

# Kerby News

Published by Kerby Centre for the 55 plus

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Volume 32 #5



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8 May, Mother's Day  
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## Putting emphasis on intergenerational participation when we look forward to future

### President's Report Hank Heerema

For over 40 years, the Kerby Centre has been a cornerstone of the Calgary older adults' community. It has been a great honour and privilege to be part of our city's growth and development.

We looked back at our accomplishments in 2015 at

our Annual General Meeting on April 19.

In 2015, the Kerby Centre continued to build our community. We built it through new programs and services. We built partnerships that will help us best serve Calgary. And we helped older adults build friendships and social connections and improved their health and well-being.

We as a Board continued this growth and made changes to face the difficult economic times, as well as making plans for the future of the Kerby Centre

A great deal of work went

into updating the Kerby Centre's bylaws to reflect changes in both this organization and the needs of our community. These changes were presented and approved at the Annual General Meeting in the spring of 2015.

Most notable of those changes was the removal of an age requirement for membership. The Kerby Centre has always been committed to changing the way people see aging, and we came to see that older adults' views had changed as well. Most of our programs are now open to all ages and we encourage

intergenerational participation.

The Board also updated our own policies and procedures for similar reasons. It is important to ensure our Board is staying at the leading edge of governance, particularly as we look toward the future.

On behalf of the Board of Directors, I thank you for being part of the Kerby Centre's community as we continue to build toward a healthy and active lifestyle for Calgary's older adults.

To read Kerby Centre's Annual Report, please visit our website at [www.kerbycentre.com](http://www.kerbycentre.com). □

### MAY 2016

Front page: Courtesy of Tourism Saskatchewan

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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Prime Minister Trudeau was at Kerby Centre for meetings and took a few minutes out of his busy schedule to visit with Kerby Board President Hank Heerema, CEO Luanne Whitmarsh, and other board and staff members. From left, Senior Manager of Marketing & Communications Keith Callbeck, CEO Luanne Whitmarsh, PM, Board President Hank Heerema, Senior Team Administrator Tania Killam, Board member Zane Novak.

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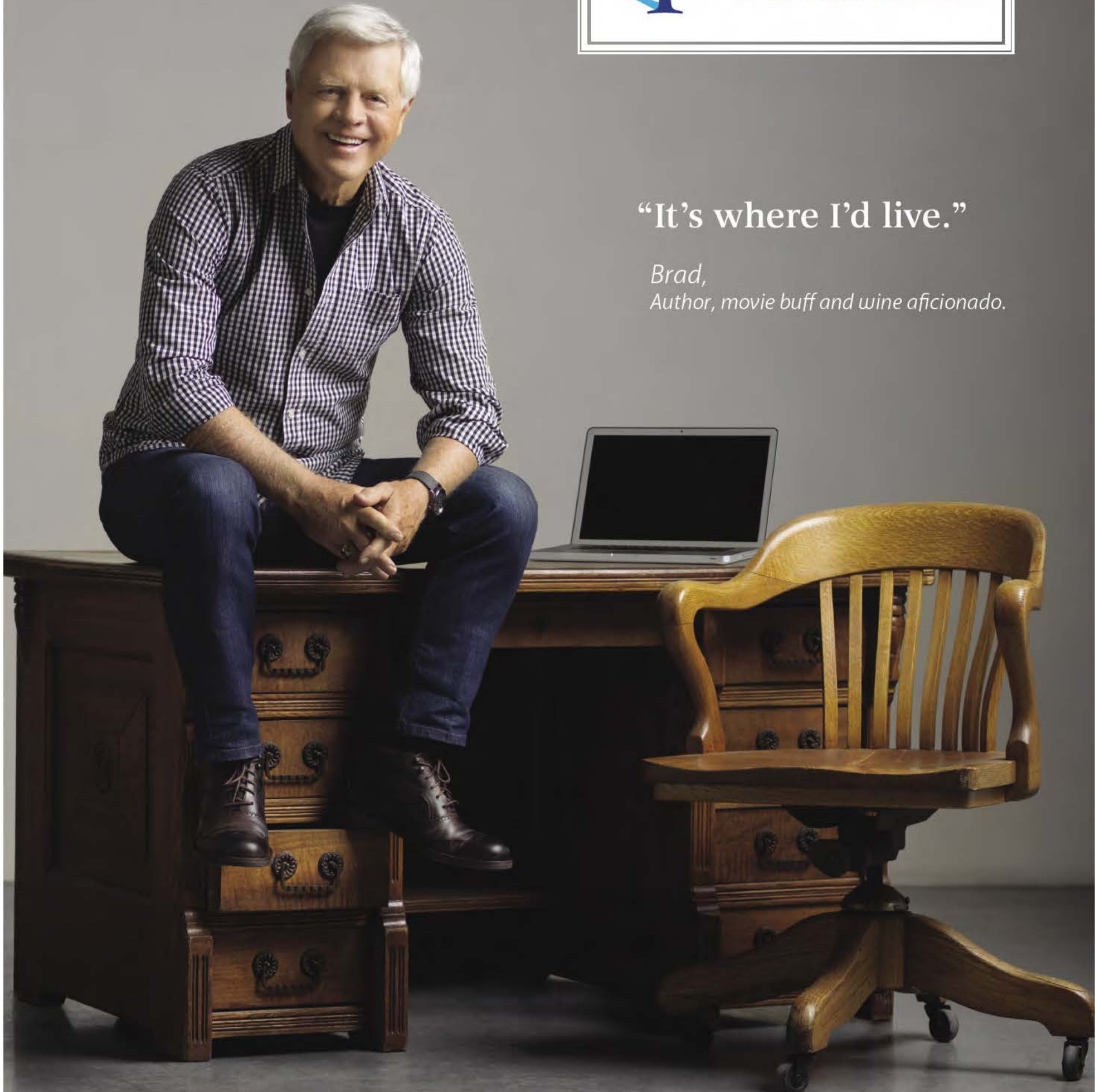




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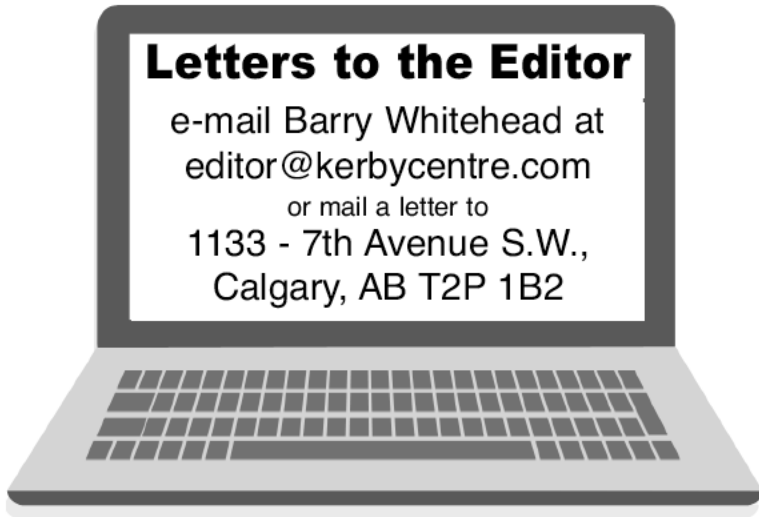


Home. It’s where we live. It’s the feeling we get from freshly folded laundry in our bedroom. It’s playing the piano and singing with friends and it’s shared moments over dinner with family. It’s feeling healthy, eating well and enjoying the community we savour with other great people. It’s looking forward to a little exercise and some laughter at the pub afterwards.

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**Letters to the Editor**

e-mail Barry Whitehead at  
 editor@kerbycentre.com  
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**Beg to disagree**

Dear Editor,

In Canada, prostate cancer is the most common male malignancy and the third most common cause of cancer death in men. From March 1-3, 2016, Calgarians were introduced to vastly divergent views concerning the use of the prostate-specific antigen (PSA) test and PSA screening prior to a cancer diagnosis to assess a man's risk of prostate cancer. This latest discourse about PSA screening followed a publication by Dr. Dickinson from the University of Calgary and co-authors of the article "Trends in prostate cancer incidence and mortality in Canada during the era of prostate specific antigen screening" in the Canadian Medical Association Journal OPEN (Dickinson, 2016). The article presented data depicting prostate cancer incidence and mortality in Canada from 1969 – 2007 in relation to the introduction of the PSA test. Trends in prostate cancer incidence and mortality in Canada have been reported many times since the PSA test was introduced in late 1980s (Morrison et al, 1995, Nam and Klotz, 2007; Kachuri, 2013). In the USA, early detection through the use of serum PSA testing has resulted in an 80% decrease in the proportion

of men with metastases at diagnosis and a 45% decrease in the age-adjusted prostate cancer mortality rate today, compared with the same statistics in the pre-PSA era prior to 1991 (Reinhardt and Catalona, 2013). In Europe, the Gothenburg randomized population-based prostate cancer screening trial started in 1994 illustrates the benefit of organized PSA screening, which reduced prostate cancer mortality. However, single men, men with low socioeconomic status, and men with low education were more likely to be absent for screening during follow-up. It was felt that an organized screening program may reduce such socioeconomic inequalities (Godtman, 2016). In their recent 2016 article, Dickinson et al. sought to describe secular changes in the Canadian epidemiology of prostate cancer. In particular, they examined these trends in incidence and mortality in relation to the onset of PSA testing.

Of great concern to PROSTAID Calgary were the Task Force recommendations for men who have not previously been diagnosed with prostate cancer. The Task Force relied on the results from two large clinical trials to develop their recommendations. Unfortunately,

the trial designs and implementation of the clinical work were not free of problems. As a result, the data for the purposes of the Task Force was low quality and therefore definitive analysis and recommendations were compromised. For PROSTAID Calgary and our members, the Task Force recommendations make no sense. To say no to any form of PSA screening, while not providing options or proposing an improvement process for everyone to consider, was irresponsible. The Canadian Task Force on Preventative Health Care blew it. It had a unique opportunity to take a collaborative, multidisciplinary approach to its work, but it didn't. Quite frankly, it is hard to see how the Task Force's recommendations against PSA screening for the early detection of prostate cancer are consistent with "preventative health care".

Stewart Campbell,  
 Director, PROSTAID  
 Calgary

**Pack orange**

Dear Editor

I am a retired member of the Calgary Civic Air Search and Rescue Association. More and more I am hearing in the news about elderly people driving out along back roads, forestry roads, oil company roads, etc. and running out of gas leaving them stranded miles from any help. A recent event in Arizona ended happily but many do not.

The hardest thing to see from the air is a tiny human being standing anywhere, even in the middle of a road. We are looking down on an area the size of the head and shoulders. Is that a dead tree? A person? We cannot tell.

There is one simple thing

that that you can buy in any grocery store that can save your life in such a situation and should be in every car. That is large orange garbage bags.

Stranded somewhere? Lay out a triangle of three orange garbage bags and we will find you on the first pass. In winter fill the three bags with snow and set them in a triangle. On a windy day open three bags and tie them to three trees or whatever to blow in the wind. Three in a triangle is the secret.

I was teaching survival to a group of girl guides near Bragg Creek and I had them set out this signal. I did not tell them that my husband would be up flying that day. Later in the afternoon a small plane flew over and

did a U turn and buzzed us dipping wings. I have never seen a bunch of girls so excited, jumping up and down screaming, "We caught one, we caught one".

Please tell your members to pick up a package of orange garbage bags if they intend to go for a nice drive on back country roads. They may save your life.

Yours in safety,  
 Doris Rose

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### News from City Hall

EVAN WOOLLEY

Calgary Councillor for Ward 8

The neighbourhoods that make up Ward 8 are some of the oldest and most historic

## Keeping the water flowing in Ward 8

communities in Calgary. Century Homes, Beltline’s Central Memorial Park, Wildwood’s Sandstone Quarry Mines, Mission’s Rouleau House — the list goes on. This history lends so much character, charm and warmth to each neighbourhood. That said, with the inner city’s old neighbourhoods coming aging infrastructure and water mains. There’s currently a total of 208 km of water mains in Ward 8, with the oldest pipe being cast iron- made and dating back to the 1910s era and the

newest pipe being PVC-made and installed in 1992. Interestingly, water main breaks in Calgary spiked in the 1970s, with our city experiencing a peak in 1982 with 1,813 breaks per year. In response to those rising rates, the City allocated a budget of \$35M per year and implemented innovative asset management programs like enhanced data collection, inspection technologies, and risk analysis techniques. This strategy cut main breaks in half to approximately 900 per year

by the early 1990s. Now, in 2016, the City’s efforts have resulted in a drastic 85% reduction in breaks and a savings of \$150M over the last 31 years. I was surprised and happy to see that in Ward 8 specifically, we have seen a significant drop in breaks over the last five years, from 45 breaks in 2010 to only 23 in 2015, thanks to the aggressive installation of corrosion protection on our water mains. While our city’s population steadily rises and our water network con-

tinues to grow, the proactive approach the City has taken will allow us to continue to reduce the numbers of main breaks and, most importantly, reduce capital spending. One of my biggest goals when I chose to run for the City Council was to make sure that more of Ward 8 residents’ taxes flowed back into their neighbourhoods. Seeing the increased service life and reliability of the water mains in our communities is a great example of how we’re working to make our neighbourhoods 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

A year ago, Albertans elected a new provincial

## Bills introduced for democracy, human rights, and modernized law enforcement

government and I have worked hard to keep the new government’s promises. To begin with, I introduced Bill 1: An Act to Renew Democracy in Alberta. This bill, designed to put the power back in the hands of citizens rather than those with the deepest pockets, bans political donations from corporations and unions. Also in our first year, I introduced Bill 7: Alberta Human Rights Amendment Act, 2015, which makes it illegal to discriminate on the basis of gender identity and gender expression. Bill 7 ensures that no Albertan will be denied basic services

for being true to themselves. Equality is important to our government. Most recently in April, I introduced Bill 9: An Act to Modernize Enforcement of Provincial Offences. This proposes two sets of amendments that make the enforcement of provincial laws and municipal bylaws more effective, efficient and proportionate. One set of amendments would end the practice of issuing warrants for unpaid fines for minor infractions such as not shoveling a sidewalk or not paying a transit fare. Instead, these infractions would be enforced using other civil measures,

including restriction of vehicle registry services, filing writs against property, and garnisheeing wages, bank accounts, income tax refunds and GST rebates. These changes would free up police, court and correctional resources to focus on serious offences and offenders. Bill 9 also introduces an amendment that would help modernize how tickets are processed, using electronic tickets in place of paper tickets. Since May 2015, there’s no doubt that the oil price collapse has caused serious economic pain and anxiety. Budget 2016 was presented at the Legislature on April 14th

with a primary focus on controlling costs and spending tax dollars wisely while creating jobs and fostering economic diversification. The Budget includes protection for vital frontline services in health and education, and the introduction of the Alberta Jobs Plan which will invest in infrastructure, diversify our energy markets and support Alberta businesses. Copies of the budget are available at my constituency office, and I welcome any feedback you may have. I would love to hear your thoughts over a cup of coffee and encourage you to connect with my office to set a date. □



### This month in Ottawa

KENT HEHR

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

On March 22, our government unveiled our first budget. This budget takes essential steps to grow the middle class and revitalize the Canadian economy. It reflects a new approach that

## First federal budget intended to reinvigorate both Canadian and Albertan economy

puts people first and delivers the help that Canadians and Albertans need now. For 30 years we have seen the gap between rich and poor widen and the middle class shrink. To address this, we have introduced a middle-class tax cut, and raised taxes on the wealthiest by one percent. The new Canada Child Benefit — which will put \$930M into the pockets of Albertan families — will lift hundreds of thousands of children out of poverty. When Canadians have more money to save, invest and grow the economy, everyone benefits. It’s been tough for Alberta over the last few years, and our government recognizes that. Alberta is facing unem-

ployment levels we haven’t seen in decades. The EI changes introduced last month will make a big difference for many families and individuals struggling with unemployment, many for the first time in their lives. EI benefits for Albertans will be extended in some instances to up to 70 weeks and wait time reduced. We have also increased federal transfers to the province by \$320M per year in addition to the \$251.4M provided by the fiscal stabilization payment. The current economic trend is not only Alberta’s but also Canada’s challenge, and we will meet it all together. With the introduction of

this budget, we are beginning to address those challenges and will work with Provincial and Municipal leaders to identify priorities now and opportunities in the months and years ahead. In our cities, we will invest in transit infrastructure, and Alberta municipalities will receive over \$300 million towards those investments over the next two years. We are also going to accelerate our investments in federal infrastructure projects, to create jobs, and to continue providing the services Albertans rely on from the federal government. This investment in Alberta will be over \$110 million over the next five years. Finally, we know that

global oil prices will stabilize and rebound, and we need to be ready when it does. That’s why we are investing \$50 million over two years in research to develop Canada’s hydrocarbon resources in cleaner, more sustainable ways. This will both reduce greenhouse gas emissions that contribute to climate change and make Canadian oil more attractive in the global marketplace. Our new approach puts people first, and it invests in growing the middle class. It also reflects a belief that is the spirit of Alberta’s rich history of innovation and collaboration. By investing today in our future we know Alberta and Canada’s best days are ahead. □

### 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.



# Seniors want to age in place, but study shows 58% must renovate their home

Most Canadian seniors want to remain in the family home as they age, but often must renovate and retrofit areas of the home as part of aging in place.

That's according to the results of a study conducted by HomeEquity Bank and Ispos Canada, where 300 Canadian homeowners were surveyed from March 15th to 18th 2016.

The study focused on Canadians aged 55 and older and asked if renovations were needed to remain in their home, as well as what type of renovations and retrofits would be necessary and how they would be financed.

Here, below, are the key findings of the study:

- 58% of respondents stated that improvements would be required.
- 46% stated that minor renovations would be required.
- 11% stated that major renovations would be required.
- 44% of respondents who stated that improvements would be required indicated that their kitchens and/or bathrooms would have to be renovated to improve accessibility.

The study also showed how respondents planned to finance improvements: 62% plan to draw on savings; 25% plan to arrange a reverse mortgage or HELOC; 11% plan to utilize investments; 9% plan to sell existing assets; and, 7% plan to use other types of loans.

Accessibility remains the top issue when it comes to seniors remaining in the family home, according to Vince Agovino, Executive Director, AGTA Home Health Care, a company providing products and services — from Personal Support Workers (PSW) to home renovations — for barrier free living. In fact, the top areas his company addresses include: improving accessibility from the main floor to the second floor; improving accessibility from outside the home to inside the home; and renovating the home so there is a full bathroom on the main floor.

Mr. Agovino founded the company in 2000, following his personal, and challenging, experience of helping his aging grandparents remain in the family home.

"It was very difficult as my grandparents aged. It was difficult to find the products they needed, such as bathroom safety equipment, and especially hard to find

everything we needed in one place. We also needed a PSW and needed to explore financing. I discovered we weren't unique in this situation," he explained.

That led to the launch of AGTA Home Health Care, which, Mr. Agovino notes, strives to address and solve all aspects of barrier free living.

AGTA Home Health Care's most common renovation projects include:

- Improving accessibility from the main floor to the second floor, via a stair glide, starting at \$3,000.
- Improving accessibility from outside the home to inside, via a ramp, starting at \$3,000.
- Creating a full bathroom

on the main floor of a home, starting at \$10,000.

The February, 2015 Retirement Study of Canadians aged 55+, conducted by HomeEquity Bank and The Brondesbury Group, detailed

47% of pre-retired and 56% of retired respondents stating that, "staying in my home is critical for my quality of life."

*Courtesy of the CNW Group*

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## EVEREST

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# There is life after stroke

By Rita McGillivray

In the seniors community we all know someone who has suffered a stroke. And the sad fact is that, as we age, the risk of having a stroke more than doubles each decade after the age of 55. Stroke is the third leading cause of death in Canada, and a leading cause of disability. Fortunately there is help available in the form of The Association for the Rehabilitation of the Brain Injured (ARBI).

“Empathy is so important,” says Jackie, whose husband Norm, who is now a client of ARBI, suffered a stroke in 2013. She exhorts others in her situation: “When something like this happens so drastically to someone you love and to your family, don’t give up.” Along with Norm, Jackie has benefitted from the ongoing rehabilitative support provided by ARBI to the most severely disabled survivors of stroke.

Once a patient has been discharged from hospital into the community, it can be overwhelming for the family trying to navigate the health care system in quest of supports and resources to help with daily life. The road to recovery is often long and arduous, and approximately 75 percent of patients will be left disabled. The challenges are many, and it is easy to become discouraged and lose hope.

Stroke rehabilitation is often further challenged by other health diagnoses and chronic illnesses that affect rehabilitation. Elderly patients tend to be frail and unable to tolerate exercise regimes. As the years pass after the



Norm and Jackie.

stroke, increasing age and infirmities can make it still more difficult to cope.

“Stroke doesn’t happen to just the person, it happens to the whole family,” affirms Ana Gollega, ARBI’s Program Director. “Spouses change and they have to learn how their relationships are going to change.”

No two stroke survivors will have the same experience. Depression and cognitive changes are apparent in 30 to 60 percent of stroke patients within the first year. One’s physical ability to perform activities critical to independent living may be compromised. Caregiving or changed living arrangements may become a reality and spousal relationships will be transformed.

While not every client will need recreational therapy or physiotherapy, about

90 percent will require the support of a speech language pathologist.

Stroke survivors are frequently disabled by some degree of aphasia, a communication disorder caused by damage to the brain. Aphasia may diminish one’s ability to retrieve the right words at the right moment and in the right order, as well as compromise reading comprehension, spelling, listening or expression through language.

While an individual’s intelligence is not affected, aphasia can mask competence and negatively influence a stroke victim’s self-confidence and interpersonal relationships. This reduced ability to communicate successfully introduces a major obstacle to restoring normal daily life.

Speech language patholo-

gists employ a wide range of exercises and tools to help aphasic clients, but they try to tailor the work to be meaningful and relevant to each individual. Word-finding activities may focus on the names of family members, the names of equipment and other items that are important to the client. Helping a client communicate through their e-mail or Facebook accounts can help rebuild communication skills and participation in the client’s community of family and friends.

Someone who has enjoyed a lifetime of reading, the daily newspaper for example, can be taught to use new computer applications such as “Text to Voice”, which integrate listening and reading comprehension.

These technological assists can be useful for managing communication and restoring enjoyment of a lost passion. Lifelong learning is especially important for stroke survivors as the brain heals and builds new neural pathways which lead to improved function.

Speech language pathologists are just one example of several specialists needed to assist the rehabilitation of stroke patients. Occupational therapists, physiotherapists, recreational therapists and trained volunteers also work with clients in a multidisciplinary environment designed to help each client achieve individual improvement goals.

The focus of rehabilitation will vary for each person, based on individual circumstances and the aspects of life on which they place the greatest value. Someone in

her eighties, for example, may be less concerned about regaining the ability to walk but is intensely focussed on restoring the ability to communicate with children and grandchildren.

“Quality of life is different for everybody and we must respect that,” says Gollega.

Rehabilitation may take a long time and improvement will depend on the survivor’s physical and social environment as well as their motivation, their personal goals, and their personality.

In Calgary, ARBI is just one of many community support resources and outreach programs available, depending on the particular needs and goals of the stroke victim and their family.

“Family members have expressed gratitude for ARBI after feeling that they had run out of chances to improve—when the family thought there was nothing more that could be done,” says Erika Innes, a speech language pathologist at ARBI’s southwest facility.

While our first line of defense should be the prevention of stroke by adopting lifestyle changes widely promoted by organizations like the Heart and Stroke Foundation, we must also know that there is indeed life after stroke.

While Norm and Jackie are no longer able to discuss things together after more than fifty years of marriage, Jackie had these encouraging words for others affected by stroke in the family: “Don’t give up. Learn and sit in on the therapy sessions. Don’t dwell on the negative; appreciate the positive and be able to accept support.” □



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# Is getting hearing aids enough?

By Catherine Anderson,  
Sound Advice Coordinator,  
Deaf & Hear Alberta

If you are no longer able to hear a friend in a busy room, have a conversation with your grand-child or dine out in a busy restaurant, you will have recognized that there is something wrong with your hearing. Unmanaged hearing loss can drastically limit your well-being and quality of life. Taking care of hearing loss usually follows a similar process for everyone. First, you notice that you are missing important information or your family is tired of having to repeat a statement 10 times. Then, you decide to get your hearing tested and it confirms that you have hearing loss. Next step is that you purchase hearing aids. For a few people, it's like flipping

a switch and they can have a conversation again.

However, for most of us, it is not that easy.

First, hearing aids are not an instant solution. You need to give your brain time to adjust. This is because you haven't heard certain sounds in years and your brain needs to re-categorize. It is all about brain plasticity and giving time for synapses to re-wire. The adjustment period can be over a year and you will need to work with your hearing aid practitioner to adjust your hearing aids. This could mean multiple appointments.

Secondly, hearing aids are not enough. You also need to change the way you have conversation. Ask people to repeat, clarify or use different words. Or if you are really lost, ask for the topic of the conversation. Don't be shy. Tell people that you have

hearing loss! Others can't slow down or remember to face you unless you tell them. You will also have to remind people repeatedly, as it's human nature to fall-back on bad habits.

Use all the tools available. For instance, learn how to speech/lip-read. Most likely, you already have taught yourself a little but take a class to improve your skills. Look into what assistive technology might work for you. For example, do you have a smartphone that you could pair with your hearing aids through Bluetooth? That way you take the call directly in your hearing aid without putting the phone to your ear. There is a lot of technology available, ranging from phones with a higher volume to alarms that vibrate.

Talk to your friends and family about your hearing

loss. In all likelihood, it has affected your relationships. Perhaps you don't go out as much because it's too hard to hear at a party. You might become more tired after straining to hear conversations and become a little grumpy. Your friends and family will have noticed this and it would be good for your relationships to discuss what's going on. They will be a lot more open to changing the way they talk once they understand the impact.

Remember, it's not all about others. This is also about changing your attitude. Brush up on your attentive

listening skills, which may seem obvious, but missing words makes it hard to focus. Talk to new people as it will work your brain and speechreading skills. Learning new accents, speech inflections and lip-reading is like a big real-time brain teaser. Hearing loss has links to dementia so the more you work your brain, the better.

Once you pair everything with hearing aids, everyday conversations will become easier. It takes work, but isn't it worth it? Your hearing will never be completely restored but communication can. It will just be different. □

## Vocal Latitudes presents...

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# Food safety is about addressing factual and perceptual risks

Campbell Soup's decision to be bisphenol A free by mid-2017 is more about perception than evidence-based science

By Sylvain Charlebois

A recent study by environmental groups suggests that more than 70 per cent of food cans in major Canadian retail stores contain bisphenol A (BPA), a chemical often linked to health complications.

In fact, many studies have suggested that BPA can mimic the hormone estrogen and conceivably affect behaviour and neurological development in infants and young children. Some findings even suggest links between BPA and cancer. These are not the words our risk-obsessed society wants

to hear.

The controversy over BPA is ironic, given that for more than 40 years this chemical's main purpose has been to make canned food safer.

Despite several claims by Health Canada that BPA exposure to young children is below accepted levels and should not be a cause for concern, studies suggest that BPA can migrate from canned linings into the food itself, exposing consumers to more risks. BPA cannot be used in the manufacture of sippy cups and baby bottles, but its use is accepted in packaging for most other food products.

However, evidence from BPA research is anything but conclusive and the conflicting messages lead to

more market confusion. Consumer pressure, though, is mounting as more studies detail the dangers of BPA and suggest the chemical be outlawed.

As well, mixed messages from policymakers create discomfort in the industry. Campbell Soup announced recently that it will be BPA-free by mid-2017. That announcement attracted significant attention to the BPA issue. In light of the BPA-related confusion, the famous soup company likely opted to act pre-emptively to shield its brand. It should not come as a surprise if more food processors make similar commitments over the next few years. For businesses, food safety is about addressing factual and perceptual risks. If safety

and welfare are at the core of a food-related brand, then many such brands will move on the issue sooner rather than later.

History suggests the industry can do better at dealing with safety threats in the food chain. In particular, underestimating risks in the early stage appears to be part of a pattern. Time and extended research will ultimately lead to a greater understanding of how to deal with socio-technical challenges in the food industry. But with less patience, errors are made. The mad cow disease crisis was one example. Another is the use of trans fats, or unsaturated fatty acids, in food. The use of trans fats was about extending food's shelf life and making it taste

The controversy over BPA is ironic, given that for more than 40 years this chemical's main purpose has been to make canned food safer.

better, to the benefit of consumers. Then research pointed to a link to cardiovascular diseases. Within a few years of that research, new labelling regulations were put in place and now trans fats are rarely found in Canadian food.

The use of BPA was initially about protecting the public, yet industry has had other good reasons to use it. It is affordable, available and uncompromising to food taste.

However, we have learned from the past that we cannot take anything for granted. More than ever we should acknowledge that science is not an absolute. Over time, more research leads to new discoveries that can result in better policy. Evidence-based standards are key to making our food systems more efficient.


But given our risk-mitigating track record, we should always proceed with extreme caution. That means if we get rid of BPA, we should be equally concerned about what replaces it. The industry would be forfeiting a chemical with a proven food safety record in exchange for one that may pose more risks.

The best outcome would be to develop a product with less health baggage, but this could lead to increased packaging costs and those will go straight to the consumer.

With time, proper alternatives can be found. Until then, we should not be too quick to kick the can down the road.


Dr. Sylvain Charlebois is a professor at the Food Institute at the University of Guelph.

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# Accessibility Listings for Calgary and Area

If you have hearing issues in public places, a number of institutions have a number of solutions, as listed here.

## Hospitals / Medical Services:

Health Link Alberta is a health information and advice telephone service provided by Alberta Health Services. All hospitals in Calgary have a TTY (teletype) service. One can also book an ASL Interpreter while visiting a doctor. If you are a patient in a Calgary hospital you can rent a TTY from the telephone and television rental department from the following hospitals:

- Foothills Medical Centre
- Peter Lougheed Centre
- Rockyview General Hospital
- Alberta Children's Hospital

### Contact Information:

TTY Calgary & Area: 403-943-1552  
Voice Calgary and Area: 403-943-5465

### Book an Interpreter:

Voice/TTY: 403-284-6203  
Fax: 403-282-7006  
Email: booking@dhhs.ca

## Movie Theatres:

### Scotiabank Chinook Theatre

Closed Captioning Viewing System (CCVS)  
Contact Information: 403-212-8994

### SilverCity Cross Iron Mills Cinemas & XSCAPE Entertainment Centre

Closed Captioning Viewing System (CCVS)  
Contact Information: 403-274-3261

### Cineplex Odeon & Empire Theatres

CaptiView (Closed Captions)

## Performing Arts Centres:

EPCOR CENTRE for the Performing Arts –

Sennheiser assistive listening devices are available in the coat check area to take into the concert hall. The coat check attendant will assist with this.

You will need to leave a piece of ID when you get the head set. This service is provided at no charge. Also, you must make sure your line of sight is not blocked at any time because there has to be a direct open line between the receiver and the transmitter on the stage.

**The Jack Singer Concert Hall, Engineered Air Theatre, Max Bell Theatre and the Martha Cohen Theatre** all use the Sennheiser A200 personal stereo sound amplifier which uses a line of sight RF (radio frequency) system.

Contact Information: 403-294-9494

**Southern Alberta Jubilee Auditorium** - Personal stereo infrared receivers can be used in the Auditorium. As well, stethoscopic receivers are available at no cost and are suitable for personal direct input connection. These devices are available at the Patron Services booth located in the main lobby next to coat check. Contact Information: 1-866-614-4183

## Places of Worship - Churches:

**Centre Street Church:** Resources are available for the deaf and hard of hearing. Sign Language interpretation is provided regularly at the Sunday 6:00 pm worship services.

**South Minister Church:** Hearing-assisted FM (frequency modulation) system available for the hard of hearing.

**North Minister United Church:** Hearing-assisted sound systems for hard of hearing people. Contact Information: 3311 Centre

St. North, Calgary, AB; 403-277-0322

**Emanuel Christian Reformed Church of Calgary:** FM System provided during service.

**St. Laurence Anglican Church:** Six receivers, four headsets, & five neckloops (compatible with hearing aid t-switch) available for use during the service.

For hygienic reasons, it is strongly recommended that users purchase their own headsets to use with the system. Contact Information: 5940 Lakeview Dr. SW, Calgary, AB; 403-249-6184

**St. Bonaventure Church:** FM System with six receivers, six headsets & three neckloops (compatible with hearing aid t-switch).

Contact Information: 1600 Acadia Drive SE, Calgary, AB; 403-278-7556

## Transport Facilities:

**Greyhound Buses Canada** – Call the toll-free number operating from 5 a.m. until midnight for the hearing-impaired to book tickets: 1-800-397-7870.

**Calgary Transit** – Offers a TTY Service for TTY (Teletype) 403-268-8087

**Access Calgary** - is responsible for managing the eligibility, booking, scheduling and dispatching of shared-ride, door-to-door public transportation services for Calgarians with disabilities. Access Calgary provides public transportation services for Calgarians who may not always be able to use

Calgary Transit buses and C Trains.

We offer shared ride, door-to-door services within the city limits of Calgary, where Calgary Transit operates fixed route services. TTY Telephone for people who are deaf or hard of hearing or who have speech impairments: 403-537-7977

**Calgary Handi Bus Service** - Highly personalized, door-to-door, shared ride service using wheelchair accessible vehicles. TTY/TTD Services: 403-537-7977

**Calgary International Airport** - Accessible phones are located in the main terminal and in every concourse. TTY phones for

*Continued on page 12*

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Continued from page 11

the hearing impaired are also available.

**Utilities:**

**Telus:** This phone operator has dedicated services for TTY Clients. TTY to Voice: 711, TTY to TTY 1-800-855-1155, Voice to TTY 1-800-855-0511

**SHAW:** This phone operator has dedicated services for TTY Clients. TTY to Voice: 711. It provides a variety of hearing solutions such as closed captioning and Accessible Channel.

**Government:**

**Passport Office Canada:** Persons using assistive communication devices- the Passport Canada website contains accessibility features that allow users or applicants who rely on assistive technologies such as text readers, audio players, voice-activated devices and refreshable Braille displays, to overcome the barriers presented by standard internet technologies. If you are unsuccessful in attempting to access information or an application form on the Passport Canada website using an assistive device, please contact us. If you communicate by email, someone will respond within three working days. TTY services: 1-866-255-7655.

**Canada Revenue Agency:** Disability Tax Credit for hearing impaired people, <http://www.craarc.gc.ca/tx/>

[ndvdl/sgmnts/dsblts/qlfd-prcts/dtrmng/hmg\\_eng.html](http://ndvdl/sgmnts/dsblts/qlfd-prcts/dtrmng/hmg_eng.html)

**TTY (Teletypewriter)**

For enquiries from persons who are deaf or hard of hearing, or who have a speech impairment: 1-800-665-0354

**City of Calgary (Municipal Building)**

City TTY services are a special communications service reserved for deaf, hard of hearing, or speech-impaired people who use a TTY device or personal computer with a modem to communicate. TTY Services City of Calgary TTY Operator: 403-268-2205 TTY, 403-268-2460 Voice [tty.services@calgary.ca](mailto:tty.services@calgary.ca)

**Calgary Police Service:** CPS has a dedicated TTY Line for deaf and hard of hearing people to provide them with assistance. TTY: 403- 233-2210 Emergency Deaf Persons Teletype Line (24 hour), 403- 265-7392 Deaf Persons Teletype Line (24 hours)

**Education:**

**Calgary Public Library:** Assistive Listening Devices and TTY services are available at various branches of CPL. Please refer to: <http://www.calgarypubliclibrary.com/services/diversity-services/special-services>

*Courtesy of Health Link Alberta, Alberta Health Services*

# Hearing at the movies and theatres

The process of obtaining an assistive listening device from movies, theatres, museums, or other public accommodations is relatively straightforward. The devices are usually kept at the ticket office, information desk, or coat check.

Most facilities require that someone leaves identification such as a driver's license, which is given back when the device is returned.

Always check the power before leaving the pick-up area to make sure the battery is working. Also examine the headphones. Unfortunately, not all facilities clean the headphones on a regular basis. A person may ask for a clean pair of headphones or bring his own. The same set of headphones that can be purchased at an electronics store to fit a portable radio or CD player will fit an assistive listening device. Be aware that not all devices are compatible with hearing aids.

The more people use these devices, the more the management will realize their importance. Some people refuse to ask for a device because they are afraid or ashamed of looking "disabled." Given how common hearing impairment is, many more people would probably enjoy shows if they took the time to ask for a device.

Consider yourself a pioneer and teach others that using an assistive listening device is no different to wearing a pair of glasses!

**How to get an assistive listening device:**

1. Arrive 10-15 minutes early.
2. Ask the ticket seller for an "assistive listening device."
3. You may be asked to leave a driver's license or a small deposit, but there should be no charge for using the device.
4. Return the device at the end of the show.

**How to use the assistive listening device:**

Assistive listening devices are easy to use, but if you have difficulty, just ask the ticket seller or the manager for instructions.

1. Put on the headset.
2. Turn the unit "on."

Adjust the volume to your comfort level. Sometimes there will be no sound until the facility turns on the transmitter. If this is the case, check with the person who gave you the device so you can make sure the battery is working.

**If you wear a hearing aid(s):**

1. Put the on the headset on over the hearing aid(s).
2. If there is feedback (whistling) from the aids, turn down the hearing aid volume or remove the hearing aid(s).

**If you have a T-switch on the hearing aid(s):**

1. Ask if a neckloop is available for the device.
2. Unplug the headset and plug the neckloop into the device box instead.
3. Put the neckloop around your neck.
4. Turn the hearing aid to the "T" position.
5. Turn up the hearing aid volume to the highest point.
6. Adjust the volume on the device to your comfort.

At this time, there are two technologies that provide captioning (text words) for movies: open captioning (Insight Cinema) and Rear Window captioning. Distribution is still quite limited,

both in terms of the number of movies that are captioned, and the number and location of theatres that have the technology.

One way to find out if there is a theatre that has this technology is to ask the district manager (you can find out who that is by calling any cinema in town).

**Hearing at Restaurants and Hotels:**


**Restaurants**

In restaurants, patrons may request to be seated in a "quiet area," although there are no regulations for how quiet that area must be. Sitting in a well-lighted area might help someone who uses lip reading as an assistive device.

**Hotels**

When staying at a hotel, it is important for a person with hearing loss to be alerted to emergencies such as a fire. Being able to hear alarm clocks and knocks on the door are also issues of concern. Currently, hard-of-hearing and deaf individuals staying in a hotel must rely on a portable visual alarm (a strobe light that works with a smoke/fire detection system), or a shake-awake clock (that vibrates the bed), and/or on a door knock alert (a light flashes when there is a knock on the door) if there is an emergency.

Some systems require the hotel staff to specifically activate them, which requires the staff to REMEMBER to do so, which often doesn't happen. Hotels are also required to provide phone flashers (a light flashes when the phone is ringing) and phone amplifiers. The portable unit is plugged into the electrical outlet, which makes it vulnerable to power outages. In an emergency, hotel staff may forget or are unable to get to rooms where hard-of-hearing or deaf individuals are staying. Thus, many consider the current procedures to be insufficient. □



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Helen Keller

\* \* \*

**Kindness is the language which the deaf can hear and the blind can see.**

Mark Twain





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# You can learn a lot from children

fizzing over the top like the finest champagne.

Quite naturally, children love to play and we spend a good deal of time teaching them not to do it. Sit down. Be quiet. Do your chores. Do your homework. Make your bed. Mow the lawn. Don't be silly. Mind your manners. Settle down. Shhhhhhh!

We teach them to work hard. To be ambitious. To get ahead. To "make something of themselves", as if they are nothing in the first place. In fact, they are pure and perfect to begin with, but along with Life, we knock it out of them and turn them into joyless, responsible adults who've forgotten how to dream, how to share, how to remember that it's not whether you win or lose, but how you play the game.

I love watching Masterchef Junior and being astonished by children, aged 8-12, cooking things I can't pronounce, using ingredients I've never heard of, plating up dishes that look like they were served in a 5-star restaurant. As if that isn't enough of a treat, it's extra wonderful to see some very important differences between them and the grown-ups on the adult version of the show.

In the team challenges on the grown-up version, team captains choose strategically in hopes of making the other team lose, knowing one member will be eliminated from the competition - and the possibility of winning \$100,000 and a book deal.

But on Masterchef Junior, it's another story. They choose based on friendship and fun.

When the adults are doing team challenges, members from one team look nervously over at everyone on the other one, to see who's in the lead. They're freaking out, worried, blathering on about how they cannot lose this challenge because they really want to win! They're sweating and frantic, and they sure as heck don't look like they're having any fun at all.

One of the kids' team challenges was for each team to put up three dishes for a school cafeteria. Kids from one team were encouraging - and even helping - the other team when it was lagging a little, and in danger of not finishing the dishes for the students.

It felt like one big, enjoyable team effort that was all about making sure

everyone finished on time so the students would not be disappointed. They seemed to forget that they were working for points, which would ultimately affect each contestant's standing in the competition. And they were having an awful lot of fun.

When the judges praised the adults' dishes, quite often the other contestants looked jealous or worried. They'd plaster fake smiles on their faces, gritting their teeth while clapping with all the enthusiasm of a bunch of writhing fish hanging from hooks in their faces.

When the judges praise the children's dishes, the other kids light up. They're beaming. They're so excited, hugging each other and saying, "You did a great job!" and obviously meaning every little bit of their excitement and pure affection.

When the adults get eliminated, most of them are very upset. Some are even quite obviously angry, especially as they get down to the last few contestants and were very close to having won. And when they were back just days later to watch the two finalists compete, you could still see the disappointment, the anger, the

jealousy. There were only fake smiles and false encouragement for the finalists.

When the children are eliminated, most of them say how cool it is they got this far, and yes sometimes there are tears - mostly because they'll miss their new friends and all the fun they've been having.

The adults are all about the fame, the title, the money, the winning, going on about this being "their only chance" to open their own restaurant etc.

Well, how did all the other restaurants in the world happen?? Did everyone have to win a competition that would give them some start-up money? Too much hype and too much rubbish about winning has made them lose their perspective completely.

The kids are happy to see the others succeed and it's not about whether you win or lose, it's how you play the game. They know it's supposed to be about fun, about having a really cool experience, about learning, about supporting each other. It's about enjoying the ride and not worrying about the destination.

Yup. You can learn a lot from children. □



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# The Healthy Geezer

By Fred Cicetti

[This is the second installment of a three-part series on breast cancer.]

The most common breast cancer symptom is a lump. Other symptoms include swelling, skin irritation, nipple pain or retraction, and an unusual discharge.

Early diagnosis saves lives. The combination of a mammogram, a clinical breast exam and self-exams

is recommended by health-care experts to reduce breast-cancer deaths.

A mammogram is a breast x-ray. If mammography finds an abnormality, confirmation by biopsy is required. In a biopsy, a tissue sample is taken for analysis.

About 10 percent of women examined will need another mammogram. Only about 10 percent of those

women will need a biopsy. Out of those biopsies, 80 percent will come back negative for cancer.

Women 40 and older should have an annual mammogram and breast exam by a healthcare professional. As long as a woman is in good health and would be a candidate for treatment, she should continue to get mammograms and exams.

Research has shown that self exams help find breast cancer. Self examination teaches women how their breasts feel normally and to notice changes.

Ultrasound and MRI are other diagnostic tools.

Ultrasound uses high-frequency sound waves to outline a part of the body. Breast ultrasound can focus upon something picked up by a mammogram.

Magnetic resonance imaging (MRI) use radio waves and strong magnets instead of x-rays. They can be used to examine cancers found by mammogram.

Most women with breast cancer have some type of surgery. Surgeries include lumpectomy to remove only

the breast lump and surrounding tissue, a mastectomy that removes part or all of the breast or can be more extensive to include lymph nodes and muscle tissue.

Radiation therapy is another form of treatment. It uses high-energy rays or particles that destroy cancer cells. This treatment may be used to destroy cancer cells that remain in the breast, chest wall, or underarm area after surgery.

Medicines are also used to treat breast cancer. Chemotherapy employs intravenous and oral drugs that can kill cancer cells in most parts of the body. The anti-estrogen drug tamoxifen has been used for many years to treat breast cancer.

Hormone therapy is a cancer treatment that removes hormones or blocks their action and stops cancer cells from growing. Hormones are substances made by glands in the body and circulated in the bloodstream. Some hormones can cause certain cancers to grow.

If tests show that the cancer cells have places where hormones can attach

(receptors), drugs, surgery, or radiation therapy are used to reduce the production of hormones or block them from working. The hormone estrogen, which makes some breast cancers grow, is made mainly by the ovaries. Treatment to stop the ovaries from making estrogen is called ovarian ablation.

Hormone therapy with tamoxifen is often given to patients with early stages of breast cancer and those with metastatic breast cancer (cancer that has spread to other parts of the body). Hormone therapy with tamoxifen or estrogens can act on cells all over the body and may increase the chance of developing endometrial cancer.

Women taking tamoxifen should have a pelvic exam every year to look for any signs of cancer. Any vaginal bleeding, other than menstrual bleeding, should be reported to a doctor as soon as possible. □

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



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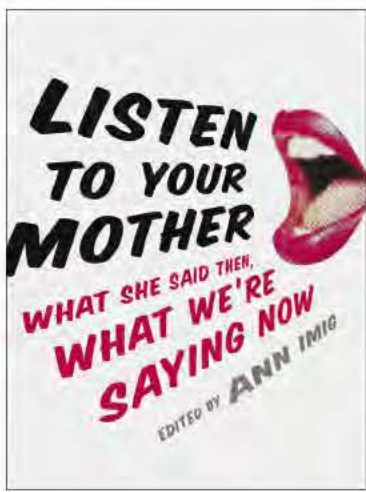
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## Book Review “Listen to Your Mother”

By Ann Imig

c.2015, Putnam  
\$25.95 U.S. /  
\$28.95 Canada  
246 pages  
Reviewed by the Bookworm

Safe.

That’s what you would’ve been, if you’d just paid attention to your mother. You wouldn’t have caught your death of cold or poked someone’s eye out. You’d never even bother looking for money trees. Accidents would be free of dirty undies, and you’d have nice things.

But nooooo, you didn’t heed Mom’s advice until you had children of your own. And in “Listen to Your Mother,” a collection of essays edited by Ann Imig, you’ll see what else you missed.

For much of your life, your mother told you what to do. As it turns out, she IS the boss of you and sometimes her advice is right. Other times, says Mary Jo Pehl, her words scare you enough that “she should have a flashlight under her face.”

And yet – you’ve probably noticed that Mom is strong as steel. Maybe she “leads you to water and stays till you drink,” as does Tasneem Grace Tewogbola’s mother. And even if, like Lea Grover, you’ve forgotten

things, you still know Mom’s “a supernatural entity made of love... and constant presence.”

If you’re the moming one, then you understand how Jenny Fiore needs outings “in order to keep my child happy enough, occupied enough not to break me.” You can “finally let go of all your crazy hopes and dreams and just live vicariously through your children,” says Wendi Aarons. Like Jennifer Ball, you know that traditions mean everything. Like Stacey Connor, you can do what’s right for your child and hope the condemnation isn’t too harsh. And you can remember, as does Natalie Cheung Hall, “I am a good mom because I have a good mom.”

Mothers, as anyone who’s had one knows, come in all shapes and sizes.

Some of them are single, while some families have two moms. In many cases —like that of Alexandra Rosas — Grandma takes the role and “all the ugliness of my world disappears,” or an Auntie does the mothering. Some moms eagerly anticipate their babies’ birth, others fear for their child’s future before it’s even born, and all mothers find it hard to let go.

And sometimes, Mom is actually a Dad...

So, all things considered, you were a pretty good kid — although there were times when, well, let’s just say that “Listen to Your Mother” could help make amends.

Because of long Wisconsin winters spent with two small children, blogger-editor Ann Imig created a stage show “to make room for the voices of other mothers and men

and women...” and from which her book is titled.

Some of these fifty-some essays will make you laugh, of course. Others will resonate in your own life. A few will make you wonder if the author somehow knew your mother. Many stories will touch your heart — and at least one will break it in pieces.

If you’re a mother or a

mom-to-be, you’ll find comfort and kindred spirits inside this addictive, easy-to-read book. If you’re looking for something to give your own Mom, I’d say wrapping up “Listen to Your Mother” is safe. □

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

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# Saskatchewan surprises (and so does unsung Winnipeg)

Story and photos  
by Barry Whitehead.  
Page design and layout by  
Winifred Ribeiro. •



Polar bears cavorting in Assiniboine Park Zoo. Tourism Winnipeg.

### Let's be honest about this.

The prairie provinces of Saskatchewan and Manitoba aren't usually the first places that come to mind when making one's vacation plans.

For many of us in Alberta, if we drive eastward on the Trans Canada highway across the prairies' seemingly featureless plains, it's with Ontario and points further east firmly in our sights. I've done it myself on a couple of occasions.

Last summer, however, for a change, I decided to do a little exploring of the prairies themselves. With a little off the main road exploration I discovered that rural Saskatchewan offers a surprising number of cultural and natural rewards, some of which are well-hidden and others just plain unheralded. Elsewhere, discoveries can be right

under your nose in the bigger towns such as Saskatoon.

In Manitoba, if you haven't been to Winnipeg for a while, then prepare to be impressed with its 21st century innovations, which with its more traditional attractions, make the city a worthwhile destination in its own right.

Known as the home of the Royal Canadian Mint and in summer for the huge Winnipeg Folk Festival, not to mention the Winnipeg Fringe Festival (which is North America's second-largest fringe fest), Winnipeg has had a thoroughly modern downtown facelift in recent years. In fact, so much so, that for someone who spent several years here as a child, it's almost unrecognizable. Like me, Winnipeg is all grown up now, which is also how the prairies operate—they'll grow on you too, if you give them half a chance.

### The Dead Sea of Canada

Most Canadians know about Israel's Dead Sea — but not many Canadians know that Canada has its own Dead Sea. Its proper name is Little Manitou Lake and it's an hour's drive southeast of Saskatoon.

Here, underground springs have created the "Lake of Healing Waters" (as called by the Cree). The water's minerals and salts make the density of the water here three times that of the ocean. When I went

swimming at the beach here I found out it was impossible to sink (it's obviously perfect for non-swimmers) and life guards are definitely surplus to requirements.

Many people sample the waters on the edge of the lake at Canada's largest indoor mineral spa, Manitou Springs Resort

and Mineral Spa, where the waters are channeled indoors. It seemed like the waters were even denser here —when swimming here I kept popping up like a cork!

The village of Manitou Beach itself is one of the quirkiest little places in Canada. Rising up from the lake numerous art studios and knickknack antique shops dot the hillside. On the July Saturday afternoon I was there they were full of visitors looking for unique treasures.

On Saturday night locals and visitors flock to Danceland on the shores of the lake. Built in 1928 and featuring one of Canada's last horsehair-sprung dance floors this massive dance space has a long history. Famous acts such as Buddy Holly, the Guess Who and Don Messer and His Islanders, to name but a few, have all performed here. When I was there, an older crowd was enthusiastically dancing to rock and roll hits of the 50s and 60s from the very first beat of the night.



A courtesy shuttle drops off dancers for an evening of fun at Danceland.

### The Paintings of Count Berthold von Imhoff

One of the joys of roaming the backroads of Saskatchewan is the thrill of discovering the inspirational religious paintings of Count Berthold von Imhoff in various Roman Catholic churches scattered across town and countryside. His work for the church earned him a knighthood, bestowed by the Pope in 1937.

If you don't want to explore the backwaters of the province, the greatest concentration of his paintings can be seen in Lloydminster and just to the northeast in the small town of St. Walburg in the rolling hills of west central Saskatchewan. Here you can visit the Imhoff Museum and Art Gallery on the farm where Imhoff lived and had his studio until his death in 1939. I was fortunate enough to be given a tour by his grandson who still lives on the property.

You can also see a number of Imhoff's paintings at the St. Walburg and District Historical Museum. The majority of the more than 200 paintings he left behind have been given a new permanent home in recent years in the museum complex in the Lloydminster Cultural and Science Centre.



Imhoff paintings in Our Lady of Sorrows Roman Catholic Church in Paradise Hills, Saskatchewan.

Compared to viewing the paintings in a museum, I came to realize that the best way to appreciate Imhoff's work was to see his paintings where they were meant to be seen — decorating the churches themselves.

I visited three churches where I could view his work in

their intended setting; two were about an hour's drive east of Saskatoon near Marysburg and in the town of Muenster. However, the most impressive Imhoff art I saw adorns the walls and ceiling of Our Lady of Sorrows Roman Catholic Church in Paradise Hill just east of St. Walburg.



Imhoff paintings in Muenster, Saskatchewan.

### Batoche National Historic Site

In the village of Batoche, Louis Riel and his Métis defended their land and almost defeated the Canadian army in 1885 at Saskatchewan's most significant historic site. You can still see the scars of a battle waged over four days in the form of bullet holes in the church rectory. Louis Riel was captured here and later hung for treason.

In Batoche's extensive grounds you can relive the conflict between the Métis provisional government and the Canadian government at various strategic points such as the six feet tall Zareba fortress. The graveyard is a history lesson in itself. Also commemorated is the partially re-created village of Batoche in the 19th century, where costumed docents provide information on the events that



Métis fiddler at Batoche. Tourism Saskatchewan.

changed western Canada. You can walk or be ferried around the site in an open-air trolley which leaves from the new interpretive centre.

This is a beautiful site overlooking the South Saskatchewan River valley (descending from

the flatness of the prairies Saskatchewan has a surprising number of river valleys) where you can also see Métis river lot land use patterns. Seventy kilometres north of Saskatoon, you could easily spend all day here.



Old quilts artfully rolled up to create wheat sheaves on display in the Western Development Museum, Saskatoon.

### Saskatoon-the Paris of the Prairies

The home of nothing so Canadian as Mr. Hockey himself, Gordie Howe, Saskatoon has often been referred to as the Paris of the Prairies. With arching bridges over the Saskatchewan River between the University of Saskatchewan and the lively downtown, it's considered to be the most cultured place on the prairies between Winnipeg and Edmonton. It's a claim I find hard to disagree with. It could also be your base to explore several of the attractions in this article.

I was lucky enough to be there for one of the highlights of the festival season — the Sasktel Saskatchewan Jazz Festival. It's a bit of misnomer really as musical acts from the world over span the musical spectrum from jazz to funk to world music and electro pop. Held at various venues over a ten day period from late June into early July, I discovered

there's nothing finer than to wine and dine in the grounds of the Bessborough Hotel and take in the music on a balmy evening.

Saskatoon's other most famous son is former Prime Minister John Diefenbaker. He was also the chancellor of the University of Saskatchewan and on whose grounds he is buried. Here the Diefenbaker Canada Centre honours his legacy. This is one of the best small museums anywhere, especially if you recall "the Chief" and his times. There are informative exhibits on the history of the Canadian flag, the aborted Avro Arrow airplane and a replica of a Cabinet Room from Diefenbaker's time in Ottawa.

Saskatoon's premier museum is the Western Development Museum. In the 1910 Boomtown Saskatoon section you can wander the longest indoor street of any museum in

Canada. Thirty period buildings, from fire hall to photo studios to clock shops, recreate turn-of-the-century prairie communities which sprouted up overnight. You can re-live the experience of emigrating to the prairies on a train and creating a new life. Transportation buffs will particularly appreciate this museum with an astounding variety of buggies, sleighs and cars. I was more attracted to odd creations to harness alternative power such as a 1984 steam bicycle, as well as novelties such as a comfortactor which doubled as a plow and a vehicle to town. The museum also has fascinating exhibits such as one on the doomed Arctic expedition of the British explorer Franklin and successful Saskatchewan innovations such as using radioactive cobalt to treat tumours.

Continued on page 18





Overhead view of the Forks area in downtown Winnipeg with the Museum of Human Rights in the upper left and the Esplanade Riel pedestrian bridge in the upper right. Tourism Winnipeg.

Continued from page 17

## The Forks and the Museum for Human Rights

While the junction of Portage and Main is the traditional heart of Winnipeg, the focus for visitors is just to the south at the confluence of the Assiniboine and Red Rivers at The Forks. Here, landscaped parks with historical connections mingle with converted railway shops into an attractive entertainment complex of unique retail, cafes and restaurants and riverside terracing. It's just the place to hang out in Winnipeg and perhaps even take a river cruise, as I did.

The centerpiece here is the architecturally spectacular and spanking new Canadian

Museum for Human Rights, the first national museum outside of Ottawa. The focus is on human rights education, the only one of its kind, as relevant to Canada and the world. After visiting, my opinion is that over and above being a museum, it's a full-on sensory experience.

This is not a traditional museum in any sense of the word- it doesn't specialize in dry and dusty exhibits — it is cutting edge high tech: check out the Lights of Inclusion floor game for a start or the standing digital books or an immersive video hologram, just several of many interactive experiences.

Although there are sections on racism, democracy and the Holocaust, for example, they are not conventionally displayed, although you'll still see artifacts such as a flak jacket worn by Romeo Delaire during the Rwandan genocide and a red prom dress worn to the first integrated prom at a Georgia high school in 1963.

Just exploring this building is awe inspiring as is the panoramic city view from the top of the Israel Asper Tower of Hope. Even if you're not a museum junkie, the architecture alone is worth the price of admission.



Sculpture in Assiniboine Park's Leo Mol Sculpture Garden.

## Assiniboine Park and Zoo

Vancouver has Stanley Park while Winnipeg's answer is Assiniboine Park. One of the finest (and oldest) urban parks in Canada, it has remained relevant to Manitoba's visitors particularly in its zoo area. The Journey to Churchill

exhibit features the aerial ballet of polar bears that spin and twirl above your head in a watery glass dome. They enthralled me just as much as the numerous children the exhibit is designed to attract. Throw in cute polar bear cubs

and you've got an unbeatable attraction. The Journey to Churchill display is the latest highlight of this venerable zoo and also features lumbering muskox, wolves, moose and Arctic seals. Elsewhere in the zoo there are South American and Asian and seasonal exhibits and a butterfly garden, not to mention numerous animal encounter shows for the kids.

In truth though, the park really comes into its own beyond the zoo's walls. The appeal of Assiniboine Park is timeless and does not bear witness to current fashion. It's expansive and yet intimate, beautiful and has many facets. People walk, drive, hang out and play here in whatever way the park strikes their fancy.

The Pavilion Gallery Museum displays renowned Manitoba artists: the Pooh Gallery portrays the connection between Winnipeg and Winnie the Pooh. In summer the Lyric Theatre puts on movies and live music and theatrical entertainment. And don't miss the stunning flowering gardens such as the English Garden and the Leo Mol Sculpture Garden. Much here is for free ---consequently this is definitely a park for everyone.

## The Manitoba Museum

Low on modern gimmickry (the diorama is not dead here), and, in my humble opinion, all the better for it, the very traditional Manitoba Museum is definitely my favourite Winnipeg museum. Situated near the funky downtown Exchange District, the museum covers virtually everything Manitobean. The nine galleries cover nature, history, commerce and culture, to name but a few subject areas.

Who would have thought life under the permafrost and the life cycle of Lemmings could be so fascinating or even the feasting preferences of the female mosquito and the black

fly ("children and visitors to an infested region are more severely attacked than adult residents"). The evolution of hydro-electric power and the role of zinc in Manitoba's industry and even the growing of wild rice are all included — now this is one thoroughly compleat museum!

The layout is a bit warren-like but directional arrows are there to keep you on narrative course. As in every museum, there's an ever-changing variety of touring and specialty exhibits and the museum does bring itself more up-to-date in its planetarium and science centre, which are both included in the price of admission.



Costumed guides at Fort Gibraltar.

## Fort Gibraltar

Many visitors to Winnipeg (including myself) have toured the more well-known Lower Fort Gallery National Historic Site with its restored 19th century fort where life in the 1850s Red River Valley is re-enacted. But you can go back even further in time to 1810 at the wooden-walled Fort Gibraltar.

Situated in St. Boniface, costumed docents provide insight into fur trapper voyageur life on a more human scale than at the larger Fort Garry. Here you can learn how beaver pelts eventually became top hats for London gentlemen

and the importance of Winnipeg as the gateway to the west. In the carpentry shop I saw how snowshoes and birch bark canoes were made and kept the fur trade moving in both summer and winter. The original Fort Gibraltar was burnt down during fur trade turf wars between the North West and Hudson's Bay companies so it is entirely re-created. The drama student guides will step out of character to provide an engaging experience for the visitor. I found them to be lots of fun. The Festival du Voyageur is also celebrated here.

## Royal Aviation Museum of Western Canada

Set on the site of Winnipeg's original airport terminal building in the west end of the city, here you can immerse in the history of military and civil airlines and learn how the pioneering spirit of Canada's aviation legends helped open up the country to 20th century air travel. Tour the hangars to see recovered or restored aircraft — I've never seen so many bush planes in my life. There are also early Air Canada planes such as a Viscount. I took particular interest in a Bristol Hercules freighter plane as I had travelled

in them when my dad was in the air force.

There are also interesting specialist displays on aerial firefighting and the women of the RCAF (the "she serves — that men may fly" motto on a recruitment poster is an interesting testament to the era). Oddities such as an extensive collection of Canadian airmail envelopes can be examined.

Check the website for visiting aircraft special events and tours. Although I found this museum interesting, it's probably best appreciated by aviation buffs and the kids.



# Seniors Scene

## Social Dance Club

Two dances will be held in May at the Kerby Centre Gym, 1133 – 7th Avenue SW. Stan Foster and the Interlude will provide music for the dances on May 7 (Aloha Days) and May 21 (Waltz) respectively. Make sure that you dress Hawaiian on May 7. On May 21 there will be a free dance lesson from 6:00 p.m. to 7:00 p.m. (doors opening for this at 5:30 p.m.). For regular dances, doors open at 7:00 p.m. and dances run between 8:00 p.m. and 11:30 p.m. Admission is \$12 for members (with membership cards) and \$14 for guests. For more information, please call Sharon and John at (403) 242-6957 or visit [www.social-danceclubcalgary.com](http://www.social-danceclubcalgary.com). (Always call or visit the website before coming in case of cancellations.)

## Ogden House

May 7 is our annual Mother's Day Teatime and Craft and Bake Sale. Admission is \$4, including a lovely strawberry shortcake for dessert. The next TGIF dinner will be given on May 20, with music provided by the Rhythm of the Rockies. Admission is \$14 and reservation is required.

Come and join our weekly potluck lunch on Wednesdays from 12:00 p.m. to 12:45 p.m. Bring a couple of sandwiches or pay \$3. After lunch, you can try your skill (or lack of it) at carpet bowling.

The Ogden House 50 Plus Activity Centre is located at 2102 – 69th Avenue SE. For more information, please call (403) 279-2003 or write to [programs@ogden50plus.org](mailto:programs@ogden50plus.org)

## Silver Threads

Inglewood Silver Threads, located at 1311 – 9th Avenue SE, is a 55 plus seniors activity centre. On May 19, a visit to Pasu Farm, just north of Calgary, will be arranged, with a hot lunch and a great day of shopping and interacting with the lambs. Cost to members is \$20, including lunch. The cut-off date for registration is May 11. For more information, please contact Wendy at (403) 264-1006.

## Confederation Park

Saturday dances will be held on May 14 and May 28 to the music of the Badlanders and Pure Country respectively. Doors open at 6:30 p.m. and dance begins at 7:30 p.m. Admission is \$12.

There will be a garage sale on May 7 from 8:00 a.m. to

3:00 p.m. Garage donations can be dropped off from May 4 – 6.

A presentation on the history of the Calgary Stampede will be given on May 27 from 1:00 p.m. to 3:00 p.m.

To learn more about these events, please give us a call at (403) 289-4780 or visit [www.confedpark55plus.ca](http://www.confedpark55plus.ca). The Confederation Park 55+ Activity Centre is located at 2212 – 13th Street NW.

## Good Companions

All are welcome to the Folk Music Singers on May 9. On the same day, there will be a social supper celebrating Mother's Day from 4:30 p.m. Entertainment will be provided by True County. Admission is \$12 for members and \$15 for nonmembers.

Tea and Conversation will be held on May 13 between 1:00 p.m. and 3:00 p.m. A Mother's Day Teatime and Bake Sale will be held on May 14, with bake table opening at 1:00 p.m. and teatime running from 1:30 p.m. to 3:00 p.m. The cost is \$6 per person. Come and enjoy an Acoustic Jam Night on May 20. Doors open at 6:45 p.m. For more information on all the above, please call (403) 242-3799, visit [www.gc50plus.org](http://www.gc50plus.org), send email to [gc50plus@gmail.com](mailto:gc50plus@gmail.com), or visit us on Facebook. The Good Companions 50 Plus Club is located at 2609 – 19th Avenue SW.

## Greater Forest Lawn

Five Star Bingos will be offered on May 5 and May 19, starting at 12:15 p.m., at 4980 – 25th Street SE. Dances will be held on May 7 and May 21 to the music of For Olde Tyme Sake and Pure Country respectively. The location is 3425 – 26th Avenue SE. Doors open at 6:30 p.m. and dance begins at 7:30 p.m. Admission is \$12 for members and \$13 for nonmembers. On May 28, at the same location, there will be a Monthly Birthday Supper beginning at 6:30 p.m. and followed by entertainment. The cost is \$14 for members and \$16 for nonmembers. For more information about these events, please call (403) 272-4661 or visit [www.gfls.org](http://www.gfls.org).

## Minus One Club

The Minus One Dance Club welcomes new dancers, single, married or partnered, at its semi-monthly dances held at the St. Vladimir's Cultural Centre, 404 Meredith Road NE, on every second Saturday. These dances fea-

ture a great mix of dancing. Dancing lessons are available, each lesson comprising at least two sessions, giving learners opportunities to learn well enough to move on to a new dance lesson. Our doors open for lessons

at 6:00 p.m. and dances run from 8:00 p.m. to 11:30 p.m. with two breaks. Coming up there are two dances on May 14 and May 28, to the live music of Randy Hillman and the Interlude respectively. Admission is

\$12 for members and \$14 for nonmembers. Dress code requires "no runners please". Please call (403) 248-2528 to get regular updates of dances.

Compiled by Faye Wu

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# ••• Community Events •••

## M'n m's of Kananaskis

The Friends of Fish Creek Park presents a virtual hike through Kananaskis Contry, guided by John McFaul, a professional Hiking Guide and owner of the Alpenglow Nature Hikes. He will show the alpine meadows of Plateau Mountain, the pine /aspen woods of Jumping Pound Creek, the golden larch of Chester Lake and much more. This presentation will take place at the Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park on May 25 from 7:00 p.m. to 8:00 p.m. To register or for more information, please visit [www.friendsoffishcreek.org/event/journey](http://www.friendsoffishcreek.org/event/journey).

## Whyte Museum

The Landscape of Ernest Lamarque is one of the art exhibitions on show at the Whyte Museum. It is on show until June 12. Ernest Lamarque was a Hudson's Bay factor and surveyor and was a self-taught artist.

Summer in the Rockies is the title of another art exhibition from June 19 to October 16 featuring Peter and Catharine Whyte. This exhibition features the scenery they enjoyed and some of the personal events in their lives as they welcomed artists, writers, politicians, as well as family and friends to their home. Climate change in National Parks and Large Landscape Conservation is the title of a talk by Dr. Jodi Hilty, one of the world's leading experts on wildlife corridors. She will speak about the opportunity to prioritize conservation of light in climate change on Friday, May 6 at 7:00 p.m. Bison, Bugs and Birds (Linking the Recovery of Endangered Species) is the title of a talk by Wes Olsen, one of the world's authorities on bison reintroduction, on Friday, May 27 at 7:30 p.m. He will provide insight into the role of re-introduced plains bison in the recovery of threatened bird and insect

populations. These events take place in the Whyte Museum of the Canadian Rockies, 111 Bear Street, Banff, Alberta. The museum is open daily from 10:00 a.m. to 5:00 p.m. For more information about these and other programs please call 403 762-2291 or visit the website [www.info@whyte.org](http://www.info@whyte.org).

## Juno winner performs

James Ehnes, who has just won the Juno award for the Classical Album of the Year, will be performing works by Brahms, Rimsky-Korsakov, Tchaikovsky and more, accompanied by the pianist Andrew Armstrong, as a part of MRU Conservatory's Wyatt Series, on May 13 at 7:30 p.m. For tickets, please visit [tickets.mru.ca](http://tickets.mru.ca) or call (403) 440-7770. The Bella Concert Hall is located at 4825 Mt. Royal Gate SW.

## Inherit the wind

The Simply Theatre is proud to present Inherit the Wind by Jerome Lawrence and Robert E. Lee at the Pumphouse Theatre, 2140 Pumphouse Avenue SW, from May 20 to May 28. Showtime begins at 7:30 p.m. on weekdays and at 2:00 p.m. for weekend matinees. Two legal titans confront each other in a small-town courtroom with the eyes of an entire nation upon them. Loosely based on the real-life Scopes Monkey Trial, the play is an edge-of-your-seat drama providing a riveting look at the age-old conflict between science and faith. Admission is \$22, or \$1 off by calling 403 680-4757. For more information, call 403 969-6956 or visit [www.simplytheatre.ca](http://www.simplytheatre.ca).

## Volunteers needed

We are looking for volunteers for an event, which will take place in Calgary (location to be confirmed) in late May or June 2016. Anyone that immigrated in the 1940s and 1950s by ship will be welcome to attend the event. A further project is under way by Ambrose

University on individual stories obtained from personal interviews. If you are interested, please contact Monica at 403 249-0653 or send email to [altermod@telusplanet.net](mailto:altermod@telusplanet.net).

Compiled by Margaret McGruther and Faye Wu

# Volunteer Spotlight



## Rae Dadey

Rae was introduced to Kerby Centre when she moved to Calgary from Manitoba. As a previous bank manager, she had a great deal of experience to bring to Kerby Centre and she started volunteering with both the Fund Development Department and the Wise Owl Boutique. Rae continues to volunteer in the Wise Owl Boutique as a Shop Accountant. This position is not only well suited to Rae because of her background but also because she is a people person. It gives her the opportunity to interact with and meet many people, which suits her kind personality and fun sense of humour. We appreciate all she does for the Wise Owl Boutique. What Rae enjoys most about volunteering at Kerby Centre is the comradery of the volunteers. Rae has contributed over 947.5 volunteer hours to Kerby Centre. Thank you Rae, for all that you do for the Kerby Centre!

**Are you 71? Happy Birthday!**

**71?**

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May through October departures (7 days)  
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**Portugal and Its Islands**

May through November departures (13 days)  
 From **DbL**, \$2299 (13 days)  
 Plus flights  
 Lisbon, St. Michael and Madeira

**Vancouver Island, Victoria and Pacific Rim**

June 2 (8 days)  
 From **DbL**, pp \$1480, **Sgl.** from \$2057  
 Includes guided tours of Victoria and Butchart Gardens

**Wonders of Waterton**

June 23, August 11 (3 days)  
 From **DbL**, pp \$662, **Sgl.** from \$882  
 Includes cruise, barn dance and museum

**Canada's Yukon and Northwest Territories**

July 9, August 13 (8 days)  
 From **DbL**, pp \$5495,

**Sgl.** \$6955 plus flights and taxes  
 Includes Yellowknife, Inuvik, Tuktoyaktuk, Dawson City and Whitehorse and optional 2 nights in Cambridge Bay

**Spain's Basque Country**

September 16 (12 days)  
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**Chinook Honey Company Tour**

Date: Wednesday, May 18, 2016  
**Cost: Members - \$38.00 Non-Members - \$43.00**  
 Includes transportation, a stop at Cora's for brunch (meal cost at own expense) & a 75 min Apiary and Meadery Tour  
 Cut-off Date: Wednesday, May 4, 2016

**Anne and Sandy Cross Conservancy Hike**

Date: Thursday, May 19, 2016  
**Cost: Members - \$46.00 Non-Members - \$51.00**  
 A gradual, but steady climb will take us to a great view point of the forested hills and the mountains beyond. Includes transportation and a guided hike.  
 Lunch is not provided.  
 Distance: 6km  
 Elevation Gain: 90m

**Glenbow Ranch Golf Cart Tour**

Date: Wednesday, June 1, 2016  
**Cost: Members -\$59.00 Non-Members - \$64.00**  
 Includes transportation and a 2 hour golf cart tour. Bring your own picnic lunch.  
 Cut-off Date: Wednesday,

May 18, 2016  
 Call the Travel Desk at 403-705-3237 for more information.  
**Bow Valley Park Hike**  
 Date: Tuesday, June 21, 2016  
**Cost: Members - \$46.00 Non-Members - \$51.00**  
 Two trails will be hiked this day. In the morning we will hike the Flowing Waters Trail which will pass through spruce forest, the Kananaskis River, a wildflower meadow and a beaver pond. In the afternoon we will hike the Many Springs Trail.  
 Includes transportation and a guided hike.  
 Lunch is not provided.  
 Distance: 4.6km  
 Elevation Gain: 20m

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 Cranbrook Casino of the Rockies – \*\*Sept 13-16 / \*\*Dec 4-7  
 Camrose Resort and Casino – June 12-13 - Shop, Shop, Shop  
 \*\*2016 new ownership trip - TBA  
 River Cree Resort & Casino: (Edmonton) – October 16-17  
 Stoney Nakoda (Day Trips) – TBA  
 Stoney Nakoda (Overnighter) – Aug. + Oct.- Call Kyla for details  
 \*\*Moose Jaw, Saskatchewan – Sept 27-29  
 \*\*Note – These trips will be escorted by new owner Kyla Meszaros - 403-404-0430  
**LOTS OF FUN DAY TRIPS (NO CASINO)**  
 Berry Farms & Chinook Honey Trip – June 11  
 \*\*Note – New day trips from new ownership commencing August 2016  
 We can arrange transportation for any size group. Please contact us.  
 For more information on any of our trips, please contact the friendly Lifetime Highs staff.  
 Note: In case you haven't HEARD, LeRoy and Marj are retiring June 20th, 2016.  
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- Anonymous donor



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



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<p><b>WATERTON</b>                  4 days departing May 25 \$599.00                  Includes Music Legends Dinner and Show Boat cruise on Waterton Lake, Frank Slide, Head smashed in Buffalo jump, Remington Carriage museum.</p>	<p><b>LAS VEGAS</b>                  9 days departing Oct 8 \$799.00                  2 nights Great Falls, 2 nights Jackpot                  4 nights Las Vegas Shopping at Fashion outlet mall, Hoover Dam</p>
<p><b>A TASTE OF THE ATLANTIC AND NEWFOUNDLAND</b>                  15 days departing June 7th \$3631.00 Airfare included                  All ferry crossings and attractions included.</p>	<p><b>CALIFORNIA WINE</b>                  14 days departing Oct 11th \$2299.00                  Portland dinner cruise, Alcatraz, Cable car ride and city tour, 3 winery tours and tastings, Redwood forest, Oregon Coast, Tillamook cheese factory, Casino packages and much much more.</p>
<p><b>YELLOWSTONE</b>                  5 days departing June 26th \$799.00                  Old Faithful 4 nights, accommodations, 4 hot breakfasts.</p>	<p><b>LAUGHLIN &amp; GRAND CANYON</b>                  12 days departing Nov 5 \$949.00                  2 nights Great Falls, 2 nights Jackpot, 7 nights Laughlin, Laughlin Fun book. Day trip to Oatman, Day trip to Grand Canyon</p>
<p><b>DISCOVER VAN ISLAND</b>                  12 days departing Aug 22nd \$2019.00                  Vancouver &amp; Victoria City Tour, Butchart Gardens, Boat Cruise at Telegraph Cove, Coombs Market, Chemainus, Winery Tour &amp; Tasting, Elk Falls, Tofino &amp; Ucluelet, Casino package and so much more.</p>	<p><b>CHRISTMAS IN VEGAS</b>                  10 days departing Dec 21st \$949.00                  2 nights Great Falls, 2 Nights Cactus Petes Jackpot, 5 nights at Gold Nugget in Las Vegas, 2 breakfasts, Wine and Pizza party, Casino packages that include Fun coupons, Meal credits, beverages and gaming tokens.</p>
<p><b>KOOTENAY OKANAGAN</b>                  6 days departing Sept 18th \$789.00                  Winery tour, Boat cruise, Davison Orchards, Radium Hot springs, Rossland museum, Steak BBQ and ghost town tour</p>	<p><b>PROMOTION TOURS</b></p>
<p><b>CASINOS AND WINE TOUR</b>                  6 days departing Sept 28th \$789.00                  2 Nights Stoney Nakoda resort, 3 nights Lakeside Resort and Casino Penticton, 2 Wine tours and tastings, Paddlewheel boat cruise, Davison Orchards, Casino packages and so much more.</p>	<p>Prices based on per person double sharing + GST on Cdn. portion</p>



# Kerby Centre's Activities, Programs, & Services

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

**Dates to Remember**

Health Presentation.....Mon May 2  
 Boomers at Work.....Tues May 3  
 Kerby Centre Closed \*Victoria Day.....Mon May 23  
 Monthly Movie "Everest" .....Fri May 27  
 Scotiabank Charity Challenge.....Sun May 29

**Internet Drop-in**

Rm 305  
 Monday-Friday  
 9:00am-2:00pm  
 FREE

**Fit Room (Rm 108)**

403-705-3233  
 \$20/Month  
 \$180/Year  
 Monday-Friday  
 7:30am-7:30pm

**Monday**

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

Knitting for a Cause 10:00am-12:00pm Dining Room  
 (2nd & 4th Monday each month) FREE

**Tuesday**

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

Options 45 (Lounge) 1:30pm-3:00pm  
 Cost: \$2.00

**Health Presentation—May 2**

Mental Health Week Seminar  
 Room 205 10:00am-12:00pm  
 Free, No Registration. Refreshments

**Wednesday**

Bridge (Rm 307) 1:00pm-3:00pm  
 Dance (Rm 205) 1:00pm-3:00pm  
 Cost \$1.25

Craft Group (Rm 311) 9:00am-12:00pm  
 FREE

**Thursday**

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

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

**Financial Fitness Speaker Series**

Financial Counselling, Coaching & Guidance presented by Money Mentors May 5 at 10am in the Lounge  
 How to Hire a contractor and avoid scams presented by BBB May 12 at 10am in the Lounge  
 Senior Fraud Recognition and Prevention presented by SAIT May 30 at 12:30pm in the Lounge  
 Registration Required (Rm 206 ) or Contact 403-705-3246

**Friday**

Spanish Conversation Group (Rm 311)  
 10:00am-12:00pm  
 Badminton & Ping Pong (Gym) 10:30am-1:00pm  
 Cost:\$1.25

Krazy Karvers Woodcarving Club (Rm 102)  
 10:00am-3:00pm  
 Cost: \$1.00 per hour

**Weekly Clubs and Events**

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

**Housing Seminar 2016**  
 Assisting seniors and their families  
 Presented by Kerby Housing Department and Peter & Debra Molzan, Senior Real Estate Specialists

Who should attend this seminar? Anybody who is interested in knowing:

- What type of housing will suit your lifestyle?
- What do you need to do to get ready to move? Are you unsure of the process?
- What housing options are available?
- Getting your Home ready for sale
- Investing your money to afford your Retirement Housing

Lecture Room (Rm 205)  
 Tuesday May 24 10:00am – 11:30am  
 Members \$2, Non-Members \$3  
 Register to secure your place by phoning 403-705-3246 or visit Information Resources (Rm 206)



**Team Kerby**

Come support our team while they race to raise funds for Kerby Centre  
 Sun May 29-Stampede Grounds

**Next to New Half-Price Sale**

Tuesday, May 17  
 10:00am-2:30pm

**Kerby 2 St. Andrews 1-10601 Southport Road SW**  
**403-705-3233**

Visit our website ([www.kerbycentre.com](http://www.kerbycentre.com)) for more information on courses offered, such as Yoga For You and Memoirs and Legacy Letters.

**Meals on Wheels**

Tuesday, May 17<sup>th</sup>  
 10:00am – 11:00am  
 Lecture room (Rm 205)  
 Information session about the 5 different programs they offer.

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

**Location: K2-EV – 428 9<sup>th</sup> AVE SE**  
**403-470-6300**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lifespring Community Church 10:30am 403-862-5639	Gentle Fitness 11:15am-12:15pm Drop in Computer Time 9:00am-11:00am	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am – 3:00pm	Games n' More 10:30am-12:00pm Community Connects 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-11:00am	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-3:00pm	Create! In the East Village 1:00pm-3:00pm 403-880-3001 Drop in Computer Time 9:00am-3:00pm

Monthly Movie: Thursday, May 26 11:00am "Everest"  
 Chow N' Chatter: Wednesday May 18, 12:00pm-1:30pm Cost: Older Adults \$2.00, Others \$5.00  
 Mindfulness and Meditation: Monday May 2 and 9 1:00pm-3:00pm



# Assisted suicide a deadly new form of normal

By Peter Stockland

*Disclaimer: This editorial represents the views of the writer and is not necessarily endorsed by Kerby Centre. Kerby News welcomes readers' opinions on assisted suicide.*

Euthanasia? Assisted suicide? There's an app for that.

Or there soon might be, the executive director of the B.C. Civil Liberties Association told a joint Senate-Commons committee this week. The committee is studying legislative responses to replace the Criminal Code prohibition on helping someone end his or her life.

That provision was struck down, of course, exactly a year ago by the Supreme Court of Canada. Parliament is now scrambling to meet a court-imposed deadline for new legislation because the previous Conservative gov-

**"if a person is bedridden, unable to communicate, can't shave himself, and loses control of bodily functions for 30 days, doctors could assume approval to administer death."**

ernment folded its arms and refused to touch the issue.

The B.C. Civil Liberties Association led in the battle to have the old law struck down. Not surprisingly, BCCLA representatives argued in front of the joint committee that any new law should be as minimalist as possible. By no means, executive director Josh Patterson contended, should there even be a requirement for a second medical opinion when a patient asks a doctor to end life prematurely.

Pressed as to why, in the age of miracles and wonders such as tele-medicine, simply getting a second opinion would constitute unreasonable delay, Patterson replied: "Maybe there will be an app we can use."

In fairness, the rejoinder was a light touch for a very somber subject. His deeper point was about decision-making. Other medical decisions such as withdrawal of care and palliative sedation don't require second opinions, the BCCLA argued, so it would be inconsistent to

require them for directly taking a patient's life.

Yet the app remark aptly underscored the rapidity with which discussion of what was called, not very long ago, mercy killing has become normalized, even banal. Along the way, starker words have been jettisoned, and even the distinct terms "euthanasia" and "assisted suicide" have been conflated and deflated into soft and woolly "medical aid in dying."

The reason, said the executive officer of Dying With Dignity, is that nothing remains controversial about what was once a heinous violation of medical ethics and, up until February 6, 2015, a crime punishable by a maximum 14 years in prison.

"It's about the values of compassion and choice," Wanda Morris told me in a chat outside the committee room. "What is controversial about that?"

Morris was subject to minor controversy recently when it was reported she will replace the fired executive vice-president of the Canadian Association for Retired Persons (CARP). Susan Eng, who had been CARP's public face for eight years, says she was ousted for refusing to actively promote assisted suicide and euthanasia. Morris appropriately refuses to comment except to say that Moses Znaimer, who as CARP's president axed Eng, was a founding member of Dying With Dignity.

Interest group internal matters aside, Morris told the committee that asking to be put to death must be considered strictly a matter of personal autonomy. She

ceded no ground to the argument that such a view constitutes a national moral revolution and an overturning of millennia of medical

**"I fear this being taken as normative," Albrecht said. "It means we're giving up before we've even begun to develop palliative care the way we should."**

ethics. On the contrary, she said, the Supreme Court judgment in the Carter case is just the beginning.

"Carter set the floor, not the ceiling," she told the committee.

She urged senators and MPs to assure the legality of "advance directives" so that people at, say, 19, could set out conditions under which they would be "medically assisted to die" at, say, 89.

A one-page bureaucratic form would specify, for example, that if a person is bedridden, unable to communicate, can't shave him-

self, and loses control of bodily functions for 30 days, doctors could assume approval to administer death, she said.

"Advanced consent is the single most important issue. We do not need patients left to fend for themselves."

For Conservative MP Harold Albrecht, the language of assumed normalcy that he heard during the committee hearing was "deeply disturbing" because it disregards the profound transformation in the Canadian understanding of the sanctity of human life. He's also troubled by the implications for effective palliative care across Canada.

"I fear this being taken as normative," Albrecht said. "It means we're giving up before we've even begun to develop palliative care the way we should."

And Albrecht bristled at the tight time line placed on the committee to deliver its final recommendations to cabinet. The expectation, he said, is that everything will be wrapped up by February 29 if the four-month deadline is to be met.

Euthanasia? Assisted suicide? Make it snappy.

*Peter Stockland is a senior fellow with Cardus, and publisher of Convivium magazine www.troymedia.com.*

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**I can't hear what people are saying on the telephone.**  
**Solution:** Amplified Telephone - These specialized phones allows you to adjust the tone and turn up the volume to

better hear what is said.

**I don't hear the phone when it rings.** **Solution:** Flashing Telephone Signaler - Never miss another phone call! When your phone rings a bright flashing light will alert you to the incoming call.

**I cannot get a goodnight's sleep because I am worried I won't hear my alarm clock go off.** **Solution:** Alarm Clock with Bed Shaker - You can sleep well knowing you won't miss hearing this loud alarm. It also comes with a very strong vibrating disk to wake even the deepest sleeper.

**I didn't hear the doorbell and missed the Home Care nurse and the delivery person.** **Solution:** Flashing Doorbell Signaler - Never

miss an important delivery or visitor again. A flashing doorbell signaler flashes a bright light to tell you when someone is at your door.

**I can't hear the sound of my smoke alarm or carbon monoxide detector alarm any longer.** **Solution:** Flashing Smoke and Carbon Monoxide Signaler - Smoke and Carbon Monoxide are deadly, so you have no time to waste evacuating your home when your alarm goes off. A wireless system will alert you day and night with a bright flashing strobe light and a strong vibrating disk that will wake you from a deep sleep.

**My TV has to be so loud that it disturbs other people.** **Solution:** TV Listening System - An audio listening system will allow you to listen at a volume that is right for you without disturbing others.

**The constant buzzing, roaring and hissing of Tinnitus keeps me awake at night.** **Solution:** Sound Conditioner - A constant soothing sound can help to cancel out the other noises to help you get a better night's sleep.

**I have trouble hearing people speak at a meeting or in a noisy environment.** **Solution:** Phonak Roger Pen Microphone: A wireless microphone system that helps people to understand more speech in noise and over distance. Great for meetings, pair with your Bluetooth cell phone, for TV or multimedia listening. Works with most hearing aids.

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for the 55 plus

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- Priority registration for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre Events
- Member rates for Education and Recreation programs
- Advanced ticket purchases and reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

**One-time coupons for:**

- **10% discount** on red-tag items at the Wise-Owl Boutique
- Voucher for one **FREE** beverage in the dining room
- One **FREE** personal trainer session in our FIT Room
- **10% discount** voucher on a first time foot-care appointment
- **20% discount** at Blooms on 9th
- **20% discount** at Inglewood Beauty Bar for a hair or esthetic service




To purchase a membership:

- Visit our membership desk Monday to Friday 9 - 3
- Phone 403-265-0661, ext 256
- On our website at [www.kerbycentre.com](http://www.kerbycentre.com)
- Mail this form with a cheque for payment and we will follow up by phone

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

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Prov. \_\_\_\_\_  
 Postal Code \_\_\_\_\_ Telephone \_\_\_\_\_  
 Email \_\_\_\_\_ License Plate \_\_\_\_\_

Membership for 2016 is \$22.00 plus \$3.00 for an annual parking tag

Membership is for a calendar year (expires December 31).

MEMBERSHIPS ARE NON-REFUNDABLE



**Kerby Centre**

**Lodge Living For Seniors**



Mountain View Seniors' Housing is currently accepting applications for our lodges in the Towns of Carstairs, Didsbury, Olds and Sundre.

Our lodges provide quality care and services in a home-like setting, and our trained staff are dedicated to helping residents maintain independence in a supportive atmosphere.

Please contact our Admissions Office at 403-556-2957 or e-mail: [admissions@mvsh.ca](mailto:admissions@mvsh.ca) for more information. Applications are also on our website: [www.mvsh.ca](http://www.mvsh.ca).



[www.mvsh.ca](http://www.mvsh.ca)

## Kerby Centre's Annual Seniors Week Celebration

Tuesday, June 7  
 11:30am - 1:30pm  
 Doors open at 11:00am





Kerby Centre Auditorium  
 1133 7<sup>th</sup> Ave SW



Cost: \$2.00

Lunch: Pulled Chicken Sandwich, Pasta Salad, Light Refreshments  
 &  
 Matt Beatty: Fun Music from Every Era

To RSVP, Please Contact the Education and Recreation Department (Room 305) at 403-705-3233

Everyone Welcome!



# Enduring power of attorney: your most important estate planning document

By Jonathan Ng

The will is the centerpiece of the estate plan. Taking the backseat in the estate planning conversation are the Enduring Power of Attorney (EPA) and Personal Directive (PD). Although it is important to make decisions about your estate after your death through your will, it is equally important to make advanced decisions about your finances and personal care in the event that you become incapable of making these decisions on your own.

The EPA is a crucial estate planning document because, unlike the will and the PD, it fills a void that is not otherwise addressed by law and custom.

If a person dies without a valid will, the provincial legislation sets out who has the right to administer your estate and who is entitled to receive your assets. If a person is mentally incapable of making personal care decisions and does not have a PD, it is possible for health care professionals to take directions from your spouse or children. Although it is strongly advised to

have a will and a PD, it is possible for your estate and health care to be managed without these documents.

If a person is mentally incapable of making financial decisions and does not have an EPA, no person has the automatic right to make decisions about your assets. No person can access your bank account, sell your property if required, or pay your bills. This can put an incapable person and their family in a tight situation with assets frozen and bills piling up. The remedy in this circumstance is for a family member to apply for a trusteeship order, a process that can take several months in court and result in high legal fees.

The EPA allows you to appoint an “attorney” in advance to make decisions regarding finances, real estate, and other assets. Note that your attorney can be a family member, friend, or trust company — your lawyer is not your attorney in this context. Some EPAs are designed to take effect the moment that it is signed, thereby allowing the attorney to manage your finances immediately — this can be helpful for people who have difficulty leaving their

house. Other EPAs are designed to take effect only if mental incapacity occurs in future, as validated by a physician in writing.

The attorney has a fiduciary duty to act in your best interests. They should ensure that your needs are paid for and your finances are well-managed. Some EPAs include specific directions regarding investment choices, the amount of money to be spent on medical care and upgrades to your home if needed, and annual reporting of finances to family members. The last is particularly helpful to keep a healthy dialogue among the family.

The EPA must not be forgotten when planning your estate. People dedicate significant resources to create a will that divides their assets upon their death; equal attention should be paid to how assets are managed during life. →

*Jonathan Ng is a lawyer at Underwood Gilholme Estate Lawyers. He specializes in Wills, Enduring Powers of Attorney, Personal Directives, Trusts, and Estate Administration. You can reach him at: jonathan.ng@will-sandestates.ca*

## Safe Sound Awards

Quiet can be fun too! May is Speech and Hearing Month and Hear Alberta is celebrating places where the volume allows for fun and conversation. Nominate your favourite spot for the Safe Sound Awards in the following categories:

**Best Safe Sound Restaurant** — Where do you go to eat and are able to have a good chat without yelling? A common comment about restaurants is that they are often too loud.



**Best Safe Sound Family Fun Venue** — Where can you take your kids or grandkids for fun without getting a headache from the noise?

**Best Safe Sound Fitness or Recreation Venue** — Where can you work up a sweat without getting ringing in your ears?

**Wild Card** — Where else do you or your family like to hang out where the sound levels are inviting?

Visit [www.hearalberta.ca](http://www.hearalberta.ca) to vote (May 1 – May 31) and learn more.

**SIERRAS OF TUSCANY** Mountain views, sunny south facing balcony, enjoy the good life with your swimming pool, hot tub, exercise room, bowling alley, games room, theatre, party rooms, guest suites, underground parking, LRT and more. A great investment and a Great life — Enjoy every moment.

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[rubyhaines-patterson@shaw.ca](mailto:rubyhaines-patterson@shaw.ca)

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Nanton, Alberta



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Every mom deserves a romantic night out.  
**sunday may 8th**  
Cocktails 4pm | Buffet Dinner 5pm  
**\$20 a person** INSIDE OF ZEN 8 GRILL

Featured Entertainment  
**Joel Spire**

Follow our event page on Facebook for amazing contests & discounts  
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All "mom's" will be entered to **WIN \$250 WORTH OF CASINO CASH.**

Tickets available at Guest Services as well as  
[www.cowboyscasino.ca](http://www.cowboyscasino.ca) [www.eventbrite.ca/cowboyscasino/dineanddance-mothersday](http://www.eventbrite.ca/cowboyscasino/dineanddance-mothersday)

## Financial Planning Today

### Topic: Wills and Estate Planning

**LOCATION:** Kerby Centre -1133 7th Ave SW

**ROOM:** Kerby Centre Lounge

**DATE:** Saturday, June 4, 2016


**TIME:** 10:00 am – 11:30 am

Join us for coffee and cookies while learning how to prepare a Will, the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives.

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

**403-705-3235** or  
[robl@kerbycentre.com](mailto:robl@kerbycentre.com)

**Presenters:**  
Jonathan Ng, Estate Lawyer  
Underwood Gilholme



Kerby Centre



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preferred hospital accommodation | accidental death benefit



## PREMIER CROSSWORD/ By Frank A. Longo

**SILENT DUO**

<p><b>ACROSS</b></p> <p>1 Watchful</p> <p>8 Abjectly submissive</p> <p>15 Floral shop receptacles</p> <p>20 More candid</p> <p>21 Fingernail surrounder</p> <p>22 Novelist Munro</p> <p>23 Bands of fibrous tissue enclosing muscles</p> <p>24 Inept warrior in armor?</p> <p>26 Like escaped convicts</p> <p>28 See 17-Down</p> <p>29 Slaughter of the diamond</p> <p>30 Member of a certain antelope fraternity?</p> <p>34 Plasma particle</p> <p>36 "Hurlyburly" playwright David</p> <p>37 Med. drips</p> <p>38 Certain book of liturgy</p> <p>43 Anti-DUI ad, e.g.</p> <p>46 Ending for Alp or salt</p> <p>47 Concept, to Jean-Luc</p>	<p>49 Activity when shopping for sweaters?</p> <p>51 Person who repositions tiny flies?</p> <p>54 "Life of Pi" novelist</p> <p>55 Something easy-peasy</p> <p>56 Apia resident</p> <p>57 "Nothin' —!" ("Easy-peasy!")</p> <p>59 In the dossier, e.g.</p> <p>60 First-class</p> <p>63 Sword stopper</p> <p>67 Bireme tool</p> <p>68 Shoelace snarl of note?</p> <p>73 Young male, urban-style</p> <p>74 Like many offshore rescues</p> <p>75 Outdoor enclosure for tabbies</p> <p>76 In a mischievous way</p> <p>79 Inside: Prefix</p> <p>81 Beautiful guy</p> <p>85 Persian-founded faith</p> <p>86 "That feels go-o-od!"</p>	<p><b>DOWN</b></p> <p>1 Out of whack</p> <p>2 Pro-gun org.</p> <p>3 Auto fluid</p> <p>4 Set free</p> <p>5 Spitz variety</p> <p>6 Province</p> <p>7 More moony</p> <p>8 Singer Boz</p> <p>9 Light unit</p> <p>10 — glance</p> <p>11 "La Dolce —"</p> <p>12 Chilled</p> <p>13 Pivot</p> <p>14 Wife of Zeus</p> <p>15 With 90-Down, actor Jean-Claude</p> <p>16 Foreign</p> <p>17 With 28-Across, ink the contract</p> <p>18 Canyon reply</p> <p>19 Puts (down)</p> <p>25 — light (lamp on a film set)</p> <p>27 Ominous bird</p> <p>30 Prudish sorts</p> <p>31 — -Barbera</p> <p>32 Flanged girder</p> <p>33 News svc.</p> <p>35 Like Mork, per his planet</p> <p>39 Reaping tool</p> <p>40 Alias lead-in</p>	<p>41 Maya of architecture</p> <p>42 Cable TV's Spike, once</p> <p>43 Rack-and- — steering</p> <p>44 Camp for Colonel Klink</p> <p>45 According to 47 "But is —?"</p> <p>48 Faye of films</p> <p>49 NBAer, e.g.</p> <p>50 Rubber check abbr.</p> <p>52 Food-order option</p> <p>53 French political units</p> <p>58 "What a piece of work —"</p> <p>59 Aromatic substance</p> <p>61 "Where — start?"</p> <p>62 Bungle</p> <p>64 Wearing a disguise, informally</p> <p>65 Airport info</p> <p>66 Illuminated</p> <p>68 Holy books of Islam</p> <p>69 Cubbyholes</p> <p>70 Bray sound</p> <p>71 Slight push</p> <p>72 A party to</p> <p>73 Easter cake</p> <p>77 Hem and —</p> <p>78 Bird perches</p>	<p>80 Toledo "two"</p> <p>82 User busters</p> <p>83 Rockabilly singer Chris</p> <p>84 "Come Back, Little —"</p> <p>86 Rocker Rose</p> <p>87 Be laid up</p> <p>88 Drama unit</p> <p>90 See 15-Down</p> <p>91 Got tangled</p> <p>93 Slacked off</p> <p>94 Eggy quaff</p> <p>99 Marilyn of "The Misfits"</p> <p>100 Depleted</p> <p>101 Opt</p> <p>103 Lunchtimes, often</p> <p>104 Early name in arcades</p> <p>105 "Bonanza" star Greene</p> <p>106 Among</p> <p>107 Creole pod</p> <p>108 Difficult task</p> <p>110 Shankar of Indian music</p> <p>111 Take too much, briefly</p> <p>112 Knucklehead</p> <p>113 Nero's "Lo!"</p> <p>116 Stretch (out)</p> <p>117 Almond-hued</p> <p>119 Prefix for "equal"</p> <p>120 Erwin of films</p> <p>121 Young kid</p>
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Solution on page 28

# SENIOR'S DAYS

Calgary's Premier 55+ Club!

More Activities, More Prizes!

CELEBRATE THE 30th ANNIVERSARY OF ALBERTA SENIOR'S WEEK WITH US! JUNE 6th - 12th

<p><b>TUESDAYS</b> Breakfast &amp; Lunch Specials \$2.99 - \$8.99</p> <p><b>THURSDAYS</b> Golden Club Buffet \$11.00 OR \$14.00</p> <p>Slot Tournament Lottery 1:30pm</p> <p style="font-size: x-small;">Group Rates Available Contact: <a href="mailto:kfogarassy@dfic.ca">kfogarassy@dfic.ca</a></p>	<p><b>UPCOMING ENTERTAINMENT:</b></p> <p><b>The Hit Men:</b> Former Stars of Frankie Valli &amp; The Four Seasons June 11th \$39 or \$49 <i>for the first ten rows</i></p> <p><b>Presley, Perkins, Lewis &amp; Cash</b> Tribute Show June 18th \$39 or \$49 <i>for the first ten rows</i></p> <p style="font-size: x-small;">View Our Monthly Senior's Calendar at <a href="http://www.deerfootinn.com/casino/seniors">www.deerfootinn.com/casino/seniors</a></p>
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## Tips for improving your hearing for individuals with hearing loss

by Dr. Carrie Scarff, Registered Audiologist at Audiology Innovations Ltd., PH: 403-252-4722. [www.audiologyinnovations.ca](http://www.audiologyinnovations.ca)

### COMMUNICATION TIPS TO HELP YOU HEAR BETTER:

- Ask people to **SLOW DOWN** their speech and repeat what they've said in a **DIFFERENT WAY** instead of just talking louder (which can distort their speech and mouth movements).
- Make sure background **NOISE IS TURNED DOWN** around you when communicating with someone. Ask them to move to a quieter location to communicate if required.
- Ask people to **FACE YOU** when they are speaking to you. This provides important visual cues to help your brain figure out what people are saying.
- Ask them to get your **ATTENTION** before they start speaking. This allows your brain to 'get ready to listen' to the message.
- Use your **EYES** to help your ears and **ASK FOR WRITTEN CLUES** if needed.

### KEEPING YOUR LISTENING SKILLS ACTIVE:

- Listen to music, books on cd/tape/podcasts, talk radio, movies. This keeps your brain **ACTIVE** for listening and discriminating different words and tones.
- Use the Speakerphone function on your home phone or cell phone. This allows **BOTH** ears to hear the person speaking to you or on the answering machine.
- Turn on **CLOSED CAPTIONING** on your TV. It can help you identify certain words you may have missed and help your brain get used to recognizing new sounds.
- Speechreading course: Deaf & Hear Alberta ([www.deafandhearalberta.ca](http://www.deafandhearalberta.ca), 403-284-6200) offers courses to help you learn to **SPEECHREAD** specific sounds, manage your hearing loss and become an advocate for your hearing loss.
- Try a computer listening training program such as the L.A.C.E. program online which has been scientifically designed to train your brain to listen better to noise.

### DEVICES THAT CAN BE HELPFUL:

- **FM listening systems** or external microphones: these send sound from a specific sound source (your spouse, your friend, your instructor) to your hearing aids and can be very useful in a restaurant, car, lecture and around the house.
- **Amplified telephones:** specific telephones can turn up the volume dramatically and make telephone listening easier. Contact Deaf & Hear Alberta to see some options (403-284-6200).
- **TV listening headsets:** They send sound from the television to your ears across the room so your spouse doesn't have to listen to the TV as loud as you do. Also available at Deaf & Hear Alberta.

Dr. Carrie Scarff and her colleagues Elan Feldman and Eleese Llewellyn specialize in treating hearing loss at both the Mission location of Audiology Innovations at #202-320 23rd Ave SW and Glenbrook Plaza at 3715 51st St. SW. The clinics can be reached at 403-252-4722 and 403-802-6022 if you have questions about the suggestions above.

## NORTH HILL DENTURE CLINIC

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**Full Cosmetic Denture Services For A Personalized Smile, Implant Retained Dentures — The New Standard Of Care.**

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# Classified Ads

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

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

**Classified Rates**  
Starting at \$18.50\* (50 characters 2 lines)  
**Classified Deadline** for June issue must be received and paid by **May 5.**



**Classified Ad Categories**

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

**10 Health**

**CERAGEM Calgary**  
Sales Service Parts  
403-455-9727

Bathroom, bedroom, walkers, wheelchairs. **SILVER CROSS®** 403-460-5438  
AADL vendor

**11 Foot Care**

**Your Feet Are Different....** And you need to care for them differently than your hands & face. When you suffer from fungus, ingrown nails, or chronic cracked skin, you need professional help from Marion Smith-Olson, Certified Podologist. Call 403-620-7851 today for more info, or visit <http://www.solesifting.com>

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

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

**12 Home Care**

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

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

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[just4familyservices@shaw.ca](mailto:just4familyservices@shaw.ca)

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In home, facility or hospital. We provide all care: personal, palliative, companion, or care made for your specific needs. Let us bring a sense of ease to your family by being your loved ones advocate. Ph 403-235-5813

*Kerby News for 55 +*

The Home Care Difference Whether it be cleaning, cooking, or running errands, I can help. Call Marjorie 403-813-7703.

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**13 Mobility Aids**

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

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**Home Repairs**

Eaves, repairs, clean, modify & screen (no warranty on eaves seals). Skylights, vents, windows caulked & repaired. Stucco, parging. Soffits & fascia repairs. 403-273-3496.

**24 Landscaping**

**Action Lawn Care Seasonal Clean Up**  
Lawn cuts, aeration, eaves trough cleaning, power rake, fertilizing, hedge trimming, branches removed. **Karl/Frank 403-651-3900**

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

Now booking Spring clean ups & weekly, bi-weekly, holiday lawn care. 15 year old company offering excellent & reliable service. 403-248-0357

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Avail for Lawn Maintenance. Call for Spring Special Price: Power raking or aerating, Spring fertilizing, lawn cutting, flower beds & hedges cleaned. Eaves cleaning, painting. **RELIABLE & AFFORDABLE** 403-612-3893

**26 Services**

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

**The Homestead Help Company Inc.** Providing regularly scheduled home maintenance & minor repairs services to S. Calgary 403-648-0771 [www.homesteadhelp.ca](http://www.homesteadhelp.ca)

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New to or frustrated with computers, tablets, or printers etc and need help? Call **The Computer Helper**, Michele Madsen, for your customized, private, in-home appt at 587-894-9487. Now serving **Calgary & Airdrie**. For more information visit [www.thecomputerhelper.ca](http://www.thecomputerhelper.ca)

Residential Services House cleaning, wkly, bi-weekly, mthly. Decluttering, organizing, house/pet sitting. 20 years exp, bonded, & insured. Pls leave msg or text for Liz 403-519-3004 M-F 9-5PM

Home/yard main./small repair, home/dog sit, clean, declutter, errands and .... Serving SW and SE. Msg or text Barb or Rolf 403-829-8660

**Handyman**, semi-retired, licensed, WCB, reasonable rates, flexible schedule, available for household repairs. For more info call Howard 403-235-1529

**Best Deal Junk Removal**  
All trash incl. dirt, sod, yard clean up, tree trimming. Free est 403-813-1157

**Meticulous cleaning**, grocery shopping, organizing, errands. Insured and bonded. Call Cynthia 403-612-2993. Aga's cleaning business 403-969-3711

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**GEEK COMPUTER**  
PC Repair, Setup LCD TV, Netflix, Serving Canada over 25 years, Senior Discount Available 403-560-2601

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The Garbage Hauler 1 piece or whole bunch of garbage. We do it all - low low rates. Call Don @ 403-383-9864

Great friendly mobile barbering service. Please call Sandra at 403-288-5591

Fine Estate of Affairs Estate Sale Services We deal with emptying your house by a home content sale. Free consults: 403-807-1730 or 403-873-0570

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

**30 For Sale**

**FOR RENT OR SALE**  
Recycled and New Healthcare Equipment Stair Lifts, Porch Lifts, Scooters, Power Wheelchairs, Hospital Beds, Portable Showers, Ramps ... **SILVER CROSS®** 403-460-5438  
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Large bird cage with accessories. \$35. 403-283-2064

**33 Wanted**

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

**Continued on page 28**



# Kerby Centre's Classified

Continued from page 27

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

Sell your Stair Lifts Porch Lifts Etc. SILVER CROSS® 403-460-5438

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

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

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

### 45 For Rent

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

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### 48 Real Estate

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## WHAT TO DO IF YOU THINK YOU HAVE HEARING LOSS

### INFORMATION FOR SENIORS 2016

#### Symptoms of hearing loss:

- Turning up the TV or radio louder than others
- Asking your spouse, family or friends to repeat frequently
- Thinking everyone mumbles
- Avoiding activities because you can't hear at them
- Consistent ringing in the ears
- Difficulty hearing on the telephone
- Difficult hearing in a 'crowd' or where background noise is present

#### What to do if you experience two or more of these symptoms:

1. Arrange to have your hearing examined by a qualified hearing professional.
  - Ask for a referral for an Alberta Health Services covered exam from your family Doctor (wait time approximately 4-6 months), or arrange a test through an Audiology clinic for a fee). Individuals on a restricted income may have this fee waived (at our office for example).

2. If you have hearing loss, you should consider trying hearing aids or other assistive devices recommended by your hearing professional.
  - There are several types of hearing aids and devices and several financial support programs available for seniors of all income levels. Your hearing healthcare professional can help you find financial applications to help you.

### IN SOME CASES, THE ENTIRE COST OF HEARING AIDS MAY BE COVERED

- Assistive devices such as amplified telephones and shake awake alarm clocks, may also be of help (available at Deaf & Hear Alberta).

The latest Canadian research shows that hearing loss is present in 47% of those over 60 and that on average, individuals take between 7-10 years to take action. Don't delay, as recent research in the Journal of the Geriatric Society of America (2015) showed **increased cognitive decline** in those age 50+ with hearing loss who did not wear hearing aids compared to those who did.

*This information is provided by Dr. Carrie Scarff, Registered Audiologist in Alberta, Board member of Deaf & Hear Alberta. For more information on these suggestions, visit www.audiologyinnovations.ca or by contacting Audiology Innovations, 202-320 23rd Ave SW, ph. 403-252-4722 & 226-3715 51st St. SW. p.403-802-6022*

## New Craft Coalition hosts Spring Show

Bringing a carefully curated collection of art, design and craft to the people of Calgary for their fourth year running, the New Craft Coalition returns to Inglewood, Calgary on May 6 and 7 for their Spring 2016 show. Join over 20 skilled artists as they showcase their wares in this two day exhibition and sale at Festival Hall. New Craft Coalition aims to shine the spotlight on local (and visiting) artisans and makers, including emerging artists from Alberta College of Art and Design.

Currently in its fourth year, New Craft Coalition began in Calgary in the

spring of 2013 and quickly garnered the attention of independent art and craft makers as well as the conscientious local shoppers that seek out finely made artisanal items such as jewellery, ceramics, housewares, textiles, clothing and more..

The event is open to the public with a \$2 admission and will be open from 4pm-9pm on Friday May 6 and 10am-6pm on Saturday May 7. Festival Hall is located at 1215 10 Avenue SE in Inglewood.

For more information about this event, please visit the New Craft Coalition website or phone (403)619-2519 ☐

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## Crossword Solution

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Puzzle on page 26

### HANDY HELPERS

Need help with tasks around the house? We can help you! Some of our common requests are: home/building maintenance, minor plumbing repairs, painting, cleaning, eaves trough cleaning & maintenance, drywall repairs, deck/fence maintenance, setting up after a move, purchased furniture delivery & assembly, quotes on more technical work, & much more...

Jim/Andrew  
403-992-9274  
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## Drop off yard waste for free

With the mild winter and above-average temperatures this spring, many Calgarians are ready to tidy up their yards and get their gardens ready for the new season. Spring cleaning means plenty of yard waste that can be given a second life as compost. Calgarians are encouraged to drop off their yard waste for free at City landfills so it can be composted instead of thrown away.

Until May 29, all three City of Calgary landfills

will waive fees for residential loads of leaves, branches, plants and other garden material. The yard waste will be composted at the sites, turning it back into a useful resource.

“Yard waste makes up over a third of household garbage at this time of year,” says Sharon Howland, Leader of Program Management at Waste & Recycling Services. “Fallen leaves, branches and plants are all materials that can be composted

instead of thrown away. By composting this material, it will help reduce greenhouse gases and turn it into a useful product that helps new plants grow.”

Here are four tips for Calgarians to know about the spring yard waste drop-off program before they come to the landfill:

- Make sure your load only contains yard waste like leaves, branches and plants (no sod — it can't be composted at City sites).

Charges will apply if the load contains other items.

Residents are encouraged to leave their yard waste loose or put it in paper yard waste bags, which can be composted as well. If yard waste is loose, residents should make sure to secure and cover loads before transporting them.

- City landfills are open seven days a week from 7:30 a.m. to 5:00 p.m.:
- Spyhill Landfill – 69th St. and 112th Ave. N.W.

- East Calgary Landfill – 17th Ave. and 68th St. S.E.
- Shepard Landfill – 114th Ave. and 86th St. S.E.
- For faster service, visit the landfill on a weekday or before 9 a.m. on Saturday or Sunday when wait times are shorter.

This program is for residential customers only.

*Courtesy of the City of Calgary*

## New technology helps increase safety for the hard of hearing

(NC) Hearing smoke alarms blaring and escaping a fire is a terrifying experience for anyone. Now, imagine if you are deaf or hard of hearing.

A smoke alarm with an integrated LED strobe light has been introduced by Kidde Canada to help the deaf and their family members have greater peace of

mind in fire emergencies. Designed to be hardwired into a home's electrical system, the new device also features a 10-year sealed backup battery to keep the alarm functioning during a power outage. It never needs to be changed for the life of the alarm.

A voice warning also calls out “Fire!” if the alarm

activates. It will also call out “Carbon Monoxide!” if it is interconnected with a separate Kidde carbon monoxide alarm.

“In the past, it was possible to add a strobe light to hardwired smoke alarms but you ended up with two units on your ceiling,” says Carol Heller of Kidde. “A powerful strobe light has now

been integrated right into the smoke alarm, along with a 10-year backup battery, a first in Canada.”

As a hardwired and interconnected smoke alarm, this new model can be connected with other alarms in a home. If some of those are the same integrated strobe light alarm, all strobes will flash in a synchronized fashion in an emergency.

“An aging population is a fact of life and along with that often comes, hearing loss,” Heller adds. “This new alarm reduces barriers to safety for those who are deaf or hard of hearing in a single device that is relatively inconspicuous...until it is called into action.”  
[www.newscanada.com](http://www.newscanada.com)

### IN MEMORIAM



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

- Walter Daniel Burritt
- Lyall Carter
- Carmen Itala Colgan
- Donald Alexander Graham
- Lois Margaret Harvey
- Bus Hillyard
- Doreen Margaret Hopton
- Ronald Johnson
- Elizabeth Johanna Kuhlen
- Rebecca Lathrop
- Eileen M Martin
- Barbara Matthews
- Renee Pearl McFarlane
- Margaret (Edna) Leigh McNeil
- Robert (Jack) McTaggart
- Chen Kee Ng
- Patricia Bridget O'Byrne
- Edward Herman (Ed) Schultz
- William Terns
- Maynard Wayne Tunall
- James LaVerne Willford

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.



## Spring cleaning for your kitchen

(NC) Spring is a great time for a fresh start, but spring cleaning is something that most people dread. That dusty refrigerator top, cluttered cabinets and an oven that smokes when you use it have been ignored long enough. It may seem like an ominous task but here are some tips to make spring cleaning a breeze:

### One task at a time

Tackling the bigger, dirtier jobs first will make the rest of the work seem not so daunting. Start by emptying out the fridge, cupboards and drawers and giving them a good wipe down. Don't forget to pull out the fridge and stove to clean behind and under them. You should also empty the toaster crumb tray and wipe down the microwave.

### Organization

Take this opportunity to sort and discard older, expired items. Throw out multiple opened condiment jars and nearly-empty containers and start a donation bin for the non-perishable food items. Rearrange your cupboards making the most used items more accessible.

### Rejuvenate

Over time, your bright and shiny stainless steel cookware can become stained and discoloured. They can easily be brought back to life using specialty non-abrasive cleaners, or even cooking high-acid foods like tomato sauce or washing the pan with vinegar. You can also use spring cleaning as an occasion to polish the silverware and sharpen those kitchen knives.



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### Short-cuts to save on time

Oven cleaning used to be one of the toughest tasks. Taking advantage of self-cleaning features on ovens can significantly reduce cleaning time and the use of harsh cleaning chemicals. New LG ovens can sparkle in just three easy steps by simply spraying with water, pressing LG's EasyClean and after just 10 minutes

wiping away any leftover grime. The Aqua Clean Enamel (ACE) coating means that water can penetrate between the surface and the residue, making baked-on food much easier to separate from your oven walls.

More information is available online at [LG.com](http://LG.com).  
[www.newscanada.com](http://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?



### EXPERT UPDATE:

Hearing aid financial assistance programs are available for ALL SENIORS regardless of income. However as of 2016 those on a restricted income MAY QUALIFY FOR FUNDING COVERING THE ENTIRE COST OF HEARING AIDS. We go above and beyond to help our patients who have hearing loss because we believe hearing your world is an important part of our quality of life!

### DON'T DELAY GETTING HELP WITH YOUR HEARING!

### RESEARCH SHOWS:

It is important to identify and treat hearing loss as EARLY as possible in order:

- to prevent cognitive decline after age 50 (2015).
- for the auditory system to have better success at adapting to hearing aids and making sense of sounds
- to prevent people from withdrawing from the activities you like due to trouble hearing what is going on

If you would like HELP with your hearing loss, CALL our office, the leading experts in the field to find out more.



Audiology Innovations

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202-320 23rd Ave. S.W., Calgary  
403-252-4722

Glenbrook Plaza  
226-3715 51st St. S.W., Calgary  
403-802-6022

[www.audiologyinnovations.ca](http://www.audiologyinnovations.ca)



# One philosophy can net you big results

Page design and layout  
by Winifred Ribeiro

None of us are perfect and we live in a modern world filled with tempting but unhealthy foods. However, if we aim for whole foods making up 60 to 75 per cent of our diet it will go a long way toward preventing disease and slowing down ageing. Eating healthily and well isn't about taking vitamins and supplements, it's about eating whole foods that are rich in nutrients, and no type of food has more readily accessible nourishment than whole, unprocessed foods that are close to nature.

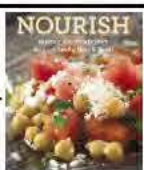
Nutritious, inexpensive, tasty and underutilized, legumes like beans and nuts and seeds are more flexible than their reputation suggests. Vegetarians have been in on the secret for a long time, but everyone should benefit from the nutritional impact of these small wonders. By incorporating legumes into familiar foods like granola and chili, your morning oatmeal, and the crust on tuna or lamb chops.

You do not need to follow a different eating plan for weight control, heart health, hypertension, high cholesterol, diabetes or many other health concerns. The very same eating plan—more whole foods, less processed foods, and more home cooking—is recommended for anyone who wants to be healthy. *Nourish* provides dozens of delicious, approachable recipes made with wholesome beans, nuts, seeds and lentils.

Every recipe includes the Nutrients Per Serving and nutrition tips are given throughout the book.

Give it a try and benefit from the positive health results.

Excerpted from *Nourish*  
by Nettie Cronish & Cara Rosen  
Reprinted with publisher permission.  
Whitecap Books Ltd.  
www.whitecap.ca



## On-the-Go Granola Bars<sup>©</sup>

I have been a hockey mum for 20 years. My current all-star is 15, and he asked me to create his "own" energy bar after buying one and being outraged at the expense. Emery will eat one of these bars 45 minutes before a game and tells me he never fails to set up a goal or score after eating one! —Netti

**Makes:** 20 bars

- 2 ripe bananas, peeled
- 1 tsp (5 mL) ground cinnamon
- 1/2 tsp (2 mL) pure vanilla extract
- Pinch of sea salt
- 1/2 cup (125 mL) large flaked rolled oats
- 1/2 cup (125 mL) barley or oat flakes
- 1/2 cup (125 mL) raw unsalted sunflower seeds, toasted
- 1/2 cup (125 mL) raw unsalted pumpkin seeds, toasted
- 1/4 cup (60 mL) hemp seeds, toasted
- 1/4 cup (60 mL) unsweetened shredded coconut
- 1/4 cup (60 mL) dried cherries
- 1/4 cup (60 mL) chopped dried apricots
- 1/4 cup (60 mL) pitted and diced Medjool dates

Preheat the oven to 350°F (180°C). Line a 9 x 13-inch (23 x 33 cm) baking dish with parchment paper.

In a large bowl, mash the banana until smooth. Add cinnamon, vanilla, salt, oats and barley flakes and stir well.

Add the toasted seeds, coconut, cherries, apricots and dates to the banana-oat mixture and stir until thoroughly combined.

Spoon mixture into a baking dish. Press down until compact and even. Bake 25–30 minutes until firm and lightly golden along the edge.

Let cool about 10 minutes. Slice into 20 bars.

**Tip:** These bars can be frozen for 3 months. Wrap individual bars in parchment paper, then aluminum foil. Stack them inside a plastic bag and use a permanent marker to label them.

**Nutrients Per Serving:** Serving size: 1 bar: 87 calories, 4 g fat, 1g saturated fat, 16 mg sodium, 11g carbohydrates, 2 g fibre, 5g sugars, 3 g protein.



## Fish Tacos with Corn Salsa<sup>©</sup>

I love fish tacos and was inspired to make them at home. I began experimenting with my own recipe and learned that fish tacos are a quick weeknight meal once you identify the key ingredients. Seasoning the fish with the right spicy-savoury mix is essential, and fresh cilantro is the crowning glory, so have lots of it around. —Cara

**Makes:** 6 servings

### Salsa

- 1 cup (250 mL) corn kernels
- 1 large tomato, diced
- 1/2 red onion, diced
- 1 jicama, peeled and diced
- 1/2 cup (125 mL) chopped fresh cilantro leaves
- 1/4 cup (60 mL) raw unsalted pumpkin seeds
- 1/2 tsp (2 mL) lime zest
- 2 Tbsp (30 mL) fresh lime juice
- 1/2 tsp (2 mL) sea salt

### Fish

- 1/4 tsp (1 mL) cayenne pepper, or more if you like it very spicy
- 1 1/2 tsp (2 mL) dried oregano
- 1/2 tsp (2 mL) paprika
- 1/2 tsp (2 mL) salt
- 6 fillets (4 oz/110 g each) tilapia, haddock or catfish
- 1 tsp (5 mL) extra virgin olive oil
- 12 corn tortillas (4 inches/10 cm)
- 2 Tbsp (30 mL) 2% Greek yogurt
- 1/2 cup (125 mL) fresh cilantro leaves

Preheat grill to high heat.

To make salsa, in a medium bowl, mix together corn, tomato, red onion, jicama, cilantro and pumpkin seeds. Stir in lime juice, zest and salt. Set aside.

To prepare fish, in a small bowl, combine cayenne pepper, oregano, paprika and salt. Brush each fish fillet with olive oil, and sprinkle with spices.

Arrange fillets on grill grate, and cook for about 6 minutes, or until fish flakes easily with a fork.

To serve, build the tacos. For each taco, top corn tortillas with fish, salsa, yogurt and extra cilantro.

**Notes:** Jicama, also known as Mexican potato, is a white-fleshed tuber with tan-brown skin. It's peeled before being eaten, and can be used both raw and cooked. Either way, it retains a phenomenal crunch and a mild sweetness, reminiscent of a mellow apple or pear. If you can't find it, the salsa is equally good without it!

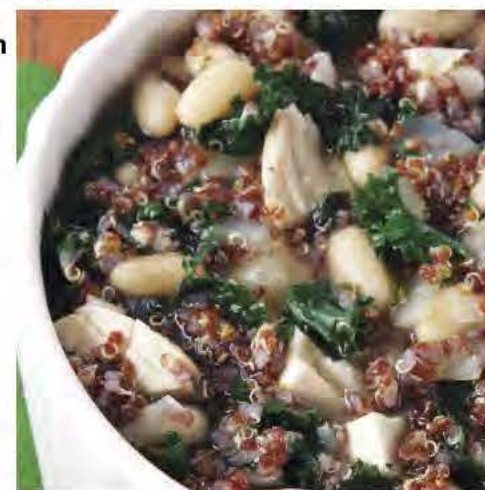
**Nutrients Per Serving:** 251 calories, 7g fat, 2 g saturated fat, 362 mg sodium, 20g carbohydrates, 4g fibre, 4g sugars, 28g protein. High in fibre. Excellent source of vitamin B12, vitamin D and magnesium. Good source of niacin.

## Chicken, Beans & Greens Stew<sup>©</sup>

This warming stew is a modern take on traditional chicken soup with rice. The red quinoa adds beautiful colour and texture, and using the pre-cooked chicken allows you to cook this stew in about 25 minutes. It's a quick and delicious weeknight meal, and the leftovers make a great lunch. —Cara.

**Makes:** 4 servings

- 6 cups (1.5 L) no-salt-added chicken broth
- 1 onion, diced
- 1/2 cup (125 mL) red quinoa, rinsed
- 1 1/2 tsp (2 mL) dried oregano
- 1 garlic clove, minced
- 1 bay leaf
- 14 oz (410 mL) can no-salt-added white kidney beans, drained and rinsed
- 2 cups (500 mL) chopped kale
- 2 cups (500 mL) diced cooked rotisserie chicken
- 1/4 tsp (1 mL) freshly ground black pepper
- 1/4 tsp (1 mL) sea salt



In a large pot over high heat, combine the broth, onion, quinoa, oregano, garlic and bay leaf. Bring to a boil. Reduce to a simmer, cover and cook for 20–25 minutes. Remove lid and add kidney beans and kale. Cook until the kale has wilted, about 3 minutes.

Stir in the chicken, season with salt and pepper, remove bay leaf and serve.

**Notes:** If you can't find red quinoa, you can use tan quinoa too. However, be sure to reduce the cooking time in step 1 to just 15 minutes rather than 20 minutes, since tan quinoa cooks faster than red quinoa.

**Nutrients Per Serving:** 221 calories, 5g fat, 1g saturated fat, 434 mg sodium, 24g carbohydrates, 5g fibre, 3g sugars, 21g protein. High in fibre. Excellent source of vitamin A and thiamin. Good source of niacin and vitamin C.



# Volunteer Appreciation Day at Kerby Centre



Pictured here is a sample of the many activities during Kerby Centre's recent volunteer appreciation day. Volunteers enjoyed a meal, games, henna painting, musical entertainment by TakeDOS and dancing, not to mention fantastic balloon animal creations (including penguins) they could take home.

## Do you hear me now?

(NC) We are constantly surrounded by loud noise, whether it's the sound of commuter trains or buses, the loud buzz of the lawn mower or blaring music. Many of us do not realize the permanent, lasting damage that these sounds can have on our hearing.

In Canada, hearing loss affects approximately three million people or 10 per cent of the population, yet it remains a largely under-addressed health issue. If proactive measures are taken, however, hearing can be protected and hearing loss can be minimized through early detection.

Do not ignore the signs of hearing loss. If you experience any of the following, it is time to get your hearing checked.

- Ringing in the ears. This is a common symptom of damage and long-term hearing loss.
- Earaches. This may be a sign of an ear infection, but prolonged earaches may be an indication of hearing impairment.
- Listening to music or television at louder volumes than other people.

- Trouble distinguishing your own conversation from background noise. This could be a sign of problems with binaural hearing, which is the ability to hear in both ears and localize sounds.
- Frequently asking others to speak louder, or speaking

louder than others. If you have trouble hearing others, or talk loudly and do not realize it, you may be experiencing early signs of hearing loss.

Ears are fragile and sensitive to sounds 70 decibels or higher. A vacuum cleaner or

hair dryer might be 70 decibels, stereo volumes might be 110-125 decibels, and concerts can top out at 140 decibels. Hearing loss occurs based on a ratio of sound level to time exposed, so if you plan on listening to music for prolonged periods, be sure to dial down the volume or invest in a pair of earplugs.

The earlier you detect any

hearing loss, the better your chances of preserving your hearing are. Canadians can test their hearing online at [www.medel.com/ca/hearing-test/](http://www.medel.com/ca/hearing-test/).

Take control over your hearing and your health by addressing hearing loss before it is too late. □

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