability to "tune in", although some of us are better at it than others.

I wish I had time to discuss distance healing in detail but just briefly, I can say that this energy connection is also the reason that some of us are able to bring about healing in people who are many miles away. I discovered - quite by accident — that I have this ability and when I began experimenting with it, I was stunned by the results. Again, it is about connecting energetically with specific people and directing concentrated energy and intention toward them. Perhaps I will elaborate in another column...the whole concept still amazes me, even though I've been doing distance and energy healing successfully for more than 20 years.

And as for having the ability to communicate with spirits, it's not different from tapping into the energy of a per-

son on this side of life because again, it's all about energy. Our physical bodies die but our spirits are pure energy and they do not disappear. I have accumulated some beautifully touching stories about this through my decades as a medium. Our loved ones are truly just a thought away.

Do you ever think about seeing a psychic or medium? Perhaps you've already gone but not been happy with the results. Or maybe you're afraid of what you'll learn, or you're wondering how to find someone who is reputable.

First, let me assure you that "not all psychics and mediums are created equal." If you've ever had a reading and thought it was rubbish, that doesn't mean the whole concept is nonsense, or that all people who hold themselves out to be psychics and mediums are frauds — although it's true, there are some of those who give the rest of us a bad name.

There can be many reasons why a reading doesn't go well. Sometimes the energies just aren't "in sync" and another reader would do better, just the same as how we don't always "click" with the people we meet.

Sometimes information is given that isn't understood straight away and it's not until much later that suddenly, it makes sense.

Sometimes people aren't truly ready to hear what comes through so there is resistance in accepting the

messages.

And sometimes the issue is in the interpretation. Readers get information in a variety of ways. Some only see or hear the information. Some have feelings or see symbols. I get all of that. Putting all of it together is rather like deciphering a code and sometimes a reader might misinterpret, or describe the information in a way that doesn't immediately make sense. Occasionally, it takes a bit of clarification to figure it out.

How can you tell if a reader is reputable? Don't go by testimonials on websites; you can never be certain that they aren't made up. Go by reputation and personal referrals. See if they have been on television or radio, or in maga-

zines or newspapers. Ask trusted friends if they've been to someone who gives accurate readings.

When you have your reading, it's okay to show up with questions, but be prepared to simply receive whatever messages come through, as this is the information that will be relevant and most helpful to you. And a final note: If you're going to go with the intention of testing, and saying "Ask my long-dead Uncle So-and-so what the password is so I know you're for real" or "Ask him what colour socks I was wearing at my sixth birthday party," save your money and the reader's time and stay home. If you need that kind of proof, you are not ready for a reading. □

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Age-In-Community Needs Assessment

Age-in-place is a recent international movement suggesting a person should have the ability to live in the residence of their choice, for as long as they are able, as they age. The World Health Organization's Global Age-Friendly Cities Guide identifies essential built, social, and service environments necessary for an age-friendly community and, by extension, allowing people to age-in-place. Among other considerations, a cornerstone of this movement includes the ability to

access services and supports to address people's needs as they age. As Calgary's population continues to age at a rapid pace, Kerby Centre wishes to identify ways to expand its programming reach to better serve Calgary's older adult community and, by extension, enhance the organization's contributions to achieving an age-friendly city. Kerby currently provides a wide range of programs, supports and resources to older adults across Calgary. Bringing these components closer to the communities in which older adults live will enhance their ability to age-in-place / age-in-community of their choice. With financial support of Calgary Foundation, Kerby embarked on an initiative to understand what, where and how Kerby programming and services could reach older adults closer to home. Part of this initiative included a Community Needs Assessment exercise seeking stakeholder input to establish a platform for future Kerby program and service considerations distributed into the broader community. The Community Needs Assessment was intended to define community program and service priorities that would enhance older adults' ability to age-in-place/community of choice. Kerby Centre held focus group sessions involving key stakeholders from targeted regions of Calgary including the communities of Arbour Lake, Bowness, Brentwood, Dalhousie, Edgemont, Hawkwood, Scenic Acres, Silver Springs, Tuscany and Varsity), as well as the Northeast (including the communities of Marlborough, Monterey Park, Pineridge, Rundle, and Whitehorn). These two geographic areas were chosen based upon their larger older adult pop-

ulation size, low proportion of programs currently available to older adults, and their geographic location in relation to the existing programs at Kerby Centre. In each regional session, people were asked the following question: "What services and programs are needed in your community to allow older adults to age well in their place/community of choice?". Once answers to the question were recorded, stakeholders were asked to prioritize the programs and services they felt were most important to help older adults in their community.

These results were as follows:

People in both areas identified Health and Wellness, Housing, and Transportation among their Top 5 program and service theme areas. This suggests people in each region consider personal wellbeing, appropriate living options and services, and mobility around the community essential components of aging-in-place. In both cases, the Health and Wellness programs and services were ranked highest.

Some differences, however, were identified. For exam-

ple, the Northwest communities prioritized Physical, Recreation and Leisure Activities along with Socialization among their Top 5 priorities. The Northeast communities, on the other hand, prioritized Home Maintenance and Repair, and Service Information Promotion and Awareness among their Top 5. These differences suggest that Northwest stakeholders prioritize being physically fit and active, while maintaining social connections as key components to aging-in-place/community. Conversely, Northeast stakeholders prioritize services to help maintain their home, and better communication of available programs and services.

Although much work still needs to be completed to address identified community needs in the Northwest and Northeast regions of Calgary, Kerby wishes to thank all of the stakeholder participants involved in the regional focus group sessions for their time and valuable insight as part of an initiative that will help Calgary strive to become a true age-friendly city.

For questions or further information, contact Brandon Powell at Kerby Centre 403-705-3252.

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For information please contact Rob Locke at robl@kerbycentre.com



Kerby Centre assists older adults to be active and engaged in their lives through health, wellness, education, recreation, and support programs.

Please choose to make a difference today.

Volunteer Spotlight



Lisa B.

Lisa was born in Edmonton, Alberta and moved to Calgary when she was 5 years old. In June of 2014 she started volunteering at Kerby Centre in the Food Services department. Currently, Lisa volunteers on Tuesdays and Fridays at Kerby Centre but you can also find her volunteering with Self Help on The Recycling Project. Lisa enjoys volunteering in the kitchen at Kerby Centre because of the other staff and volunteers that she works with. She takes pride in her volunteer role and has a can do attitude. Lisa said if you work hard and put your mind to it there is nothing you can't do or overcome. When Lisa is not volunteering she enjoys swimming but she is also a skilled bowler and has won several bowling trophies. Lisa has contributed over 996 volunteer hours to Kerby Centre. Thank you Lisa, for all that you do for the Kerby Centre!

The Healthy Geezer

By Fred Cicetti

I may have to undergo bypass surgery and I heard that it can really mess up your mind. Is that true?

A If you have coronary bypass surgery, you could suffer from what some in the healthcare professions call “pump head.” During traditional surgery, a patient is put on a heart-lung bypass pump to oxygenate and circulate blood. This machine may create clots that could harm the brain. In addition, a surgeon handling the aorta—the main heart artery—can free bits of accumulated plaque and they can block blood vessels in the brain. Some patients report a memory loss. Or, they say they are confused. Some feel that they just aren’t as mentally sharp as they had

been. These side effects seem to be more common among people who are older, drink too much, or suffer from high blood pressure or lung disease. But there’s a lot of disagreement among experts over the entire subject of the mental effects of bypass surgery. One study indicated that only half of those undergoing bypass surgery developed memory or thinking problems within days after the operation, and that these problems continued for five years. However, other researchers found that mental deficiencies are common after bypass surgery, but that most people recuperate in 3 to 12 weeks.

The pump-head phenomenon led to the development of “beating-heart bypass.” It’s done without using a heart-lung machine. About one in five bypass operations is now done with a beating heart.

In a bypass, an incision is made down the center of the chest to expose the heart. The surgeon takes a section of healthy blood vessel, often from inside the chest wall or from the lower leg, and attaches the ends above and below the blocked artery so that blood flow is diverted around the narrowed portion of the diseased artery. This eases

angina, the chest pain that comes when there is an insufficient supply of oxygenated blood.

Because the heart beats constantly, it needs a steady flow of fuel. If a fuel shortage is serious, you have a heart attack and muscle begins to die. Heart attack is known officially as “myocar-

dial infarction.”The surgery usually takes between three and six hours. On average, surgeons repair two to four coronary arteries. After surgery, patients spend a day or two in the intensive care unit. Recovery takes 6 to 12 weeks. Among the techniques in development is minimally invasive heart surgery which

uses smaller incisions. The first minimally invasive heart surgery was performed in 2005 in New York. Since then, more than 1000 of these operations have been performed around the world.

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

To keep the body in good health is a duty ... otherwise we shall not be able to keep our mind strong and clear.
Buddha

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Long health-care wait times costing Canadians time and money

Long wait times (and their consequences) shouldn't be the price we pay for a universal health-care

By Bacchus Barua

An unfortunate reality of Canadian health care, is that long wait times that have characterized it for years have made us come to accept delayed treatment as the norm.

What we often forget is that while some patients may be able to wait for treatment, others may be in considerable physical pain, may experience mental stress, and may have their illness worsen during their

wait (ironically they then require more complex and costly treatment in the future).

It is, of course, very difficult to assign a dollar figure to such personal experiences. However, one way to estimate a portion of the privately borne cost of waiting for treatment is to calculate the dollar cost of time and productivity (measured using average wages) lost by a patient while waiting for treatment.

A new study by the Fraser

Institute estimates that the 894,449 Canadians who (on average) waited 9.8 weeks for treatment after seeing a specialist, experienced a personal cost of \$1,304 in lost productivity and income. This adds up to an almost \$1.2 billion loss for the Canadian economy.

And this is surely a conservative figure, since it does not place any intrinsic value on the time Canadians spend waiting in a reduced capacity outside the typical work week. (Valuing all

hours of the week - including evenings and weekends, but excluding eight hours of sleep - the cost estimate increases to \$3.5 billion or \$3,951 per patient.) Nor does it factor in the 8.5 week wait to see a specialist in the first place, the cost of care provided by family members and friends, or the risk of disability, adverse medical consequences, and in the worst cases, death.

It would be one thing if long wait times (and their consequences) were the

necessary price to pay for a universal health-care system.

However, nothing could be further from the truth. Several countries, including Australia, France, Germany, the Netherlands, Sweden and Switzerland, ensure universal health care for their residents for about the same cost as Canada (measured as a percentage of the economy, and adjusted for age) but with remarkably shorter wait times.

There are three key differences in the way these countries finance and deliver universal health care. First, they generally allow private companies to operate in either the insurance or hospital sectors - stimulating competition, increasing capacity, and providing an alternative when the public system fails.

Second, each of these countries also expects patients to share in the cost of treatment, thereby encouraging the responsible use of scarce health-care resources. Of course, in order to make sure that they never cause undue financial burden, there are usually annual limits on such payments, and vulnerable groups (such as the elderly, the chronically ill, and pregnant mothers) are usually exempt.

Finally, hospitals in these countries are more commonly financed through a system of activity-based funding instead of global budgets. By doing so, hospitals have greater incentive to treat patients and compete for funding, instead of simply staying within a budget determined by government.

There are clearly a multitude of policy options that can be pursued to help ensure more timely treatment for patients in Canada without sacrificing the universal nature of our health-care system. However, the seeming acceptance of long wait times in this country by politicians and policymakers suggests that patients will continue to experience high personal costs in terms of valuable time lost while waiting for the treatment they desperately need.

Bacchus Barua is a senior economist in the Fraser Institute's Centre for Health Policy Studies.

How To Get Rid Of Knee Pain Once And For All...Without Drugs, Shots, or Surgery

Now, in Calgary, AB, one doctor is helping local residents with knee pain live more active, pain-free lives.

Living with knee pain can feel like a crippling experience.

Let's face it, your knees aren't as young as you used to be, and playing with the kids or grandkids isn't any easier either. Maybe your knee pain keeps you from walking short distances or playing golf like you used to.

Nothing's worse than feeling great mentally, but physically feeling held back from life because your knee hurts and the pain just won't go away!

My name is Dr. Jack Kucheran, owner of Northside Wellness Centre. Since we opened 33 years ago, I've seen hundreds of people with knee problems leave the office pain free.

Do You Have Any of the Following Conditions?

- Arthritis
- Knee pain
- Cartilage damage
- 'Bone-on-bone'
- Tendonitis
- Bursitis
- Tendonitis
- Crunching and popping sounds

If you're suffering from these conditions, a new breakthrough in medical technology may completely eliminate your pain and help restore normal function to your knees.

Finally, You Have An Option Other Than Drugs or Surgery

New research in a treatment called low level laser therapy, or cold laser, is having a profound effect on patients suffering with knee pain. Unlike the cutting type of laser seen in movies and used in medical procedures, the cold laser penetrates the surface of the skin with no heating effect or damage.

Cold laser therapy has been tested for 40 years, had over 2000 papers published on it, and been shown to aid in damaged tissue regeneration, decrease inflammation, relieve pain and boost the immune system. This means that there is a good chance cold laser therapy could be your knee pain solution, allowing you to live a more active lifestyle.

Professional athletes like Lance Armstrong and team members of the New England Patriots rely upon cold laser therapy to treat their sports-related injuries. These guys use the cold laser for one reason only...

It Promotes Rapid Healing Of The Injured Tissues.

Before the FDA would clear the cold laser for human use, they wanted to see proof that it worked. This led to two landmark studies:

The first study showed that patients who had cold laser therapy had 53% better improvement than those who had a placebo. The second study showed patients who used the laser therapy had less pain and more range of motion days after treatment. If the cold laser can help these patients, it can help you too.

Although there are different types of lasers, the Calgary Flames have 8 of our type of laser systems.

Could This Non-Invasive, Natural Treatment Be The Answer To Your Knee Pain?

For 30 days only, I'm running a very special offer where you can find out if you are a candidate for cold laser therapy.

What does this offer include? Everything I normally do in my "Knee Pain Evaluation". Just call before August 30th 2016 and here's what you'll get...

- An in-depth consultation about your problem where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A full set of specialized x-rays to determine if arthritis is contributing to your pain.
- A thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.
- You'll see everything first hand and find out if this amazing treatment will be *your* pain solution, like it has been for so many other patients.

Until August 30th, 2016 you can get everything I've listed here for only \$49. The normal value for this type of evaluation including x-rays is \$250, so you're saving a considerable amount by taking me up on this offer. Remember what it was like before you had knee problems...when you were pain free and could enjoy everything life had to offer. It can be that way again. Don't neglect your problem any longer - don't wait until it's too late.

Here's what to do now:



A new treatment is helping patients with knee pain live a happier, more active lifestyle.

Due to the expected demand for this special offer, I urge you to call our office at once. The phone number is 403 291-0603.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule. Our office is called Northside Wellness Centre and you can find us near the Peter Lougheed Hospital just across the street from Value Village. Tell the receptionist you'd like to come in for the Knee Evaluation before August 30th.

Sincerely,

Dr. Jack Kucheran, D.C.
#16, 3434 34th Ave NE
Calgary, AB T1Y 6X3

P.S. Now you might be wondering...

"Is this safe? Are there any side effects or dangers to this?"

The FDA cleared the first cold laser in 2002. This was after their study found 76% improvement in patients with carpal tunnel syndrome. Their only warning - don't shine it in your eyes.

Of course at our office, the laser is never anywhere near your eyes and we'll give you a comfortable pair of goggles for safety.

Don't wait and let your knee problems get worse, disabling you for life. Take me up on my offer and call today 403 291-0603.

Book Review



“Death’s Summer Coat”

By Brandy Schillace

c.2016, Pegasus Books
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336 pages
Reviewed by the
Bookworm

Everything’s planned. You already know where you’ll go someday.

You’ve done all the work so your survivors won’t have to. You’ve picked out songs, services, and a place for your gravestone or a scatter-point for your ashes. It’s all done. You know where you’ll go. But you might want to read “Death’s Summer Coat” by Brandy Schillace first, so you also know where we’ve already been.

At just seventeen years of age, Brandy Schillace lost her beloved grandfather. On the way to the funeral, she learned that the service wasn’t going to be like anything she’d ever known before: mourners, first of all, sat up with the body all night long. Schillace says she was “Shocked... but the idea was strangely enticing, even fascinating,” and it led her to think about other traditions of death.

Dying is something we do a little every day; it’s “the most challenging and daunting experience of life.” Still, we often treat the subject as taboo and avoid it, but our ancestors didn’t have that chance. They had to deal with death, and accept it.

In the nineteenth century, for instance, grieving in the U.S. was a process, complete with a sort of uniform. It was common to have photos taken with a body, as though the person was merely sleeping, and memorial jewelry was an appropriate Christmas gift. The timeline for grieving could take two years — contrasted with our modern approach, which the DSM indicates should be two months.

In Cambodia, following the Pol Pot regime, a new ritual was created to specif-

ically deal with death by genocide. Tibetan Buddhists consider the body as nothing but a vessel that, upon death, is “made to serve a new purpose” of feeding vultures. Brazilian Wari practice necrophagy, Mexicans celebrate the Day of the Dead and the Merina of Madagascar wrap their dead in new duds and dance with them in the streets.

Getting back to us, a lot changed when funeral parlors came to be, and when science and medicine took over the disposal of bodies. Our acceptance of dying waned then, as did our comfortableness with the inevitable (as of now) process. Today, says Schillace, “Modern dying is managed dying...”

We all have to die someday — or do we? Twenty-first century medicine says maybe not, and the advances it’s reaching for — and the reasons why, perhaps, scientists shouldn’t reach too

hard — are in “Death’s Summer Coat.”

But before we get that far, author Brandy Schillace examines the long road we’ve taken with death perceptions, and it’s a graciously wondrous look done tastefully despite the sometimes-squirmy subject matter. Her fascination with this topic, which she’s held since her teens, is enhanced by the many small historical details she offers; readers who are likewise curious about funeral traditions will appreciate what they’ll learn.

If you’ve ever thought about the nature of grief, the possibility of immortality, and the history of dying, “Death’s Summer Coat” will give you plenty to ponder. We all have to go sometimes, so go... and get this book. □

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

Historic King Eddy re-opens for Stampede

Following a complete heritage restoration that included the reassembly of the exterior façade, the King Eddy will open its doors to celebrate Stampede Week with music.

The Bell Live Series at the King Eddy will run daily from 8-17, 11.00 am to 2.00 am. The headliners include: July 8-9 Petunia

and the Vipers, July 10 Steve Pineo, Tom Phillips and the Men of Constant Sorrow, July 11 Carolyn Mark, July 12 Dick Damron, July 13 Western Swing Project, July 14 Ramblin’ Ambassadors, July 15 Leeroy Stagger, July 16 Tim Hus, July 17 Jake Mathews,

For performance details go to boxoffice.studiobell.ca. □

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Canadian cowboy recipe round-up

Page design & layout by Winifred Ribeiro

The iconic image of the dusty cowboy astride his horse, crooning to his herd, has captured people's imagination for well over a century. The heyday of the true cowboy may have ended long ago, but our fascination with that way of life lives on. *The Canadian Cowboy Cookbook*, is a tip of the hat to all things cowboy, including archival photos and historical information interspersed with recipes to provide an intimate glimpse into life as it was on the range.

Cowboy aficionados can now rustle up chow that would do even the crankiest chuckwagon cook proud and draw even the most rugged cowboy into the buffet line. Some recipes are authentic cowboy fare, while others have a contemporary twist. The result is delicious food steeped in a romantic nostalgia of a bygone age recreated for a modern audience: Just in time to get into the spirit of Calgary Stampede.

Excerpted by permission from *The Canadian Cowboy Cookbook: From the Ranch to the Backyard*, by Ted Wolff. Company's coming Publishing Limited©. All rights reserved. www.companyscoming.com



Cowboys cooking dinner on eighth avenue. Calgary Stampede 1923. Photo courtesy of Calgary Stampede.



GUY WEADICK is credited with founding the Calgary Stampede in 1912. Born in New York in 1885, he was a Wild West vaudeville performer who had the vision for a world-class cowboy event in Calgary "as a tribute to the memory of the cowboy," according to Hugh Dempsey in *The Golden Age of the Canadian Cowboy* (1995). He had his own Wild West shows as a side venture, but he ran the Stampede for 20 years after it began. He appeared in the annual parade in 1952 and passed away in 1953.

JOHN WARE was Canada's most famous black cowboy. Born a slave in the southern U.S. in 1845, Ware gained his freedom near the end of the Civil War and found work on a cattle ranch near Fort Worth, Texas. He came to Alberta in 1882 when he helped drive 3000 head of cattle up through Montana to a ranch west of High River. He soon gained a reputation as a skilled horseman. He was considered one of the best bucking horse riders at the first annual fair and rodeo held in Calgary in 1883, where he won the steer-roping contest. Later on he became one of Canada's top bronc riders. Ware participated in one of the greatest roundups ever in southwestern Alberta in 1885. He was rated as one of Canada's top cowboys in the 1890s. The *Macleod Gazette* said, "The horse is not running on the prairie which John cannot ride." He died on September 14, 1905; while he was cutting a steer from a herd of cattle, his horse stumbled in a badger hole and fell on him, breaking his neck and killing him instantly. He was buried in Calgary where his tombstone overlooks today's Calgary Stampede grounds, a fitting tribute.



HERMAN LINDER did all cowboys proud. Born in 1907 in Wisconsin, he was a proud member of the American National Cowboy Hall of Fame (1980) and the Canadian Rodeo Hall of Fame (1982), a recipient of the Order of Canada (1998), an honorary band chieftain of the Blood First Nation, a record holding 22-time Calgary Stampede champion (including 12 All-Around titles), an entrepreneur and gentleman. He won both the Canadian Bronc and Bareback Bronc Riding championships during his first time at the Calgary Stampede. From 1929 to 1939 he was known as "King of the Cowboys" at the Stampede, winning the Canadian all-around championship seven times, and the North American championship five times in a row. His crowning achievement came when he practically won it all at the Calgary Stampede in 1934. He came in first on bareback, first on bulls, first on saddle broncs (Canadian entries) and second on saddle broncs (open entries). The stellar performance earned him North American and Canadian All-Around Cowboy recognition for that season. He died at age 95 at his ranch near Cardston, Alberta, in 2001.



Hearty Chuckwagon Chili

Serves: 6

Chili is synonymous with cowboy cuisine. You can't go wrong with chili, which is a family favourite at any time of the year, and is easy to make. This recipe has some added heat from the diced green chilies, offset somewhat by the cumin. It is the perfect dish for a backyard cookout but can also be made inside on the stovetop if more rustic cooking is not your style. Serve with biscuits or cornbread for an authentic cowboy meal

Lean ground beef	1 lb.	454
Chopped onion	1 cup	250 mL
Garlic cloves, finely chopped	2	2
Chunky salsa	2 1/2 cups	625 mL
Can of diced green chilies (4 oz., 114 mL)	1	1
Chili powder	2 tsp.	10 mL
Ground cumin	1/2 tsp.	2 mL
Cans of red kidney beans (14 oz., 398 mL), rinsed and drained	2	2

Prepare campfire. In a Dutch oven, sauté ground beef, onion and garlic until nicely browned. Drain off fat. Stir in salsa, chilies, chili powder and cumin. Stir in kidney beans and bring to a boil. Move Dutch oven farther away from fire to reduce heat to low and cover. Cook for about 30 minutes.

1 serving: 280 Calories; 11 g Total Fat (4.5 g Mono, 0 g Poly, 4 g Sat); 45 mg Cholesterol; 19 g Carbohydrate (6 g Fibre, 8 g Sugar); 19 g Protein; 930 mg Sodium.



Old-fashioned Campfire Bannock

Serves: 16

Cowboys have long enjoyed their flatbreads. Bannock is a kind of flatbread that can be cooked over a campfire by wrapping the dough around a tree branch or frying it in a greased skillet. Some cooks add raisins or berries to flavour the bannock, which has long been popular among First Nations and Inuit peoples as well as outdoorsmen and women throughout Canada. Basic bannock can also be made with boiled potatoes added to the dough and is considered especially tasty when eaten fresh after being cooked in lard. Enriched bannock has skim milk and beaten eggs added to the basic ingredients; it should be cooked until it turns golden brown on one side and then turned over to cook the other side

All-purpose flour	2 cups	500 mL
Baking powder	1 tbsp.	15 mL
Butter	3 tbsp.	45 mL
Salt	1 tsp.	5 mL
Warm water	2/3 cup	150 mL
Cooking oil	1 tbsp.	15 mL

Place flour, baking powder, butter and salt in a large bowl and mix with your hands until dough clumps. Slowly add water and mix until dough softens (you may not use the entire 2/3 cup, 150 mL, water). Let dough rest, covered, for 30 minutes.

Divide dough into quarters and shape each portion into a ball. Flatten with a rolling pin, or your hand, into a disk about 1/2 inch (1 cm) thick. Heat frying pan over medium and add oil. Cook bannock on both sides, turning once, until golden brown. Alternatively, you can forgo the frying pan and simply twist dough around a clean stick and hold over open campfire until golden and crispy.

1 serving: 310 Calories; 9 g Total Fat (2.5 g Mono, 0.5 g Poly, 6 g Sat); 25 mg Cholesterol; 44 g Carbohydrate (2 g Fibre, 0 g Sugar); 7 g Protein; 860 mg Sodium.



Crispy Pan-fried Chicken

Serves: 5

On the trail cowboys ate mostly beef, so delicious pan-fried chicken would be a welcome change once they returned to the ranch. Serve this dish with coleslaw or a potato salad and a glass of cool lemonade.

All-purpose flour	3/4 cup	175 mL
Paprika	1 tsp.	5 mL
Ground thyme	1 tsp.	5 mL
Salt	1 tsp.	5 mL
Pepper	1/4 tsp.	1 mL
Large egg	1	1
Milk	2 tbsp.	30 mL
Lemon juice	2 tsp.	10 mL
Bone-in chicken parts	3 lbs.	1.4 kg
Cooking oil	1/4 cup	60 mL

Combine first 5 ingredients in a shallow dish. Beat egg in a separate shallow dish. Stir in milk and lemon juice. Dip chicken into flour mixture, then into egg mixture. Dip back into flour mixture until coated. Let stand for 30 minutes. Heat cooking oil in a cast iron frying pan to medium high. Working in batches, fry chicken for 10 to 12 minutes, turning twice, until cooked through. Remove to plate lined with paper towel to drain. Serve immediately.

1 serving: 940 Calories; 77 g Total Fat (13 g Mono, 0.5 g Poly, 16 g Sat); 280 mg Cholesterol; 15 g Carbohydrate (trace Fibre, trace Sugar); 44 g Protein; 550 mg Sodium.



Raspberry Cobbler

Serves: 6

Cobbler desserts go back to the days of the great cattle drives of the late 1800s, when peach cobbler was widely known as a cowboy favourite. A cobbler is a variation of pie that is baked in a deep dish or pan and has a fruit filling flavoured with sugar and spices. All manner of different fruits could be used for the filling— peaches, apricots, apples, pears, cherries, plums, blueberries, raspberries, blackberries and strawberries are popular choices. We've chosen raspberries for this recipe, but you could substitute another type of fruit, if you prefer.

Butter (or hard margarine), melted	1/4 cup	60 mL
All-purpose flour	1 cup	250 mL
Milk	3/4 cup	175 mL
Sugar	2 tbsp.	30 mL
Baking powder	2 tsp.	10 mL
Vanilla extract	1 tsp.	5 mL
Ground cinnamon	1/2 tsp.	2 mL
Ground nutmeg	1/4 tsp.	1 mL
Raspberries	2 cups	500 mL
Sugar	2 tbsp.	30 mL
Grated lemon zest	1 tsp.	5 mL
Water	1/2 cup	125 mL

Pour melted butter into bottom of a greased shallow baking dish. Set aside. Combine next seven ingredients in a medium bowl. Drop by tablespoons over butter. Combine next three ingredients in a medium bowl. Sprinkle over flour mixture.

Drizzle with water. Do not stir. Bake in 350°F (175°C) oven for 40 to 45 minutes until bubbling and lightly browned. Serve warm.

1 serving: 220 Calories; 8 g Total Fat (2 g Mono, 0.5 g Poly, 5 g Sat); 20 mg Cholesterol; 31 g Carbohydrate (3 g Fibre, 12 g Sugar); 4 g Protein; 170 mg Sodium

Expanding CPP won't help most financially vulnerable seniors

Seniors living alone are much more likely to be in low income status and won't be helped by any CPP expansion

By Charles Lammam and Hugh MacIntyre

After years of debate, the Trudeau Liberals have rekindled the push to expand the Canada Pension Plan (CPP), with the federal government committed to achieving an agreement with the provinces. Finance Minister Bill Morneau will soon meet with his provincial counterparts to discuss options on how to raise mandatory contributions on working Canadians to provide increased benefits in retirement.

Unfortunately, the ongoing debate about expanding the CPP has been a distraction from where the real problem lies in Canada's retirement income system. Concerns about the adequacy of retirement income are mostly driven by a misplaced focus on middle- (and sometimes upper-) income Canadians not saving enough for retirement. That focus is misplaced because the evidence shows most Canadians are well prepared for retirement.

But there's a small pocket of largely overlooked seniors who, because of their low income, are financially vulnerable in retirement. Unfortunately, expanding the CPP won't help them.

To begin with, it's important to understand which seniors are most vulnerable. Statistics Canada's "low income cut-off" is not an official measure of poverty but does indicate whether someone is likely to experience difficult financial circumstances. Thankfully, the share of low-income seniors based on this measure has fallen dramatically over the past four decades: from 29 per cent in 1976 to 3.7 per cent in 2013.

This stark decline shows that Canada's retirement income system has largely been successful in helping the overwhelming majority of seniors avoid living in low income during retirement.

Despite this positive development in recent decades, some seniors remain at high-

er risk. Specifically, single seniors living alone (widows or divorcees, for example) are much more likely to be in low income than other seniors.

In 2013, 10.5 per cent of single seniors live alone in low income (most of them were women). The rate of low income among single seniors is considerably

“That focus is misplaced because the evidence shows most Canadians are well prepared for retirement.”

higher than both the rate for all seniors (3.7 per cent) and the rate among married seniors living independently from other family members.

A subset of single seniors is at even higher risk of being in low income, namely single seniors living alone without any income from the CPP.

Almost half of these single seniors (48.9 per cent) are in low income status.

Although the CPP is not designed to be an anti-poverty tool, there's a perception that expanding the CPP would help financially vulnerable seniors. Unfortunately, it will not, partly because many low-income single seniors have not worked outside the home in their working lives and thus have not earned any labour income — a key determinant of CPP retirement benefits. Those with no work history, and thus no contributions to the CPP, will receive no additional retirement benefits from an expanded CPP.

Even for low-income single seniors with work histories and sufficient contributions to the CPP, expanding the CPP may provide little or no assistance. That's because a higher CPP benefit could simply result in a reduction in federal (and provincial) government benefits targeted at low-income seniors, such as

the Guaranteed Income Supplement. This means the total net increase in income would be less than what is implied by the increased amount of CPP income.

In short, expanding the CPP will largely fail to help Canadian retirees most in need of assistance.

Instead of expending political energy on debating CPP expansion in the misguided belief that many middle- and upper-income Canadians are not saving enough for retirement, the focus of public debate should be on how best to help financially vulnerable seniors. □

Charles Lammam is director of fiscal studies and Hugh MacIntyre is policy analyst at the Fraser Institute. They are co-authors of the Fraser Institute study "Expanding the Canada Pension Plan Will Not Help Canada's Most Financially Vulnerable Seniors," available at www.fraserinstitute.org



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••• Community Events •••

July in Fish Creek

There will be two mini bus tours in July in Fish Creek Provincial Park. The first, Archaeology in the Park: Finding the Pioneers, takes place on July 12 from 1:00 p.m. to 4:00 p.m. Come to enjoy a scenic tour while learning about the history of the early pioneers who made this area their home and about the archaeological evidence they left behind. The second, Photography Tours: Unleash the Power of Your Digital SLR Camera, takes place on July 19 from 9:00 a.m. to 11 a.m. In this beginner's level photography class, you will learn all the basics, including depth of field, composition, lighting and the "exposure triangle" (aperture-shutter-ISO), using the stunning beauty of the park as your subject. For more information, please visit www.friendsoffishcreek.org/programs/minibus. The Friends of Fish Creek's 2nd Annual Capture Nature Photography Contest will run from July 1 to August 15. Capture Nature offers a fun and creative opportunity for park users to engage with their natural surroundings. All proceeds from the contest will

help support the stewardship and education activities in the Fish Creek Provincial Park. Register for a chance to win one of the amazing prizes from Vistek and MEC at www.friendsoffishcreek.org/programs/capturenature.

Wedding fashions exhibition and textiles workshop at Lougheed House

In commemoration of the 125th anniversary of the construction of Lougheed House in 1891, the exhibition, Something Old, Something New: 125 Years of Wedding Fashion, will be running until October 16. It features gowns and numerous wedding accessories of vibrant colours from diverse cultural and historical traditions and provides a multifaceted perspective on how people went down the aisle in style from the late Victorian era to contemporary times. The featured collections are from the Museum of the Highwood, Red Deer Museum, Royal Alberta Museum, Lougheed House Conservation Society and some private sectors. Come to Lougheed House

on August 7 to take an informative workshop from 2:00 p.m. to 4:00 p.m. on identifying, dating and caring for textiles from the 1890s through modern times. Discussion will include how to manage inherited and special linens, providing unique tips and featuring a fun show-and-tell of items from Gift Shop manager Audra's personal collection. Regular admission is \$8.50 for adults, \$6.50 for seniors and students, \$5 for children 6-12, \$25 for families, and free for children under 6. Lougheed House is located at 707 – 13th Avenue SW and is open Wednesday to Friday between 11:00 a.m. and 4:00 p.m. and on Saturday and Sunday between 10:00 a.m. and 4:00 p.m. For more information, please call (403) 244-6333, email info@lougheedhouse.com, or visit www.lougheedhouse.com.

Skyline Hikers

Since 1933, Skyline Hikers of the Canadian Rockies have offered a unique way – "backpacking without the backpack" – to experience the backcountry of Canada's mountain parks, offering weekly hikes during July and

August, which depart from Banff on a Monday and return the following Saturday. This year, the first camp at Whiteman Pass on the Continental Divide starts on Monday, July 11, and ends on July 16, with the last camp starting on Monday, August 8, and ending on August 13. With Skyline Hikers, you do the hiking while the organizers manage the camp, carry your gear and provide all the meals. Wilderness accommodation is provided for up to 54 hikers in each camp, each tent holding from two to four hikers and equipped with foam sleeping pads and a wood-burning stove for cool nights. In addition to professional cooks and camp staff, each camp has a volunteer host or hostess, chief leader, camp musician and medical personnel. For more information, please visit www.skylinehikers.ca or email info@skylinehikers.ca.

Whyte Museum

Two exhibitions will be running at the Whyte Museum, 110 Bear Street, Banff, until October 16. The first exhibition, Landscapes Reconstructed, presents historic and contemporary

images of Canada's unique mountain environment and illustrates the longstanding discussion about access and respect for the mountain environment and national parks. The second exhibition, Summer in the Rockies, provides – through paintings, archival materials and personal artifacts – a glimpse into the museum hiking explorations of founders, Peter and Catherine to their favourite lakes and their hospitality to friends, artists, writers and politicians from far and near during summertime. The Whyte Museum is open daily (closed between December 25 and January 1) from 10:00 a.m. to 5:00 p.m. Admission is \$10 for adults, \$9 for seniors, \$4 for students and locals (Lake Louise to Morley), and free for members and children under 12.

Germans from Russia

If you are wondering why your ancestors moved to Russia and then left for North and South America, please visit the library of the Calgary Chapter of the American Historical Society of Germans from Russia (AHSGR), located at *Continued on Page 18*



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••• Community Events •••

Continued from Page 17

Ascension Lutheran Church, 1432 – 19 Street NE. Members and nonmembers are welcome. For more information, please visit <http://calgarychapterahsgr.ca/> or call (403) 273-8178.

Calgary Kite Festival

This festival, with music and entertainment, will take place on Saturday, July 16, from 10:00 a.m. to 8:00 p.m. at Shaw Millennium Park. There will be kite demonstrations from 2:30 p.m. to 3:30 p.m. For more information, please call (403) 456-5777.

Canadian Badlands Passion Play

Since its first performance in 1994, the Canadian Badlands Passion Play has

gained provincial, national and international reputation as one of North America's top must-see cultural and tourism events. Presented in a 30-acre natural badlands canyon bowl in Drumheller, approximately 90 miles northeast of Calgary, the play provides a dramatic retelling of the life of Jesus. This year the presentation will consist of four afternoon performances on July 9, 16, 17 and 23, starting at 4:00 p.m., and five evening performances on July 8, 10, 15, 22 and 23, starting at 6:00 p.m., with a new actor playing Jesus, a new script, a new musical score and a new lead director. Tickets can be purchased online or by calling the Box Office at (403) 823-2001 on Monday – Friday between 9:00 a.m. and 4:00 p.m. For more

information about this spectacular outdoor event, please visit www.canadianpassion-play.com.

Rumpelstiltskin revisited

Okotoks-based Goodger-Pink Family Theatre is pleased to present its fourth summer season of the outdoor all-ages event, Rumpelstiltskin Revisited, on July 1 at 7:00 p.m., July 2 at 11:00 a.m., and July 3 at 2:00 p.m. at Drake Landing Northwest Field, 45 Drake Landing Drive, Okotoks. Come and enjoy this fast-paced remixed version of the classic fairytale that is fun for the whole family. For admission, just pay what you can (suggested donation is \$10). For more information, please visit www.goodgerpinkproductions.com.

Journey with prostate cancer

The Movember Foundation

is seeking men with prostate cancer and their loved ones to participate in Prostate Cancer Canada's True NTH program, which is creating a documentary-style video series that highlights the journeys of prostate cancer patients as well as the experiences of their families, partners and caregivers. The series is aimed to help other people currently living with cancer. For casting, the Foundation is looking for ranchers, farmers or cattlemen from Alberta. If you are interested, please email Elizabeth Huggins, Manager of Survivorship, Prostate Cancer Canada, at Elizabeth.huggins@prostatecancer.ca or call (416) 441-2131, extension 260, with information about yourself including the following details: general age, where you live, and a brief description of your prostate cancer journey. □

Compiled by Faye Wu

Emergency tips for those with special needs

(NC) While disasters and emergencies affect everyone, their impact on people with special needs is often compounded by factors such as reliance on electrical power, elevators, and accessible transportation — all of which can be compromised in these situations.

Public Safety Canada offers these tips for seniors and people with special needs:

- Create a personal support network of at least three people who can help. Ensure they are aware of your needs (such as prescription medication) and how to operate any equipment you require.
- Make an emergency contact list with the names and phone numbers of your personal support network, doctors, neighbours, etc. Keep a copy of this list handy and share it with these same people.
- Familiarize yourself with all escape routes and emergency doors and exits in your home.
- Have a panic button installed in the building where you work or live so that you can notify others of your whereabouts if you need assistance.
- Create a basic emergency kit tailored to meet your specific needs. You may wish to include things such as:
 - Devices such as canes, walkers, lightweight manual wheelchairs, hearing aids, breathing apparatus, blood glucose monitoring device.
 - Prescription eyewear and footwear (if required).
 - Extra supply of medications and vitamin supplements.
 - List of all medical supplies and equipment related to your age or medical condition.
 - Copies of all medication prescriptions.
 - Extra dentures (if required) and cleaner.
 - Latex-free gloves (to give to anyone providing personal care to you).
 - Food and other items for your pet or service animal.
 - If you have a pet or service animal, bring it with you in case of an evacuation and have an emergency plan for your animal as well.

More information is available at www.GetPrepared.ca www.newscanada.com

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Re-cycle safely this summer

Do you know what to do with your old propane tanks? With the warmer weather at hand, Calgarians are enjoying camping and grilling on the barbeque. Empty propane tanks are one of the items that end up in the recycling facility when residents mistakenly put them in their blue cart. These items can cause safety issues for your waste collectors and workers at the recycling facility.

“Calgarians have been doing a great job recycling with 65 million kilograms of material collected annually. However, we are seeing a small number of hazardous materials such as propane tanks and needles that are a serious concern for us,” says Sharon Howland, Leader of the Program Management at Waste and Recycling Services. “While these items tend to be very small in volume, they can have a huge impact on the recycling process and are hazards for our workers.”

“Pressurized tanks such as propane tanks and bear spray canisters are flammable and explosive and can hold residual chemicals. Even though an item may have a recycling symbol on it, it does not mean it should go in your blue cart,” explains Venry Sergeant, Operations Manager at Cascades Recovery Inc. (the organization that runs the recycling facility). A safety incident with a bear spray canister last fall proved especially challenging when it ended up at the facility. It resulted in the evacuation of the recycling facility and emergency services responding when the bear spray was released into the air. Sergeant was on hand during the incident and

was affected by the bear spray. “I quickly found it difficult to breathe and my eyes started stinging. I knew we had to get our employees out to safety immediately,” he says.

“Another item we see is needles: everything from diabetic lancets to EpiPens and other syringes. While our recycling process is mostly automated, workers are still involved in removing items by hand and have to handle these materials,” says Sergeant. In the past, both workers and equipment have been harmed by hazardous items like needles and propane tanks sometimes, requiring medical attention, emergency resources, repairs to equipment and even a complete halt to recycling operations.

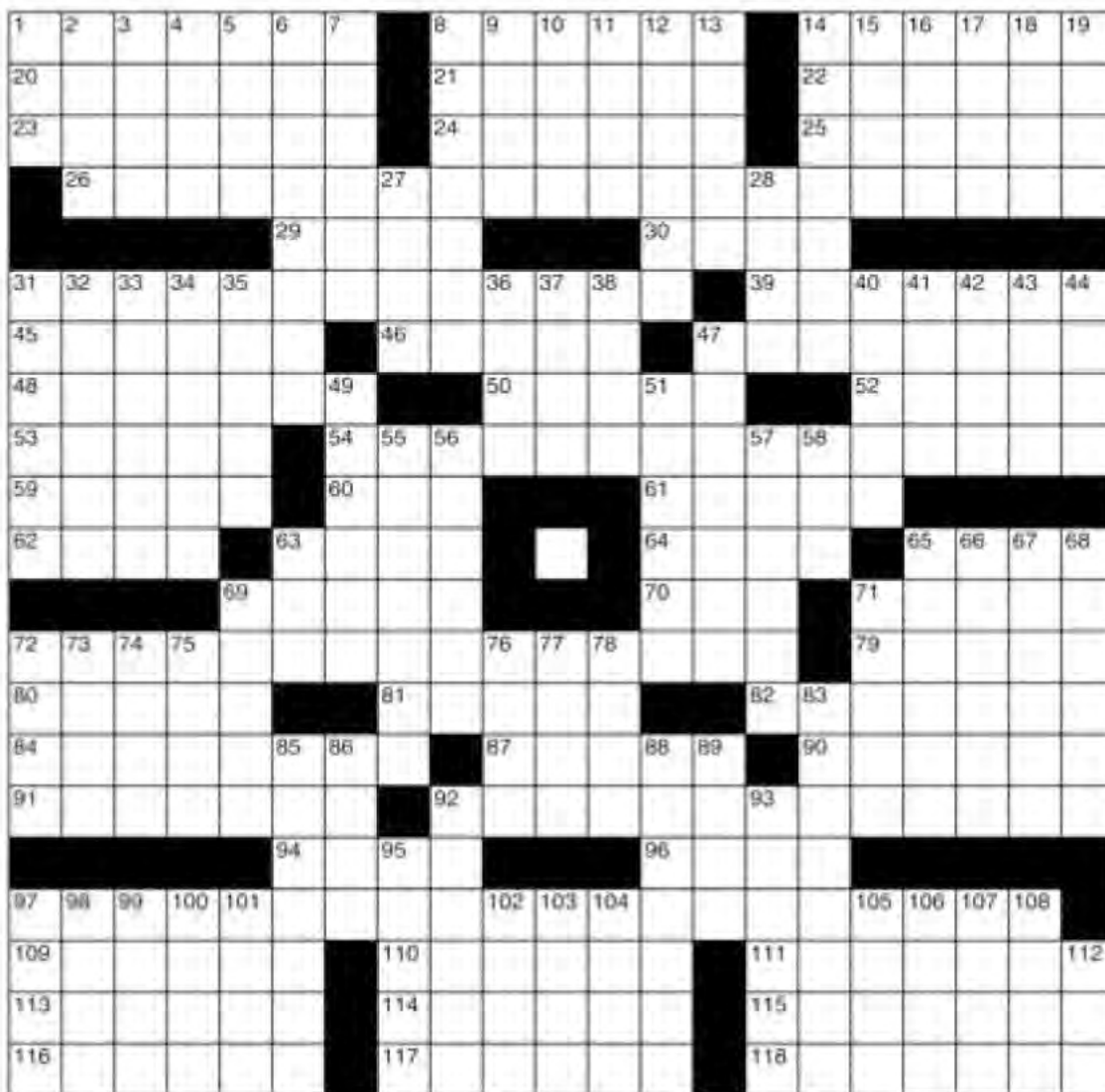
Cascades Recovery and the City of Calgary are asking Calgarians for their help by recycling safely. “If we all do our part to be safe, we can prevent incidents from happening. We want to keep encouraging Calgarians to recycle, but to always be mindful of whether they are putting the right materials into their blue cart or community recycling depot,” says Howland. “Recycling safety will make sure that we keep our workers and equipment safe, that the quality of the other recyclables are not affected and that the efficiency of recycling operations will be improved.”

To help Calgarians know what to do with their unwanted items, an online search tool is available at calgary.ca/whatgoeswhere. It lists hundreds of items and the proper disposal methods and options available. □

PREMIER CROSSWORD/ By Frank A. Longo

SEVENTH HOLE

- | | | | | | |
|--|--|--------------------------------|--------------------------------|--------------------------------|--|
| ACROSS | 48 Gin-and-lime cocktails | 81 Artist Rousseau | 10 Animated bug film | 47 Carlisle of the Go-Go's | 83 Article-preceding summary |
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| 23 Bishop, e.g. | 61 Elf | 96 One all, e.g. | 17 Jack of early late-night TV | 63 Alley — | 95 Streetcars |
| 24 Apparel | 62 With | 97 End of the instruction | 18 Bluesy James | 65 Lambaste | 97 With |
| 25 It's hung and hit at fiesta | 41-Down, town near New London, Connecticut | 109 Team novice | 19 Merger, e.g. | 66 Rome's land, in France | 71-Across, French avant-garde composer |
| 26 Start of an instruction | 63 — about (near) | 110 Warrant | 27 Knitting stitch | 67 Acacia relative | 98 TV actress Anderson |
| 29 "Anne of Green Gables" novelist Lucy — Montgomery | 64 Have — (know someone with clout) | 111 Actor Gary | 28 E. — (gut bacteria) | 68 Badger | 99 Ho-hum (barely earns) |
| 30 "— have thought it?" | 65 Weak type | 113 Bee or ant | 31 Band | 69 Incline | 100 — out (barely earns) |
| 31 Instruction, part 2 | 69 Terrific | 114 More timid | 32 Couscous alternative | 71 Resell tickets | 101 Lit candle bit |
| 39 Reindeer herders' region | 70 NFL goals | 115 Put to use | 33 Opens, as a gas tank | 72 Mississippi senator Cochran | 102 "Hmm ... yes" |
| 45 Burrow | 71 See | 116 Mall stands | 34 Sock variety | 73 "Mary — Little Lamb" | 103 Zap, as leftovers |
| 46 Scottish estate owner | 72 Instruction, part 4 | 117 Shines and smooths | 35 Film units | 74 One of the deadly sins | 104 Arduous hike |
| 47 1976 title film role for Robby Benson | 79 Steamers, e.g. | 118 Vended | 36 Baseball's Martinez | 75 Santa — (some winds) | 105 Lost traction |
| | 80 Barber's partner in cartoons | | 40 Dinner piece | 76 Lead-in to spore | 106 Solder, say |
| | | | 41 See | 77 67-Down, for one | 107 Jannings of old films |
| | | | 62-Across | 78 Personal quirks | 108 Demolish |
| | | | 42 Open a bit | | 112 Actor Romero |
| | | | 43 Taboo thing | | |
| | | | 44 Unhearing | | |



#1,751 Average time of solution: 67 minutes

Solution on page 24



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Minot Norsk Hostfest

September 27 (7 days)
From Dbl. pp \$1786, Sgl. from \$2573
Includes six breakfasts, daily transport and five celebrity concerts

Okanagan Wine Trail

October 1 (6 days)
From Dbl. pp \$1176, Sgl. \$1549
Includes 7 meals

Mexico's Copper Canyon Rail and Tour

November 12 (15 days)
From Dbl. pp \$4397, Sgl. \$5187

Includes daily breakfast and dinner and 7 lunches

The Far East including Hong Kong, Vietnam, Cambodia and Thailand

March 11 2017 (21 days)
From Dbl. pp \$11,532, Sgl. \$14,812

Includes flights, most meals and tours
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- We have details on all-inclusive trips to any destination.

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Tell us your destination /date. We can help

- Don't see the tour you want? Please call us

403- 705-3237 .

Book with us. Help yourself and support Kerby Centre.



Discover Nanton

Date: Tuesday, July 26, 2016

Cost: Members - \$38.00 Non-Members - \$43.00

Includes transportation, time on own for lunch and to explore Nanton's historic Main Street and Antique & Art Walk of Alberta and a tour of the Bomber Command Museum of Canada.
Cut-off Date: Wednesday, July 13, 2016

Arrowwood Hutterite Colony

Date: Tuesday, August 09, 2016

Cost: Members - \$41.00 Non-Members - \$46.00

2nd date if sold out: Tuesday, August 16, 2016

3rd date if sold out: Tuesday, August 23, 2016

4th date if sold out: Tuesday, September 13, 2016

Includes transportation, lunch, tour of the colony and an opportunity to buy fresh bread and produce.

Rosebud Theatre – "An Inspector Calls"

Date: Thursday, October 13, 2016

Cost: Members - \$89.00 Non-Members - \$94.00

Includes transportation, a buffet lunch and a classic whodunit theatre performance.

Cut-off Date: Wednesday, September 21, 2016

If you have an idea for a day trip contact the Kerby travel desk at 403-705-3237.

A man travels the world over in search of what he needs and returns home to find it.

George A. Moore

Your dream destination – in your backyard

Build your own personal oasis for the ultimate staycation.

Summer vacations are meant to be a relaxing escape from the daily grind where you can unwind and let stress just slide away.

But battling a congested highway en route to the country cottage is no way to relax, and think of all the expensive gas you are wasting while idling in bumper-to-bumper traffic. The low Canadian dollar will have you fretting over the inflated cost for that trip to the United States. Wanting to

truly relax in their time off work, many Canadians are choosing the 'staycation' option and sticking around home during their holiday time.

"The idea of the staycation isn't to sit around on the couch and watch TV for an entire week," says Stephen Schroeter, Senior Vice-President of Napoleon, North America's largest privately owned manufacturer of quality outdoor living products. "It's

to enjoy all the elements of a vacation around your home by creating your own personal oasis in your backyard."

When building the ultimate staycation retreat, Schroeter suggests the following elements should be standard.

Gourmet area. Outdoor entertaining begins and ends with your barbecue. An outdoor kitchen is the centerpiece of your yard, and a place where friends and family can gather to share stories over a cold drink while dinner is sizzling away.

Resting area. You don't

want to be standing for your entire vacation. A conversation set of outdoor furniture is the ideal spot to kick back with a good book or swap stories with those close to you.

Tranquil area. A small water feature, like a fountain or fishpond, is a great addition to your backyard escape. Surround it with a garden that will attract butterflies and hummingbirds to create a corner where the pressures of the outside world will melt away.

Warming area. The nights can get cool, but many municipal bylaws prohibit firepits within their urban

areas. No matter — a gas or propane fuelled fire table will not only heat your backyard retreat, it will also add to the ambiance. To recreate more of the vacation experience, crack out the graham crackers, chocolate and a bag of marshmallows and whip up some S'Mores.

Heating area. Extend your staycation time beyond the typical summer months with a patio heater. Modern models not only push out radiant heat, but they are a stylish addition to your outdoor décor.

Courtesy of Enterprise Canada

Let us show you the world we travel

<p>KOOTENAY OKANAGAN 6 days departing Sept 18th \$789.00 Winery tour, Boat cruise, Davison Orchards, Radium Hot springs, Rossland museum, Steak BBQ and ghost town tour</p>	<p>LAUGHLIN ECONOMY TRIP 10 days departing Oct 21st. \$719.00 2 nights Great Falls, 2 nights Jackpot, 5 nights Laughlin. Laughlin fun book, Casino package)</p>
<p>CASINOS AND WINE TOUR 6 days departing Sept 28th \$789.00 2 Nights Stoney Nakoda resort, 3 nights Lakeside Resort and Casino Penticton, 2 Wine tours and tastings, Paddlewheel boat cruise, Davison Orchards, Casino packages and so much more.</p>	<p>LAUGHLIN & GRAND CANYON 12 days departing Nov 5 \$949.00 2 nights Great Falls, 2 nights Jackpot, 7 nights Laughlin, Laughlin Fun book. Day trip to Oatman, Day trip to Grand Canyon</p>
<p>LAS VEGAS 9 days departing Oct 8 \$799.00 2 nights Great Falls, 2 nights Jackpot, 4 nights Las Vegas Shopping at Fashion outlet mall, Hoover Dam</p>	<p>CHRISTMAS IN VEGAS 10 days departing Dec 21st \$949.00 2 nights Great Falls, 2 Nights Cactus Petes Jackpot, 5 nights at Gold Nugget in Las Vegas, 2 breakfasts, Wine and Pizza party, Casino packages that include Fun coupons, Meal credits, beverages and gaming tokens.</p>
<p>CALIFORNIA WINE 14 days departing Oct 11th \$2219.00 Portland dinner cruise, Alcatraz, Cable car ride and city tour, 3 winery tours and tastings, Redwood forest, Oregon Coast, Tillamook cheese factory, Casino packages and much much more.</p>	 <p>Prices based on per person double sharing + GST on Cdn. portion</p>
<p>BONNERS FERRY GAMBLING AND SHOPPING TOUR 4 days departing Oct 16th \$437.00 Join us for our very first 4 day tour to Bonner's Ferry, Idaho. The Casino is happy to announce that they are featuring GAMING MACHINES THAT PLAY CANADIAN & PAY CANADIAN... so there is absolutely no need to exchange Canadian money for gaming. Day trip to Coeur d'Alene for some shopping</p>	

Toll Free 1-866-460-0777 www.promotiontours.ca

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10 COUNTRIES (19 DAYS) EUROPE \$5,400 CAD ONWARDS

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WWW.PURPLEORCHIDHOLIDAYS.CA

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Marcel Proust

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Classified Ads

To place your ad call: 403-705-3249, Fax: 403-705-3211, e-mail: generaloffice@kerbycentre.com

All ads must be pre-paid. Kerby Centre reserves the right to refuse any materials submitted and assumes no financial responsibility for errors or omissions in an ad. Kerby Centre accepts no responsibility for the performance or services offered by advertisers to their clients.

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



Classified Ad Categories

- 10 Health
- 11 Foot Care
- 12 Home Care
- 13 Mobility Aids
- 20 Home Maintenance
- 24 Landscaping
- 26 Services
- 30 For Sale
- 33 Wanted
- 45 For Rent
- 48 Real Estate
- 50 Relocation Services
- 80 Announcements

10 Health

Bathroom, bedroom, walkers, wheelchairs.
ADVANTAGE HOME HEALTH SOLUTIONS
403-460-5438
AADL vendor

CERAGEM Calgary
Sales Service Parts
403-455-9727

11 Foot Care

Advanced Foot Care in home/residential service. Providing a holistic mindset to medical treatment. Service includes foot soak/scrub, nail clipping/filing. Removal of callous, corns and simple ingrown toenails. Specializing in seniors and diabetics. 403-471-3852

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Careco Health Services Advanced Foot Care in the comfort of your own home. Diabetics, fungal, ingrown nails, corns & callouses. VAC Health identification card accepted. Call 403-973-0333 or www.carecohealthservices.com

Quality Foot Care by Certified in advanced foot care nurse. Specialized in removal of ingrown toenails, callous & corns, treatment of fungal nails, & diabetic foot care. In-home services. Cindy 403-383-6839

12 Home Care

3C Home Health offers Personal care, Nursing care, Post-op care & Dementia care. We designed care according to your needs. 587-832-1679 Maria

All Heart Care – We do various errands for our elderly clients & provide much appreciated companionship services. 403-973-0333

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Accompany seniors to Dr/shopping, helping you do daily tasks. Call Donna 403-276-1276

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housekeeping/meal prep, In/out of home companionship. Accompany appts/shopping. Corinne, Kathy 403-590-2122
just4familyservices@shaw.ca

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13 Mobility Aids

Pride Victory red 4 wheel electric scooter. Purchased new in 2014 for \$2900 2 chargers & basket \$1295 OBO Tom 403-370-8950

Kerby Centre's Programs & Services help keep older people in their community

20 Home Maintenance

A2Z General Contracting Bath, basement, deck, door, drywall, elec, fence, hardwood, painting, plumbing, tile, window. Basil 403-604-9058/403-390-0211

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24 Landscaping

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Karl/Frank 403-651-3900

GARDNER- veg & flower beds, weed, deadhead, transplant. Spring & Fall clean up, no heavy digging. Roselyn 403-702-3099

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26 Services

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All trash incl. dirt, sod, yard clean up, tree trimming. Free est 403-813-1157

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Sparkling clean results. Satisfaction guaranteed. Free estimates 403-836-2113

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Sandra's Mobile Barbering Service. Have shears will travel. 25 years experience. Will go to your home, hospital, nursing home, etc. 403-288-5591 Please leave message if no answer.

HAIRSTYLIST IN MOTION mobile hair care in the comfort of your own home, hospital, nursing home, anywhere. Please call Brenda 403-471-7500

Handyman: no job too small. Indoors & outdoors. Do you need help in the garden? Ph Brian 403-230-7729

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WE FIX COMPUTERS
Computer Repair & User Lessons, affordable rates starting at \$39/hr. Call Christian 403-481-8080 Visit www.xentas.ca or email: christian@xentas.ca

30 For Sale

FOR RENT OR SALE
Recycled and New Healthcare Equipment Stair Lifts, Porch Lifts, Scooters, Power Wheelchairs, Hospital Beds, Portable Showers, Ramps ...
ADVANTAGE HOME HEALTH SOLUTIONS
403-460-5438
AADL Vendor

Silver Plate 15 pcs \$100. 2 x 8 pc Shell/Gadroon serving dishes & gravy boat w/ tray 4pc coffee & tea set w/ tray 587-350-6090

33 Wanted

Asian antiques, jewelry, gold & silver, military, old watches. Lynn 403-281-0136

Buying antiques - cup & saucers, jewelry, silver, license plates, old toys, cameras, crystal, old tools, etc. Call Kevin P 403-660-0483

Continued on page 24

Continued on Page 24

Kerby Centre's Activities, Programs, & Services

Dates to Remember

CANADA DAY (Kerby Closed).....Fri Jul 1
 STAMPEDE PARADE (Kerby Closed).....Fri Jul 8
 STAMPEDE BREAKFAST.....Fri Jul 15
 MONTHLY MOVIE "Bridge of Spies".....Fri Jul 29

Internet Drop-in

Rm 305
 Mon-Fri
 9am - 2pm
 FREE

Fit Room (Rm 108)

403-705-3233
 Monthly and yearly memberships available!
 Mon-Fri
 7:30am - 7:30pm

NEXT TO NEW

RODEO ROUND-UP SALE! BOGO!!
 Everything in store buy one get one free
 (of equal or lesser value)
 Fri, Jul 15
 10am - 2:30pm

NEW ACTIVITY - KUBB

Looking to enjoy some fun in the sun?
 Come learn to play our new summer drop in activity, KUBB!

Free introductory lesson **Tue, Jul 19** at Shaw Millennium Park (weather permitting).

Pre-registration required. Please call Education and Recreation at 403-705-3233 or stop by Rm 305 for more details.



Kerby Centre Daily Drop-in Programs and Activities 1133 7th Ave SW

Monday

Musical Recorders Group (Rm 313) 1 - 2:30pm
 Cribbage (Rm 307) 1:30 - 3:30pm
 Writing Group (Rm 301) 1:30 - 3:30pm
 Pickleball (Gym) 3:30 - 5pm
 Cost: \$1.25

Knitting for a Cause SUMMER BREAK - Back Sept 12

Tuesday

Canasta (Rm 307) 10:30am - 12:30pm
 Cost: \$1.25

Options 45 - Employment Workshops (Lounge) 1:30 - 3pm
 Cost: \$2.00

Thursday

Artist Group (Rm 313) 10am - 3pm
 Cost \$1.25 half day

Latin American Club (Rm 119) 10am - 12pm
 Bingo (Rm 205) 11am - 3pm
 Pickleball (Gym) 3:30 - 5pm
 Cost: \$1.25

Kerby Tour (Dining Room) 10:30 - 11:30am

Wednesday

Bridge (Rm 307) 1 - 3pm

Dance SUMMER BREAK - Back Sept 7
 Craft Group SUMMER BREAK - Back Sept 14

Friday

Spanish Conversation Group (Rm 311)
 10am - 12pm
 Badminton & Ping Pong (Gym) 10:30am - 1pm
 Cost: \$1.25

Krazy Karvers Woodcarving Club (Rm 102)
 10am - 3pm
 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.

WISE OWL BOUTIQUE

THE LITTLE RED LASSO SALE!! All red string items are 50% off
 Fri, Jul 15, 10am - 3pm



Kerby Centre

Shop at Kerby Centre

Wise Owl Boutique (Rm 214) Mon-Fri 10am - 3pm	Next-to-New (Rm 203) Mon-Fri 10am - 2:30pm	Trekking/Walking Poles Education and Recreation Department (Rm 305) \$25.00	Woodshop (Rm 102) Mon-Fri 9am - 12pm & 1 - 3pm
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**Kerby 2 St. Andrews 1-10601 Southport Road SW
 403-705-3233**

Visit our website (www.kerbycentre.com) for more information on courses and resources offered

**Location: K2-EV – 428 9th AVE SE
 403-470-6300**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lifespring Community Church 10:30am 403-862-5639	Gentle Fitness 11:15am - 12:15pm Drop in Computer Time 9 - 11am	Drop in Computer Time 9am - 3pm	Use It or Lose It! A month of "Fundays" 1 - 3pm (July) Drop in Computer Time 9 - 11am	Drop in Computer Time 9am - 3pm	Drop in Computer Time 9am - 3pm

Dates to Remember:

HAMLET PERFORMANCE: Thu, Jul 7, 1 - 2pm
 PERSONAL DIRECTIVE WORKSHOP: Wed, Jul 13, 10 - 11am
 DROPS OF PEACE MEDITATION: Fri, Jul 15 10:30 - 11:30am
 LINE DANCING WORKSHOP: Fri, Jul 15, 2 - 3pm
 ZUMBA CHAIR: Wed, Jul 20 10:15 - 11am
 CHINOOK COUNTRY LINE DANCE PERFORMANCE: Thu, Jul 21, 1 - 2pm
 DRAWING CALLIGRAPHY LETTERS: AN INTRODUCTION: Thu, Jul 28, 1:30 - 3:30pm
 MONTHLY MOVIE "Bridge of Spies": Thu, Jul 28, 11am

GAMES N' MORE: SUMMER BREAK - Back Sept 7
 CHOW & CHATTER: SUMMER BREAK - Back in Sept

Grade Six students make a difference



The Kerby Centre is doing great work in our community, here's how we found out. We are Grade Six students at Strathcona-Tweedsmuir School. We started working on a school project about learning about our society and the voice and power of vulnerable groups in our city, but it grew much bigger. We decided to focus our research on elder abuse and learned about the great work that the Kerby Centre is doing through the Elder Abuse Response Team. In February, we toured the Centre and we got to interact with the elders and see what they get to do in the many programs offered by the Kerby Centre. The next step was to prepare a pitch to The Calgary Foundation in the hopes that they would donate money to support this amazing agency. The following is what we presented:

A quilt. Something so small in people's minds but so big in some senior's heart. Something so small that gives abused seniors the loving feeling and warmth of being safe. Seems pretty irrelevant right? But it's something so small, provided by the Elder Abuse Response Team, to make a difference in lives.

Hi, my name is Emma, and these are my peers, Parker and Inji. We are representatives from the grade 6 community. We are here asking for funding for the Kerby Centre elder abuse response team. For the past couple of months, we have been researching elder abuse. We have also been contacting MLA's, the Minister of Health and Seniors, Sara Hoffman, and the Elder Abuse Response Team. Some of the research that we found was shocking.

Did you know, according to Statistics Canada, 10% of elders are abused in Alberta? There is likely more due to the fact that elders will not report it because they are scared that they will be abused even more or because they feel like it's their fault. On our tour Deb Runnalls who is Kerby Centre's Senior Manager for Wellness & Support Services told us the story of a man who did not report his son was abusing him because he thought it was his fault for raising his son that way. In the story, the son of the elder wanted all of his father's money. The senior blamed himself so much, that he gave up all his money and let himself be financially abused, until he finally ran out of money.

Parker, Inji and I interviewed Ric McIver, MLA of Calgary Hayes, and he strongly agrees that we try to support elder abuse as much as we can. Mr. McIver informed us that funding towards elder abuse has been recently cut, making it an even bigger problem. Deb stated that 40% of the Kerby Centre's funding comes from Government.

Elder abuse is a very important, yet a very overlooked topic, in society today. As we said before, 10%

or 1400 elders as of 2011 are abused in Alberta.

Now you must be thinking who does the abusing? Well most anyone who comes in contact with elders can abuse them. You'd be surprised that elders can be abused by their children, their caretakers, and even their spouses. Elder abuse can occur in many different ways including, hitting, striking, pushing, sexual, verbal, financial, emotional and medical abuse and the saddest part is that, as said by the Kerby Centre, 97% of the abusers are the ones that are the closest to the seniors.

EART is a not-for-profit organization and is a collaboration of the Kerby Centre (shelter), Carya (social workers) and the Calgary Police force. We went to the Kerby Centre to get up close and personal with the foundation. There were some heart wrenching stories there and the worst one was the fact that they needed to turn some people away. In 2015 alone, they had to turn away 111 people, just because they only had 9 beds. Each mattress alone costs roughly around

1000 dollars to buy. Did you know that 80% of elder abuse goes undetected?

A quilt, you must be deeply confused by this, let us tell you the story. When we visited the Kerby Centre, Ms. Runnalls told us the story of a quilt. No, not just a quilt. A special quilt. While on our tour, we visited many locations of the facility. One of our highlights was the rooms for abused seniors and the homeless. Inside one of the rooms, were two beds with clean, cozy quilts on them. We asked Deb where the quilts came from, and why they were there. She said that a group of women sew them together, for the abused seniors. When they come into the shelter, looking for a safe place, the quilt is the first thing that wraps around them. It is the quilt that gives them the feeling that they are safe. Usually they have to leave everything behind, so the quilt, they can bring into their apartment to remind them of that first feeling of being safe and loved.

Continued on page 24

If you plan on getting older, this course is for you!

Sharpen your driving skills and maintain your independence:

- educational & entertaining 3-hour presentation
- we come to your club / group
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Senior Driver Awareness Course



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JOIN US IN
EMBERS DINING ROOM,
OPEN DAILY FROM 4 P.M.
EVERY MONDAY AND THURSDAY IS
PRIME RIB NIGHT!

COME SEE US FOR OTHER DAILY SPECIALS!

YES, I wish to make a contribution in support of Kerby Centre

Amount Enclosed \$ _____
Monthly Pledge \$ _____



Kerby Centre

Kerby Centre assists older adults to be active and engaged in the community through health, wellness, education, recreation, and support programs.

Please choose to make a difference today.

Payment by:

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Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

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Address _____

City _____ Province _____

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Email _____

Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2
Contact us at 403-705-3235 or email to funddev@kerbycentre.com

Charitable Registration #11897-9947-RR0001

Classified ads
continued from page 21

Collector pays cash for pocket watches, military, police, sterling & gold items, coin & stamp collections. Phone 403-239-2273

Sell your Stair Lifts
Porch Lifts Etc.
ADVANTAGE HOME HEALTH SOLUTIONS
403-460-5438

Top \$ paid for fire arms & military items by licensed collector 403-554-1653

Wanted Radio Controlled Model Airplanes: airplane electronics, parts and/or complete airplane models. Reg @ 403-271-1119

45 For Rent

718 4 St NE Bridgeland, 2 bdrm apt in quiet adult bldg. Dishwasher, large balcony \$1050/mth 403-901-0383

Fully furnished apt for 2 people in trendy Bridgeland \$1600/mth 403-901-0383

Sooke BC Pacific Coast Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl 403-720-8609 From May to Sept \$995/month. Oct through Apr \$950/month No pets, no smoking.

48 Real Estate

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GET RESULTS!
WITH THE KERBY NEWS CLASSIFIEDS TO PLACE AN AD CALL 403-705-3249

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80 Announcements

Calgary's Newest Seniors Club is now hiring outgoing seniors to help promote our club. Excellent remuneration. If interested please email your name, address & ph # to calgaryhomeownersclub@gmail.com or ph Ken at 403-485-1554

Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.

Buddha

Continued from page 23

Why should we care? How does this affect us? EART needs new beds to expand the shelter and buy new beds to help all of us keep safe and fund their many programs offered to the seniors. We will all become elders and I personally want to know that I'm safe when I am defenseless and old. This affects the greater community in a huge way because we believe all of us should have somewhere or someone to turn to in a time of despair. It gives all of us pleasure knowing there is a stellar foundation like the Elder Abuse Response Team. Do any of you have kids? Do they say they love you? Did you read them books how you will be family forever? Do you think they would never hurt another living soul? That's probably how all abused seniors felt, until their perfect world came crumbling on them. Nobody's life is perfect. It might seem like it, until something tragic like this happens.

Elder abuse is a very important and overlooked topic in our society and now that you know how important it is we would like to ask you to donate to EART. Thank you for your time and dedication from all the grade sixes! But remember, it's not just about us. It's not just about you. It's pretty much not even just about them. It's about spreading awareness to everybody. Thank you.

We were very excited to

learn that we persuaded The Calgary Foundation to make a donation of \$5000 to the Kerby Centre. The Calgary Foundation already supports the Kerby Centre, but any extra help is always welcome and put to good use. This opportunity was a great learning experience and we are proud to have been able to spread awareness about elder abuse. □

IN MEMORIAM

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

Steve Bakay
Kenneth Clifford Brown
Margaret Hafra
Henry (Sue Wat Giss) Hong
Mary Lynn Johnson
Donald Percy Kennard
Uretta (Laurie) King
Tryntje (Tina) Kroes
Roland Beale Marston
Catherine Helena McGlashan
Norman Eric Neame
Violet Eileen Paulsen
Doris Perreault
Alma Emelia Risdahl
William Alexander Scotland
Vaino Emil Tainio
Doris Eileen Wyman

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.

Crossword Solution

R H O M B U S C L A S S Y B O P P E D
A A M I L N E L U N A T E I D E A T E
P R E L A T E A T T I R E P I N A T A
I N T H I S P U Z Z L E S C E N T R A L
M A U D W H O D
S Q U A R E W R I T E I N L A P L A N D
T U N N E L L A I R D B I L L Y J O E
R I C K E Y S N I O B E A M A N A
I N A L L T H E O N L Y L E T T E R O F
P O P E S E O N P I X I E
E A S T O N O R G A N I N W I M P
S O C K O T D S S A T I E
T H E A L P H A B E T T H A T C L A M S
H A N N A H E N R I S H A L L O T
A D V A N C E S D E C A F E L O I S E
D A Y S T A R D O E S N O T A P P E A R
C I T I T I E D
E L S E W H E R E I N T H E A N S W E R
R O O K I E A S S U R E C O L E M A N
I N S E C T M E E K E R U T I L I Z E
K I O S K S S L E E K S P E D D L E D

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••• Seniors Scene •••

Silver Threads

Inglewood Silver Threads, 1311 – 9th Avenue SE, will be hosting an annual Stampede breakfast and chili lunch on July 8, free to members and open to the public. Come and watch the parade on the big screen while enjoying the hot meals.

The 47th Annual Show and Reunion of Pioneer Acres, west of highway 9 at 263178 Township Road 274 at the north end of Irricana and a 45 minutes' drive northeast of Calgary, will be held on August 5. Silver Threads' members pay \$10 and are encouraged to bring a guest for an additional charge. For more information please contact Wendy at (403) 264-1006.

Ogden House

Come to enjoy watching the Calgary Stampede Parade on the big screen with coffee and donuts on July 8. The parade starts at 9:00 a.m. After the parade, beef on a bun, coleslaw and baked beans will be served. The cost is \$5 per person. Call to reserve your spot.

The weekly potluck lunch takes place Wednesdays from 12:00 p.m. to 12:45 p.m. Bring a couple of sandwiches or pay \$3. After lunch, try your skill (of lack of it) at carpet bowling. Ogden House Activity Centre is located at 2102 – 69th Avenue SE. For more information, please call (403) 279-2003 or visit programs@ogden50plus.org.

Social Dance Club

Two Saturday dances will take place at Kerby Centre Gym, 1133 – 7th Avenue SW, on July 2 and July 16 (Stampede dance, dress western, with a dance les-

son on Cha Cha) to the music of Benny Uchaez and the Interlude respectively. Doors open at 5:30 p.m. for those taking the dance lesson from 6:00 p.m. to 7:00 p.m. For the regular dance, doors open at 7:00 p.m. and dance runs from 8:00 p.m. to 11:30 p.m. Admission is \$12 for members and \$14 for non-members, including the dance lesson. For more information, please call Sharon or John at (403) 242-6957 or visit www.socialdanceclubcalgary.com.

Confederation Park

Fall classes will start in September. If you want to try a class before registering for the entire session, just drop in and give it a try (some restrictions apply) for just \$8/member and \$10/nonmember. An access card for 10 drop-in sessions can be purchased for \$75/mem-

ber and \$95/nonmember.

Come to join in the following activities too: 1) Chair Yoga, on Mondays through July 25 from 9:45 a.m. to 10:45 a.m.; 2) Bridge Bid and Play, on Thursdays from July 7 to August 25 between 10:00 a.m. and noon (8 classes); and 3) Open Studio Painting, on Fridays through August 12 (no class on July 1) between 1:15 p.m. and 3:45 p.m. To learn more about these and the fall classes, please call (403) 289-4780 or visit www.confepark55plus.ca. Confederation Park 55 Plus Activity Centre is located at 2212 13 St NW.

Greater Forest Lawn

Five Star Bingo will be held on July 7 and July 21 at 12:15 p.m. at 4980 – 25th Street SE. Please call (403) 248-8334 for more information.

A Stampede Breakfast will take place on July 9 from 9:00 a.m. to noon, with live music provided by For Olde Tyme Sake. Hot cakes, sausages, bacon and drinks will be served. Presold tickets cost \$5 each (free for children under 6). The location is 3425 – 26th Avenue SE. For more information, call (403) 272-6153 or visit www.gfls.org.

Compiled by Faye Wu

"By the time you're eighty years old you've learned everything. You only have to remember it."
George Burns

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2. On the door of a Moscow hotel room: if this is your first visit to USSR, you are welcome to it.
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Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary

Main Switchboard
403-265-0661

www.kerbycentre.com

Accounting	403-705-3215
Adult Day Program	403-705-3214
<i>Socializing and health monitoring program for physically and/or mentally challenged seniors</i>	
	adp@kerbycentre.com
Diana James Wellness Centre	403-234-6566
<i>Health services including footcare</i>	
	wellness@kerbycentre.com
Dining Room	403-705-3225
<i>Serving nutritious meals to everyone</i>	
	kitchen@kerbycentre.com
Education & Recreation	403-705-3232
<i>Information source for programs at Kerby Centre</i>	
	program@kerbycentre.com

Fund Development 403-705-3235
Work with members and community to provide funding for Kerby Centre's vital programs

funddev@kerbycentre.com

General Office 403-705-3249
generaloffice@kerbycentre.com

Thrive 403-234-6571
Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.

thrive@kerbycentre.com

Housing 403-705-3231
Assists seniors in finding appropriate housing

housing@kerbycentre.com

Information / Resources 403-705-3246
The all in one seniors' information source

info@kerbycentre.com

Kerby 2 East Village 403-470-6300
Kerby News Classified Ads 403-705-3249

Kerby News Editor 403-705-3229
editor@kerbycentre.com

Kerby News Sales 403-705-3238
advertising@kerbycentre.com
or 403-705-3240
sales@kerbycentre.com

Kerby Rotary House 403-705-3250 (24 hour)
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shelter@kerbycentre.com

Volunteer Department 403-705-3218
Volunteers are the heart of Kerby Centre
volunteer@kerbycentre.com

President Hank Heerema 403-705-3253
president@kerbycentre.com

CEO Luanne Whitmarsh 403-705-3251
luannew@kerbycentre.com

Summer entertainment made easy

Page design & layout by Winifred Ribeiro

Summer is the perfect time to bring family and friends together for warm weather get-togethers. From backyard barbecues, potlucks, pool parties to bonfires and birthdays, make it a bash to remember using recipes for appetizers, drinks, salads, grilled main dishes and more from *Summer Entertainment*. This year, add some fresh flavor to your favorite warm-weather gathering.



Excerpted from *Summer Entertainment* by Jean Pare, James Darcy & Ashley Billey. All rights reserved.

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Tamarind Honey Ribs

Here are the crowd-pleasing ribs everyone will be waiting for—sticky and delicious with classic honey-garlic glaze and a tangy tamarind twist. Cold beer never tasted so good.

Serves: 4

Baby back pork ribs (about 2 racks)	3 lbs.	1.4 kg
Salt	1 tsp.	5 mL
Pepper	1 tsp.	5 mL
Boiling water	1/2 cup	125 mL
Tamarind pulp	3 tbsp.	45 mL
Liquid honey	1/2 cup	125 mL
Soy sauce	1/4 cup	60 mL
Finely grated ginger root	2 tsp.	10 mL
Garlic cloves, minced	2	2
Chili paste (sambal oelek)	1/2 tsp.	2 mL

Sprinkle both sides of ribs with salt and pepper. Preheat gas barbecue to maintain an interior barbecue temperature of medium by leaving 1 burner unlit. Adjust burner accordingly. Place ribs, meat side down, on greased grill over unlit burner. Cook for one hour, turning once at halftime, until meat is tender and starting to pull away from bones.

Combine boiling water and tamarind in a heatproof bowl and let stand for five minutes. Press through a sieve into a saucepan and discard solids.

Stir in remaining five ingredients and bring to a boil. Reduce heat to medium-low and simmer, uncovered, for 10 minutes, stirring occasionally, to blend flavours. Brush ribs with honey mixture and cook for 45 minutes, turning twice and brushing with honey mixture, until ribs are glazed. Let stand, tented with foil, for 10 minutes before serving.

1 serving: 1100 Calories; 80 g Total Fat (36 g Mono, 7 g Poly, 30 g Sat); 275 mg Cholesterol; 39 g Carbohydrate (0 g Fibre, 35 g Sugar); 57 g Protein; 1780 mg Sodium.



Plum, Cantaloupe and Basil Soup

A unique starter to attract guests to their seats—shallow bowls of gorgeously vibrant plum soup. Tart and fresh with a surprising blend of sweet and savoury flavours.

Serves: 4

Lemon juice	2 tbsp.	30 mL
Finely diced shallot	1 tbsp.	15 mL
Granulated sugar	1 tbsp.	15 mL
Olive oil	1 tbsp.	15 mL
Water	1 cup	250 mL
Dry white wine	3/4 cup	175 mL
Salt	1/2 tsp.	2 mL
Black plums, halved	1/2 lb.	225 g
Whole green cardamom pods, bruised	3	3
Cantaloupe balls (1 inch, 2.5 cm, diameter)	12	12
Finely shredded fresh basil	1/4 cup	60 mL

Combine first four ingredients and let stand for 30 minutes.

Bring next three ingredients to a boil in a large saucepan. Stir in plums and cardamom and reduce heat to medium-low. Simmer, uncovered, for 30 minutes. Discard cardamom. Set mixture aside to cool. Transfer to a blender or food processor. Add lemon juice mixture and process until smooth. Chill.

Arrange cantaloupe balls in centre of four shallow bowls. Arrange basil between cantaloupe balls. Fill bowls about 2/3 full with soup.

1 serving: 130 Calories; 3.5 g Total Fat (2.5 g Mono, 0 g Poly, 0.5 g Sat); 0 mg Cholesterol; 17 g Carbohydrate (1 g Fibre, 14 g Sugar); 1 g Protein; 10 mg Sodium.

Summer Tartlets

Makes: 24 tartlets

These beautiful tartlets look as though they were made in a fancy pastry shop. With the delightful combination of fresh raspberries, mint and silky pastry cream, these little pastries taste every bit as good as they look. They will be the highlight of any summertime table.



Mint and Melon Sparkler

The combination of fresh watermelon, lime and mint creates a light, refreshing treat perfect for sipping on a sunny afternoon on the patio. For a cool look, present this drink in tall, highball style glasses and garnish each glass with a wedge of watermelon; keep the rind on for extra colour.

Makes: about 5 1/3 cups (1.35 L)

Chopped seedless watermelon, chilled	6 cups	1.5 L
Lime juice	1/2 cup	125 mL
Granulated sugar	6 tbsp.	90 mL
Fresh mint leaves	24	24
Club soda, chilled	1/2 cup	125 mL

Process first four ingredients, in two batches, in a blender until smooth.

Using a sieve, strain mixture into a pitcher. Gently stir in club soda.

1 cup: (125 mL): 110 Calories; 0 g Total Fat (0 g Mono, 0 g Poly, 0 g Sat); 0 mg Cholesterol; 29 g Carbohydrate (1 g Fibre, 25 g Sugar); 1 g Protein; 10 mg Sodium.

Milk	1/2 cup	125 mL
Egg yolks, large	2	2
Granulated sugar	1 1/2 tbsp.	22 mL
Vanilla extract	2 tsp.	10 mL
All purpose flour, sifted	1 tbsp.	15 mL
Frozen mini tart shells	24	24
Fresh raspberries	48	48
Fresh mint leaves	24	24

In a saucepan, heat milk gently until hot but not bubbling. In a medium bowl, whisk egg yolks, sugar and vanilla. Add flour and whisk until well combined. Add mixture to hot milk, whisking constantly and making sure there are no lumps. Increase heat to medium, whisking constantly until thick, about five minutes.

Remove from heat and pour into a clean bowl. Cover with plastic wrap, making sure wrap touches surface of pastry cream so no film forms, and set aside until cold, about one hour.

Arrange tart shells on two baking sheets with sides. Bake on separate racks in 375°F (190°C) oven for about 15 minutes, switching position of baking sheets at half time, until golden. Cool for about 15 minutes.

Spoon pastry cream into a piping bag fitted with a large star tip. Pipe cream into tart shells. Top each tartlet with two raspberries and a mint leaf.

1 tartlet: 180 Calories; 4 g Total Fat (1.5 g Mono, 0.5 g Poly, 1.5 g Sat); 20 mg Cholesterol; 8 g Carbohydrate (0 g Fibre, 1 g Sugar); trace Protein; 45 mg Sodium.

Under-living retirement

Most Canadians enjoy retirement but many also worry that the good times will not last and they “under-live” their retirement years in fear of overspending.

According to a recent Investors Group survey, 59% of retired Canadians are concerned about being unable to make their retirement funds last for their remaining years, 64% find it hard to strike a balance between enjoying retirement and making money last, and 44% feel worried after they spend money on non-necessary items or experiences.

The survey also underscores the fact that over-worrying about money can lead Canadians to shy away from doing the things they love in retirement. But here’s the good news: The survey finds that a vast majority of recent retirees enjoy their retirement, with 80% stating that it meets their expectations and 84% finding that they are able to spend more time on hobbies they enjoy.

So, what does all this mean to you? As you think about retirement, ask yourself what it is you want to spend time on, based on what’s truly important to you, and what kind of lifestyle you’d like to live. Your answers will be unique to you but the key to realizing your retirement dreams is always this: Plan early and plan smart.

Smart retirement planning does require prioritization and financial trade-offs but it shouldn’t be an exercise in self-sacrifice. When you do it right, you won’t worry about whether or not your retirement fund will last for as long as you need it and you won’t “under-live” your retirement years by avoiding things you really want to do for fear of spending too much money.

Here’s another important retirement planning tip the survey uncovers: Canadians who work with a financial advisor worry less about their nest egg providing for them through all their retirement years. So it’s clear: Making retirement plans based on professional advice can help you avoid overspending and under-living. Your professional advisor will support you in making decisions based on fact, not fear and ensure you have access to all the strategies you need to live an enjoyable and rewarding life in retirement.

Live your retirement years the way you want. Talk to

your professional advisor soon.

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The trouble with retirement is that you never get a day off.
Abe Lemons

Five tips to keep your empty home safe

(NC) Your bags are packed, the car is loaded and your tickets are in hand. You’re finally ready for that relaxing summer getaway you’ve been anticipating all year — or so you think...

In the last minute hustle and bustle of planning for vacation, many Canadians leave their homes without planning for their proper protection. Empty houses are attractive targets for break-ins, which is a real threat for homeowners.

“Planning ahead is essential to ensure that you don’t return home to unfortunate surprises,” says Glenn Cooper from Aviva Canada. “The key is to take a few simple steps to make it look like you haven’t left at all.”

Cooper suggests these five tips the next time you travel:

1. Keep it to yourself: Posting holiday plans and live updates on social networks such as Facebook, Twitter or Instagram could alert potential thieves of your empty house. Keep the details of your vacation plans off social media and save the sharing for when you return home.

2. Get a house-sitter: Arrange for a house-sitter while you are gone, or ask a neighbour that you trust to check-in daily. Give this person the key to your house, but don’t hide it around your home where it could be found by a potential burglar, especially not under the flower pot or door mat!

3. Set timers: Program the lights in different rooms of your home to switch on intermittently.

4. Make arrangements for newspaper and mail: Piled up mail or newspapers on your doorstep are an obvious sign that you are out of town. You can cancel, temporarily divert deliveries, or ask your neighbours to pick them up for you.

5. Maintain your yard: An overgrown yard could be a telling sign that your home is empty. Arrange to have your lawn mowed and your grass watered while you’re away.

With these tips in mind, you can concentrate on enjoying your summer escape and coming back to your home revitalized. More information is available from your insurance broker or from avivacanada.com.

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