

Kerby News

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for the **55** plus

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Many census takers for the City of Calgary, who will be knocking on doors this spring, are seniors. For more on this important task see page 26.

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13 March, 2016 - Daylight Saving Time
 17 March, 2016 - St Patrick's Day
 25 March, 2016 - Good Friday
 27 March, 2016 - Easter Sunday



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President's Report
Hank Heerema

Putting patients first with Alberta Health Services

Kerby Centre is well known for the way we connect our various programs with community partners, and we are also known for our willingness to partner with such agencies as Alberta Health Services (AHS). When we work with the health care system, we represent the unique health care needs of older adults.
Senior Manager of Wellness

and Support Services, Deb Runnalls, has been a member of the AHS Patient and Family Advisory Group for six years. In 2015, she spent more than 300 hours volunteering for AHS on behalf of older adults. During this time she has been able to represent the older adult population of our province at a policy level, bringing forward ideas for growth and improvement to the AHS system. Deb has also been able to present her work in Washington DC and Vancouver, and this July she will be in New York City.

have always been medical practitioners, staff, hospitals, and clinics that operate from a place of caring for the patient first. Having a definite strategy and guidelines will ensure that all stakeholders are aware of this type of practice. Patients can now take part more meaningfully in their own health care.

caring and collaboration, and ensuring that this happens ALWAYS. Everything we do in AHS must reflect a patient – and family-centred care approach.”

Patient- and family-centred care programs see patients and families as integral members of the health care team, and encourage their active participation in all aspects of care, including planning, implementation, and evaluation of existing and future care and services.

Research demonstrates patient- and family-centred care reduces the average length of stay in hospitals and improves patient satisfaction.

In addition, when patients, families, and health care providers engage in a collaborative partnership to plan, deliver, and evaluate health care, the quality of care and safety improves, along with the satisfaction of providers and patients.

To learn more please see the strategy at:

<http://www.albertahealthservices.ca/assets/info/pf/first/if-pf-1-pf-strategy.pdf> □

The recent release of the AHS Patient First strategy offers an opportunity to move away from a “system driven” way of providing health care to a “partnership” model. Engaging patients and their health care teams in collaborative conversations leads to better health outcomes, and more engaged medical staff. Patients and staff both report a more positive experience.

This is not to say that “Patient First” is new. Although there is now a strategy to guide AHS, there

Let me share a section from the Strategy with you.

“Patient - and family - centred care is about putting the experiences and priorities of patients and their families, and their trust first.

“Over the past seven years, we have established best practices, recognized internationally, where patients and families are full partners in care. We now need to make this commitment stronger and uniform across the province. It is our responsibility, along with our partners in the provision of health care, to deliver on the fundamental elements of a patient- and family-centred care culture.

“This is not an initiative or a project. This is about establishing a culture of compassion,

MARCH 2016

Front page: Photograph courtesy of News Canada
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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e-mail: editor@kerbycentre.com

- Co-Publishers:** Keith Callbeck and Luanne Whitmarsh
- Editor:** Barry Whitehead
- Production Manager:** Winifred Ribeiro
- Typesetter:** Montanna Clark
- Sales Consultants & Distribution:** Jerry Jonasson (403) 705-3238
David Young (403) 705-3240
- Classified Ads:** (403) 234-6568 Fax (403) 705-3212

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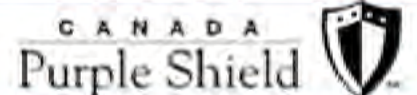


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Dying badly a fact of life in Canada

A lack of proper palliative care could lead to increases in requests for assisted suicides

By Harvey Chochinov
Expert Advisor
EvidenceNetwork.ca

A few days after the Supreme Court of Canada overturned the prohibition against doctor-assisted suicide, I received a note from a wonderful colleague of mine saying that her closest friend's 53-year-old son had just died of spinal cancer. Two weeks before his death he had visited his general practitioner, experiencing "terrible pain." Despite his anguish, his physician refused to give him morphine, claiming that, because he was a smoker, he was "more likely to become addicted."

While this seems unfathomable, even grotesque, ignorance and lack of skill in attending to the needs of dying patients are still tragically common in Canada.

Despite the impressive strides that palliative care has taken - in areas such as pain and symptom management, and sensitivities

to the psychosocial, existential and spiritual challenges facing dying patients and their families - at their time of licensure physicians have been taught less about pain management than those graduating from veterinary medicine. Once in practice, most physicians have knowledge deficiencies that can significantly impair their ability to manage cancer pain.

Doctors are also not generally well trained to engage in end-of-life conversations, meaning that goals of care often remain unclear; and patients may not receive the care they want, nor the opportunity to live out their final days in the place they would want to die.

In light of the Supreme Court's decision, these issues have never been more important, nor the need to resolve them ever more pressing. The Court has given Parliament a year to sort out how it will move forward and rewrite the criminal code. Within these deliberations, it should be noted that the authority to provide a hastened death will be conferred on physicians, many of whom lack core competencies to

care for patients nearing death.

To be clear, dying badly in Canada will rarely be the fallout of not having access to a lethal overdose or injection, and is almost invariably the result of inadequate or substandard end-of-life care. With the

"patients may not receive the care they want, nor the opportunity to live out their final days in the place they would want to die."

clock ticking, the time for physicians to learn how to look after their patients until the very end, is now.

The Supreme Court felt that patients needed to be provided with more choices. By adding doctor-assisted suicide into the mix, what options will dying patients in Canada actually have?

For 70 to 80 per cent of Canadians, palliative care is not available and hence, not a real choice. A dear friend of mine recently died of

brain cancer. She spent her final months in a hospice, where she received exquisite end-of-life care. She died comfortably, and in as much peace as can be found by someone having to leave this world far too soon.

In the future, how might this kind of scenario play itself out in the many Canadian settings that do not have adequate palliative care? There, the choices will come down to settling for sub-optimal care; dislocating from friends and family to seek out better care elsewhere; or, if one is so inclined, considering medically hastened death.

We are about to become a country that extends patients the right to a hastened death, but offers no legislative guarantees or assurances that they will be well looked after until they die.

As Canada deliberates its response to the Court's decision, federal and provincial governments will need to make substantive investments in hospice and palliative care in order to offer patients and families choices that are equitable, compassionate and real.

While autonomy has driven the 'right to die'

agenda, fear has been its engine. Now policy makers will need to grapple with how to draw a circle around autonomy, which means determining for whom and under what conditions medically hastened death will be permitted. Establishing those boundaries has implications for who will feel more or less afraid, who will feel more or less valued and who will anticipate death with more or less sense of calm.

Of this we can be sure: the width of that circle and the stability of its diameter will profoundly influence the culture of caring for dying Canadians, and those amongst us who are most vulnerable, for generations to come.

Harvey Max Chochinov is an expert advisor with EvidenceNetwork.ca and a Distinguished Professor of Psychiatry at the University of Manitoba. He holds the only Canada Research Chair in Palliative Care, is Director of the Manitoba Palliative Care Research Unit and is Chair of the Canadian Virtual Hospice

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Albertans must get inventive in health care as oil price slides

Health care needs can't simply be turned off because provincial revenues are declining

By Martin Ferguson-Pell

As world oil prices and the Canadian dollar slide perilously, Albertans must become more inventive and rigorous in managing their costs — and expectations — especially in high-cost areas like infrastructure, education and health care.

Health care is the biggest challenge. We cannot turn off the population's health care needs simply because provincial revenues are declining. Illness is oblivious to low commodity prices and market share.

Unless we become inventive, health service declines are inevitable. The temptation to reduce surgeries such as hip and knee replacements and cataract removal will be irresistible. The general public will notice these changes as increased wait times. In fact, we've already seen increases in wait times for hip and knee replacements in Alberta — one of the leading indicators of our

health care system's performance.

Yet hip and knee replacement is actually an area where we have inventive opportunities waiting to be tapped. "Gain sharing" is one such innovative approach.

Health care teams in hospitals around Alberta, supported by Alberta Bone and Joint Health Institute (ABJHI) and Alberta Health Services' Bone and Joint Strategic Clinical Network, have for the past five years led efforts to improve the quality and efficiency of orthopaedic care. As a result, patients undergoing hip or knee replacement require fewer blood transfusions, are up and mobile sooner after surgery, have less pain and better physical outcomes, and are home from hospital sooner.

The savings in hospital beds freed up by patients returning home sooner and from blood transfusions have exceeded \$40 million to date.

Allowing these health care teams to share in the gains they make by reallocating resources to more

operating room time and more dedicated hospital beds to enable more surgeries would create a virtuous circle of improved performance and decreased wait

"we've already seen increases in wait times for hip and knee replacements in Alberta"

times. It might also add an element of competitiveness as health care teams look to out-gain each other to the benefit of patients and the health system.

Alberta could further put some of the savings from this success into smart investments like an orthopaedic registry that would serve as a valuable storehouse of rich and current data on health care performance in critical areas of quality, such as recovery of joint function, pain reduction and implant safety.

Alberta has made strides in collecting wait time data but there is no single registry in the province or anywhere else in Canada that collects the range of performance data needed to guide modern

medical practice and service planning in orthopaedics. A storehouse of reliable information across a broad range of quality indicators would have positive effects on clinical decision-making and resource planning. The value to both patients and the health system would be enormous and the investment very modest.

One area of clinical decision-making that would have broad implications for patient satisfaction, economic savings and wait times is patient appropriateness for surgery. Patient feedback analyzed by ABJHI suggests that almost two in 10 knee replacement patients in Alberta derive little to no benefit from their surgery. A research team working in Alberta is now developing criteria to help surgeons and their patients assess the

likelihood of benefit from knee replacement.

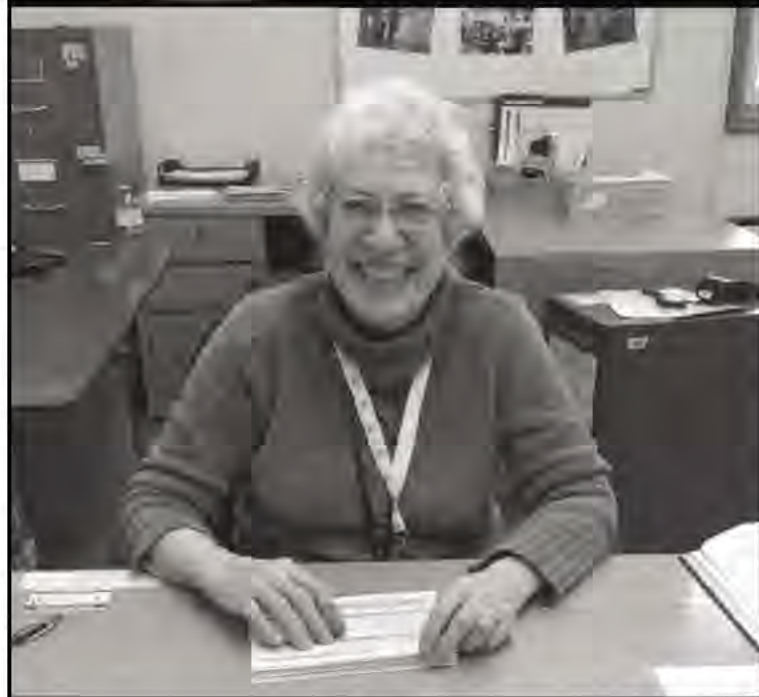
Applying such criteria could reduce wait times for those who need — and are likely to benefit from — the surgery with some of the savings produced used to enhance non-surgical treatments known to produce excellent outcomes.

There are silver linings in those dark economic clouds over Alberta. If we are resourceful and make evidence-based, intelligent decisions now, there is no doubt the province will be much better off when the sun shines again.

Martin Ferguson-Pell, Ph.D., is Executive Director of Alberta Bone and Joint Health Institute and a contributor to EvidenceNetwork.ca.

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Volunteer Spotlight



Phyllis Fix

Phyllis has been volunteering at Kerby Centre on the membership desk since September of 2012. She came to Kerby Centre with a wealth of experience, previously working as a secretary in a legal office and in an insurance office. Phyllis is a people person and she enjoys volunteering at Kerby Centre, and particularly at the membership desk, because of all the new people she gets to meet. Phyllis has a talent for really listening to people and she enjoys making them feel cared about. Her favorite thing about the Kerby Centre is that it is encouraging to see other older adults so active. Phyllis has contributed almost 3000 volunteer hours to Kerby Centre! Thank you Phyllis, for all that you do for the Kerby Centre!

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News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

Everyone is a pedestrian at some time, whether you're out with your dog, grabbing a coffee with friends, or parking your car and heading into work. Investment in pedestrian networks not only makes our communities more walkable, but the ripple

Let's step toward a safer and more active city

effect reaches local businesses and strengthens the social fabric of our neighbourhoods. I'm proud of the strong history of walking that is designed into many of our Ward's older communities. For example, Sunalta's narrow tree-lined streets with homes that face the sidewalk, Mission's short blocks that offer multiple route choices and connectivity to river pathways, or Wildwoods' parks that connect to the Bow River's pathways. That being said, every neighbourhood has that intersection that no one likes to cross, or that street you'd rather by-pass on your way

home. I believe that everyone deserves to feel safe and comfortable as they walk anywhere in this city.

My passion for making Calgary into an Active City will require us to make a fundamental change that recognizes walking as a valued mode of transportation. For that reason, I'm hopeful for Council's upcoming pedestrian strategy, 'Step Forward'. Focused on "improving pedestrian safety, reducing pedestrian-vehicle collisions, providing universal accessibility, and promoting walking as a viable part of Calgary's multi-modal transportation

system", Step Forward's first order of business is simple: make walking safer. Recommendations such as reducing the speed limit to 40 km/hr on residential roads, expanding the safe and active routes to school programs and building more Rectangular Rapid Flashing Beacons for cross-walks will improve safety for both pedestrians and motorists.

Our city's population is projected to grow by 30,000 per year, over the next five years. There's no doubt that this growth will impact traffic volumes. While driving will always play a role in our lives,

building and improving pedestrian infrastructure will serve all Calgarians. Ultimately, whether behind the wheel or on foot, the goal is to make everyone's experience better.

Growing up in Ward 8 has given me time to explore the unique aspects of each neighbourhood, as well as to see where we can do better. Continuing down the path of creating a better Calgary is going to take constant work and an open mind. I feel that this strategy of improving pedestrian infrastructure is another step toward making Calgary even better.



This month in Edmonton

KATHLEEN GANLEY

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

Beginning Tuesday, March 8, the Alberta Legislature will be back in Session. This year

March update from Edmonton

the legislature will sit for more days than it has at any time over the past five years. Our current schedule has the legislature sitting 54 days in 2016, that is 10 days more than in 2015, 12 days more than in 2014, 5 days more than in 2013, 3 days more than in 2012 and 7 days more than in 2011. In addition to more days in the Legislature, our sittings will begin at 9:00 a.m., rather than 10:00 a.m. which will make an MLA's day more family-friendly and allow for more discussion.

The month of March means that we can officially

start looking back on winter and look forward to spring. On March 4, I will be speaking at the Franco-Albertan flag raising event at City Hall, an event that brings together French speakers and Francophiles to celebrate the vibrant Franco-Albertan community in Calgary. The Franco-Albertan community contributes to the social, cultural, and economic development of the province and continues to play a vital role in strengthening Canada's linguistic duality. It opens the doors to opportunity, not just with other francophone com-

munities and French-speaking citizens, but also with industries that are vitally important to our economy.

Also in March, I will be touring Inn from the Cold, a vital organization for many of Calgary's most vulnerable families. Inn from the Cold provides shelter, support for basic needs, and outreach programming to families who face homelessness and crisis. The dedicated volunteers at Knox United Church run an emergency response shelter for Inn from the Cold.

Immigrant Services Calgary is hosting their 20th

Annual Immigrants of Distinction Awards Gala on March 11, which I will be attending to recognize the important contributions that many immigrants in Calgary have made to enrich our community. Awards are given in the areas of community services, entrepreneurship and innovation, arts and culture, and organizational diversity. These are just some of the engagements I will attend during the month of March. Please do not hesitate to contact my office directly during this time.



This month in Ottawa

KENT HEHR

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

I am honoured and humbled to have been elected as the representative for Calgary Centre and will work hard to deliver on the strong mandate that Canadians have given our new government. Additionally, I am thrilled to serve as Minister for Veterans

Alberta projects underway in Ottawa

Affairs and Associate Minister of Defence in Prime Minister Trudeau's Cabinet. I was elected as a passionate advocate for our city and I will continue to be that voice.

I've spoken with neighbours, leaders in the business community, individuals in the non-profit sector, and I've listened. I know that we are facing difficult times in our province. I understand that many people are struggling and seeking solutions, and let me assure you that I've taken that message to Ottawa and to the Prime Minister.

I am confident that we can solve these many complex issues. Our plan is to sup-

port Albertans and kick-start the economy, and we already have several policies that will address both short-term and long-term problems:

- Infrastructure investment to the tune of hundreds of millions of dollars will provide jobs in the short term and create long-term prosperity. These funds will be targeted at projects such as flood mitigation, updating infrastructure, affordable housing, and public transit projects. My colleague and fellow Alberta Liberal MP, Infrastructure Minister Amarjeet Sohi, is taking leadership on this file.
- I am discussing with

Finance Minister Morneau about the implementation of our platform's Child Tax Benefit that will provide support for struggling families and thousands of children in our province.

- Tax relief that will benefit 9 million Canadians, making it easier to join and stay in the middle class.

- Changing the rules for Employment Insurance – part of our party's platform in the election and urgently needed now – is currently being taken on by Winnipeg MP and fellow cabinet minister MaryAnn Mihychuk.

- By engaging with provincial partners – such as hosting the first First Ministers'

conference in nearly a decade and actively engaging with premiers – a new tone and style of leadership is being brought to the federal government.

- Ensuring long-term access for Alberta oil and gas through responsible pipeline development.

Representing my constituents is a top priority and I vow that your voices will continue to be heard in Ottawa. By the time this letter is printed, my office will be operational at 950 6 Avenue SW; you can email my team at kent.hehr@parl.gc.ca or give us a call at 403-244-1880. My door is always open.

Disclaimer:

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

Book Review



“My Grandmother Asked Me to Tell You She’s Sorry”

By Fredrik Backman

c.2015, Atria
\$25.00 U.S. /
higher in Canada
372 pages
Reviewed by the
Bookworm

“I forgive you.”

Are there any three more powerful words? Can “I love you” – also used for countertops, couches, or coats – bestow such mercy? I don’t think so.

“I forgive you.” In release and relief, those words put things back on track – although, in the new book “My

Grandmother Asked Me to Tell You She’s Sorry” by Fredrik Backman, the transgressions hardly need absolution.

Every grandmother’s house smells a little different.

Some smell like cookies or old magazines, soup or stale perfume. But seven-year-old Elsa’s granny’s flat – the whole building, in fact – smelled like coffee, cigarettes, a “very large animal of some sort,” and Granny.

For her entire life, Granny was the only friend Elsa had. Granny played games with Elsa, gave her rides in Renault (the car Granny said she won in a poker game), told Elsa stories (Granny loved stories!) and she taught Elsa how to get to the Land-of-Almost-Awake, the magic kingdom of Miamas, and a troubled knight named Wolfheart. Granny had a lot of superpowers, one of which was always being on Elsa’s side.

And that, perhaps, was why she never mentioned the word “cancer” to Elsa. She didn’t want Elsa to know, or to mourn. That was probably why Granny never said goodbye before leaving Elsa with an

assignment befitting a knight of Miamas.

The assignment was a treasure hunt (Granny loved treasure hunts!), with clues and messages for people in their building: Britt-Marie, who was a “nag-bag,” and her husband, Kent; the boy who danced, and his mother; Maud, who fixed everything with cookies, and Lennart; Al, who drove Taxi. The first clue took Elsa to the door of a vicious dog that lived downstairs. If the dog didn’t kill her, surely the second delivery would: it was an apology for The Monster, who lived next to the dog.

As Elsa made the deliveries, three more clues appeared until everything – including Granny’s not-so-goodbye – began to make sense. And so did the knowledge that “It’s possible to love your grandmother for years and years without really knowing anything about her.”

Did you ever read a novel that was so captivating that when it was over, you felt a little adrift? That’s how I was when I finished “My Grandmother Asked Me to Tell You She’s Sorry.”

If you can remember that time in your life when magic was real, grown-ups were mysteries, and you were about to learn the truth about both, then you’re halfway to understanding what makes author Fredrik Backman’s book so appealing: though she’s “insanely” precocious, Elsa still relies on a magic-and-pretend life that’s whisked away so quickly, it’s breathtaking. And yet, that having-to-grow-up-fast time is mercifully aborted by the posthumous wishes of the

kind of grandmother you’ll wish you had, the one who knows there’s no need to hurry childhood’s exit.

Bring tissues when you start “My Grandmother Asked Me to Tell You She’s Sorry,” but bring your funnybone, too. It’s that kind of book – one that, if you miss it, you’ll never forgive yourself.

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

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In my line of work (helping people get unstuck and move forward in their lives), clients are always telling me about how insanely busy they are. They say, "I have no 'me time' at all!"

They're exhausted. Fed up with responsibilities, and with everyone and everything else coming first, needing their attention.

Well, the truth is, if

everyone and everything else is coming first, it's only because these people are allowing it. You don't just "find time" for yourself. You have to take it.

Of course there are certain obligations that must be met so you have to "be here, go there, or do that" at certain times. But there's a difference between those obligations and how you fill your other hours.

I spent a lot of years being a single parent. Part of the time it was with five children, while I was juggling five part-time jobs – and serious illness and some other personal issues that placed huge demands on my time and energy. I understand "busy".

In spite of all of that, I always made time for myself. As I tell my very

busy clients, it doesn't have to take a lot of minutes every day to make a big difference in your life.

I tell my clients about one of my favourite mini-meditations. It's best done first thing when you get up each day so you don't make excuses later about not having time. You can get up a few minutes earlier – 15 or 20 would be nice but 10 will do the trick.

Now don't tell me you can't manage 10 minutes each day for yourself. I'm just not buying it. You can. If you won't, that's another story.

Get up a few minutes earlier. Yes, even if you're already getting up at 5 or 5:30. I've been sleep-deprived most of my life and I'm still breathing. Some things are just worth it.

I meditate for an hour every morning (yummm!) because I know what a massive difference it has made to my life. The benefits far outweigh losing a bit of

“it doesn't have to take a lot of minutes every day to make a big difference in your life”

sleep, especially when you're talking about a mere 10 minutes. Spending those 10 minutes in meditation will do you a lot more good than if you're sleeping.

Check out this simple and lovely little candle meditation. As soon as you climb out of bed and are still in that delicious half-awake state, find your way to a darkened room if possible. If you have to hit the ground running, set a timer so you don't keep checking the clock. For a few minutes, put the rest of your day to one side. You'll get there soon enough.

Light a candle. Sit quietly and look at the flame. Just focus on how beautiful it is, how gentle, how peaceful its movements are, softly flickering, dancing... It moves with the air. Focus on your breathing in a way that is designed to cause as little air movement and flame-flickering as possible. Think "stillness" as you try to keep the flame from moving by taking slow, deep, even breaths.

Or just look at the flame. But don't sit there stewing about your problems and worries. Just look at the flame. Focus on it, watch what it does, and how it moves. Notice its colours; watch the edges of the candle change shape as the wax slowly melts.

If you're going to think about anything while gazing at your candle, think of gratitude. Think of the blessings in your life. Think of positive things, and only positive things.

Do this candle meditation every morning for a couple of weeks. Or do it before you go to bed but do it consistently every single day; give it a real chance. Don't tell me you haven't got time.

If you think you're unable to give yourself 10 minutes a day, you're making far too many excuses to sabotage your own life and happiness. If you're so important that you have to get all that other 'stuff' done, then you're important enough to take care of yourself.

So get up (or get ready for bed) a little early. Sit quietly and watch the flame of a candle for a few minutes. You'll enjoy it. You'll begin to look forward to it. You'll want more of this, or some other bit of 'me time' to journal, to read, to do 10 minutes of yoga – whatever. You'll miss it if you skip a day. So don't.

No more excuses.

liberty forrest is an award-winning author, an inspirational speaker and mentor. Contact freespirit@libertyforrest.com



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Preservation of Dignity and Pursuit of Happiness

Spring LEARNING 2016 – SPRING SEMESTER



**Spring 2016 registration opens March 1st, 2016 at 9:00am for members.
Registration for non-members opens March 15th, 2016.**

CONDITIONS OF REGISTRATION

HOW TO REGISTER

- In person at the Kerby Centre in room 305.
 - By telephone at (403) 705-3233 or (403) 705-3232.
 - Online at www.kerbycentre.com
 - By mail with the Kerby Centre address:
1133 - 7th Avenue S.W.
Calgary AB, T2P 1B2
Attn: Education & Recreation
- **Please ensure you have your 2016 membership before registering for courses. Contact Information Department to renew or to apply for a membership. 403-705-3246****

REFUNDS

- **All refunds are subject to an administration fee.**
- **Request for refunds must be made before the date of the second class.**
- **Computer courses/workshops are non-refundable.**
- All refunds MUST be picked up in the same semester the course was offered.
- For full refund policy see Education & Recreation Department Staff in room 305.

PAYMENT OPTIONS

Required at time of registration

- Cash
- Cheque
- Debit
- VISA/MasterCard
- PayPal

If cost of courses is a concern, please contact the Manager of Education & Recreation at (403) 705-3232 for discussion of payment options.

MEMBERSHIP

- 2016 Kerby membership does NOT guarantee course availability.
- Non-members must be 55 years of age. Proof of age may be requested.
- Registration for non-members opens March 15, 2016.
- Non-members pay a non-refundable, non-member surcharge on each course/workshop enrolled in.
- Non-members do not have parking privileges.

PLEASE NOTE:

- Save these pages as this is the ONLY complete advertisement of courses.
- Courses/workshops are designed for seniors of varied abilities. The instructor, in consultation with the Manager of Education & Recreation will make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.
- If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at (403) 705-3232.

Registration Deadline

- **Please register early to avoid course cancellations!**
- **We will cancel under subscribed courses one week prior to first day of class.**
- You will only be notified if a course is cancelled.



MAUNDER'S MCNEIL PROGRAM

- This is a group of courses partially funded by the Maunder's McNeil Grant.
- These programs are targeted to those living with challenges as a result of illness, stroke, arthritis, cardiovascular disease or other physical and mental health challenges.
- Program is for those who enjoy a slower pace environment and the camaraderie of others in a relaxed atmosphere with a definite purpose in mind.

LEARNING 2016 – Spring
MAIL TO: Kerby Centre, 1133 7th Avenue S. W., Calgary AB T2P 1B2
PHONE: (403) 705-3233/705-3232



Name: _____
 Telephone #: _____

Kerby Membership #: _____

Courses you wish to register for:

Course # _____ Course Name: _____
 Course # _____ Course Name: _____
 Course # _____ Course Name: _____

Course # _____ Course Name: _____
 Course # _____ Course Name: _____
 Course # _____ Course Name: _____

Method of Payment:

Cash: _____ (In person)

Cheque: _____ (In person/mail-in)

MasterCard #: _____

Expiry Date: _____ (In person/Telephone/Mail-in)

VISA #: _____

Expiry Date: _____ (In person/Telephone/Mail-in)

Please note that both MasterCard and VISA numbers are four groups of four numbers.

ACTIVE LIVING COURSES “A” Courses



No classes on Monday May 23rd, 2016—Kerby Centre is closed for Victoria Day.
There may be other cancellations in individual rooms due to other activities at Kerby Centre.



****Appropriate workout attire and footwear are required for all fitness classes.****

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
A01 Joint Health Mauder's McNeil	Learn and practice proper form of specific exercises for major joints of the body. Discover the difference with certain joints and how they should be able to move with ease and fluidity to aid in our mobility of daily functioning. Anyone interested in keeping joints healthy or those individuals with joint restriction and movement are welcome. If you are designated for joint replacement, then you would definitely benefit from this course.	Bonnie Field	Friday Apr 22 – Jun 24 No class May 20 and June 3	10:15 - 11:15 am Room 205	\$28.00	\$48.00
A02 Building Blocks For Balance Mauder's McNeil	Having good balance and strong support muscles are key in fall prevention. This class will focus on core muscle strength and balance in a safe environment, with the goal of keeping you active and independent.	Joyce Slone	Monday Apr 25 – Jun 20 No class May 23	1:00 – 2:00 pm Room 205	\$28.00	\$48.00
A03 Gentle Seated Yoga Mauder's McNeil	Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.	Caroline Bees	Wednesday Apr 27 – June 22	1:00 – 2:00 pm Room 308	\$36.00	\$56.00
★NEW★ A04 Seated Zumba! Mauder's McNeil	Zumba Gold Chair brings the joy of Zumba® Fitness Latin dance moves and international dance rhythms of Zumba to be done in a chair. It has been designed for participants that may have medical issues, physical limitations, are in a wheelchair, have limited mobility and/or anyone who may not be able to stand up for long periods of time while exercising. It will help improve physical and mental health and most of all quality of life!!! It will provide safe, slow progressions and teach participants to listen to their body! It's great for the mind, body and soul but most of all IT IS FUN!!! Enjoy the excitement of Zumba and its music while safely sitting in a chair.	Maaik Seaward	Tuesday Apr 19– Jun 7	2:15 – 3:00 pm Room 205	\$30.00	\$50.00
A05 Rhythms & Grooves! Mauder's McNeil	This class is guaranteed awaken your sense of fun with rhythms and music! Participants will get moving and create rhythms with sticks, shakers, and other percussive instruments. This is a well-rounded workout with options given for all levels.	Bonnie Field	Thursday April 21 – Jun 23 No class May 19 and June 2	2:15 - 3:15 pm Gymnasium	\$28.00	\$48.00
★NEW★ A06 Laughter Yoga	Come experience the power of laughter, yoga and connecting to yourself and others in this unique fun filled class.	Angie Friesen	Wednesday Apr 27 – Jun 1	10:45 – 11:30am Room 205	\$32.00	\$52.00
A07 Monday Yoga All Levels	Boost your energy and calm your mind with this self-paced class. Use comfortable positions and a chair to increase balance, strength and flexibility. Getting to the floor easily is required. Please bring your own yoga mat.	Caroline Bees	Monday Apr 18 – Jun 20 No class Apr 25 No class May 23	2:30 - 3:30 pm Room 205	\$48.00	\$68.00
★NEW★ A08 Yoga for You	In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.	Angie Friesen	Wednesday Apr 20 – Jun 22	9:30 – 10:30 am Room 205	\$50.00	\$70.00
A09 Monday Fitness	Traditional aerobics class with emphasis on cardiovascular training. Minimal strength training, using weights or resistance bands. You are encouraged to work at your own pace.	Dan Leung	Monday Apr 18 – Jun 20 No class May 23	10:05 - 11:00 am Gymnasium	\$40.00	\$60.00
A10 Wednesday Fitness	Same course listed above offered on a different day.	Dan Leung	Wednesday Apr 20 – Jun 22	10:05 - 11:00 am Gymnasium	\$45.00	\$65.00
A11 Muscle Strength & Core Balance	Strong core balance is necessary for good posture, balance, mobility and safety around the house. Available equipment will be used to train muscles associated with activities for daily living.	Dan Leung	Friday Apr 22 – Jun 24	9:30 - 10:20 am Gymnasium	\$45.00	\$65.00
★NEW★ A12 Everyday Functional Fitness	Strength is intrinsic to daily function. This program includes exercises to strengthen the major muscle groups needed for performing daily activities, to improve mobility and balance, range of motion and coordination.	Elena Bratishchenko	Monday Apr 18 – Jun 20 No class May 23	11:15 – 12:15 pm Gymnasium	\$42.00	\$62.00
A13 Functional Strength	Emphasis is placed on maintenance and enhancement of strength and range of motion of major muscle groups and joints. Will also work on balance and agility.	Joyce Slone	Friday Apr 22 – Jun 24 No class Apr 29 No class May 20	1:30 – 2:30 pm Room 205	\$38.00	\$58.00

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
A14 Salsa Workout	Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.	Bonnie Field	Monday Apr 18 – Jun 20 No class May 23 No class Jun 6	2:00 - 3:00 pm Gymnasium	\$38.00	\$58.00
A15 Zumba Gold	Zumba Gold® is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!	Maaik Seaward	Thursday Apr 21 – Jun 9	10:00 – 11:00 am Gymnasium	\$38.00	\$58.00
A16 Belly Dancing	Take this fun opportunity to learn some elementary hip liberating moves. Learn to move and sway your hips and shoulders to middle eastern music.	Angela Grell	Tuesday Apr 19 – Jun 21 No class Jun 14	12:30 – 1:45 pm Room 205	\$45.00	\$65.00
A17 Line Dancing Multilevel	No one to dance with? Need exercise? This class will teach you the basics of line dance in a fun and educational setting.	Bonnie Field	Thursday Apr 21 – Jun 23 No class May 19 No class June 2	1:00 - 2:00 pm Gymnasium	\$38.00	\$58.00
A18 Ballet, Balance & Stretch	Improve your balance, strength and mobility through this unique class. By using basic ballet barre exercises you will: feel increased leg strength, decrease your risk of falling through balance work, and de-stress and relax through rejuvenating yoga poses.	Cathy Morrison	Monday Apr 18 – Jun 20 No Class May 23	3:00 – 4:00 pm Room 308	\$49.00	\$69.00
A19 Tai Chi Monday	Tai Chi is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. Reduce stress, increase coordination, balance and range of motion.	Adrian Buczek	Monday Apr 18 – Jun 20 No class May 2, No class May 9 No class May 23	9:00 – 10:00 am Gymnasium	\$31.00	\$51.00
A20 Tai Chi Wednesday	Same course listed above offered on a different day.	Adrian Buczek	Wednesday Apr 20 – Jun 22	1:30 – 2:30 pm Lounge	\$40.00	\$60.00
A21 Monday Pilates	Strengthen abdominal and back muscles, gain total body flexibility and improve your posture. Exercises are done lying down on a padded mat and standing with the use of a chair for balance. Options given for all levels.	Caroline Bees	Monday Apr 18 – Jun 20 No class May 23	4:15 - 5:15 pm Room 205	\$69.00	\$89.00
A22 Pilates Fusion	Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options given for all levels.	Cathy Morrison	Wednesday Apr 27 – Jun 22	4:15 - 5:15 pm Room 205	\$69.00	\$89.00
A23 A Morning of Mindfulness	Experience a soul-satisfying morning of peaceful, calming relaxation and heart-warming human connection. Learn how Mindfulness can help you feel less stressed, be healthier, happier and more at peace. As an <u>expansion of the afternoon mindfulness class</u> , we will continue with extremely effective meditative exercises and techniques that you can take away and use in everyday life. Come have fun, feel relaxed and learn to live more mindfully!	Tina Thrussell	Monday June 6	9:30 – 12:30pm Room 205	\$35.00	\$55.00

ACADEMIC COURSES “B” Courses



No classes on Monday May 23rd, 2016—Kerby Centre is closed for Victoria Day.
There may be other cancellations in individual rooms due to other activities at Kerby Centre.

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
B01 Make Your Spring Photography Zing!	This course will cover different aspects in camera operations and artistic expression. Take your photography from snapshot to spectacular. Open to all level of experience and all camera types. Instructor Patrick Kornak has over 40 years of experience and teaches photography at SAIT continuing education. Note: we will be taking outdoor photographs in local areas.	Patrick Kornak	Thursday Apr 21 – Jun 9	1:00 – 3:00 pm Room 301	\$69.00	\$89.00
B02 Discover Photoshop	This workshop will introduce you to the basic workings of Photoshop and how it can be used to enhance your photographs. Participants are encouraged to bring in 1 or 2 images on a memory stick that the instructor can demonstrate on.	Patrick Kornak	Thursday Jun 16 - 23	1:00 – 3:00 pm Room 301	\$29.00	\$49.00

B03 Creative Writing & Journaling	Write for fun as well as for you. Writing is therapeutic and focuses your thoughts. In this class you'll learn how to craft an imaginative short story as well as how to journal for personal development. Expect thought-provoking questions, writing exercises and exploring the depths of your creativity and soul. The final result will be several completed stories along with the ability to put your thoughts down in writing.	Lea Storry	Tuesday Apr 19 – May 10	1:00 – 3:00 pm Room 308	\$45.00	\$65.00
LANGUAGES						
The textbook that will be used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. The textbook is available at www.amazon.com and takes about 2 weeks for delivery, and may also be found on www.ebay.ca						
B04 Beginner Spanish Grammar	A comprehensive course for students with no prior knowledge of Spanish. Will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered. See above for textbook.	Norah Hutchinson	Monday Apr 18 – Jun 20 No class May 23	10:00 - 12:00 pm Room 311	\$75.00	\$95.00
B05 Intermediate Spanish Grammar	A continuation of Beginners Spanish with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Beginners Spanish or equivalent. Chapters 4-6 will be covered. See above for textbook.	Norah Hutchinson	Tuesday Apr 19 – Jun 21	1:00 - 3:00 pm Room 311	\$80.00	\$100.00
B06 Advanced Spanish Grammar	For those with intermediate or advanced level Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered. See above for textbook.	Norah Hutchinson	Tuesday Apr 19 – June 21	10:00 - 12:00 pm Room 311	\$80.00	\$100.00
B07 Feel Good and Speak Spanish	This course will help students boost their communication skills by building confidence and fluency when speaking. It will provide an opportunity to practice the language through a variety of activities and topics of interest, with a focus on pronunciation, listening, and building vocabulary. Minimum Prerequisite: Intermediate Spanish	Norah Hutchinson	Thursday Apr 21 – June 23	1:00 – 3:00 pm Room 311	\$80.00	\$100.00
★NEW★ B08 Spanish Pronunciation	Designed for all levels, develop confidence in Spanish pronunciation. Provide the students with tools to improve their pronunciation skills, feel successful from the very beginning, and help them to progress more quickly through models and drills.	Norah Hutchinson	Monday Apr 18 – Jun 20 No class May 23	1:00 - 3:00 pm Room 311	\$75.00	\$95.00
B09 Beginner French	What happens after "Bonjour" and "Comment allez-vous?" Join this class and find out! You will quickly learn to have fun in French while building some real conversations.	Georgette Pare	Friday Apr 29 – Jun 24	9:00 – 10:45 am Room 308	\$75.00	\$95.00
MUSIC						
B10 The Singing Circle Mauder's McNeil	Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! "From this valley they say you are going".	Barry Luft	Thursday Apr 21– Jun 23	10:30 - 11:30 am Room 308	\$32.00	\$52.00
B11 Ukulele Magic! Introductory	This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing and playing. If you already have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. If you do not own a ukulele, please contact the Ed & Rec department at 403-705-3232 for purchasing information.	Barry Luft	Wednesday Apr 20 – Jun 22	11:00 – 12:00 pm Room 308	\$55.00	\$75.00
B12 Ukulele: Play and Sing	Here's a chance to hone your ukulele skills in a class of mostly playing and singing. These facilitated jam sessions will include some instruction, but the focus will be on having fun and gaining more experience with songs, strums and chords. A great way to head into summer! Prerequisite: An Introductory course or equivalent.	Barry Luft	Wednesday Apr 20 – Jun 22	9:45 – 10:45 am Room 308	\$55.00	\$75.00
FINE ARTS						
Please note: the cost of supplies is not included in the course price, unless otherwise listed. A full list of recommended supplies can be obtained in the Education and Recreation Office, Room 305.						
★NEW★ B13 Calligraphy: More Fun with Drawn Letters	In this enjoyable 6-week session, we'll explore more hand-drawn letters using simple tools that you may already have, making interesting letters and words that you'll enjoy sharing in greeting cards, artwork or journal pages. We'll create contemporary versals, customized, colourful, built-up, stretched, and cut-out letters. No prerequisite required--everyone welcome.	Renate Worthington	Monday May 2 – Jun 13 No class May 23	10:00 – 12:00 pm Room 308	\$65.00	\$85.00

★NEW★ B14 Finishing Your Paintings	Studio Class: Working with techniques such as balance, perspective, movement and structure, we will be adapting unfinished paintings in order to create a cohesive image. Bring in any of your acrylic or watercolour paintings you would like to further develop.	Katy Morris	Wednesday Apr 20 – May 25	10:00 – 3:00 pm Room 313	\$99.00	\$119.00
B15 Calgary Gardens	We will be expanding upon watercolour theory in this seasonally topical class—flowers and plants indigenous to Calgary. Please bring a photo.	Katy Morris	Friday Apr 22 – May 27	10:00 – 3:00 pm Room 313	\$99.00	\$119.00
★NEW★ B16 Workshop Collage & Acrylic Skins	Bring your sense of fun to this creative endeavor. We will be creating textural images through the use of acrylic skins, various types of paper, beads and glue or acrylic medium. Open to all levels, products included—simply bring your own brushes and paper.	Katy Morris	Wednesday June 1 - 8	10:00 - 3:00 pm Room 313	\$49.00	\$69.00
★NEW★ B17 Workshop Experimenting with New Water Media Products	Not sure if the new art products are a fit for you? Join us for this two day workshop to try out Brusho, Teraskin (Stone Paper), Mask Pens and various sketching products. Open to all levels, products included—simply bring your own brushes and paper.	Katy Morris	Friday June 3 - 10	10:00 - 3:00 pm Room 313	\$49.00	\$69.00

COMPUTER COURSES “C” Courses

No classes on Monday May 23rd, 2016—Kerby Centre is closed for Victoria Day.
There may be other cancellations in individual rooms due to other activities at Kerby Centre.

- **Course fees for both computer courses and workshops are non-refundable.**
- *Please note: a memory device (also known as a memory stick, jump drive or USB drive) is required to take home homework or extra practice. Please bring one to your first class.*

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
C01 Level 1 Basics	This course is a continuation of Absolutely Terrified! Learn to create, copy and delete documents and folders. As well, we will expand our knowledge of 'file, home, insert' and learn proper file management. Time will be given to review and practice work.	Pat Seifert	Mon/Wed Apr 18 – May 2	10:00 – 11:30 am Room 312	\$115.00	\$135.00
C02 How to Use Your Laptop: Windows 8 or 10	Bring your own laptop to class with Windows 8 or 10 and learn hands-on how to use it effectively. Maximum in this class will only be 5 students. Basic computer skills required. No Macs.	Pat Seifert	Mon/Wed May 9 – May 25 No class May 23	10:00 – 11:30 am Room 312	\$165.00	\$185.00
C03 Facebook Mastery	Start as a beginner and finish as an expert. Learn how to create a profile, use privacy options and get connected with this popular social networking site. As you progress through the course you will learn how to add new people, activate a game, find old friends, and download pictures. Must have an email address.	Pat Seifert	Mon/Wed May 30 – June 13	10:00 – 11:30 am Room 312	\$115.00	\$135.00

WORKSHOPS

Course # & Name	Course Description	Instructor	Day/Date	Time/Room	Member Price	Non Member Price
C04 File Management	What to do when you can't find anything in your "My Documents" folder? Learn how to copy, move, and delete files as well as create folders to get organized.	Pat Seifert	Wednesday May 11	12:30 - 3:30 pm Room 312	\$44.00	\$64.00
C05 Setting Up And Basic Functions of Your iPad	Want to know how to register and configure your new iPad? Learn basic functions and how to connect to the Internet using WiFi. Find and install "apps" such as phone book, music stations and video games. Use built in feature like the camera and calendar. Search for, preview and download music on iTunes.	Pat Seifert	Monday May 16	12:30 – 3:30 pm Room 312	\$44.00	\$64.00
C06 Internet Exploration	The internet is a wonderful resource. It can be used to keep in touch with family and friends, read the news, follow your hobbies, pay bills and much more! In this class, you will learn how to look things up that interest you without getting into trouble. We will use Google as our primary browser in our quest to answer your queries.	Pat Seifert	Wednesday June 1	12:30 – 3:30 pm Room 312	\$44.00	\$64.00
C07 Hello Kijiji	Kijiji is a website that people use to buy and sell items, like an online garage sale. You will learn to look for items on Kijiji, and how to respond to an ad. You will also be taught how to create an ad and learn how to sell items.	Lea Storry	Tuesday June 7	10:00 – 1:00pm Room 312	\$44.00	\$64.00

C08 Perfecting PowerPoint	PowerPoint is a great way to share photos, information and give presentations. Why not learn how to put together an interesting show with slides and content. Participants will learn how to create slides, add photos and images and write content. Bring your own project or start with a new idea. Anyone can create stunning presentations with PowerPoint that look as if it was designed by a professional.	Lea Storry	Tuesday Jun 14	10:00 – 1:00 pm Room 312	\$44.00	\$64.00
C09 Microsoft Word	Put down your pen and start typing. Participants will learn how to use Word through technical instruction and writing exercises. Discover how to add photos, use templates and link to websites.	Lea Storry	Tuesday Jun 21	10:00 – 1:00 pm Room 312	\$44.00	\$64.00

KERBY 2 ST. ANDREW'S Courses

We are continuing to offer courses at our K2 St. Andrew's site for the Spring Semester. The location of these programs is St. Andrew's Centre 1 – 10601 Southport Road SW, Calgary, AB, T2W 3M5.

S01 Yoga for You	In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor easily, and a chair will be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.	Angie Friesen	Thursday Apr 21 – June 23	9:00 – 10:00 am	\$80.00	\$100.00
★NEW★ S02 Memoirs and Legacy Letters	In this class, you'll learn how to write short stories based on your life as well as how to share your thoughts in the form of a letter to your loved ones. Instruction in finding focus, outlining stories, writing and how to publish. Expect thought-provoking questions, writing exercises and exploring your own personal story. The final result will be several completed narratives along with legacy letters you can pass down to family and friends.	Lea Storry	Tuesday April 19 – May 10	10:00 – 12:00 pm	\$55.00	\$75.00

Don't fall victim to the grandparent scam

(NC) You're a grandparent, and you get a phone call or an email from someone who identifies themselves as your grandchild. "I've been arrested in another country!" they say. "I need money wired quickly to pay my bail. Please, don't tell my mom or dad because they'll only get angry!"

This type of emergency scam has been around for years. It typically occurs when a grandparent receives a call from a scammer pretending to be a family member in need of money immediately. The scammer often claims they have been in a car accident,

are having trouble returning from a foreign country, or have been arrested and need to be bailed out. The grandparent is asked to wire some money through a cash transfer company immediately. Often, victims send the money, and do not verify the information until after the money is sent.

Scam artists defraud millions of people each year by phone, by mail, online, and in person using many different tactics. The grandparent scam is one of the most heartbreaking. That is why it is important to stay on guard. Think twice before you hand over

any of your money or personal information.

The Competition Bureau shares some tips on how to protect yourself and your family to avoid being a victim:

- Do not reveal any personal information. It's important to protect your identity at all times and only give out information when you know you can trust the person you are talking to.
- Never send money to anyone you don't know or trust. Don't send money or pay fees to claim a prize or lottery winnings. Never wire money to someone whose identity you cannot con-

firm. Unless you are sure that you know the person, never give your credit card or banking information over the phone.

- Ask questions and be assertive. Scammers are counting on the fact that you will want to act quickly in an emergency. Be sure to assess the situation fully before making any decisions.
- Investigate further. Try asking the caller questions that only your grandchild would know. Call the child's parents to verify the story.
- Get their information. Find out if there is a phone number you can call them back at. If it is truly a rela-

tive, they won't hesitate to provide this.

• Take precautions. Remind your family members not to announce that they are going away on sites like Facebook or Twitter. This could expose them and their families to fraudsters who could use this information. Also, ensure your family's contact information is up-to-date so that you can easily get in touch with them to find out more.

More information is available online at www.competitionbureau.gc.ca/fraud, or by phoning toll-free at 1-800-348-5358.

www.newscanada.com

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The Healthy Geezer

BY FRED CICETTI

Q. I heard a comedian make a reference to “shingles” as if there was something funny about them. I had shingles and I didn’t find any humour in the experience. Am I missing something?

A. Shingles is a painful skin disease caused by the chickenpox virus awakening from a dormant state to attack your body again. Some people report fever and weakness when the disease starts. Within two to three days, a red, blotchy rash develops. The rash erupts into small blisters that look like chickenpox. And it’s very painful. Does this sound funny? I don’t think so.

Anyone who has had chickenpox can get shingles. Half of all Americans will get shingles by the time they are 80. Shingles occurs in people of all ages, but it is most common in people between 60 and 80. Each year, about 600,000 Americans are diagnosed with shingles. The virus that causes chickenpox and shingles remains in your body for life. It stays inactive until a period when your immunity is down. And, when you’re older, your defenses ain’t what they used to be.

The inactive virus rests in nerve cells near the spine. When it reactivates, it follows a single nerve path to the skin. The shingles rash helps with its diagnosis; the rash erupts in a belt-like pattern on only one side of the body, or it appears on one side of the face. It usually begins as a patch of red dots which become blisters.

Physicians treat shingles with antiviral and pain medications. The antivirals don’t cure shingles, but they weaken the virus, reduce the pain and accelerate healing. The antiviral medications work faster if they are started early— within 72 hours from the appearance of the rash.

The disease’s name came from the Latin word *cingulum*, which means belt. The virus that causes shingles is varicella-zoster, which combines the Latin word for little pox with the Greek word for girdle. In Italy, shingles is often called St. Anthony’s fire.

If you have had chickenpox, shingles is not contagious. If you have never had

chickenpox, you can catch the virus from contacting the fluid in shingles blisters. However, you will not get shingles, but you could get chickenpox.

The pain of shingles can be severe. If it is strong and lasts for months or years, it is called post-herpetic neuralgia. Persistent pain is a common symptom in people over 60. However, most victims of shingles overcome their symptoms in about a month. And the odds are against getting shingles a second time. Outbreaks that start on the face or eyes can cause vision or hearing problems. Even permanent blindness can result if the cornea of the eye is affected. In patients with immune deficiency, the rash can be much more extensive than usual and the illness can be

complicated by pneumonia. These cases, while more serious, are rarely fatal.

There is a vaccine for shingles. It is Zostavax, which was approved by the Food and Drug Administration for use in people 60 years old and older to prevent shingles. Zostavax does not treat shingles or post-herpetic neuralgia once it develops.

In a clinical trial involving thousands of adults 60 years old or older, Zostavax prevented shingles in about half of the people, and post-herpetic neuralgia in 67% of the study participants. While the vaccine was most effective in people 60-69 years old it also provided some protection for older groups.

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

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Seniors Scene

British Pensioners Association of Western Canada

The British Pensioners Association of Western Canada meets monthly in Calgary for a real three-course English lunch, a guest speaker, and plenty of great conversation.

The meetings take place at the Forest Lawn Legion on the first Tuesday of every month, except July and August.

For more information please call Joanna at 587-353-0631 or visit the website: iph-rbh@shaw.ca.

Ogden House

Ogden House 50 Plus Activity Centre has scheduled its Annual General Meeting for March 8 at 1:00 p.m. At noon they will host a "Watchagot Lunch". Lunch is free for members who will show their membership card to receive a ballot. For non-members the cost is \$4.

The next TGIF dinner will be on March 18. Come to enjoy fabulous food, great company, and great entertainment. Reservations are required.

For further information please call 403-279-2003 or visit: programs@ogden50plus.org.

Social Dance Club

The Social Dance Club Calgary holds dances every second Saturday to a live band. They will hold their Annual General Meeting before the dance on March 12. Members are encouraged to attend. Joel Spire will provide music for the dance. The next dance will be on March 26 (Easter weekend) to the music of Interlude. Tickets cost \$12 for members, \$14 for non-members. Doors open at 7:00 p.m. Dance runs from 8:00 p.m. to 11:30 p.m. The dances take place in the gym at Kerby Centre, located at 1133 7 Avenue SW.

For more information, please call Sharon and John at 403-242-6957 or visit www.socialdanceclubcalgary.com.

Good Companions

Good Companions 50 Plus Club will hold a TGIF birthday party on March 4 from 2:00 p.m. to 3:30 p.m. to celebrate March birthday members. Cost is \$6:00. A Travel Outing to Heritage Follies will take place on March 7 and cost \$45. On March 8 there will be a social supper with an Easter theme, with entertainment by Timeless Reflections. There will be a Jam Night on March 11, from 7:00 p.m. to 9:00 p.m., costing \$2.

For more information please call 403-242-3799 or visit www.gc50plus.org or gc50plus@gmail.com.

Greater Forest Lawn

Greater Forest Lawn 55+ Society will host two dances in March. Pure Country will supply the music on March 5, and For Olde Tyme Sake on March 19. Doors open at 6:30 p.m., and dance begins at 7:30 p.m. Cost to members is \$12, and non-members \$13. A Fashion Show on March 8 starts at 11:00 a.m., followed by a lunch at 12:00 p.m., and entertainment at 12:45 p.m. On March 24 the GFLS' 40th Anniversary Celebration starts at 11:00 a.m., followed by entertainment. There will be special guests. Lunch costs \$5. There will be no refunds.

For more information on these and other activities

please phone 403-272-4661 or visit the website: www.gfls.org.

Silver Threads

Inglewood Silver Threads will be hosting their annual Spring Fling Tea Bake and Craft Sale on Saturday, April 9. Enjoy a hot lunch for only \$5, homemade baked goods, and unique crafts. All proceeds go directly to fund senior activities. The event takes place from 10:00 a.m. to 2:00 p.m. at 1311 9 Avenue SE.

For more information on this and other activities please phone 403-264-1006, or contact inglesilverthreads@hotmail.com

Minus one dance club

Interested in old-time and ballroom dancing? All ages are most welcome. Come join us at the Minus One Dance Club, holding a dance every

second Saturday at St. Vladimir's Cultural Centre, 404 Meredith Road NE. St. Vladimir has a big beautiful ballroom for dancing with a new hardwood floor and good parking is available. Call 403-248-2528 to get regular updates of dances, giving you the dates and bands.

Doors open at 7:00 p.m. with dancing from 8:00 p.m. to 11:30 p.m. Music is live with various bands and we serve a light snack at 10:15 p.m. We have a lively social group and good dancing for all who come.

Coming up in March and April are Interlude, Randy Hillman, Jana and Danny, and Benny Uchacz.

Memberships are available for \$10/year and payment for each dance is \$12. Non-members are welcome for a charge of \$14. Dress code requests "no runners please."

We look forward to you joining us for an evening of dancing and fun.

Confederation Park 55+

The Saturday dances will take place on March 12 and March 26, to the music of the Badlanders and the For Old Tymes Sake respectively. Tickets cost \$12. Doors open at 6:30 p.m. and dance starts at 7:30 p.m.

A trip to attend the Heritage Park Seniors' Follies will take place on March 9.

To learn more of this and the Saturday dances, please call (403) 289-4780 or visit confedpark55plus.ca. The address of Confederation Park 55+ is 2212 – 13th Street NW.

Compiled by Margaret McGruther



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Could the daylight saving time change be deadly?

One of Canada's premiere sleep medicine specialists warns of health consequences, following daylight saving time change March 13.

Dr. Adam Moscovitch, medical director of the Sleep & Fatigue Institute, points out that even one hour of sleep loss can have significant consequences in all of us, but in particular in individuals that are already sleep deprived, or suffer from an underlying sleep disorder.

- Loss of sleep from springing forward causes decreases in performance, concentration and memory, common to sleep-deprived individuals, as well as fatigue and daytime sleepiness.

- Accident rates increase by about 7-8% on Canadian roads on Mondays following change of the clock.

- During the first week after the change there's a spike in heart attacks, according to a study in The American Journal of Cardiology. That's because losing an hour of sleep increases stress and provides less time to recover overnight.

- A study published in 2008 in the journal Sleep and Biological Rhythms found an uptick in suicides in Australian men during the first weeks after the clock change.

- Night owls are more bothered by the time changes than morning people. For some, it can take up to three weeks to recover from sleep schedule changes, according to a 2009 study in the Journal of Sleep Medicine. For others, it may only take a few days to adjust to this new schedule.

- All of these impacts have economic costs too. An index from the Chmura Economics & Analytics, released recently suggests that the cost could be up to \$434 million in the U.S. alone. That's an added up figure from all of the health and lost productivity mentioned above.

- In individuals with chronic sleep deprivation, or underlying sleep disorder, the impact can be even more severe and prolonged.

- According to research, people aged 45+ with a normal body weight, getting less than six hours of sleep a night, are four times more likely to suffer from stroke compared

with those getting seven or eight hours.

- In addition, lack of sleep has also been linked to other serious health issues, like heart disease, diabetes, increased pain, and obesity.

- Sleep deprivation/sleep disorder increases the risk of developing a major psychiatric condition, such as depression or anxiety.

What can you do to adjust?

- Prepare for the time change

by going to bed earlier.

- Get natural light exposure in the morning for a few days after the change, to adjust your body clock.

- Be careful in driving the first few days after Sunday, since the accident risk is up.

- If you suspect that you have a sleep disorder, such as chronic insomnia or sleep apnea, get assessed.

- If you are a heavy snorer, don't ignore it, since it can be

a warning sign of a serious medical condition.

- If your body is still recovering more than a week after the change, it may be time to enlist the experts. Talk to your primary physician and discuss whether a referral to a sleep specialist would be helpful.

Dr. Moscovitch is an internationally recognized expert on Sleep and Fatigue disorders. He is the Medical Director of the Calgary and Toronto based Sleep and Fatigue Institute.

Team Kerby

2016 Scotiabank Charity Challenge Calling ALL Runners/Walkers

It's time to start fundraising for the 2016 Scotiabank Charity Challenge Walk/Run held on Sunday, May 29, 2016

The first 10 people to raise a minimum of \$100 will receive a free Race Registration.

You can Walk, you can Run or you can do Both in your choice of the 5KM Race, 10 KM Race, ½ Marathon or Full Marathon!

Race Launch at Kerby Centre on April 15th. Food, motivational speakers, fundraising tips, gifts and more!

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Kerby Centre

Please contact Nicole (403) 705-3178 for any information on registration or to receive pledge forms today!



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the independent retirement lifestyle you have always imagined at Lakeside Manor. Phase II is coming soon. Don't miss out on securing your new home today. Visit our Show Suite at 681 Harbour Front Drive NE, Salmon Arm, BC and have lunch on us.

High on flavour, low on fuss

Page design and layout by Winifred Ribeiro

Type 2 diabetes is one of the fastest growing diseases in Canada with more than 60,000 new cases yearly. Nine out of ten people with diabetes have type 2 diabetes. The good news is that type 2 diabetes can be prevented or postponed by making healthy lifestyle choices. It is estimated that close to two million Canadian adults have diabetes. One third of these people are unaware that they have the disease. Diabetes is the seventh leading cause of death in Canada and the cost of diabetes is estimated to be up to \$9 billion a year.

Type 2 Diabetes can sometimes be reversed. Commitment, perseverance, and a positive attitude can help you achieve a healthy diet and weight. Set small, achievable goals first; experience success of meeting those goals; and then add new goals. Over time, all your small successes will add up with positive results to your body and overall health.

The All-Natural Diabetes Cookbook, 2nd edition offers nothing artificial, just naturally delicious fresh foods, whole-food ingredients, and full flavor — from breakfast to dessert and everything in between. Relying on artificial sweeteners or not-so-real substitutions to reduce calories, sugar, and fat is a thing of the past. Recipes include the right amount of plant-based goodness, well-rounded nutrition, and simple-to-fix dishes. Each recipe is ideal to be enjoyed by people with diabetes, pre-diabetes, heart health issues, or simply looking to improve their diet. There are also tips for achieving naturally high-flavor dishes, techniques for no-fuss cooking and baking, sample meal plans, a handy substitution chart for swapping out processed foods from favorite recipes, and much more. Natural, fresh cooking isn't just good for you — it's great tasting!



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from *The American Diabetes Association*.
To order this book call 1-800-232-6733
or order online at ShopDiabetes.org



TUSCAN VEGETABLE STEW©

You don't need to be a vegetarian to enjoy a hearty vegetable stew. This recipe is similar to the iconic Tuscan stew Ribollita, but more simple, carb-friendlier, and a stronger flavouring of herbs. The traditional chicken broth provides a richer, more savory taste than vegetable broth, but either is fine to use for this stew.

Serves: 6 **Serving Size:** 1 cup **Prep Time:** 20 minutes
Cooking Time: 40 minutes

- 1 tablespoon extra-virgin olive oil
- 1 small or 1/2 large red onion, chopped
- 1 1/4 teaspoons sea salt, divided
- 2 large cloves garlic, minced
- 1 (15-ounce) can no-salt-added cannellini or other white beans, drained, divided
- 3 1/2 cups low-sodium chicken or vegetable broth, divided
- 6 cups chopped lacinto kale or savoy cabbage (6 ounces)
- 1 pint grape tomatoes
- 2 teaspoons finely chopped fresh rosemary
- 3/4 teaspoon freshly ground black pepper
- 2 1/2 ounces day-old whole-grain bread, cut into 3/4-inch cubes
- 1/2 cup chopped fresh flat-leaf parsley

1. Heat the oil in a stockpot over medium heat. Add the onion and 1/4 teaspoon of the salt and cook, stirring occasionally, until the onion is softened, about 8 minutes. Add the garlic and sauté until fragrant, about 1 minute.
2. Meanwhile, add half of the beans and 3/4 cup of the broth to a blender or food processor. Cover and blend until smooth.
3. Add the bean purée, kale, tomatoes, rosemary, pepper, and the remaining 2 3/4 cups broth and 1 teaspoon salt to the stockpot and bring to a boil over high heat. Reduce heat to medium low and simmer, covered, until the kale is tender, about 20 minutes. Stir in the bread, parsley, and the remaining beans, and simmer, uncovered, for 5 minutes to complete the cooking process.
4. Ladle into individual bowls and serve.

Choices/Exchanges: 1 1/2 starch, 1 vegetable, 1 lean protein
Per Serving: Calories 200, Calories from Fat 40, Total Fat 4.5g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 0mg, Sodium 590mg, Potassium 855mg, Total Carbohydrate 31g, Dietary Fiber 7g, Sugars 3g, Protein 13g, Phosphorus 195mg
Food Flair: At the table, sprinkle individual servings of this stew with freshly grated parmigiano-reggiano or other parmesan cheese for an extra pop of flavor.



CAJUN GRAINS©

This scrumptious whole-grain side is inspired by classic "dirty" rice. My version is made with a well-seasoned ground turkey mixture and beans. You can make a vegan version of this, too. Replace the ground turkey with 8 ounces finely chopped mushrooms of choice along with 1/4 teaspoon freshly ground black pepper—and use the vegetable broth, of course. If you wish, serve a larger portion as an entrée

Serves: 8 **Serving Size:** 3/4 cup **Prep Time:** 15 minutes
Cooking Time: 45 minutes

- 1 cup whole farro, rinsed and drained* (see below)
- 1 3/4 cups low-sodium chicken or vegetable broth
- 1 (14.5-ounce) can roasted, diced tomatoes with green chilies (undrained)
- 1 1/4 teaspoons sea salt
- 1 tablespoon extra-virgin olive oil
- 8 ounces ground turkey (about 93% lean)
- 1 medium green bell pepper, finely diced
- 1 small white onion, finely diced
- 1 tablespoon salt-free cajun seasoning
- 1 (15-ounce) can no-salt-added red kidney beans, drained

1. Add the farro, broth, diced tomatoes with liquid, and salt to a medium saucepan. Bring to a boil over high heat. Reduce the heat to medium low, cover, and simmer for 20 minutes. (The farro will be halfway cooked.)
2. Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Add the turkey, bell pepper, onion, and cajun seasoning and sauté until the turkey is crumbled and well-done and onion is softened, about 5 minutes.
3. Stir the turkey mixture and beans into the farro mixture, cover, and continue to simmer until the farro is tender, about 20 minutes. Remove from heat and let stand, covered, for 5 minutes to complete the cooking process. Then serve.

Choices/Exchanges: 2 starch, 1 vegetable, 1 lean protein
Per Serving: Calories 230, Calories from Fat 45, Total Fat 5g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 20mg, Sodium 430mg, Potassium 455mg, Total Carbohydrate 32g, Dietary Fiber 7g, Sugars 4g, Protein 15g, Phosphorus 240mg
Food Flair: Not able to find salt-free cajun seasoning? Make your own. Mix together 1/2 teaspoon each of sweet paprika, garlic powder, onion powder, cayenne pepper, dried thyme or oregano, and freshly ground black pepper. Makes 1 tablespoon seasoning.

*Farro is a food composed of the grains of certain wheat species, sold dried and prepared by cooking in water until soft, but still crunchy (many recommend first soaking overnight).

DARK CHOCOLATE-RASPBERRY PUDDING©

Pudding is not usually placed into a healthful food category, but that all changes with this mouthwatering vegan creation. There's no dairy in this chocolate pudding. Whipped avocado creates the thick, rich, and super creamy texture. The classic combination of chocolate and raspberry is divine. The use of sea salt makes this a true taste bud tantalizer.



Serves: 2 **Serving Size:** 1/2 cup
Prep Time: 10 minutes (plus chilling time)
Cooking Time: 0 minutes

- 1 large fully ripened Hass avocado, peeled and pitted
- 3 tablespoons no-sugar-added raspberry or black raspberry jam
- 2 tablespoons unsweetened cocoa powder
- 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon plus 1/8 teaspoon sea salt
- 1/4 teaspoon raspberry-flavored red wine vinegar or aged balsamic vinegar
- 6 fresh or thawed frozen raspberries

1. Place the avocado, jam, cocoa powder, vanilla extract, salt, and vinegar in a food processor or the bowl of an electric mixer. Blend until smooth and fluffy, about 2 minutes, scraping down the sides as needed.
2. Transfer the pudding to small dessert dishes. Chill for at least 1 hour to allow flavors to mingle, top with the raspberries, and serve

Choices/Exchanges: 1 carbohydrate, 2 fat
Per Serving: Calories 170, Calories from Fat 100, Total Fat 11g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 0mg, Sodium 450mg, Potassium 435mg, Total Carbohydrate 20g, Dietary Fiber 8g, Sugars 9g, Protein 2g, Phosphorus 80mg
Food Flair: Like texture? You can use either seedless or seeded raspberry jam in this recipe. I prefer to go with seeds as they provide fiber and interesting texture. Like your chocolate extra dark? (I do!) Add another tablespoon of unsweetened cocoa powder.

Delicious and convenient

COOKING WITH A SLOW COOKER

Page design and layout by Winifred Ribeiro



Courtesy of 175 Essential Slow Cooker Recipes by Judith Finlayson © 2015 www.robertrose.ca Reprinted with publisher permission.

There is nothing better than coming home to an aroma of a delicious meal ready to be eaten immediately.

Discover how delicious and convenient food prepared in the slow cooker can be, but also how this handy appliance can be used to create an extraordinary range of dishes you might never have associated with a slow cooker.

This full-color reissue, with a new cover and all-new trade paper binding,



Sun-Dried Tomato and Dill Cheesecake©

When biting into this tasty cheesecake, you'll be hit with an appealing burst of sun-dried tomato flavor. All it needs is simple crackers. It's also delicious on celery sticks.

Make ahead: You'll achieve best results if you make this cheesecake the day before you intend to serve it and chill it overnight.

Serves: 6

- Works best in a large (minimum 5 quart) oval slow cooker
- 7-inch (17.5 cm) 6-cup (1.5 L) soufflé dish, lined with greased heavy-duty foil, or 7-inch (17.5 cm) well-greased springform pan (see Tip, below)

Crust

- 1 cup / 250 mL cracker crumbs, such as wheat thins
- 2 tbsp / 25 mL melted butter

Cheesecake

- 1 package (8 oz/250 g) cream cheese, softened
- 2 eggs
- 1/2 cup / 125 mL coarsely chopped dill
- 1/4 cup / 50 mL chopped sun-dried tomatoes, packed in olive oil, drained
- 2 tbsp / 25 mL finely chopped green onion or chives

Salt

Freshly ground black pepper

- 3/4 cup / 175 mL shredded Emmenthal or Swiss cheese

1. Crust: In a bowl, combine cracker crumbs and melted butter. Press mixture into the bottom of prepared dish. Place in freezer until ready to use.
2. Cheesecake: In a food processor fitted with a metal blade, combine cream cheese and eggs. Process until smooth. Add dill, sun-dried tomatoes and green onion. Season to taste with salt and pepper. Pulse until blended (do not over-mix). Add cheese and pulse just until blended. Pour mixture over crust. Cover dish tightly with foil and secure with a string. (If using a springform pan, see Tip, below.) Place dish in slow cooker stoneware and pour in enough boiling water to come 1 inch (2.5 cm) up the sides.
3. Cover and cook on High for 3 hours, or until edges are set and center is slightly jiggly. Remove from slow cooker and chill thoroughly, preferably overnight.

Tip: • If using a springform pan, ensure that water doesn't seep into the cheesecake by wrapping the bottom of the pan in one large seamless piece of foil that extends up the sides and over the top. Cover the top with a single piece of foil that extends down the sides and secure with a string.



Country Stew with Fennel©

Full of character, this robust beef stew, which is rooted in French country cooking, is the perfect antidote to a bone-chilling night. Don't worry if you're not a fan of anchovies — they add depth to the sauce and their taste is negligible in the finished dish. I like to serve this over quinoa or whole wheat couscous, liberally garnished with parsley, but mashed potatoes work well, too.

Make ahead: This dish can be partially prepared before it is cooked. Complete Step 1. Complete Step 3, heating 1 tbsp (15 mL) oil in pan before softening onions. Cover and refrigerate for up to 2 days. When you're ready to cook, either brown the beef as outlined in Step 2 or add it to the stoneware without browning. Stir well and continue with Step 4

Serves: 4

includes 60 new recipes, plus many of Judith's favorites from three of her previous slow cooker cookbooks. The recipes span a wide range of meals and occasions, from everyday favorites to dishes that fit the bill for elegant entertaining, so you're sure to find options that will satisfy and delight everyone. Vegetarian and vegan recipes are clearly identified. extensive tips and techniques, delicious results are guaranteed

Easy Vegetable Chili©

This dish can be partially prepared before it is cooked. Complete Steps 1 and 3. Cover and refrigerate tomato and chile mixtures separately for up to 2 days, being aware that the chile mixture will lose some of its vibrancy if held for this long. (For best results, rehydrate the chiles while the dish is cooking or no sooner than the night before you plan to cook.) When you're ready to cook, continue with the recipe.

Make ahead: You'll achieve best results if you make this cheesecake the day before

Serves: 4-6

- Best in slow cookers from 3 1/2 to 6 quarts

- 1 tbsp vegetable oil 15 mL
- 2 onions, chopped
- 4 stalks celery, thinly sliced
- 4 cloves garlic, minced
- 2 tsp / 10 mL cumin seeds, toasted and ground
- 2 tsp / 10 mL dried oregano leaves, crumbled
- 1 tsp / 5 mL salt
- 1 can (14 oz/398 mL) diced tomatoes, including juice
- 2 cups / 500 mL cooked dried or canned red kidney beans, drained and rinsed
- 2 dried New Mexico, ancho or guajillo chile peppers
- 2 cups / 500 mL boiling water
- 1 cup / 250 mL coarsely chopped cilantro, leaves and stems
- 1 cup / 250 mL vegetable stock, tomato juice or water
- 1 jalapeño pepper, coarsely chopped, optional
- 2 cups / 500 mL corn kernels
- 1 green bell pepper, chopped



1. In a skillet, heat oil over medium heat for 30 seconds. Add onions and celery and cook, stirring, until softened, about 5 minutes. Add garlic, toasted cumin, oregano and salt, and cook, stirring, for 1 minute. Add tomatoes with juice and bring to a boil. Transfer to slow cooker.

2. Add beans and stir well. Cover and cook on Low for 6 to 8 hours or on High for 3 to 4 hours, until hot and bubbly.

3. Half an hour before the recipe is finished cooking, in a heatproof bowl, soak dried chiles in boiling water for 30 minutes, weighing down with a cup to ensure they remain submerged. Drain, discarding soaking liquid and stems and chop coarsely. Transfer to a blender. Add cilantro, stock and jalapeño, if using. Purée.

4. Add chile mixture to stoneware and stir well. Add corn and green pepper and stir well. Cover and cook on High for 20 minutes, until pepper is tender and mixture is hot and bubbly.

•Large (minimum 5 quart) slow cooker

- 1/2 tsp / 2 mL fennel seeds
- 1 tbsp / 15 mL olive oil (approx.)
- 1 1/2 lbs / 750 g stewing beef, trimmed of fat and cut into 1-inch (2.5 cm) cubes and patted dry
- 2 onions, finely chopped
- 4 stalks celery, thinly sliced
- 1 bulb fennel, trimmed, cored and thinly sliced on the vertical
- 4 cloves garlic, minced
- 4 anchovy fillets, minced
- 1 tsp / 5 mL dried thyme leaves
- 1/2 tsp / 2 mL salt
- 1/2 tsp / 2 mL cracked black peppercorns
- 1 tbsp / 15 mL all-purpose flour
- 1 can (28 oz/796 mL) tomatoes, including juice, coarsely chopped
- 2 bay leaves
- 1/2 cup / 125 mL chopped pitted black olives

1. In a dry skillet over medium heat, toast fennel seeds, stirring, until fragrant, about 3 minutes. Immediately transfer to a mortar or a spice grinder and grind. (Or place the seeds on a cutting board and crush, using the bottom of a bottle or cup.) Set aside.

2. In same skillet, heat oil over medium-high heat for 30 seconds. Add beef, in batches, and cook, stirring, adding a bit more oil if necessary, until lightly browned, about 4 minutes per batch. Using a slotted spoon, transfer to slow cooker stoneware.

3. Reduce heat to medium. Add onions, celery and bulb fennel to pan and cook, stirring, until celery is softened, about 5 minutes. Add garlic, anchovies, thyme, salt, peppercorns and reserved fennel seeds and cook, stirring, for 1 minute. Add flour and cook, stirring, for 1 minute. Add tomatoes with juice and bring to a boil. Cook, stirring, just until mixture begins to thicken, about 2 minutes. Add bay leaves and stir well.

4. Transfer to slow cooker stoneware. Cover and cook on Low for 8 hours or on High for 4 hours, until beef is tender. Discard bay leaves. Stir in olives and serve.

Saint Patrick and the art of public relations

Separating fact from fiction can be difficult, but St. Patrick definitely won the war for popular historical memory

By Pat Murphy

Growing-up in Dublin in the 1950s, St. Patrick's Day wasn't the big deal that it is now. Oh, the fact that it was a statutory holiday meant that you got a day off school or work, which was never something to be sneezed at. And in addition, if you'd promised to forsake some pleasure for Lent - such as giving up chocolate or cigarettes - you had a dispensation to indulge on St. Patrick's Day.

Mind you, you did have to attend Mass, not because of any legal obligation but rather because Catholic

Ireland's then dominant social ethos rendered it essentially non-negotiable - unless, of course, you weren't Catholic. However, as virtually everyone was Catholic that was a distinction without a difference.

Otherwise, celebrations tended to be low key. Yes, people often did wear a sprig of shamrock on their clothing, but there were no greeting cards, no funny hats, and certainly no green beer. In deference to St. Patrick being Ireland's patron saint, pubs were actually closed. If the beer flowed freely in New York or Toronto, drinkers in Ireland went thirsty.

So who was St. Patrick? When did he live? And did he really introduce Ireland to Christianity?

In reality, much of what we think we know is just informed speculation. After

all, St. Patrick lived in the fifth century and the only contemporary witness to his life comes from two Latin

“Historians do generally agree that Patrick was a native of late Roman Britain who was kidnapped in an Irish raid, brought to Ireland and put to work as a slave tending sheep”

texts that he himself wrote. Although more material followed in subsequent centuries, sorting out fact from cult-creating hagiography presents a major challenge.

Historians do generally agree that Patrick was a native of late Roman Britain

who was kidnapped in an Irish raid, brought to Ireland and put to work as a slave tending sheep. Six years on, he escaped and left the country, only to return later as a Christian missionary. In his own telling, this return was inspired by a dream in which Irish people asked him to "come and walk once more" among them. True or not, it's the kind of mystical imagery that packs a real punch for those disposed to believe.

Patrick, however, didn't introduce Christianity to Ireland. Instead, it's likely that missionaries first arrived as early as the late fourth century, perhaps with an assist from Irish military and colonial adventurism.

As Roman imperial power waned, the empire's frontiers became vulnerable to incursions from tribes living just beyond the fringe. In the case of Roman Britain, the Irish

were among the most prolific raiders, subsequently upping their game and establishing settlements in Wales and Cornwall. From this, it's likely there'd have been exposure to Christianity, some of which might have trickled back home.

Regardless of how it happened, we do know that there were Christian communities extant in Ireland by the early fifth century. In 431, Pope Celestine even ordained a bishop for "the Irish who believe in Christ," a formulation that presupposes the prior existence of believers. Named Palladius, he was probably what we'd now call French.

If reliable documentation on Patrick is sketchy, our knowledge of Palladius is even iffier. In terms of time-frame, he roughly coincided with Patrick or perhaps slightly preceded him. And his geographical sphere of activity was different, Patrick operating in the northern half of the island while Palladius was focused on the eastern seaboard.

Patrick, though, won the war for popular historical memory, thanks in part to the diligence of his hagiographers. The art of public relations, it would seem, has an ancient pedigree.

And like all winners in the historical reputation stakes, Patrick found himself being appropriated by later savvy political operators. Ambitious Irish dynasties like the O'Neills and the O'Briens sought to link themselves to his memory. Even the newly-arrived Normans got into the act. In 1185, John de Courcy managed to "discover" Patrick's remains in Ireland's northeast, which conveniently happened to be territory he'd just conquered. Associating yourself with local legends was useful for establishing legitimacy.

Indeed, the latter tactic was something the Normans were particularly adept at. In England, several generations of Norman kings publicly aligned themselves with the legend of King Arthur and the supposed discovery of his bones at Glastonbury. Shrewd men, they did what was necessary.

Hey, if it works, don't knock it. Being a king wasn't always easy.

Troy Media columnist Pat Murphy worked in the Canadian financial services industry for over 30 years. Originally from Ireland, he has a degree in history and economics. www.troymedia.com


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Canadians aren't saving enough for retirement

A Broadbent Institute study released in February found that many Canadians will face retirement with insufficient funds. Here are the key findings of the study.

The issues of adequate retirement income security and seniors' poverty figured prominently in the 2015 Canadian federal election—as well they should have. Ensuring the economic well-being of Canada's growing population of seniors is an important and complex public policy challenge that the new federal government must grapple with.

Few disagree with the goal of providing all citizens with the means for a dignified and economically secure retirement. But there is profound disagreement about how this goal ought to be achieved and the role of different public programs in achieving it. This report provides new insights from statistical analyses of patterns in poverty, income, and savings among Canadian seniors. While there has been progress in reducing poverty among seniors over several decades, a less rosy picture arises in recent years and in projections of the future.

Poverty rates have been rising and recently plateaued for seniors, and savings data show that many Canadians, particularly those without an employer pension plan, have wholly inadequate retirement savings. Poverty trends over the recent past depend critically on which poverty measure one uses. Using the low-income measure (LIM), we see that senior poverty has increased from a low of 3.9 per cent in 1995 to 11.1 per cent, or one in nine, in 2013. The poverty rates for single seniors, particularly women (at nearly 30 per cent), are very high and need to be addressed.

Key findings:

- The Old Age Security (OAS) and Guaranteed Income Supplement (GIS)

guarantee levels are falling behind: For single seniors, they have fallen from 76 per cent of median incomes in 1984 to about 60 per cent now. For senior couples, the OAS/GIS maximum benefits have declined from 53 per cent to 40 per cent of median incomes.

- Trends in income sources for seniors suggest that poverty rates will increase rather than decline into the future because OAS and GIS benefits are indexed to the Consumer Price Index (CPI), while average earnings rise faster than the CPI over extended periods.

- The spread between the OAS/GIS guarantee levels and the LIM for 2015—the spread that seniors need to fill using the Canada Pension Plan/Quebec Pension Plan (CPP/QPP), private pensions and private savings—is about \$5,600 for single seniors and \$4,700 for couples.

- The proportion of the population receiving the GIS is higher for single seniors than couples, and higher for single women (between 44 per cent and 48 per cent) than for single men (between 31 per cent and 37 per cent).

- Roughly half (47 per cent) of those aged 55–64 have no accrued employer pension benefits. The vast majority of these Canadians retiring without an employer pension plan have totally inadequate retirement savings. For example, roughly half have savings that represent less than one year's worth of the resources they need to supplement OAS/GIS and CPP/QPP. Fewer than 20 per cent have enough savings to support the supplemented resources required for at least five years.

- The overall median value of retirement assets of those aged 55–64 with no accrued employer pension benefits is just over \$3,000. For those with annual incomes in the range of \$25,000–\$50,000, the median value is near just \$250. For those with incomes in

the \$50,000–\$100,000 range, the median value is only \$21,000.

- Only a small minority (roughly 15–20 per cent) of middle-income Canadians retiring without an employer pension plan have saved anywhere near enough for retirement. The vast majority of these families with annual incomes of \$50,000 and more will be hard

pressed to save enough in their remaining period to retirement (less than 10 years) to avoid a significant fall in income.

- The seniors' poverty gap is \$2.5 billion in aggregate annually, due to the 719,000 poor seniors (469,000 singles and 250,000 living in an economic family). The average gap per year is \$2,400 for single seniors

and \$5,500 for seniors in a family. A 10 per cent benefit increase in the GIS to address this gap would cost \$1,628 million, and would reduce the number of poor seniors by about 149,000.

- In the recent election, the Liberal Party promised to increase the GIS by 10 per cent for single seniors.

Continued on page 35

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Why a digital expert is essential to improving patient health

The digital expert offers far more help than just syncing devices

By Joshua Tepper
Associate Professor
University of Toronto

As a family doctor, I have seen a dramatic shift in the range of people I work alongside every day – all for the better. When I was in training, most family doctors worked only with other family doctors and registered nurses. Today, my healthcare team is rich with a variety of critical skills,

including social workers, psychologists, chiropractors and dieticians. There are even examples of primary care teams engaging lawyers and accountants to help with health-related issues such as housing and income.

But what's missing – and should be an essential part of any healthcare team – is the digital expert. Here's why.

Health care has been consistently changed by technology for decades. Historically, however, the change has been driven from within the healthcare system. PET scans, laparoscopic surgery, interven-

tional radiology, digital imaging and electronic medical record systems are just a few examples of technological changes we now use routinely. These advances have been large scale, top down and expensive.

Now three relatively low cost, consumer owned technological innovations are changing the game.

First, smartphones with a plethora of apps devoted to healthcare improvement, including those related to exercise, diet, chronic disease management and mental well-being, are ubiquitous among almost every demographic. Second, medical devices such as glucometers, scales and blood pressure cuffs are increasingly digitized and able to hold significant amounts of patient specific data. Finally, wearable technologies, including watches, exercise bands, clothing and glasses are exploding in popularity.

These technologies are even starting to merge as smartphones become medical devices capable of monitoring a person's heart rate, heart rhythm, respiratory rate and oxygen saturation, among other critical health indicators.

Yet these important new technological innovations

exist outside of my day-to-day family practice. The thousands of health-related data points captured by these three types of personal technologies are not yet part of the health system. They should be.

Currently, I rely on isolated data points and rough estimates. I take a blood pressure reading the day I see a patient, and I ask them how much alcohol they drank that week, what they tended to eat that month and push them to estimate how often they have exercised since our last visit. What I get are data points that reflect moments in time and the best efforts of an individual's memory. Yet the information I need to help guide their care is often already nested in their smart phones, medical devices and wearable technologies.

But here's the problem. Despite a steady growth in electronic medical records –and simultaneously, patients investing in health-related personal technologies – the two worlds of technology can't routinely talk to each other. Currently, I may have a patient print out the results from their medical devices or apps and then scan the information into the medical chart as a static document.

Here's what the future needs to look like. When

patients come for their regular appointments, the first person they meet with should be a digital expert on the healthcare team. She has the ability to securely and quickly upload all the data from their various devices into the medical record in a manner that can be appropriately integrated, searched, displayed and show trends over time.

When the doctor – or any other member of the healthcare team – sees the patient a few minutes later, we now have days, weeks and months of helpful health information.

The digital expert on the team would offer far more help than just syncing devices at the appointment. They would be available to help link devices and apps remotely to a medical record without the patient even needing to come into the office. They could also act as a resource to help guide patients through the growing morass of choice in the wearable, digitized and app-laden world of healthcare. They could also be key leaders in the research and evaluation of this emerging area.

Better data can improve healthcare decision-making and contribute to better quality care.

Patients already believe this, which is why they invest time and energy in collecting their health data. It is time to take better advantage of their efforts – and a digital expert on the health team can help.

Joshua Tepper is a family physician at St. Michael's Hospital and Associate Professor at the University of Toronto.
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No Hollywood glamour in being transgender

(NC) Hollywood has recently depicted transgender characters in the hit TV shows *Orange is the New Black* and *Transparent*. But this visibility and growing awareness hasn't yet translated into increased acceptance and safety for transgender people. The sad reality is that transgender individuals in Canada and elsewhere continue to face discrimination, assault, and

can be hard to get a job, challenging to secure housing, and possible to face rejection from family and friends. The impact is devastating. Transgender people face some of the highest levels of depression and suicide of any sector in society.

The world is changing. Depicting transgender characters in TV is a start, and an important part of the process of making transgender people visible and valued in society. But much more needs to be done to make the world a more just and safe place for transgender individuals. This includes changing laws to protect transgender people from violence and discrimination.

Canada doesn't explicitly protect transgender people. Efforts have been underway for more than a decade to strengthen federal laws, but all have stalled in Parliament and ultimately failed to pass into law. In the absence of federal legislation, eight provinces and territories have gone ahead and added gender identity to the prohibited grounds of discrimination under provincial and territorial human rights law.

The human rights organization, Amnesty International, has called on the Canadian government to pass, as a matter of priority, legislation to add gender identity to the prohibited grounds of discrimination under the Canadian Human Rights Act and the hate crimes provision of the Criminal Code.

More information is available by writing to Amnesty International, 312 Laurier Avenue East, Suite #316, Ottawa, Ontario K1N 1H9 or by calling toll-free at 1-800-266-3789.

www.newscanada.com

“eight provinces and territories have gone ahead and added gender identity to the prohibited grounds of discrimination under provincial and territorial human rights law”

even murder just for being themselves.

At birth babies are assigned a sex—male or female. But their gender may not be the same as their physical sex. A person could be born a boy, but know deep down inside that their gender is female. If that person transitions from male to female, they are transgender. Some transgender people undergo surgery to make their outward appearance align with their inner gender identity; others do not feel the need for surgery. Regardless of the changes a person may or may not make to their appearance, if a person identifies as transgender they are transgender.

To be transgender means that a person is more likely to experience discrimination. It



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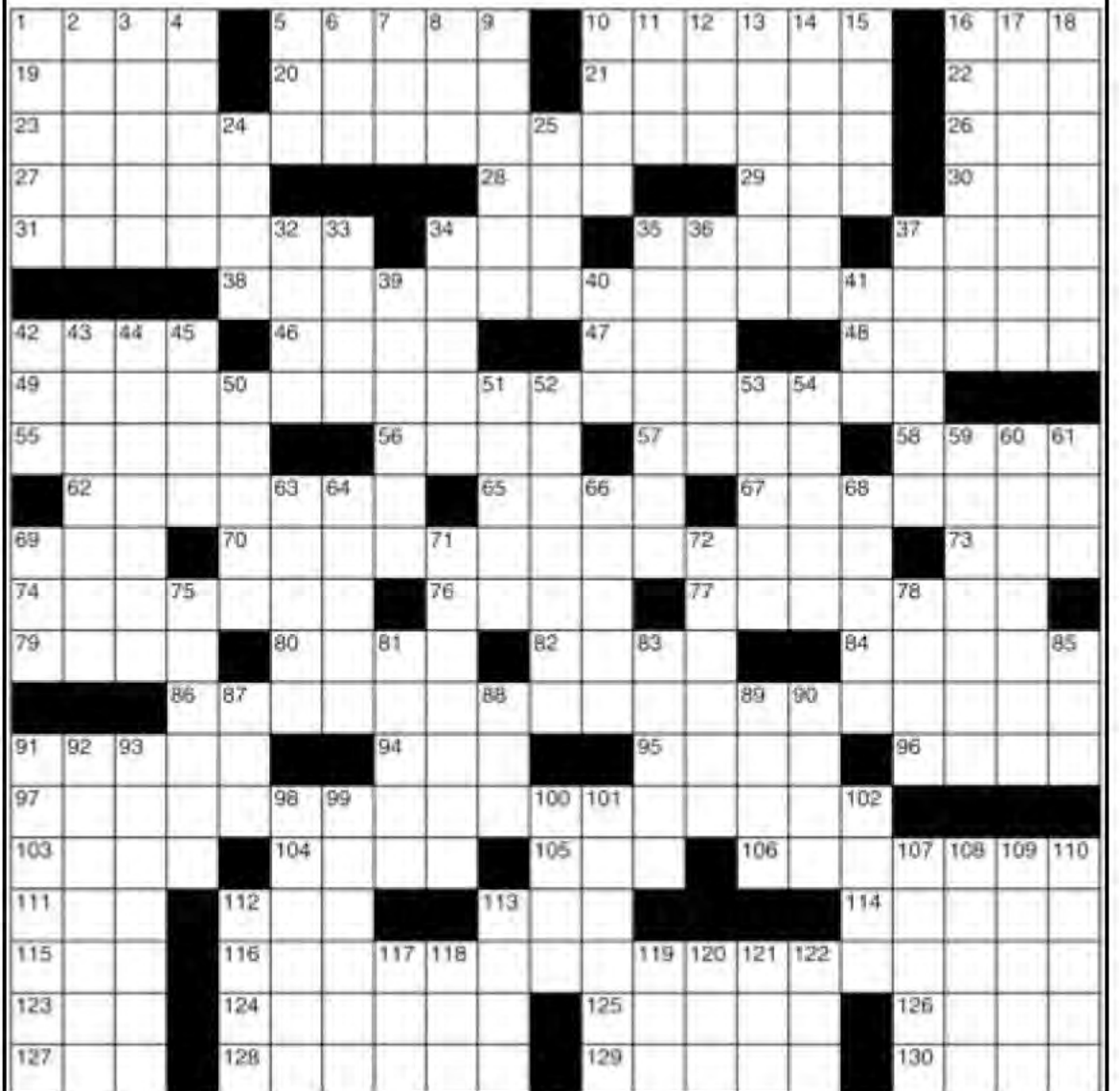
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PREMIER CROSSWORD/ By Frank A. Longo

HOLLYWOOD HEDGING

- | | | | | | |
|-------------------------------|-----------------------------|---------------------------|--------------------------------|------------------------------------|----------------------------|
| ACROSS | 49 Riddle, part 3 | 94 Stock debut, for short | 5 "I love," to Ovid | 44 Overdue debt | 88 — au vin (chicken dish) |
| 1 Really dislike | 55 Jewish holiday in spring | 95 "Oh, uh-huh" | 6 Frat "T" | 45 Social reformer | 89 Shar- (wrinkly dogs) |
| 5 First-string athletic group | 56 Give — on the back | 96 Spanish for "other" | 7 Pipe fitting | 8 Give a boost | 50 Frat "O" |
| 10 Black mark | 57 Pop singer | 97 End of the riddle | 9 Chaos | 10 Pond coating | 51 Loutish sort |
| 16 Suffix with fiend | 58 Times of distinction | 103 "Bill" penner | 11 Sea- — Airport | 11 Seal- — | 52 Endurance |
| 19 27-Across' continent | 62 Informal name for Utah | 104 Butterlike product | 12 "— little teapot ..." | 53 Opposite of chaos | 54 Wafer nymph of myth |
| 20 Elder Obama daughter | 65 Easter entrées | 105 — -di-dah | 13 Cold Italian desserts | 59 Portion out anew | 93 Yellowish fruit |
| 21 Approached to assail | 67 Many truck engines | 106 Stir-fry tidbit | 14 Actor Karl | 60 Sports VIP | 98 Red-eyed sparrow |
| 22 Bakery treat | 69 Farrow of films | 111 Meyers or Onassis | 15 Very little | 61 Louisville-to-Atlanta dir. | 99 Tips off |
| 23 Start of a riddle | 70 Riddle, part 4 | 112 Leave agape | 16 Apple debut of 2013 | 63 Houston college, for short | 100 "—'s Gold" (1997 film) |
| 26 Carte or mode lead-in | 73 Beer in Bath | 113 Sun. church talk | 17 Quiet | 64 "If — Would Leave You" | 101 Part of ERA |
| 27 Seoul's land | 74 Gucci or Armani rival | 114 Sphere | 18 Brick floors of fireplaces | 66 Silver or gold | 102 Usual |
| 28 Engine sound | 76 "That's all there is —" | 115 Giant in pens | 24 Young cow | 68 Rival | 107 Takes off the bottle |
| 29 Also include | 77 Trials by fire | 116 Riddle's answer | 25 Anise-flavored liqueur | 69 Sports VIP | 108 Check recipient |
| 30 Erfurt article | 79 "Hey, you there" | 123 Feline sign | 32 Italian money | 71 Go as low as | 109 Ulina's end |
| 31 Spider-Man co-creator | 80 Suffix with switch | 124 Fighting spirit | 33 Adequate, to Lt Abner | 72 What the weary get, in a saying | 110 Prayer ends |
| 34 Declares, informally | 82 Brand of hair remover | 125 Old major-league team | 34 Waffle pour-on | 75 Walk over | 112 PIN points |
| 35 Spread of purbed liver | 84 Prefix with tasking | 126 Inert element | 35 Painter Pablo | 78 Sedan, say | 113 Pal of Hook |
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McFARLAND

Released December 2015 (2 hours & 9 minutes)

Rated G Biography/Drama/Sport

Friday, March 18, 2016

at 1:00 PM in the
Kerby Centre Lounge

Tickets are \$1.00 from the

Education and Recreation Department, Room 305

Price includes snack and a drink!

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Where will boomers live in the future?

By Carla Berezowski

Numerous studies indicate, including a recent one by Harvard Joint Centre for Housing Studies (<http://www.jchs.harvard.edu>) and AARP, that over 90% of seniors want to live in their own homes. They already own their homes, are comfortable there, and are familiar with the neighbourhood people and services. This is also the most economical option for receiving care as well as taking advantage of family/friends support and informal care. Also, we can't afford to build enough 'senior housing' for everyone and most people don't want to live there anyhow! Harvard concluded that long-term care at home is the

best strategy for the vast majority of seniors.

That being said, we are still faced with major barriers to a long-term-care-at-home strategy. Namely, our homes are not designed to accommodate disability or care, we have too few caregivers, and critical connections such as healthcare, shopping and transportation are not designed to support this.

Planning for our homes to accommodate the challenges associated with a long-term-care-at-home strategy is something that we can start immediately. Planning will enable you to start saving for potential renovations and upgrades to things like lighting, flooring, bathrooms and

kitchens. It also enables a staged approach to these upgrades so you can better manage costs and requirements.

If you are past the long-term planning stage and are already aging-in-place it is not too late to make some simple changes to make your home safer, more comfortable and suitable to accommodate a long term care at home strategy. Updated lighting, fresh bright paint with contrasting switch-plates, replacing door knobs with levers, as well as applying non-slip treatments to your current floors in wet areas are great ways to start making your home ready to support a long-term-care-at-home strategy.

Figure out where you want to live as you age. If you are like 90% of the population over 50, it will be in your current home. Then make a plan to prepare your home for the long-term-care-at-home strategy. If

you need help, call a professional – you will still save money and be happier!

Carla Berezowski is a certified specialist with Aging in Place Calgary.

Enjoy cleaning far more with cordless technology

(NC) The trend to 'cut the cord' on home appliances is growing rapidly. New cordless products are popping up everywhere to satisfy an increasingly busy way of life. This cordless technology has brought an abundance of new conveniences and has improved our ability to multitask.

Industry reports have estimated that wireless power products will climb to become a \$4.5 billion market by 2016. Similar forecasts project that demand for such products will triple in the next eight years, expanding to a \$15 billion market.

Take a look at all the cordless phones, stereos, hair dryers, kettles, irons and power tools that are gaining traction. Recent advancements have seen the trend move into the floor care industry as well, with the introduction of cordless vacuums. The new technology is anticipated to bring positive change, slashing time spent on household cleaning and simplifying an often-dreaded household chore.

This vacuum innovation is made possible by the development of new lithium-ion batteries that deliver performance advantages compared to traditional plug-in models. They also provide superior suction, as well as the ability to be increasingly agile and maneuverable. No more tangle of cords while trying to get around furniture, no more plugging and unplugging,

no limits to the unit's reach. Floor care and household cleaning can now be a completely unencumbered experience.

Industry experts note that not all cordless vacuums are created equally. Some manufacturers have been more successful than others at ensuring performance meets or exceeds that of traditional units. Consumers should look for a cordless vacuum that provides extended run time and no loss of suction as the battery discharges. Topping the list is the Hoover Air Cordless 3.0. This steerable unit will also help get the job done easier and faster—allowing you to get under and around obstacles that a model with

a fixed steering path cannot. Models that feature multiple channels of suction will also provide a deeper and more effective clean, lifting greater dirt and debris from carpet fibres and floors. Despite being the most advanced option available, cordless vacuums are surprisingly affordable, with quality units now available under the \$400 price point at major retailers.

So, you can finally say goodbye to the octopus of tangled cords, as cordless products are expected to be the way of the future. Have you already gone cordless? You may be more trend-savvy than you think.

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The Community with Heart ♥

*SEE OUR FULL PAGE AD ON PAGE 2 FOR A LIST OF ALL OUR LOCAL COMMUNITIES

Top tips for hiring a contractor

(NC) Most homeowners, no matter how proficient in home improvements they are, will look to hire a contractor at some point in time. "Major remodeling projects rarely go as planned, but bringing in the right people can ensure any bumps in the road are smoothed over as efficiently and cost-effectively as possible," says Craig Blanchard, broker-owner with Royal LePage Atlantic Homestead in St. John's, Newfoundland.

Blanchard recommends these guidelines for a successful remodelling project:

- Start with recommendations from others. Look to people you trust for recommendations in hiring a contractor. If the contractor you approach is not available, ask for recommendations via their network of business relationships. Good contractors preserve their reputation by working with good subcontractors, so it's worthwhile to ask for refer-

rals. Meet with at least three different contractors before choosing one.

- Use common sense and never allow yourself to be persuaded into a commitment. Beware of pressure tactics and turn away anyone who states: "I can do this for you if you sign the contract today." If you are wary of a contractor's credibility, contact the Better Business Bureau to learn if they have been reported for shoddy work or bad business practices.

- Know exactly what you want, before entering into a contract or finalizing your plans. Be sure of all costs, and make sure the specifications are outlined in full on the contract to avoid misunderstandings. Define brands, model numbers, manufacturers, colours and any other descriptive language. Do not allow substitutions without your consent.

- Maintain control of your project. If a contractor tells you they can't get an item, check availability yourself.

Use your own judgement being aware of substitutions and extras.

- For a successful home renovation, research potential contractors thoroughly; establish clear specifications, and, stick to your plan.

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How retirees can help shape Canada's future

(NC) Life is a journey defined by transitions from one stage to the next. Our lives are never stagnant, as we are constantly preparing for the future and navigating whatever is thrown at us. Whenever we establish a level of comfort in our routine, change is right around the corner. For many

Canadians, the prospect of retirement fills us with mixed emotions. Beyond the stress associated with the financial reality of retirement, Canadians are looking for ways to remain active and engaged in their community.

Transitioning into retirement is a difficult process for someone who is used to spending their days at work. An individual's career is more than just a source of income. Many Canadians use their career as a way to stay involved in their communities and maintain sharp minds. So when it comes time to settle into life after work, retirees need to find an alternative source of engagement.

A popular option for many is finding temporary work. Statistics Canada is offering retirees an opportunity to engage with their communities, keep active and earn a modest income working as an enumerator or a crew leader for the 2016 Census.

Census enumerators are responsible for identifying dwellings on maps, conducting personal interviews, and following up with respondents in person and by phone. This type of work allows you to establish relationships, positively impact the future of your community, and cultivate strong organizational skills. Crew leaders are responsible for training and supervising a team of enumerators. This type of work provides an opportunity to assume a leadership role.

The census provides information that is vital for planning and evaluating important public services in communities across Canada.

Information on census jobs is available online at www.census.gc.ca/jobs.

www.newscanada.com

IN MEMORIAM



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

- Sadrudin Kassam
- Adatia
- Frances Atkins
- June Mary Barker
- Hilda Magdelene Beingessner
- Roy Edward Braybrook
- Betty Irene Brown
- Janetta Lyvone Brown
- Lennard Paisley Campbell
- Robert Theodore Crawford
- Hazel Cunningham
- Maria Dalla Costa
- Ruth Margaret Elford
- John David Fage
- Randell James Fee
- Gene Hong (Hank) Gee
- Elizabeth Katherine Hawthorne
- Edward Heinen
- Barbara Joan Kerry
- Heidi Margaret Kornelsen
- Beverley Joan Mackay
- Victoria Martens
- Melonie Moreland
- Marguerite Mosher
- Geraldine Corrine O'Connor
- Benvenuta (Bennie) Panaro
- Ruby Jean Peters
- Juan Carlos Pozzo
- Catherine Robb
- Joseph Charles Sallay
- Steve Schneider
- Ivan Michael Sikich
- Thomas Finlay Smyth
- Rose Stewart
- Joan Margaret Sullivan
- David Stainthorpe Thomson
- Jo-Ann Maria Van Dyk
- Joyce Ola Walcott

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.



Continuing Care & Community Living

EXPO 2016

CONNECT | EXPERIENCE | LEARN

For anyone who has an interest in continuing care and independent living, including parents/families with children with special needs, people whose aging parents need services and supports to live in the community, older adults who are planning for their future and hope to live independently, providers of continuing care, community living options and related options.

CALGARY

Thursday, April 21, 2016

CALGARY STAMPEDE CENTRE

Big Four Hall A & B
20 Roundup Way SW
Calgary, Alberta

&

EDMONTON

Friday, May 6, 2016

NORTHLANDS EXPO CENTRE

Hall H
7515 - 118 Ave., NW
Edmonton, Alberta

12:00pm - 8:00pm

ADMISSION & PARKING ARE FREE AT BOTH LOCATIONS

FREE REGISTRATION FOR BOTH LOCATIONS

Visit: www.ahs.ca/expo2016

Registration is optional. Data collected from registration will help us serve you better in upcoming Continuing Care EXPO's. Registration is quick and easy taking less than a minute to complete.

EXPO 2016 Program Topics & Themes: Exhibitors & Concurrent Sessions

• Housing Options, Living at Home and Accessing Continuing Care Services	• Housing Modification & Assistive Technology
• Support for Caregivers and Families	• Enhancing Mobility
• Transportation	• Financial and Legal Considerations
• Recreation, Travel & Community Resources	• Transitions in Care and Navigating the System
	• Chronic Disease Management

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Leaving money to minors – a major decision

You're about to make a major decision: You want to leave part or all of your estate to a child or children who are minors or young adults. How you choose to make your bequest can have a major impact on your other heirs and on the effective distribution of your estate. Let's explore the complexities:

- If you leave money directly to a child who has not yet reached the age of majority, the provincial authorities may have the right to manage that money until the child becomes an adult. A public trustee is appointed who will charge a fee to manage your child's inheritance and may not manage or disperse the funds as you would have wished. Then, when your child reaches the age of majority, he or she will receive your inheritance as a lump sum.
- You may choose to have your child's inheritance held in trust until your child is more mature — you choose a specific age in your will with the trust managed by a personal representative you name

who can be given the power to dip into the capital of the trust for the benefit of your child, according to the directions in your will.

- If you wish to make a child a joint owner or direct beneficiary of your assets, even though you directed in your will that your child was not to receive a large sum earlier than you specified, he or she may still receive a large amount of money right away. For example, if your child is a joint owner of an account or asset, or a direct beneficiary of investments held within a registered plan or insurance policy, he or she may receive the funds immediately because the assets will not form a part of your estate (potential exception in Québec). If the child is a minor, the public authorities may step in to manage the funds until the child reaches the age of majority.
- You may have heard that there are tax advantages to naming a minor child as a beneficiary of investments held within an RRSP because the RRSP proceeds will not be immediately taxable to the deceased at time of death, as they otherwise would. That's true — but tax deferral only exists if, at time of death, a registered term-certain annuity is purchased for the child (unless the child suffers from a disability). The annuity

payments are taxable income to the child and must be fully paid out prior to the child's 19th birthday.

When your intended beneficiary is a minor, the most recommended choice is to leave the assets in the estate so the funds are subject to the terms of your will. The will creates the testamentary trust and names a trustee who will manage and invest the funds according to your terms and conditions. Your professional advisors can help ensure your estate will be controlled and dispersed exactly as you wish.

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

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

Financial Planning Today

Topic: Ready to move or downsize?

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

DATE: Saturday, April 23, 2016

TIME: 10:00 am – 11:30 am

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

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

403-705-3235 or
robl@kerbycentre.com

Presenters: Joanne Kirk and Daryl Standish
Investors Group Calgary South
Terry Brown
Relocate Stress Free

***** FOCUS GROUP INVITATION *****

AGE-IN-COMMUNITY: PROGRAM AND SERVICE NEEDS

The Kerby Centre wants to engage with individuals in the Northwest and Northeast regions of Calgary to define program and service needs to help improve older adults' ability to age well in their existing communities.

If you are a resident aged 55+, a caregiver of a resident, or a business/organization residing or servicing older adults in the following communities of interest, you are invited to participate in one of the focus group sessions below:

Focus Group #1: Northwest Calgary	Focus Group #2: Northeast Calgary
Communities of Interest <ul style="list-style-type: none"> • Arbour Lake • Bowness • Brentwood • Dalhousie • Edgemont • Hawkwood • Scenic Acres • Silver Springs • Tuscany • Varsity 	Communities of Interest <ul style="list-style-type: none"> • Marlborough • Monterey Park • Pineridge • Rundle • Whitehorn
Focus Group Date: Thursday March 17, 2016 Location: Crowfoot Library – 8665 Nose Hill Dr NW Time: 12pm – 2:30pm	Focus Group Date: Saturday March 19, 2016 Location: Forest Lawn Library – 4807 8 Ave SE Time: 12pm – 2:30pm

Light Lunch and Beverages Will be Served

Parking at each location is busy and limited. Those arriving by vehicle should plan to arrive early to ensure you can find a parking spot. For public transportation service options to each location, please visit <https://calgary.biblicommons.com/locations/> or call The Calgary Public Library Centralized Switchboard at 403-260-2600.

To participate in one of the focus group sessions above, please contact Val Ying at:
ValY@kerbycentre.com
 Or Call
403-705-3249

IMPORTANT NOTICE:
 Space is limited for each focus group. Be advised that only residents, caregivers of residents, and businesses/organizations residing or servicing older adults in the communities above are permitted to participate in the focus group sessions.

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Kerby Centre's Activities, Programs, & Services

Dates to Remember

Options 45 1:30pm-3:00pm Tue Mar 1, 8, 15, 22 & 29
 Kerby Centre Closed *Good Friday*Fri Mar 25
 The WardensTue Mar 29
 Monthly Movie "McFarland"Fri Mar 18

Join In:

Membership: (Rm 208)

Being a Member at the Kerby Centre has several perks: Ed & Rec course discounts, the Kerby News is mailed directly to you, fit room discounts, AGM voting privileges and a booklet of discount vouchers! Annual Memberships for 2016 are only \$22.00 and \$3 for onsite parking for the year! (See the ad in this issue for more details).

Options 45: (Chandler Kennedy Room)

This is a drop-in group for people 45 years of age and older. The group involves networking and speakers on topics such as resume building, LinkedIn, encore careers, connecting with recruiters, dressing for success, job finding, skills and abilities along with much more! Drop in fee of \$2.00. For more information call 403-705-3217.

Craft Group: (Rm 311)

Handcrafters (knitters & crocheters) come together to craft items to support Kerby every Wednesday between 9:00am to 12:00pm. Free to drop in – join and learn some new stitches!

Peer Learning Group:

Are you interested in making new friends, sharing knowledge, experience, and learning in a friendly, informal manner? Please join us every Monday, in Room 318B between 10:00am- 12:00pm, to discuss a wide range of topics from politics, aging, health, history of Calgary, and interesting people. Cost is \$2.00

What can be purchased at the Kerby Centre?

>Trekking/Walking Poles are available through the Ed & Rec department! We have pairs that come in a variety of sizes and can be purchased for \$25 a pair.

Health Presentation

Schizophrenia

March 21, 2016

11:00am-12:00pm

Lecture Room (RM

>The Next-to-New Store (Rm 203): This store has a variety of second-hand clothes for men and women at low prices. Open Monday-Friday, 10:00am – 2:30pm.

>Shop at the Wise Owl Boutique (Rm 214): Looking for the perfect handmade gift or crafting supplies like fabric and yarn at a great price? Our stock changes often, so stop by Monday – Friday, 10:00am – 3:00pm.

DO YOU MAKE OR CRAFT GIFT-WORTHY ITEMS?

We'd love to sell your crafted high-quality handmade items! Consign your items on Wednesdays from 9:30am to 1:30pm in the Wise Owl Boutique.

Get Involved:

Tour of Kerby Centre:

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

Donations:

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

Knitting for a Cause:

Do you love knitting or crocheting? Do you enjoy meeting new people? Then come join us for the Volunteer Departments "Knitting for a Cause" group in the Chandler

Drop-in Activities and Groups

Monday	Tuesday	Wednesday	Thursday	Friday
Internet Room (Rm 305) Free access Mon-Fri 9:00am-2:00pm				
Recorders Group Room 313 1:00pm – 2:30pm \$1.25	Canasta Room 307 10:30am-12:30pm \$1.25	Bridge Room 307 1:00pm – 3:00pm \$1.25	Artists Group Room 313 10:00am – 3:00pm \$1.25 per half day	Spanish Conversation Group Room 311 10:00am – 12:00pm \$1.25
Cribbage Room 307 1:30pm – 3:30pm \$1.25		Dance Room 205 1:00pm-3:00pm \$1.25	Bingo Room 205 11:30am – 3:00pm	Krazy Karvers Woodcarving Club Room 102 10:00am – 3:00pm \$1.00 per hour
Writing Group Room 301 1:30pm – 3:30pm	"Look for something positive in each day, even if some days you have to look a little harder" <i>-Unknown</i>			

Weekly Clubs and Events:

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

Kennedy Room every 2nd and 4th Monday between 10:00am – 12:00pm! For further information contact the Volunteer Department at (403) 705-3218

Be Active:

Fit Room:

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

Pickleball:

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

Badminton & Ping Pong:

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

Kerby 2 - East Village

Location: K2—EV 428 9th Ave SE

Contact: 403-470-6300

Free Computer Drop-in

Mon & Wed 9:00am-11:00am

Tues, Thurs & Fri 9:00am-3:00pm

LifeSpring Community Church

Sundays at 10:30am

For more information contact Paul Bagley (403) 862-5639

create! in the

East Village

1:00pm-3:00pm

Every Tues, Thurs, Frid

Free! Drop-in! For East

Village Residents.

For more information contact Wendy Lees (403) 880-3001

Community Connects at K2-EV

1:00pm-3:00pm Wednesdays

For more information contact Wendy Lees (403) 880-3001

Fit2AGE: Gentle Fitness

With Tracy Rand

Mon 11:15am-12:15pm

Drop In! Cost: \$2.00

An Exercise Class promoting the well-being for aging adults through fitness and dialogue.

Games N' More

With Sheila, Jean & Sonia

Wednesday 10:30am-

12:00pm

Free! Drop-in!

Board games, card games, puzzles, activities, conversation and more!

Chow N' Chatter at K2EV- Irish Jig

Wednesday, March 16

12:00pm – 1:30 pm

Seniors:

\$2.00

Others:

\$5.00



Kerby Centre

Kerby Centre 2016 Tax Clinic is coming soon!

Kerby Centre 2016 Tax Clinic will kick off on March 1, 2016. The Tax Clinic provides free assistance in filing tax returns of low-income adults who are 55+. Appointments can be booked from February 1, 2016 by visiting the Information Resources office in Room 206 or by calling 403-705-3246.

Community Events



Lawn tennis match played in Calgary, January 23, 1892.



Nurses at old General Hospital. Emma Griffis, later McGill, on right. Friend holding guitar. Photo courtesy of Glenbow Archives

Herein We Dwell

The dynamism of early Calgary is captured in Lougheed House's new exhibit, **Herein We Dwell: Unexpected Images of Calgary in the 1890s**. A rare glimpse into the everyday life of Calgary's early neighbourhoods and people is offered, with 23 photographs from the Glenbow Archives and Library and Archives Canada on display. The exhibit also includes artifacts relating to the photography profession and additional photographs are displayed in a slide show.

Curated by Peter Duthie, founder of Folio Gallery and former Exposure Photography Festival Chair, the exhibit commemorates the 125th anniversary of the construction of Lougheed House in 1891. The House's construction on 13th Avenue SW, at the time a rural location, reflected the decade's push to build a prairie metropolis. Built in Victorian Eclectic style for Sir James Lougheed and his family, it was a home that hosted royalty and forged connections. In the 1890s,

Calgary was a fledging city of approximately 4,000 residents undergoing rapid development.

Exploring the social context of the time of Lougheed House's construction through photography allows us to re-examine Calgary's past and identity. The exhibit's photographs show unexpected perspectives on daily life, from a tennis match in January to Chinese cultural activities. Familiar streets and locations can take on new meaning when viewed

from the perspective of the landscapes and faces of our past. Visitors can snap selfies at an historic photo booth featuring images from the exhibit and enter their photos in an Instagram contest. Participants are encouraged to use the hashtag #1890syyc. The exhibit is supported by the Calgary Foundation and runs as part of the 2016 Exposure Photography Festival.

The historic photo booth will be available for the duration of Herein We Dwell and the Instagram contest

details will be available at www.lougheedhouse.com

Regular admission prices: Adult \$8.50, Seniors & Students \$6.50, Children 6 - 12 \$5.00, Families \$25.00, Children under 6 free.

Lougheed House is at 707 - 13 Avenue SW Calgary and is open on Wednesday - Friday, from 11:00 a.m. to 4:00 p.m. and on Saturday and Sunday, from 10:00 a.m. to 4:00 p.m. Phone (403) 244-6333 and visit www.lougheedhouse.com for more information. □

Fish Creek speaks

On March 24 Fish Creek Speaker Series presents 'Top Dog: the Ecology, History and Survival of Gray Wolves in Kananaskis and Alberta'. The speaker is Melanie Percy, Regional Park Ecologist, Heritage Protection Team Lead. The presentation will take place at the Fish Creek Environmental Learning Centre at Shannon Terrace in Fish Creek Park from 7:00 p.m. to 8:00 p.m. Registration is required. For more information and to register please visit www.friendsoffishcreek.org/programs/speaker-series.

Fish Creek Provincial Park offers a spring birding course titled, 'Increase Your Knowledge of Fascinating Bird Species as They Return from Their Wintering Grounds and See them in Their Local

Habitats'. It is a 12-week course, starting on March 28. Whether you are a beginner, intermediate or expert, this course will help you with identifying the newly arriving migrant birds, and allow you to become familiar with the valuable bird habitat near you. The course will take place outdoors (two and a half to three hours) within Fish Creek Provincial Park, where you will see birds in varied habitats, from the spruce forest of Shannon Terrace in the west to the open waters of the Bow River in the east, as well as other natural areas within Calgary. As a fundraiser for the Friends of Fish Creek, this course will be conducted by volunteer instructor and lifelong naturalist, Gus Yaki, and other knowledgeable and experienced volunteer instructors. Registration

is required. For more information and to register visit www.friendsoffishcreek.org/programs/birding-course, call (403)-238-3841, or email info@friendsoffishcreek.org.

Beyond Hearing Aids

Deaf and Hear Alberta presents a class for people who have purchased hearing aids and still struggle with everyday conversations. Unlike eyeglasses, hearing aids do not restore your hearing to perfect, and other strategies need to be used with them. This presentation will discuss what other communication strategies, coping mechanisms and lifestyle changes you can pair with hearing aids to improve your communication. Other assistive technology that you can use with hearing aids will also be discussed. The class will take place on Saturday,

March 12 at 2:00 p.m. at Deaf and Hear Alberta, 63 Cornell Road NW. For further information please contact catherine@deafandhearalberta.ca or call (403)-284-6212.

Heritage Park

Heritage Park pays homage to St. Patrick's Day on the evening of March 19 with Celtic food, music and dance. Calgary's own Fiddler's Green will provide toe-tapping music, while energetic young dancers from Calgary's world-renowned M.J.P. Academy of Irish Dance perform. They will provide a treat for the senses and a grand way to round out your St. Patrick's Day celebrations. For further information please contact Heritage Park by calling (403)-268-8506, or email bmunro@heritagepark.ca, or visit www.HeritagePark.ca.

Telling Tales

Tales Calgary presents Words On The Doorstep, a storytelling concert to celebrate World Storytelling Day, on Friday, March 18, at 7:30 p.m. at the Lantern Church, 1401 - 10 Ave. S.E. Calgary.

In recognition of the life of the storyteller Orunamamu and Strong Women everywhere, there will be story, poetry and song, featuring Marie Bryce, Karen Gummo, Sheri-D Wilson, Cassy Welburn, Mary Hays, Ginger Mullen, Jeff Stockton, Betty Hersberger and Bloco Vivo.

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Compiled by Margaret McGruther



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Seven common fears of dying (and how to address them)

1. The fear: the process of dying

- Will death be painful?
- How will I get through this?

How to dispel it.

Make sure your loved one knows that he will experience little or no pain unless he chooses to. Pain management is a service that hospice facilities are especially strong in providing. Staff members are trained to interpret what patients need using verbal and nonverbal clues, and they will discuss the benefits and drawbacks of each option with patients and their families.

2. The fear: loss of control

- Must I give up independence?
- Can I cope with being dependent on others?

How to dispel it.

Encourage your loved one to live a normal lifestyle for as long as possible – a life-threatening or terminal diagnosis does not change who the patient fundamentally is. When it becomes clear that the patient will need to accept care from others, arrange for her to meet and get to know her caregivers in advance, especially if medical professionals are involved. Become acquainted with them before accepting their services can alleviate discomfort and fear.

3. The fear: loss of loved ones

- What is going to happen to them?
- How will they manage without me?

How to dispel it.

Only the patient's loved ones can alleviate this fear. Be willing to frankly discuss with your loved one what will happen to everyone when he dies, and do everything you can to reassure him that you will be okay. If children or dependent adults are involved, help your loved one formulate a detailed plan for their future care.

4. The fear: Other's reactions

- What if I see fear in the eyes of others?
- How do I respond to differences in their nonverbal communication and body language?

How to dispel it.

It's natural to feel fear and sadness when faced with the loss of a loved one, but after the initial shock has worn off, try to behave normally. Remember, it's not about you. Make sure that all caregivers are getting enough sleep, exercise, and emotional support, since the strain of not receiving them is evident in both appearance and demeanor. Lastly, ensure that all caregivers and visitors are told in advance what to expect. This way, displays of shock or fear can be avoided.

5. The fear: Isolation

- What if my visits with healthcare professionals and friends decrease?
- Will I die alone?

How to dispel it.

Quite simply, make sure that regular visits with close friends, family members, and other volunteers are scheduled, especially if medical appointments have decreased because a cure is no longer possible. If you don't live near your loved one or cannot commit to frequent visits for other reasons, consider taking advantage of hospice care or church ministries. End-of-life care from these establishments include comprehensive pain management and dramatically increases quality of life.

6. The fear: The unknown

- What can I expect?
- Will there be life after death?

How to dispel it.

Everyone, even the greatest self-professed skeptic, wonders what will happen to them after they take their last breaths. Addressing this concern has physical, emotional, and spiritual implications. Even if your loved one is not "religious," consider asking a priest, rabbi, minister, pastor, etc. to speak with the patient.

Outside resources such as these can present a gift of peace, regardless of past doubts and skepticism.

7. The fear: That life will have been meaningless

- What did I accomplish during my life?
- Did I have a positive impact on the world?

How to dispel it.

People who are leaving this world need to hear that they are valued and that they won't be forgotten. Don't miss the chance to tell the patient how much you love her, and remind her of all the good she brought to your life. Reassure her that her life had purpose and meaning, and encourage others to do the same, either in person or through cards and letters. Also, take time to go through photo albums, share memories, and absorb life lessons from your loved one.

These seven fears originally appeared in 'Hospice: A Caring Community', a book by Theodore Koff II.

From Donna Authers, author of 'A Sacred Walk: Dispelling the Fear of Death and Caring for the Dying (A & A Publishing, 2008).

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Important research study wants seniors

Diseases such as heart attack, stroke, and diabetes lead to significant costs to the Canadian healthcare


system. The total cost has been estimated at over \$93 billion per year in Canada, though this doesn't begin to describe the toll on patients and families! There are

many medications and lifestyle changes that can reduce the impact of these diseases. Recent surveys have identified two major barriers to patients receiving optimal care: the cost of medications and knowledge about these diseases. For instance, some Albertan seniors struggle with paying insurance copayments (out-of-pocket costs) for their medications, causing them to stop these important medications.

The University of Calgary ACCESS research team is looking to enroll seniors from across Alberta and investigate if overcoming these barriers has an impact on the rates of heart disease and stroke.


Continued on page 33

Photograph of models for illustrative purposes only



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Why Do You Look So Tired?

Nationally Recognized Facial Cosmetic Surgeon Explains

By Ginny Grimsley

For a malady that's as common to aging as waning vision, Festoons – also called "malar mounds" – aren't well understood by the public, says Adam J. Scheiner, M.D., an international eyelid and facial cosmetic surgeon specializing in the treatment of Festoons and featured on "The Dr. Oz Show" and "The Doctors."

"The more people know about the causes of Festoons and how they are often misdiagnosed, the better informed they are to be their own effective health-care advocates," says Dr. Scheiner (www.adamscheinerm.com).

"A growing part of my practice is correcting treatments with less than favorable results that patients have had done elsewhere; like fillers used under the eyes to treat 'bags,' or lower eyelid surgery that doesn't address the patients' Festoons," Dr. Scheiner says.

"The lack of awareness around Festoons and how ubiquitous they are – and how often they are misdiagnosed – is why my practice has executed an educational marketing campaign to bring clarity to combat the misinformation and confusion surrounding this condition," he adds.

• What is the difference between "bags" and Festoons?

"'Bags' are caused by fat protruding through the skin in the lower eyelid area, while Festoons, which also protrude, are primarily on the upper part of the cheek," Dr. Scheiner says. "The two together can look like one large protrusion, but they're separate issues."

Physicians will perform procedures to help a patient's lower eyelid "bags," but often they leave the Festoons behind. This is because Festoons are notoriously hard to treat. The result? When they are not repaired at the same time as the "bags," Festoons can actually look worse compared with the newly rejuvenated lower lid.

Festoons can also be a

marker for pre-cancerous skin conditions on other parts of the face – another good reason to know the difference between Festoons and "bags."

Dr. Scheiner offers tips for evaluating whether you have "bags" or Festoons, the causes of both, and solutions:

• Are they "bags" or Festoons?

"Bags" often appear as puffy circles directly beneath the eye. "If you touch them, they're usually firmer, and you can't easily move them from side to side. That's an indication they're 'bags,'" Dr. Scheiner says. "Also, if you look up, they become more prominent."

Festoons, on the other hand, are high on the cheek, although they can extend to the lower lid area. "They feel squishy to the touch, and they can be easily moved from side to side. They don't become more prominent when you look up."

• What causes them?

"Bags" are generally associated with aging, although younger people can also get them, Dr. Scheiner says.

Festoons are usually the result of damage. Sun exposure, smoking and aging are among the possible causes, and the results can be worsened by the contrasting pull of underlying facial muscles over the years. Fair-skinned people tend to be more susceptible to Festoons. □

Crossword Solution

HATE	ATEAM	STIGMA	ISH
ASIA	MALIA	CAMEAT	PIE
WHAT	COULD	YOU	CALLA
KOREA	HUM	ADD	DER
STANLEE	SEZ	PATE	WANT
FUNNY	MOVIE	IN	WHICH
TSAR	RUER	ACT	AYRES
ATRIO	OFGUYS	SCAN	ONLY
PURIM	APAT	SARA	ERAS
DESERET	HAMS	DIESELS	
MIA	GIVES	SOMEONE	ANALE
VERSACE	TOIT	ORDEALS	
PSST	EROO	NAIR	MULTI
EQUIVOCAL	REPLY	TOAN	
LEAPT	IPO	ISEE	OTRA
IMPORTANT	QUESTION		
KERN	OLEO	LAH	SNOWPEA
ARI	AWE	SER	REALM
BIC	THREEMEN	NANDAMAYBE	
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Physicians Share Tips To Prevent And Correct Signs of Aging

Some Vitamins Do Work From The Outside-In

By Ginny Grimsley

Women's worries about wrinkles, dark spots and other aging skin concerns aren't all vanity, according to a poll by Penn Schoen Berland.

Forty-two percent of women ages 50 to 59 believe they need to look young to be successful at work.

"Increasingly, both men and women have anxiety about looking older, but the good news is that science has developed natural tools to help us look younger longer," say Drs. Rick and Arlene Noodleman, the husband-and-wife physician team at Silicon Valley's Age Defying Dermatology, (www.agedefy.com), national leaders in medical and cosmetic dermatology and integrative medical treatments.

Something we all battle daily is damage from free radicals, a term that has entered

the public lexicon with little understanding by most people.

"Free radicals are oxygen molecules that have lost electrons through oxidation, making them unstable. If your body doesn't have enough antioxidants to stabilize them and render them harmless, they can damage cell membranes, which eventually breaks down the proteins that support and plump the skin," explains preventive medicine specialist Dr. Arlene Noodleman.

"We're bombarded by free radicals every day", she says. "We produce them when we metabolize food and even when we breathe. They're also in the environment – diesel exhaust, air pollution, UV radiation (from the sun) and cigarette smoke are all major producers."

"What's worse, those free radical oxygen molecules are always looking to stabilize themselves by swiping electrons from stable molecules, which creates even more free radicals," says dermatologist

Dr. Rick Noodleman.

"We have lots of natural defenses against free radicals, but as we age, we begin to lose them," he says.

Some vitamins are antioxidants, meaning their molecules

"We have lots of natural defenses against free radicals, but as we age, we begin to lose them"

provide electrons that stabilize the free radicals. Clinical studies have found that certain of these are effective in preventing damage, or correcting damage such as reducing wrinkles and dark spots. In certain cases, "taking your vitamins" means applying them on your skin so they can work from the outside-in, the physicians say.

• **Vitamin A** – "There is significant scientific evidence that the form of vitamin A called retinoid, when applied topical-

ly, can treat damage caused by sun exposure," says Dr. Arlene Noodleman. "It can soften fine lines and wrinkles and lighten dark spots." In one study, subjects had significantly fewer fine wrinkles after applying a prescription-strength retinoid cream (0.1 percent isotretinoin) once a day for 36 weeks. "Of the over-the-counter retinoid products, Retinol appears most effective", Dr. Noodleman says.

• **Vitamin C** – "Vitamin C applied topically is much more effective than taken orally", says Dr. Rick Noodleman. "That's because vitamin C is relatively unstable – it quickly oxidizes when exposed to air and in certain other conditions. So, to get the full benefit, you would need it in much greater amounts than you would normally consume in a tablet. You can get that benefit by using a topical formulation," he says. "Look for 'stable' vitamin C of the L-ascorbic variety, which offers the best protection against sun

damage", he states. "It reduces lines and wrinkles, protects against sun damage, and encourages production of collagen, one of the proteins susceptible to free radical damage. Importantly, collagen makes up 75 percent of our skin and gives it support and volume."

• **Vitamin B3** – "As a 'damage corrector', test-tube studies have shown that vitamin B3 boosts collagen production and clinical studies have shown that it reduces dark spots", says Dr. Arlene Noodleman. In one significant study, 50 Caucasian women applied a five percent vitamin B3 solution to one side of their faces every day for 12 weeks. They had a marked reduction in dark spots, redness and yellowing, and increased elasticity.

The two doctors advise that, for best results, people should buy these topical vitamin products at concentrations that have proved effective – and use them for the length of time recommended.

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Continued from page 30

The ACCESS study will follow patients for a period of three years. Eligible patients will be randomly assigned to receive:

1) Elimination of co-payment for preventive medications (i.e. free preventive medications) used to treat diabetes, high blood pressure and heart disease.

2) A comprehensive personalized education program aimed at helping seniors understand proper use of preventive medications and helping them make healthy lifestyle choices. The ACCESS study will recruit 5000 Albertan seniors (over age 65) with low income (less than \$50,000) who are at high risk for heart disease. Eligible patients must have:

1) ANY ONE of the following:
a. Previous heart attack or stroke, chronic kidney disease, heart failure

OR,
2) ANY TWO of the following:
a. diabetes, high blood pressure, high cholesterol, current cigarette smoking (greater than 1/2 pack per day)

By enrolling in the ACCESS study, patients will have a 50% chance of receiving free preventative medications through their existing Alberta Blue Cross drug coverage. Patients do not have to travel anywhere for any interviews or assessment. All study matters will be handled by the ACCESS research team via phone, mail and/or email. Regular communication to patients, their family physician and their pharmacist will be coordinated by the ACCESS research team.

Any senior who is interested can call the ACCESS study

team at 1-844-944-8927 to determine if they qualify.

For more details on the ACCESS study and a list of

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Caregivers need breaks, too: the five benefits of respite care

Caregiving is anything but a 9-to-5 job, which is why it's important to find a way to clock out. Taking time off is nothing to feel guilty about; in fact, time away to regroup and recover is one of the best things you can do for yourself and the person you care for. Respite care, which refers to the temporary care of an elderly person either at home or away from home, is a fantastic way to provide relief for full-time caregivers. Read on to learn five of the ways respite care can benefit you and your loved ones.

Recovery. Caregiving is a demanding, round-the-clock role, which often takes both a

physical and emotional toll on the caregiver. In order to prevent burnout, it is imperative to have time away from your duties to care for yourself. Respite care allows you to take a break from caregiving so that you have time to rest, socialize, run errands, remain active and have fun. This keeps you healthy and happy, and helps you to be a more effective caregiver.

Flexibility. Respite care offers a wonderful level of flexibility; there are options ranging from 24/7 care to afternoon visits, and you can often choose between in-home or out-of-home care. This allows you to find a schedule and environment

that best suits your needs and the needs of the senior you care for.

Peace of Mind. Over the years, families have grown smaller across the globe. As a result, caregivers often worry about who would take their place should they have an unexpected illness or commitment. Respite care silences those worries by allowing you, and the person you care for, to become comfortable with alternative forms of care. Experiencing first-hand the excellent care that is available for seniors, both in and out of the home, allows everyone involved to face the future with confidence.

Change of Pace. Respite care provides a much-needed change of pace for both caregivers and seniors. While caregivers get time away to focus on themselves, seniors are able to experience new environments and interact with new people. This may be nerve-racking at first, but it provides an important level of variety and stimulation, which helps boost happiness and combat the effects of aging.

Control. Caregivers may feel anxious at the thought of someone else stepping into their role, but remember that you have control over the situation. You can arrange to meet with the respite worker beforehand in order to get to know

them, their experience and their qualifications. You can also watch them interact with your loved one to ensure that everyone gets along and works well together. Respite care does not have to be scary; there are many steps you can take to feel confident about the care your loved one is receiving.

Should you feel respite care is the right choice for you, always start by researching your options. Next, contact your insurance company, local health authority, and employee assistance program to find out whether you qualify for any additional programs or financial assistance. *Courtesy of Retirement-at-Home Services*

Dementia doesn't need to define a life

(NC) Currently 47.5 million people worldwide are living with dementia. This number is more than the total population of Canada. By 2031 it is estimated that 1.4 million Canadians will be living with this disease.

Although a diagnosis of dementia can come as a shock not only for the person, but for the family as well, there are resources to support living a happy and healthy day-to-day life.

Boz Carter is a doting grandfather, a greeter at

his church and a huge Boston Bruins fan. He is also someone living with Alzheimer's disease.

"Dementia doesn't define us," says his wife Cathy Hurd Carter, 53. "That's been our mantra from the beginning."

The Winnipeg couple adopted the mantra shortly after Carter's 2012 diagnosis. Almost immediately, they enrolled themselves in an eight-week course with their local Alzheimer Society to learn how to

plan for their future with the disease. Hurd Carter says it helped them understand they didn't have to look backward to hang on to what they have. "We can move forward with this disease and still live life," she comments.

While it took some educating on her part, church officials were happy to have her husband volunteer as a greeter.

That was especially important to Carter, 60, who was fired from his job

as a stock clerk when he became ill. The experience left him feeling "broken and useless," says Hurd Carter.

While they refuse to let the disease define them, they also know they have to make changes in their lives. Carter has good and bad days and they adjust their plans accordingly.

Hurd Carter, who is on leave from her job as a family crisis worker, wants to keep her husband at home with her as long

as possible. That way, she can greet him each morning in their accustomed way - staring into his face and telling him "Good morning. I love you."

"I know it's not this way for everyone, but he reflects back whatever he gets from the world," she adds.

Life doesn't end when Alzheimer's begins. Be there for those who are #StillHere. More information is available at www.alzheimer.ca/stillhere. www.newscanada.com

ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

Do you or your loved one have hearing loss but are concerned about the cost of hearing aids?

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“Boomeritis” takes toll on active Boomers

Tips to help seniors avoid the pain of exercise

(NC) Canadians are staying active longer than ever before with the goal of improving cardiovascular and psychological health. The bad news is this renewed vigor for exercise has come

with a debilitating side effect: Boomeritis, a name health experts use to describe the parade of sore knees, back sprains, and other ailments associated with exercise-related injuries suffered by baby boomers.

The term was coined by Dr. Nicholas A. DiNubile, an

orthopedic surgeon at the Hospital of the University of Pennsylvania, in 1999. He remarked that there was an explosion of bone and joint aches, pains, injuries, and ailments as the Baby Boom generation began to turn 40 and 50. The changes that occur in our bodies as we age make us vulnerable to common exercise-related injuries.

Here are some tips to help Boomers stay physical and maintain an active healthy lifestyle:

- Start with a proper warm up and balancing exercises.
- Avoid running or weight training at first.
- Focus more on low-impact exercises such as stationary biking, step machines and elliptical trainers or low-impact aerobics. You can progress to running and weight training later.
- Incorporate cross-training to relieve stress by not using the same muscles repeatedly.

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Four steps to improving health care in Canada

By Joshua Tepper

Health care is under the purview of provinces in Canada, but health leadership – setting big picture goals, helping achieve best practices across the country, and providing long-term, sustainable funding models – is the role of the federal government.

Evidence shows that the best health-care systems in the world are founded on a strong primary care system – practices of family doctors, nurse practitioners; and others who serve as the first (and ongoing) point of contact for patients. Canada has been a world leader in many aspects of primary care for a long time, and the last 10 or 15 years have seen some important changes – mostly for the better. There are more primary care providers than ever before, they are increasingly working in multi-disciplinary teams and more of them use electronic medical records – all factors which are linked to better outcomes for patients.

Not long ago, millions of Canadians said they didn't have a family doctor. Now in places like Ontario, as many as 94 per cent of residents report having a primary care provider. While there is still more progress to be made on even this basic measure of access, there are several other ways we can and should improve primary care in Canada.

1. Timely access

It is not enough to have a family doctor; you need to be able to see this individual promptly when you are sick. In Canada, only 38 per cent of people report being able to see their primary care provider the same day, or next day, when they call. France, Australia and the United Kingdom all report 50 per cent or higher rates, and countries such as Germany, New Zealand and Switzerland hover around 70 per cent. Improving prompt access is critical to achieving continuity of care while reducing the number of people relying on walk-in clinics and emergency departments.

2. Doctors need to serve communities

We need to move primary care to a population-based model – this means a fundamental rethink of how primary care is organized. Perhaps the easiest analogy is public primary and secondary education. When you move to a new community, registering your children in the local public school is as easy as knowing your address and catchment area. The schools don't have the choice of picking their students or saying they are 'too full.' Moving to a population-based model of primary care will require a new level of planning and coordination, but it's doable. We already have examples in several rural communities in Canada, and Community Health Centres in some regions also provide a good model. Entire countries, like the United Kingdom, have already achieved this. It should be as easy to find a primary care provider as it is to find the local public school.

3. A commitment to equity and improving the quality of care

We need to adopt a relentless commitment to improving quality in primary care. Canadian hospitals already have a couple decades of experience in building the skills, structures, and programs to improve care; primary care can build on some of this success. There are six widely accepted domains of quality – all of them relevant to primary care: safety, timeliness (access), efficiency, patient centredness, effectiveness, and, importantly, equity. In Canada, one of our great strengths is the richness of diversity represented across people and geography. It is critical that primary care, the gatekeeper and cornerstone to our health system, treat people equitably. It should not matter where you live, what language you speak, nor your age, sex, sexual identity, or cultural background.

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4. Integrate primary care into the rest of the health system

Canada often ranks near the bottom of a dozen Commonwealth countries in patients' experiences of an integrated health-care

system, including the timely availability of information across provider teams. It is about more than just getting hospital, lab, and primary care computer systems connected (although this is a critical part); we need a fundamental redesign from sectors to systems, while continuing to strengthen the foundational role of primary care.

Patients don't experience their health care as discrete parts, so it shouldn't function that way. The responsibility for this change is spread across all parts of the health care system and a wide range of health care providers.

While acknowledging that primary care looks different across Canada – varying payment models and structures according to the province or territory you live in – these four goals can be a unifying vision for the next, necessary evolution in health care.

Joshua Tepper is an advisor with EvidenceNetwork.ca, a family physician at St. Michael's Hospital and Associate Professor at the University of Toronto.

Continued from page 21

A simulation using Statistics Canada's Social Policy Simulation Database and Model (SPSD/M) suggests that this would cost \$700 million and remove about 85,000 single seniors from the poverty roles, with a reduction in the singles poverty rate of 5.7 percentage points. While this is a reasonable start, clearly more can be done.

These findings raise serious questions about the policy needs for future pensionless cohorts, such as the adequacy of benefits from Old Age Security, the Guaranteed Income Supplement, and the Quebec and Canada pension plans. They also provide an invaluable baseline of evi-

dence that the new federal government must consider as it moves forward to craft policy to address the economic security of Canada's growing population of seniors.

While this report does not explore different programmatic remedies in detail, it provides support for the need to increase pension income (including from the CPP/QPP) to reduce seniors' poverty over the long term, and to consider other options to address the savings gap for Canadians without workplace pensions. In the shorter term, it shows that changes to the GIS, particularly those targeted at individuals, could make a serious dent in seniors' poverty more quickly.

Courtesy of the Broadbent Institute



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