

Kerby News

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for the **55** plus

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Canada Day July 1
Calgary Stampede July 6-15



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BY ZANE NOVAK
President of Kerby Centre

Life is all about the journey

They say that life is all about the journey and this is so true. The memories we make, the successes, the failures, the achievements, these are what fill our minds and our souls. There is a famous quote “better the day of your dying than the day of your birth”. At first glance that seems to make absolutely no sense. Who would want to die?

But the true meaning behind that, the reason for that saying, is that at the day of

our birth, we have not, as an individual, accomplished anything. We were born and that’s it. But at the day of our death, the life that we have lived is a testament to who we are. All the things that we have accomplished are now there for all to see. It takes time to reach goals and often those goals can change or evolve along the way. Often we end up in situations or with an end result that at the beginning we could have never envisioned. Life is made up of milestones, achievements, accomplishments.

July marks a milestone for Kerby Centre and in particular for our CEO, Luanne Whitmarsh. Luanne is celebrating her 10-year anniversary of not only working at Kerby, but truly leading Kerby Centre. Under her stewardship, Kerby has grown exponentially. Luanne’s commitment not only to Kerby but to the entire aging adult community, is unparalleled. She has become

the go-to expert in this field and her vast knowledge and experience is called upon by so many individuals, agencies and organizations. She sits on many boards, and is continually called on to advise government, whether at the municipal, provincial or federal level, on all matters regarding our aging adult population.

She is also in demand to speak at forums all over North America, but her duties at Kerby keep her close to home much of the time. Leading an organization such as Kerby Centre, is no small feat. There are so many moving parts. We are an organization with 60 to 70 staff members and over 800 volunteers, and over 25,000 different individuals will use our services and our facility this year.

Luanne is the person to whom we all turn to for guidance and direction, and I would encourage everyone to take a moment to congratulate Luanne for all the hard

work and dedication she has so clearly shown in the last 10 years.

This 10-year milestone is significant when we look back on how far Kerby Centre has come. We are now the largest facility of our nature in Alberta and are recognized throughout North America for our programming and the standards that we adhere to. In the challenging economic times we have been faced with recently, we are so proud to be in the strong position that we occupy. This is in no small part due to Luanne and the senior staff at Kerby. Good leadership is crucial in challenging times.

So when you see Luanne, thank her for 10 years of hard work but also be sure to tell her that her work is far from over at Kerby Centre. And tell her you will check back in with her on her 20-year anniversary and that you expect to see an even greater Kerby Centre by then. ▲

JULY 2018

Front page photo credit: Calgary Stampede
Design by Winifred Ribeiro

KERBY CENTRE’S MISSION:

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

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Kerby Centre future goals



BY LUANNE WHITMARSH
CEO of Kerby Centre

July marks 10 years that I have had the pleasure of being the CEO at Kerby Centre! How the time has flown. Looking forward to the next 10 years, I thought I would share with you some of our goals:

1. To relocate to a purpose-built facility that will better meet the growing needs of aging people. A new building in a more secure community will expand the programming and services. We will continue to serve all people (we do not have an age restriction), from across Calgary and the surrounding areas and for anyone, no matter from where they originated, how much money they make, or whom they love or they pray to.

2. To be accredited — it is vital to secure accreditation that will align our policy, procedures and practices to best

practices. We will sustain our excellence by using this approach. An external team will review and evaluate our programs and services.

3. To continue to be a community partner, building strength to respond to needs as they arise, in collaboration with other resources.

4. To be creative — in our programming and service delivery... always mindful of the need to adapt/change/modify as trends occur.

5. To have fun! Events and learning opportunities are a must, and we will continue to lead.

6. To continue to advocate for issues important to the aging population. As the largest seniors’ organization in Al-

berta it is our responsibility to educate and advocate.

7. To address internal challenges, such as low wages and staff turnover. Without a dynamic, qualified and dedicated team we would not be able to continue to provide the excellence, quality and quantity of programming and services.

So, with all of this in mind - thank you for the past 10 years! Together we have built a strong organization that is respected and in demand across North America! The staff, volunteers, board, funders and participants make Kerby what it is today - and I am so very proud of all that we have accomplished! Be well and take good care of you. ▲

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News from City Hall

BY EVAN WOOLLEY

Calgary Councillor for Ward 8

Now is the time to plan improvements to your home and yard

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

If you're looking for things to do with the family or with friends visiting from out of town, The City of Calgary offers numerous fun, free and community-based programs and services for children, youth and families all over Calgary each summer. Some of these programs include: Paint in The Park

(check it out in Bankview and in the Beltline) Park n' Play, Stay n' Play, Community Camps, Youth Days, and Lawn Chair Theatres. You can visit calgary.ca/cns to check out what's happening in your area.

If you're planning to take advantage of the great weather to do improvements to your home or yard, make sure before you buy materials and start to get your hands dirty, that you save yourself a headache and visit Calgary.ca/myhome. Homeowners looking to start an improvement project can visit Calgary.ca/myhome for details, and use our new on-

line-chat service to ask questions or get help by applying online. Since February 2018, over 3,000 conversations have taken place online, and 40% of homeowners have applied online for those permits. Providing a full self-directed online service has eliminated the need for homeowners to travel to City Hall and wait in line at our counters, saving them time and money. You can now apply from the comfort of your home for all development, building and trade permits required for your project by means of a single online application whenever

it is convenient for you!

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

You can contact my office at 403-268-2431 or ward08@calgary.ca. ▲



This month in Edmonton

KATHLEEN GANLEY

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

Managing Alberta's Environment

Memories of the damage and trauma of the 2013 Calgary flood remain vivid in the minds of many Calgary-Buffalo constituents. Our government takes the prospect of future flooding very seriously, and is committed to preventing such devastation in the future. We have dedicated \$150 million to improving flood resilience in Calgary, and have identified three high-priority projects. These include a flood barrier extending from the West Eau Claire barrier to Reconciliation Bridge, a new storm water system in Hillhurst-Sun-

nyside, and elevation of the 9th Avenue Bridge where it enters Inglewood.

Our government is also assessing three potential upstream storage options on the Bow River to plan for future large-scale infrastructure that will better protect Calgary against the possibility of a future flood.

The Springbank Off-Stream Reservoir, which would be a dry reservoir designed to store water temporarily during any future flooding of the Elbow River, is now under federal review. This flood mitigation project

would protect Calgary from a 2013-level flood. The review process is expected to take a year, and the forecasted completion date for the project is the end of 2022.

Another challenge that climate change brings to Alberta, as we know all too well, is the increased risk of wildfires. This year, the Alberta Government has introduced the Alberta Wildfire app to communicate fire bans in the province. Available for Android and Apple devices, the app gives mobile access for people to see where there are fire bans, restrictions and

advisories in order to help them plan recreational experiences safely and responsibly. So far this year, 99% of Alberta's fires have been human-caused and entirely preventable. Please stay informed about fire risk this summer, and be mindful of fire bans.

My Calgary-Buffalo constituency office is moving in July, so please call or e-mail to get the new address: calgary.buffalo@assembly.ab.ca, or 403-244-7737. I'm always happy to hear from you. ▲



This month in Ottawa

KENT HEHR

Kent Hehr Member of Parliament for Calgary Centre

Construction has begun on TMX

To ensure construction continues immediately, our government made a \$4.5 billion dollar investment to purchase the Trans Mountain Pipeline and the expansion project (the TMX). The project allows Alberta resources to get to new international markets, creates 15,000+ jobs and adds billions to our economy. Unlike all other pipeline projects approved over the past 12 years, TMX will carry western Canadian resources to tidewater, putting them in an offshore export position to benefit from

global prices — for the first time ever.

The reason for the purchase was to guarantee this summer's construction season for workers and to ensure the TMX is built to completion in a timely fashion. We have reached an agreement with Kinder Morgan to buy, at fair value, the existing Trans Mountain pipeline, together with the infrastructure related to the TMX Project. This \$4.5 billion acquisition is an asset that had a return on investment of 9.5% last year. A

project of this magnitude and value will not be stymied by the unreasonable actions of one provincial government — threatening the livelihoods of thousands of people and damaging Canada's reputation as a trustworthy place to invest. This purchase, as a short-term owner, asserts federal authority over the project.

This project is going forward as part of our pan-Canadian framework for dealing with climate change, with huge new investments in energy efficiency, cleaner technol-

ogies and greener fuels, a new Pipeline Safety Act, the new Indigenous Advisory Monitoring Committee, and Canada's new \$1.5 billion Oceans Protection Plan. The project shows that we are growing the economy and protecting our environment at the same time.

We said we'd get it done, and here we are. I am proud to deliver this pipeline to Calgary and show how a strong Alberta is a strong Canada.

For more information, please check out KentHehrMP.ca/TMX. ▲

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.

DID YOU KNOW:

The Calgary Stampede, held every year for 10 days, is the largest outdoor event in the world. It features First Nations Exhibits, the world's largest rodeo, concerts, stage shows, a midway, chuck wagon racing, agricultural competitions and a parade. The event attracts over 1 million attendees...

Calgary has more volunteers per capita than any other city in the world...

Alberta is named after Princess Louise Caroline Alberta (1848–1939), the fourth daughter of Queen Victoria. Lake Louise and Mount Alberta were also named in her honour...

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Music Therapy



By Jacqueline Louie

Music is magic. It lifts our spirits when we're feeling sad, it energizes us, touches us and transports us. Many older adults will remember gathering around the piano to sing together, singing around the campfire, tapping their toes at a lively kitchen party, or the joy of dancing to their favorite song. Music can make us feel better in many different ways.

The idea of using music in healing goes back at least as far as Aristotle and Plato, notes accredited music therapist Jennifer Buchanan, president of JB Music Therapy in Calgary. In more contemporary times, music therapy began after World Wars I and II, when musicians went to hospitals to play for wounded veterans.

According to the Canadian Association of Music Therapists, music therapy is a discipline in which credentialed professionals use music to support people's well-being on a cognitive, emotional, physical, social and spiritual level.

Music therapists use music to promote wellness in people of all ages in a wide range of settings, including hospitals, long term care centres; day programs, dementia care and palliative care units.

Research has shown that people receiving music therapy enjoy better physical health, need fewer visits to the doctor, and fall less often. Research has found that music is processed simultaneously in different parts of the brain, and can help people to relax and settle their breathing.

Buchanan has seen people develop a happier outlook on life, recall long-forgotten memories, and become less anxious, all thanks to music therapy. "I have witnessed incredible clinical results," says Buchanan, who holds

nitive memory," adds Calgary-based accredited music therapist Jan Pearce, who studied in the 1970s at the Guildhall School of Music and Drama in London with Juliette Alvin, one of the world's pioneering music therapists. "Music has high associative value, almost like smell. It brings back memories."

A certified harp therapy practitioner with a master's degree in music therapy, Pearce also plays the piano and guitar, and sings.

"As music therapists, we cross the world between science and art," she notes. "We tickle your neurons. Music is wonderful to activate the brain."

In her work with older adults, Pearce plays a variety of songs to stimulate discussion, elicit memories, and create an enjoyable social experience. She uses songs that are fun, and facilitates the group members in singing

along then coming up with different words. "We sing and laugh," she says.

Music stimulates the language-processing area in the brain and can help people communicate, notes accredited music therapist Sheila Killoran, president of the Alberta Association for Music Therapy.

Even if someone's language abilities have been affected by dementia, they often remember the words of their favorite song, and will sing along to tunes they've known from their early years. "Songs have memories for us."

You don't need a musical background to benefit from music therapy, according to Killoran. "When we get started with singing, the joy of it comes out. You can develop it. It's like any other muscle — it gets stronger with practice." The goal of doing music therapy is not to become more musical, she explains. The goal for music

therapy is to help someone feel better — for example, to relax, become calmer, less stressed, agitated or angry.

It always amazes Killoran to see someone's body relax and settle into calmness, or their face break into a smile as they sing along to a song she's playing. "It's a physical effect. It's an emotional effect as well," she says.

To get patients and their families involved in music making, Killoran brings along a variety of accessible and easy-to-play instruments, including shakers, drums "that sound like the ocean," and xylophones, where "no matter what combination of notes you hit, it sounds gorgeous. It allows you to have a really aesthetic musical experience," she says.

Each person has their own personal connection to music that is part of their life story,

Continued on Page 7

a degree in music therapy as well as an MBA.

"Music operates on so many levels at once. It offers an opportunity for conversation, and activates cog-



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How to decide on the correct number of drugs one should take

By Jacqueline Louie

Making a medical treatment decision is something that's best done in partnership with your health care provider.

That's why Choosing Wisely Canada, the national voice for reducing unnecessary tests and treatments in health care, suggests that people consider the following Four Questions to Ask Your Health Care provider if they are offered a prescription drug: 'Do I really need this? What are the downsides? Are there simpler, safer options? What happens if I do nothing?'

According to Calgary family physician Dr. Anthony Train, Alberta leader for primary health care with Choosing Wisely Canada, physicians and patients alike typically overestimate the benefits of drugs, and underestimate the harms. "We know that older adults' taking too many drugs is a problem," he says. "We need to reconsider each drug, the purpose of that drug, and whether it's helping or not."

And according to a report published recently by the Canadian Institute for Health Information (CIHI) on Drug Use Among Seniors in Canada, the number

of drugs being prescribed to older adults in Canada was the factor most responsible for hospitalizations related to adverse drug reactions. Older adults who were on 10 or more medications were more than five times more likely to be hospitalized than those who were prescribed between one to four medications.

The CIHI study found that one in four Canadians aged 65 or older, or 26.5 percent, is taking 10 or more different types of drugs. (In Alberta, that figure was slightly lower, at 22.5 percent of older adults who are on 10 or more different drugs.)

The study also found that being on multiple drugs increases with age (approximately 40 percent of Canadians aged 85 and older are on 10 or more medication types), as well as with location. Canadians living in rural areas and lower income neighborhoods are more likely to be taking 10 or more medications.

While it's to be expected that older adults would typically be taking more drugs than those who are younger, people in this age group are at greater risk of adverse side effects from medication, due to age-related changes in the body, and the higher number

of drugs that they are often taking, compared with younger people. "It's something of concern and should be monitored," says Jordan Hunt, CIHI manager of pharmaceuticals information.

The correct number of drugs to be on will vary, depending on a person's individual situation, Hunt notes. Each person, as well as their family, if the family is involved in their care, needs to understand why someone is taking the prescribed drugs.

"If there are any questions, ask your physician or pharmacist," Hunt says.

Train, too, emphasizes the importance of having a good, open and honest relationship with your family doctor and pharmacist. "Those are the key people who can help you to manage the drugs appropriately," he says.

If you are on multiple medications and are questioning whether you need to be on all of them, Train suggests reviewing all of your medications with your doctor and asking if there are any you could cut out. Ask questions such as, 'Which of these medications is going to have a meaningful benefit for me? Will it help me to have a better quality of life?'

It's also important to find out whether there are simpler, safer options. For instance, decreasing salt intake may help lower blood pressure; and increasing the amount of vegetables and fruit in your diet could have a similar effect to taking a drug prescribed to lower cholesterol. And if someone is using a puffer for COPD, what would happen if they quit smoking?

If you are offered a prescription drug, Train points to Choosing Wisely's Four Questions to Ask Your Health Care provider. "People need to ask those questions about whether the drugs are really benefiting them and what the harms are, because the harms are real," he says.

Someone on medication won't necessarily be able to stop taking it overnight, and they will need help stopping, he adds. Some drugs can be stopped right away, while for other drugs, people will need strategies to decrease their use and lower the dose over time, or to switch to another drug. "You need to work with your doctor," Train says. "Don't just stop taking them. Sit down with your doctor so that you can understand what you're taking and why you're tak-

ing it, and ask which ones you can quit."

At the same time, according to Train, lifestyle strategies are also key.

"We need to recognize how important exercise is at all ages, and how much it benefits people's health in dozens of ways, in terms of sleep, mood, joints, muscles, brain health and heart health. Exercise affects everything positively. Diet is also huge... we need to look at the way we live, rather than what pills we can take to moderate our lifestyle." ▲

FOUR QUESTIONS

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- 3) Are there simpler, safer options?
- 4) What happens if I do nothing?

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Music Therapy

Continued from Page 6

for example, music played for their wedding dance, or a favorite song from their youth or childhood.

There are universal principles in the way that music affects people, says Killoran, who has a master's degree in

music therapy. "Music can excite us or relax us."

Music can help people express themselves emotionally, feel connected to others, relax, or feel more energized. Listening to music and making music together "has a really strong social bonding effect."

Even today, when it's so common to listen to music

on a device, she thinks it's important that people take time to engage with music in a more active way.

"We always encourage people to be involved in music, because it brings such joy and such a sense of community. There is so much power, value, beauty and joy in a shared music experience." ▲

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Book review



Off The Leash: The Secret Life of Dogs by Rupert Fawcett

Pan MacMillan
October 2013
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Off the Leash is written as if from the point of view of long-time Boston Globe TV critic, Mathew Gilbert. Gilbert's partner convinces him to adopt a dog, which Gilbert isn't keen on doing, but reluctantly agrees to opening up their home to a new pet.

Gilbert's dog is described as a 'stubbornly social' yellow lab, meaning that he will try to play with any possible dog, or person.

After going from sneering at the idea of even walking a dog, Gilbert soon discovers a whole new world by spending one year at the off leash park.

Gilbert's dog is extremely friendly with other dogs, forcing Gilbert to talk to other owners. He finds that he is forced to get out of his digital bubble. Since his career is so largely based on spending time looking at screens and analyzing shows as a TV critic, Gilbert was sceptical at how much he would even enjoy going to the park.

The benefits of being immersed in the present moment becomes clear to the reader, as Gilbert jokingly points out the behaviour of humans around him who either have trouble staying in the moment with their dogs, or are almost 'a little too' engaged in their animal's activities.

Tons of people have befriended a dog at least once

in their life. While reading this book, you are almost guaranteed to be picturing that dog in your mind, smirking and reminiscing with every page.

He soon finds that the off-leash dog park is also a place where humans can get off their 'digital leash' as well.

After developing relationships with people he sees everyday, he starts to notice certain patterns unfolding.

Gilbert finds many similarities in how dogs and humans have so much in common. Since he sees the same people everyday when exercising his dog, he gets to know each person's personality well, and can determine how each person and dog will interact through body language, movement, and energy.

When two dogs start to fight, their owners might fight as well. Gilbert finds that dogs and their owners are likely to share personality traits, as they are subtly and unknowingly influencing one another.

He pokes fun at these concepts and brings out the similarities between our two different species in a humorous way. This book is great for anyone who loves animals, and is a feel-good read. ▲



Tips to survive a heat wave

(NC) Most of us enjoy everything our short summers have to offer. But a heat wave can make even the biggest warm-weather enthusiasts long for winter. Stay cool and comfortable with these tips from Health Canada.

Understand heat illnesses.

Hot temperatures can be dangerous and lead to heat illnesses such as heat exhaustion, heat fainting, heat rash and muscle cramps. Heat illnesses can affect you quickly and are mainly caused by over-exposure to heat or over-exertion in the heat. Stay informed about local weather forecasts and alerts so you know when to take extra care.

Know your risks.

You're at a greater risk for heat illness if you have certain health issues, including breathing difficulties, heart problems, a mental illness such as depression or dementia, or take certain medications. If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your risk in the heat, and follow their recommendations.

Stay hydrated.

Drink plenty of cool liquids, especially water, before you feel thirsty, to decrease your risk of dehydration. Remind yourself to drink water by leaving a glass by the sink

and eat more fruits and vegetables as they have high water content.

Keep your cool.

Wear loose-fitting, light-coloured clothing made from breathable fabric. At home, prepare meals that don't need to be cooked in the oven and block the sun by closing awnings, curtains or blinds during the day.

Pay close attention to how you feel.

Watch for symptoms of heat illness, which include dizziness, fainting, nausea, vomiting and headache. If you or anyone around you experiences any of these symptoms during hot weather, immediately move to a cool place and drink liquids. Water is best.

Heat stroke is a medical emergency.

Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is either unconscious or confused or who has stopped sweating.

Rest and recover.

If your home is extremely hot, take a break by spending a few hours in a cool place, such as a tree-shaded area, a swimming facility or an air-conditioned public place. Take cool showers or baths until you feel refreshed. Use a fan to help you stay cool and aim the air flow in your direction. ▲



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Driver: "You're kidding me, right? The license can only weigh one ounce tops!"

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Age-Friendly Calgary

More Calgarians are living longer, healthier lives. To meet this new reality, the Seniors' Age-Friendly Strategy and Implementation 2015-2018 was devised to provide a plan for Calgarians and local organizations to work together to make Calgary a place where everyone can age well. It was approved by City Council in 2015.

The Age-Friendly Steering Committee is made up of representatives from Alberta Health Services, Alberta Seniors and Housing, Calgary Police Service, the City of Calgary, the Dementia Network of Calgary and Area, an immigrant-serving agency, non-profit seniors' housing, the Older Adult Council of Calgary, the University of Calgary, and older adult community members. This Steering Committee issued a report of its work in June 2018.

Age-Friendly Calgary has supported community projects that challenge current perceptions of aging and has promoted public discussions on aging. Their Active Strategy has piloted community-based fitness programs, recreation education, and skating programs.

Age-Friendly Business

has publicly recognized businesses which make themselves accessible and welcoming to older adults. They are given 'Senior Friendly' notices to display in their windows.

A new initiative, a Silver Alert, similar to the Amber Alert for missing children, is being developed, and was tested by Calgary Police Service during Seniors' Week 2018. The Silver Alert would be used to locate missing seniors.

The University of Calgary is working on an aging-in-place Laneway House Pilot program. The results of their first test are currently being evaluated, and a report is expected in the winter of 2019. Further tests are underway. There is also an ongoing study on the effects of homelessness on mental health. Funding is now available to act on the recommendations. Age-Friendly Calgary has created a tool, which will be launched to the public later this year, to help older adults to navigate the older-adult housing system, and find the information that is most relevant to their situation.

In September 2017, the Age-Friendly Calgary Steering Committee became a

signatory to Calgary's Play Charter. They are working with older Calgarians to collect a description of games that they played as children, to be shared with children to promote relationship-building between generations.

Seniors' social connection is being addressed by Calgary Seniors' Resource Society and Calgary Neighbourhoods and St. Peter's Anglican Church by connecting community volunteers with isolated older adults. The program is being run as a pilot to test its effectiveness and has the potential to be used in other communities.

A shared reporting system has been developed to track the prevalence of elder abuse cases in Calgary. The data gathered by this system will allow those working to prevent and respond to elder abuse in Calgary to understand the extent and nature of the problem. The Coordinated Community Response to Elder Abuse Action Team produced literature and a review of support services for elder-abuse offenders.

Age-Friendly Calgary worked with Calgary Transit to ask older Calgarians about their needs and preferences when using public transit.

The Age-Friendly Calgary Steering Committee is leading the development of a Seniors' Age-Friendly Im-

plementation Plan for 2019-2022. This plan will include the further development and sustainment of long-term actions identified in the 2015-2018 plan.

What the general public can do to help in the work of the Steering Committee:

1. Increase the font size on your letters, emails, and other documents to make them easier to read.
2. Offer to support a family caregiver by delivering groceries, cutting grass, shoveling snow, walking the dog, or providing care for a few hours to give the caregiver a break.
3. If you believe that First

Responders would benefit from information about your health, mobility, or physical or cognitive disability, consider signing up for the Vulnerable Person Self-Registry online or by calling 403-428-8399.

4. Learn how you can prepare your current or future home to be accessible to older family members, and for yourself as you age.

5. Volunteer your time and skills. It is a good way to meet people, learn new things, and make a difference for others.

6. Find out where to go for help if you or someone you know is experiencing elder abuse. ▲



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Stampede Food

By Bill Atwood

Want to attend the Calgary Stampede, but have a dietary restriction and are worried about what food options might be available to you? Well we have you covered, with a few options to keep in mind while you enjoy all the sights and sounds that the Stampede has to offer.

Have craving for pizza? Avatara Pizza has plenty of options for every dietary restriction. 70% of their menu is vegetarian, with the option of adding meat. Their menu is also 100% gluten free, and features both dairy-free goat cheese and vegan mozzarella.

Vegetarians have the most options of all, some of the highlights being: Suzanne Poudrier's "The Hangover Mac & Cheese" which is a gourmet macaroni and cheese blended with beer, and topped with smashed potato chips & pretzels.

Pop Rocks mini donuts: These are warm

mini doughnuts covered in a vanilla glaze and powdered sugar, and then topped with a delicious assortment of Pop Rocks.

The Poutine King's Banana Corn Dog: A fresh banana dipped in homemade batter, served with powdered sugar and a drizzle of chocolate.

Being gluten free can be quite challenge at the Stampede, especially when most of the food seems to be covered in some sort of fried dough. However, be sure to check out Los Tacos Hermanos' Fish Tacos that are made with gluten-free batter, topped with fresh trimmings, and house-made *pico de gallo*.

Saltspring Noodle Bar has your noodle fix, offering two gluten-free dishes, a spicy Pad Thai, and a pineapple curry.

Head on over to Sal's Flatbread for delicious Mediterranean-inspired flatbreads and calzones, and ask for gluten-free dough.

For you vegans out there The Greek Grill has

amazing Falafels made of garbanzo beans, fava beans and special seasoning. They are lightly fried to a golden brown crisp.

You won't have to go far to satisfy your sweet tooth, as Next Generation Concussions' vegan churro fries sound like heaven in your mouth.

Thirsty? Check out The Smoothie Shoppe for a variety of fresh vegan blueberry-acai smoothies loaded with antioxidants and topped with granola and bananas. Not only will this drink cool you down, it will also help to give you that second wind.

While those who are dairy free don't have as many options as the others, some places listed above have dairy-free alternatives including Saltspring Noodle Bar, and The Smoothie Shoppe.

No matter what your diet or food preference, there is something for everyone at this year's Calgary Stampede. ▲

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We ourselves must walk the path.

Buddha

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Exercise is essential to maintain health

By Jacqueline Louie

As people grow older, the greatest health threat is not that they're aging, it's that all too often, they become physically inactive.

As people age, they lose flexibility, muscle mass and cardiac output (the heart's ability to pump blood around the body). Kidney filtration and lung elasticity isn't as good, and bone mass and muscle size decrease.

"Regular exercise and resistance training will not completely reverse this process, but will slow the rate of decline", says Dr. Daphne Anderson, a sports and exercise medicine physician at Tower Physiotherapy and Sports Medicine in Calgary.

"Regular exercise can decrease the process by up to 50 per cent. Therefore, use it or lose it," notes Anderson, who holds a master's degree in physical education.

Choosing the right activity is important and will depend on one's fitness level. "If you've been sedentary for most of your life, walking might be a good place to start. Other activities could include tai chi, swimming, deep water movement classes, certain kinds of dance, and certain

kinds of yoga, in individualized, modified classes", says Anderson, who suggests including activities with flexibility and balance components into your routine, in addition to aerobic exercise.

If you are on medication, consult your doctor before engaging in aerobic exercise. And finally, "Rest and recovery is just as important," Anderson says. "You have to rest in order to be able to exercise."

Plain and simple, exercise is good for the body. When people stay mobile, it helps with weight management, reduces diabetes and stroke risk, benefits sleep, and is good for the heart, muscles and brain.

"An active lifestyle is a healthy lifestyle. What's good for your body is good for your brain. Exercise is one of the best things you can do to decrease the risk of dementia. "There are even some benefits for your mental health," says Dr. Jayna Holroyd-Leduc, Geriatric Medicine Section Chief and Associate Professor in the University of Calgary's Departments of Medicine and Community Health Sciences.

What's key, she notes, is

making day-to-day choices to stay active. "It's not about going to the gym for half an hour and then sitting in a chair for the rest of the day." If and when you can, Holroyd-Leduc says, it's about incorporating some type of regular physical activity into your routine, whatever is possible for you to do.

Maintaining physical activity is an important factor in successful aging, according to a study which found that regular physical activity is one of four lifestyle factors contributing to a long and healthy life. (The other factors are eating vegetables and fruits every day, moderate alcohol intake, and not smoking).

"The more that people adhere to those four healthy lifestyle factors, the more successful they will be in terms of healthy aging," Holroyd-Leduc says. "It's never too late to get active and live a healthier lifestyle."

Geriatrician Dr. Adrian Wagg, professor of Healthy Aging in the University of Alberta's Department of Medicine, agrees that keeping active in retirement is extremely important. A sedentary lifestyle is associated with an increased risk of heart disease and stroke,

and more cognitive impairment in later life, he notes. "The importance of staying active later in life cannot be underestimated. It's absolutely essential - we'll feel a lot better for it. The benefits of exercise are becoming ever more apparent, both in terms of prevention, in control, to keep chronic disease under control and at bay, and also in terms of psychological and physical well-being. There is less depression, fewer sleep disorders, better weight control, less cardiac disease, less likelihood of dementia, and less likelihood of developing incontinence ... The benefits of exercise are wide ranging."

Physical activity is consistently associated with preventing falls, in particular, exercises that specifically target balance and stability. Evidence also shows that tai chi benefits balance and stability, "But you have to do it in the longer term," Wagg says. "Use it or lose it is very true for all types of activity."

Calgarian Carolyn Kildare, who is in her early 50s, has seen the benefits of making exercise a regular part of her routine.

"I think of it being like

a moving meditation. I like having that time to reflect and be in the moment," says Kildare, who joined a running club several years ago. The supportive community and structured program made it easy for her to stay active. Another bonus was that the people she met became friends.

Kildare appreciates all of the benefits she gains by being active, in terms of both physical and mental health. "I am stronger and fitter than I've ever been at any time in my life. I have the stamina to do just about anything," she says.

Her main advice, is to support and be accountable to yourself. "You've got to stick with it. Tell yourself you can do this." Whether it's going for a walk, or whatever physical activity you enjoy, "just do something." ▲

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Travel photography tips that make you look like a pro



(NC) Although vacation memories are unforgettable, pictures help to preserve times spent abroad. Whether you're travelling with others or braving the world solo, you'll encounter something new each moment.

You may have an eye for taking professional-quality photos, or just want to do it for Instagram. Either way, here are tips on taking the best photos to keep your experiences for a lifetime:

Spice it up. Integrate lots of variety into your photos

to make them dynamic. You don't want them all to look the same, so take pictures of everything — old ruins and new architecture, bustling cities and serene nature, famous landmarks and interesting side-streets.

Make friends. Meeting the locals will add vibrancy to your photos. They can introduce you to places off the beaten path where fewer tourists gather, resulting in unique — and less busy — photographs.

Capture real life. Don't

spend too much time staging your photos; you want them to be as natural as possible. You don't need to make them perfect, but they should be authentic. These are the types of photos you'll look back on fondly years down the road.

Switch out of selfie mode. You're travelling to see new things, broaden your mind and experience new parts of the world, so resist the urge to take selfies everywhere you go. Turn your camera outward and take photos with friends and the landscape to limit the number of self-portraits you take.

Use a quality camera. Invest in a good-quality camera to take your photos from mediocre to world-class. The Instax Square SQ6 camera is the perfect way to preserve memories in a flash. Its square format makes it ideal for taking super quick snaps, so you won't waste time framing the image in portrait-mode or landscape-mode. Plus, you can print out a photo that new friends can keep on the spot. ▲

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Dr. Tym's remarkable half century of service

Central Alberta dentist honoured for his dedication to dental profession

Story and photos by Johnnie Bachusky



Dr. Clifford Tym proudly holds the old original sign of Dr. Charles Greene's dentistry practice he took over when he began his career a half century ago.

INNISFAIL – For more than half a century, Dr. Clifford Tym has given his all to the citizens of Innisfail and throughout Central Alberta.

For every one of those years Tym established the bar for the highest dentistry standards. He paved the way for young students to set their own mark in their chosen careers through the Innisfail High School's work experience program. Tym has volunteered his services for underprivileged children at the DOOR clinic (Dental Outreach of Red Deer) in the Johnstone Crossing Community Health Centre, and

even spent more than a year in Africa's Malawi on a missionary dental trip.

Fifty years since he opened his first dental office on Oct. 11, 1968 in rented space at the Co-op store on Innisfail's Main Street, four months after graduating from Loma Linda University in California, the Alberta Dental Association and College honoured Tym on May 24 with a Recognition Award saluting his five decades of dedicated service to the dental profession.

"It is humbling. I thank the Lord for good health. I want to attribute my success

to staff I've had work with me," said Tym last month at his Innisfail Dental Centre office. "Of course the patients are an integral part of the business. If they have regular care, it pays off for them."

The grandson of Ukrainian immigrants who came to Canada in the early 1900s, Tym's commitment to the countless people he has served is best illustrated by the fact he still has loyal patients who stuck with him since beginning in town as a 25-year-old rookie dentist. It's an impressive feat as he was taking over the practice of retiring Dr. Charles Greene, who made his honourable mark in dentistry for 43 years.

Tym is quick to pull out a half-century-old appointment book to show the name of a current patient who was listed from the first week of his practice.

"I have others that might be two or three weeks later," said Tym, who seemingly has a perpetual radiant smile. He has also kept Dr. Greene's old business sign, a clear sign of professional respect, as well as pride that he was faithfully able to carry on with the highest quality of service.

But while he was quick early in his career to retain loyal patients, he was forced in 1971 to move his local office. Co-op wanted to expand their business to its current location and Tym had to find new quarters.

"I had to either dig in and stay in Innisfail or move away," he said. He opted to dig in and stay. Tym purchased an Innisfail downtown lot from Dr. Ken Graham, now retired but still residing in Innisfail. He then had a new building constructed.

"A lot of people think it is a house, which is interesting. There is a bit of psychology in that," said Tym. "I wanted to make it inviting... to have people feel more relaxed when they come into the building."

What is especially inter-



Dr. Clifford Tym has been a beloved fixture in the Innisfail and area for more than a half century. In May his dedicated service to the dentistry profession was recognized by the Alberta Dental Association and College.



The Recognition Award was presented to Innisfail's Dr. Clifford Tym on May 24 for his 50 years of dedicated service to the public and the dental profession.

esting about the construction of his current building is that Bill Peters, the well-known contractor back in 1971, adorned the front with the last bunch of bricks that came from the decommissioned railway roundhouse in Mirror, almost 100 kilometres north of Innisfail.

"(Peters) said, 'we have this brick from there. Would you like it? That was the last of it,'" recalled Tym of the offer from Peters, who is recently deceased.

On June 30 of this year, Tym turned 75. In September, he will celebrate another half-century milestone – 50 years of successful marriage to his wife Ann, a retired nurse. Together they raised four daughters, all university graduates. His oldest,


Carina, was once his dental hygienist in the mid 1990s before moving to Kelowna. "There are even patients today who ask about her. They remember her," he said.

As for his own professional future, the always smiling Dr. Tym is coy about how long he wants to continue.

"For a while," he said chuckling. "I don't get bored. I like to see people. People are very appreciative of what we can tell them to turn things around.

"Dentistry can be done painlessly. I can give a painless needle. I have had patients who have told me, 'Did you freeze it already?'" he said. "My objective is that when they leave the office they are better than when they came in." ▲

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You can have happiness now. You can have a lighter burden and less stress now. You can feel peaceful now. In this moment, this very moment that you're standing in right now, accept all things about your situation. Accept that this is how things are for now. That doesn't mean you won't fix it or it won't change or improve. Just acknowledge that while that's going on, you accept how it

is, for now.

Never mind what's missing. Never mind what's not right. Instead, be grateful. Think about abundance. Think about what you have. Think about the blessings, what works, what's right in your life, in your circumstances, and in your environment.

When you spend your time focusing on the abundance and the positives in your life, it is impossible to be upset about what's missing. You cannot feel the peace and gratitude of abundance at the same time as you're feeling frustration and lack.

When you're focused on abundance and gratitude, you will feel happiness. You will feel less burdened and less stress. You will feel a beautiful sense of peace. It'll be much easier for you

to feel content and patient about waiting for "it."

Don't push the river. Appreciate its beauty. Appreciate how it sparkles in the sun while it nurtures plants, fish and other little critters. Appreciate the way it twists and winds through the earth, not knowing where it's going and not caring either. Appreciate how it meanders gently across the landscape, not needing to rush and discover its destination because it knows it's getting there anyway.

Don't push the river. Be the river. And you will have your peace — now ▲

Liberty Forrest is an international psychic medium, an award-winning author and a Huffington Post contributor. Contact info@yourstoryofhope.com



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I know. You want it now. Actually, if you had your druthers, you'd have had it last week. Whatever "it" is. It's going to make you happy. It's going to relieve the burden. It's going to take away the stress. It's going to give you peace.

So you want "it" now. Impatience is not a happy thing. It's an aching, frustrating, miserable thing. It's the quickest way to make time slow down and in the nastiest way possible because it makes every clock tease and torment you. Every day, every week taunts you with "I won again!" and you feel increasingly disappointed as time seems to drag even slower.

Impatience makes you unhappy. It adds a burden. It gives you stress. And it does not allow peace. It only gives you more of the miseries you're hoping to escape.

The more you think about how slowly time is going, the longer it seems to take, and the more impatient you become. Then time seems slower still, and the whole chicken-and-egg process gets worse, and before long, you're just this side of tearing your hair out by the roots.

Stop. Take a couple of deep breaths. Refocus. Understand that by choosing to focus on "hurrying-up" thoughts, you're just asking for more impatient feelings, which will only bring you more misery. And that's a pretty huge waste of your precious energy.

Calm down. Remember that time keeps ticking along at the same rate of speed, hour after hour, day after day, week after week, no matter how you feel about it. It's like a river that just keeps flowing. You toss a stick in it, and it will bob and bounce along with the water, steadily, continuously, winding its way to wherever it's heading. Nothing makes it go faster. Nothing makes it go slower. But it keeps moving.

Your feelings are a direct result of your thoughts, which you can control if you choose to do it. Whatever you're thinking will influence how you're feeling.

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2442: Calgary Transit's Newest C-Train Car

Story and photos by Tim Johnston. Page layout and design by Winifred Ribeiro.



A new SD200 light rail vehicle arrives at Alyth Yard from Sacramento, California.



LRV 2442 on jacks as flatcar is pulled away.



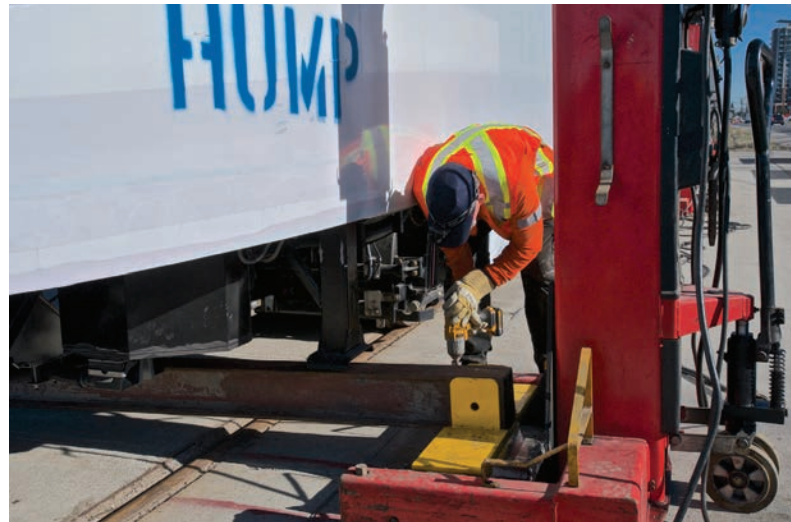
Lowering the car to the rails begins.



Sean Lowey watches for wheel-to-rail alignment.



Safely down, with Ken Aab, Clayton Sawatsky and Sean Lowey.



Jacks are unbolted from lift beams.



Flatcar is readied for its return trip to California.



Tow tractor is coupled to the LRV.



Crossing CP tracks to the Calgary Transit yard.



Cutting protective wrap on the car top.

Along Horton Road, in Calgary's Haysboro Community, a long railway flatcar will appear from time-to-time on a stub branch of the Canadian Pacific (CP) railway. On the flatcar will be one of Calgary Transit's brand new light rail vehicles (LRV), wrapped in bright white protective plastic. The LRV is at the end of a long rail passage from the Siemens Company plant near Sacramento, California where it was manufactured.

Because I enjoy occasionally watching the comings and goings of CP's railway traffic, I have observed the white-bundled LRVs sitting on their flatcars at Alyth yard.

I wondered how Calgary Transit crews managed to remove the LRV from the flatcar and onto the tracks. The best way to find out, I decided, would be to call Calgary Transit and ask.

Sherri Zickefoose, who

works in media relations, answered my call and undertook to see what could be done to allow me to observe the unloading of an LRV and its subsequent move to the Anderson Garage. Sure enough, early on the morning of April 26, I received a text message from Sherri that a new car would be delivered to Horton Road and would be unloaded that morning. She also arranged for me to visit the Anderson Garage to witness the removal of the plastic wrap that had protected the car during its long transit from California.

I arrived at the site around 9:00 o'clock and saw that a small crew had already begun preparations. Eight large vertical jacks, linked together hydraulically to ensure an even and equal lift of the car, had been placed at jacking points under the LRV body. Ken Aab, Technical Services Representative for Calgary Transit, worked

with Sean Lowey, a Siemens Company electrician, to begin the lift. Previous to my arrival, tie-down chains, rail blocks and other assorted connectors had been removed to free the LRV from the flatcar.

As I watched, LRV number 2442 rose slowly from its transporter, suspended by the hydraulic force of the jacks. A small forklift then tied on to the flatcar and pulled it out from under the LRV. Now hovering in the air, a fortune worth more than three million dollars was dependent on the strength of the jacks and Ken's precise manipulation of their controls to slowly lower it onto Canadian Pacific's rails.

With the transit car firmly on the tracks, it was time for the second step of the welcoming process. A heavy four-tired tractor drove up behind the LRV and lowered its rail wheels onto the tracks. Using its hydraulics, the tractor lifted itself until only

its rail wheels were engaged with the track, and its rubber tires were running on large steel rollers extending from the rail wheels and providing traction. On the front of the tractor, where a loading bucket would normally sit, a coupler of the same construction as the couplers on the LRV was installed. As the tractor drove slowly forward, the couplers connected. The units were now ready for the short drive across the CP mainline to Calgary Transit rails.

Running parallel to the CP and Calgary Transit lines, a safety fence now had to be opened to allow the switching of the tractor and the LRV. As well, clearance needed to be obtained from both Canadian Pacific and the dispatcher at Transit to ensure that there would be no conflicting traffic from either source. With the fence removed and clearance obtained, the tractor pulled the new car across the CP main line

and onto the territory of Calgary Transit. Ken told me that the car would soon be moved to the Anderson Garage to be unwrapped and to begin its formal acceptance inspection.

And so I witnessed the process by which the City of Calgary receives its new light rail vehicles from California. "That's only half of what we do at this location," Ken told me. He explained that Calgary Transit now has four models of light rail cars. The first cars, U2 models bought from Siemens and imported directly from Germany, started the C-Train service in 1979, and many still operate over the system. In 2001, the system began obtaining 72 SD160 cars in Series Five, Six and Seven. Following that, in 2007, 38 Series Eight cars began arriving. The newest cars, S200 models, began arriving in 2013, with 63 cars ordered. Ken explained that an ongoing program sees the older SD160 series cars updated in order to be able to

operate together. "Thirty-two older units will be returned to Siemens in California for refurbishment and updating of systems," Ken explained, "and all of those will be loaded here, and unloaded here when they return from the manufacturer." Ken has a lot of heavy lifting to look forward to.

Leaving Horton Road, I drove south to the Anderson Garage and was welcomed by Ed Gajecki, lead technical advisor on LRV quality and capital projects. While he briefed me on technical details of the new cars, LRV 2442, now attached to another of the new cars that is in operation, arrived at the garage and was parked in a service bay that allowed safe access to its roof. Ed gave further information about how servicing takes place here for the rail cars and escorted me on a very thorough walk-around of the entire facility. Our first stop was at car 2442 now in the hands of Clayton Sawatsky and Karl Colthurst, both em-

ployees of Wabtec Equipment, and on loan to Siemens to help service the new cars. Clayton climbed out onto the roof of the car and began cutting through the plastic wrap. Karl did similar work on the ground, pulling the wrap down as it was being freed above. As the plastic came down, Ed pointed out large bold messages printed on the wrap. "We get a lot of questions about this," Ed told me. "DO NOT HUMP" is an instruction to railroad workers not to run this flatcar load through a railroad hump yard." Ed explained that such sorting yards use a small hill or "hump" over which a set of locomotives pushes strings of rail cars. Uncoupled at the top of the hill, the rail cars glide down the other side of the hill and are automatically switched onto various tracks depending on the final destination of each car. Although there are retarders built into these tracks, the meet-up

of the rolling car with stationary ones ahead can be pretty impactful, and not at all friendly to expensive and fragile loads like light rail transit cars.

Continuing our tour, Ed showed me two areas of the facility that demonstrated the advance of technology over the time that C-Trains have been in service, now nearing 35 years. Jerry Burns supervises a unique room full of equipment, representing the complete suite of the electrical components found on older cars. Through his control panel, he can simulate "running" a car and can detect and analyze any faults found in the equipment of operating cars. Included was a device called "the cam" that continuously alters the DC voltage of the overhead wire to make the car accelerate, brake and to provide electricity for other components. This machine looked like something from a science fiction movie set

and was fascinating to watch as Jerry simulated a car in operation. Ed explained that some of the older electrical components are no longer manufactured or are difficult and expensive to source. In the Anderson Garage, such components are overhauled as much as possible to help keep the older fleets of cars in service.

Next door, I met Andy Stratton. Andy's work is similar to Jerry's, that is, to keep the electrical components of the newer cars in operational condition. But Andy's shop and the components he works on is at least a couple of generations newer than those found in Jerry's shop. Metal cabinets full of printed circuit boards come directly from cars to be diagnosed and repaired, but because of the complex and integrated nature of such modern technology, problem components can be difficult to separate out.

The final leg of my tour took us into an area of the shop where earlier series SD160 cars were undergoing renovation and upgrading. Ed told me that while some cars are sent back to California for renewal, the Anderson shop is capable of completing similar work. As evidence, I examined one car that had completed body-work and primer paint and was awaiting the final application of Calgary Transit's unique paint pattern in the new and quite gigantic paint booth. "A great facility for painting LRVs and articulated busses," Ed commented.

I spent a most enjoyable day with some of Calgary Transit's most valuable assets. My thanks and appreciation to all of them. And seeing the arrival of new Light Rail Vehicle 2442 was a rewarding experience, as well as satisfying my curiosity. ▲



A cab end of car 2442 emerges..



Karl Colthurst and Ed Gajecki watch Clayton Sawatsky remove the last of the wrapping.



Jerry Burns in his "stationary car" electronics lab.



Coupler conflict: differences in couplers of SD160 and S200 cars.



Refurbished SD160 car in paint booth.

THE GOOD LANDS

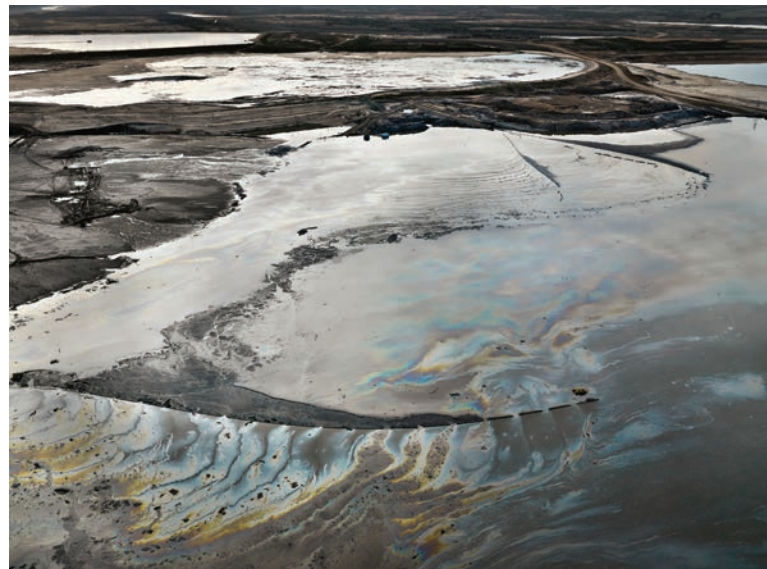
CANADA THROUGH THE EYES OF ARTISTS

Victoria Dickenson et al.

Fifty years ago, Canada celebrated its hundredth anniversary of Confederation. At Expo 67, in communities across the country, we celebrated our coming of age as a modern, bilingual, bicultural nation—a place where anyone from any culture could thrive.

But beneath the applause and the cheerful music was a darker note. In his public address at the festivities, Chief Dan George lamented what Canada's centennial did not celebrate: the colonization and marginalization of Indigenous peoples who lived on these "good lands." In the Good Lands, we honour a new understanding of our past. We have begun—at long last—to share in a process of national reconciliation and to come together to reimagine our contribution to a global future.

Artists give form and meaning to both the land and the invisible landscape of the spirit, both the past and the future. The works of Canada's artists—both Indigenous and non-Indigenous, historical and contemporary—invite us to see our country and our place within it with new eyes. This book celebrates their visions, as well as the good lands we have shared and shaped for millennia that, in turn, have shaped us.

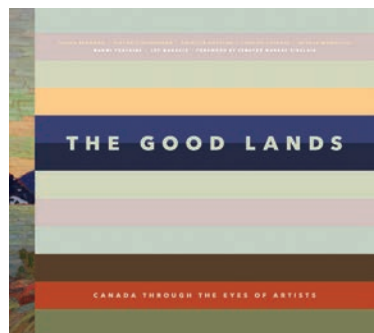


WALTER J PHILLIPS, Alberta Oil Sands, Fort McMurray, Alberta, Canada 2007

This book celebrates this country and honours the beauty and power of our shared spaces. In looking through the eyes of our artists, we are reminded that the land holds us, not we the land, and that we share our territories with other sentient beings, with trees and grass, with rocks and rivers.



LANDON MACKENZIE, Tracking Athabasca: Macke it to Thy Other Side (Land of Little Sticks), 2013



THE GOOD LANDS
by Victoria Dickenson

9781773270241

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Lawren Harris, North Shore, Lake Superior, 1926



BOBS COGILL HAWORTH, Alliford Bay, 1945



WALTER J PHILLIPS, Mount Cathedral from Lake O'Hara, 1926

ITEE POOTOOGOOK, Three Hunters Canoeing During A Foggy Day, 2013 (right)



WALTER J PHILLIPS, War Village, International Nickel, Willisville, 1943



Tim Pitsiulak, Untitled (Cockpit), 2008



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July 2018 marks the 10-year anniversary since Luanne Whitmarsh was named CEO of Kerby Centre

The past decade has seen a tremendous amount of change for Kerby Centre. Programs were expanded, altered, and evolved to meet the rapidly changing needs of older adults in our city and province.

Among the most noteworthy changes are the expanding of our Grocery Delivery program into a much more comprehensive home health program that was renamed Thrive. We also saw the addition of a FIT room, the overhaul of the Diana James Wellness Centre, and a revitalization of the gymnasium.

As well as running the day-to-day activities of the Centre, Luanne has expanded Kerby Centre's presence across North America with memberships in groups such as the International Council on Active Aging and the National Council on Aging, as well as representing Kerby Centre at conferences and speaking engagements.

Closer to home, Luanne has enabled Kerby Centre to have a leading role in ensuring the best future for Calgary's older adults through a wide variety of outside committees and boards. Among these are the City of Calgary's Age Friendly Calgary, Dementia Friendly Communities, and the Elder Abuse Response Team.

Internally, Luanne has focused the organization on financial accountability and sustainability and introduced annual staff surveys to capture the opinions and needs of the Kerby Centre team.

Kerby Centre continues to develop the plans for a new building and Luanne has tirelessly led that effort. She has a focus on making the new Kerby Centre the next generation seniors' centre, purpose-built to meet the needs of tomorrow's older adults.



Kerby Centre's Stampede Breakfast grows every year. Luanne is shown here with the Indian Princess. — 2011.



MLA Kathleen Ganley is a frequent speaker at Kerby Centre and is shown here with Luanne at the Kerby Expo. — 2015



Luanne led the renovation of the Diana James Wellness Clinic. — 2011



Kerby Centre held successful golf tournaments in 2013 and 2014 to raise funds for the Centre. — 2013



Donations are key to Kerby Centre's sustainability. Luanne is shown here accepting a donation from the CREB Charitable Foundation. — 2013



Luanne and Mayor Naheed Nenshi jump for joy at the opening of the annual Kerby Expo. — 2012



Luanne is frequently in the media speaking on topics related to older adults and the Centre. She is shown here at the announcement of Kerby2: East Village. — 2015



Luanne accepts a Canadian flag, a gift from the federal government on the occasion of the 50th anniversary of the maple leaf becoming our national flag. — 2015



Prime Minister Justin Trudeau visited the Centre and is shown here with members of the staff and board. — 2016.



Intergenerational projects are encouraged at Kerby Centre and Luanne is shown here teaching a group of students from Strathcona-Tweedsmuir School about Kerby's programs. — 2017



Kerby Centre was recognized with the Calgary Stampede's Western Legacy Award. — 2017

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Food is medicine where malnutrition and frailty are concerned



By Heather Keller and Leah Gramlich

Malnutrition is a common problem for patients entering health care facilities in Canada — costing the system \$2 billion annually.

“You are what you eat,” or so the saying goes. We use this axiom in our developed country, where obesity is often top of mind, to remind ourselves that overeating will lead to a less healthy physique. However, this saying is also true for undereating or malnutrition — and that happens in Canada too.

It may be surprising to many Canadians that mal-

nutrition is very common in our hospitals, our health care institutions and in certain patient populations. Malnutrition begins in the community and can be perpetuated by a hospital admission.

Estimates suggest 30 to 45 per cent of medical patients at an average age of 65 years of age are malnourished at admission, costing our hospital system approximately two billion dollars per year. Malnutrition, whether due to inadequate intake of protein or energy, or vitamins and minerals, is a known contributor to many conditions, including frailty.

Frailty is a growing concern in Canada with our aging population; although frailty can happen at any age, it is most common in older adults and estimated to occur in approximately 25 per cent of persons over the age of 65 years.

What does frailty look like?

Common symptoms of frailty include weight loss, weakness and exhaustion, often exhibited as falls, delirium and failure to thrive. The Canadian Frailty Network is raising awareness of this condition and how it can be prevented, delayed, potentially treated and bet-

ter managed — and save the health system money in the process. Nutrition is one of the key areas where treatment for frailty is promising, especially if the person is also malnourished.

Recent evidence demonstrates an overlap between frailty and malnutrition in Canadian hospital patients with 70 per cent of malnourished patients being screened as frail. A variety of physiological, social and economic factors, such as living alone or low income, and disease-related factors are the root causes of malnutrition for these Canadians. It is also likely that frailty and malnutrition impact each other.

Many frail older adults living in the community are challenged with accessing the grocery store, getting the groceries home and preparing and eating food. Appetite and interest in cooking may be poor, especially for those who live alone. After discharge from hospital, 25 per cent of patients will unintentionally lose weight in the first month, with poor appetite being a primary factor. Low protein intake or inadequate intake of key nutrients such as vitamin D can also result in muscle and bone changes that can lead to a fall and consequent disability.

The public is generally unaware that as we age, we need the same or greater amounts of many vitamin and minerals than younger segments of the population need — particularly vitamin D and calcium. Due to a constellation of factors, older adults also need up to 50 per cent more high-quality protein in their diet than is currently recommended, to retain the muscle they have, with further increases required if they are frail, subjected to prolonged bed rest or surgery.

So, “you are what you eat,” holds true as well for malnutrition. With caloric needs of older adults and

those with frailty often low due to lack of activity and loss of muscle mass, this means that every bite needs to count nutrition-wise.

In the case of malnutrition and frailty, food is medicine.

So, what are we to do?

First, the medical profession and those who are routinely in contact with potentially frail and malnourished patients need to recognize these conditions and their importance in the overall health, well-being and recovery of patients.

Screening for malnutrition and frailty should be done in all health care encounters for those over the age of 70 years, including at the doctor’s office, home care visits and at every medical or surgical patient admission to hospital.

Public health agencies across the country should work with primary care physicians to identify early nutritional habits that can be improved and promote self-screening tools targeted to the frail and senior populations. When those at risk for malnutrition are identified, referral to a dieti-

tian to provide counseling, education and connection to community supports and services is needed.

Malnutrition can be treated. Families and friends can support their loved ones who are frail by helping with groceries, cooking and eating together. Watch for unintentional weight loss and poor appetite and seek help early to prevent malnutrition and frailty.

Professor Heather Keller is the Schlegel-University of Waterloo Research Chair in Nutrition and Aging and an expert advisor with EvidenceNetwork.ca.

Dr. Leah Gramlich is a gastroenterologist and professor in the Faculty of Medicine at the University of Alberta and Provincial Medical Advisor for Nutrition Services with Alberta Health Services.

They are co-Chairs of the Canadian Malnutrition Task Force and both are researchers with Canadian Frailty Network (CFN), a not-for-profit organization dedicated to improving care for older Canadians living with frailty, to count nutrition-wise. ▲

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Solution on page 27



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July book picks —

By Winifred Ribeiro

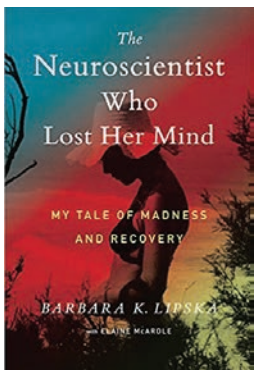
New releases that provide:

DRAMA – FICTION – HEALTH – AUTOBIOGRAPHY – HISTORICAL – ROMANCE – BIOGRAPHY



The Summer I Met Jack
by Michelle Gable
St. Martin's Press
May 29/18
9781250199607
Fiction / Historical/
Biographical Fiction

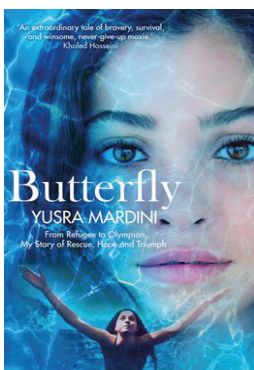
The Summer I Met Jack, by Michelle Gable is based on the fascinating real life story of Alicia Corning Clark, a young, beautiful Polish refugee who arrived in Hyannisport, Massachusetts in 1950, to work as a maid for one of the wealthiest families in America. Alicia is at once dazzled by the large and charismatic family, in particular the oldest son, a rising politician named Jack. The woman, J. Edgar Hoover insisted, was paid by the Kennedys to keep quiet, not only about her romance with Jack Kennedy, but also about a baby they may have had together. An alternate Kennedy family history and fascinating story.



The Neuroscientist Who Lost Her Mind
by Barbara K. Lipska
with Elaine McArdle
9781328787309
April 3, 2018

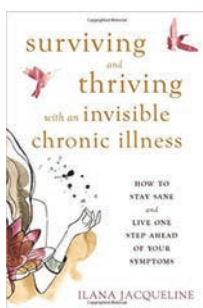
Biography,
Autobiography

In January 2015, Barbara Lipska—a leading expert on the neuroscience of mental illness—was diagnosed with melanoma that had spread to her brain. Within months, her frontal lobe, the seat of cognition, began shutting down. She descended into madness, exhibiting dementia- and schizophrenia-like symptoms. Miraculously, just as her doctors figured out what was happening, the immunotherapy they had prescribed began to work. Just eight weeks after her nightmare began, Lipska returned to normal, with one difference: she remembered her brush with madness with exquisite clarity. In *The Neuroscientist Who Lost Her Mind*, Lipska describes her extraordinary ordeal and its lessons about the mind and brain.



Butterfly
by Yusra Mardini,
St. Martin's Press
9781250184405
May 3, 2018
Biography,
Autobiography

When young Syrian refugee Yusra Mardini realized that her boat's engine had shut down as she was traveling from Syria to Greece with other refugees, there was no hesitation: she dove into the water. Mardini was determined to help. Grabbing a rope with one hand, she began kicking up the black water, inching the boat toward the distant shore and helping to save a boatload of refugees heading to Turkey from Syria. After her arrival in Greece, Mardini, focused and undeterred, worked toward a lifelong goal: to compete in the Olympics. She succeeded, and competed in 2016 on the Refugee Olympic Team in Rio de Janeiro. *Butterfly* tells her story, from Syria to the Olympics to her current work with the UN as a Goodwill Ambassador. Mardini is eager to tell her story in the hope that readers will remember that refugees are ordinary people in extraordinary circumstances, chased from their homes by a devastating war.



Surviving and Thriving with an Invisible Chronic Illness
by Ilana Jacqueline
HMH
9781626255999
March 1, 2018
Health

Written by a blogger who suffers from an invisible chronic illness, *Surviving and Thriving with an Invisible Chronic Illness* offers peer-to-peer support to help you stay sane, be your own advocate, and get back to living your life. This compelling guide is written for anyone suffering with an illness no one can see such as postural orthostatic tachycardia syndrome (POTS), chronic fatigue syndrome (CFS), fibromyalgia, multiple chemical sensitivity (MCS), Lyme disease, lupus, dysautonomia, or even multiple sclerosis (MP). Suffering from a chronic illness doesn't mean you can't live an active, engaged life. This book will show you how

Chickpeas are a good source of protein and are good for the environment



(NC) Chickpeas are high in protein, fibre and complex carbohydrates; have high levels of minerals like iron, calcium, zinc and vitamins; and are low in fat.

Canadian farmers grow two varieties of chickpeas — desi and Kabuli. Kabuli is the most popular and it is also known by its more common name, garbanzo beans.

Chickpeas can be a challenging crop to grow in Canada because they require a long growing season and have a high risk of disease. Ascochyta blight is the most common disease for chickpeas and it can be devastating, potentially wiping out up to 90 per cent of the crop

if it is not controlled. To protect the crop, farmers use a fungicide, a type of pesticide that protects crops from becoming infected with a disease, or cures the disease in the early part of infection.

Cherilyn Nagel farms in Saskatchewan, where the most of our chickpeas are grown. She says that pest control products are crucial for protecting crops from pests.

"It's in our best interest to ensure the products are used responsibly. At the end of the day, we want to have healthy, safe abundant food

and leave our soil in better condition than when we started," she adds.

Chickpea plants form root nodules where bacteria take nitrogen from the air and convert them into fertilizer, which helps feed the plant. This process makes legumes like chickpeas an excellent source of plant protein. It's also good for the environment because when the plant is harvested, the plant material left in the field releases the remaining nitrogen in the plant back into the soil and acts as fertilizer for next year's crop. ▲

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Kerby Centre

Daily Drop-in Programs and Activities. Except where indicated, the drop-in fee is \$2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MUSICAL RECORDERS GROUP (Rm 313) 1:00pm - 2:30pm CRIBBAGE (Rm 308) 1 - 3:30pm PICKLEBALL (Gym) 3:30pm - 5:00pm MAHJONG (Rm 308) 10:30 am - 12:30 pm KNITTING FOR A CAUSE (Dining Room) 10:00 am-12:00 pm Returns This Fall - FREE	OPTIONS 45 - Employment Workshops (Lounge) 1:30 - 3:00pm Indoor Floor Curling (RM 308) 12:30 - 2:00 pm	BRIDGE (Rm 318) 1:00pm- 3:00pm DANCE (Lecture Rm 205) 1:00pm- 3:00pm GENERAL CRAFT GROUP (Rm 311) 9:00am -12:00pm FREE ENGLISH CONVERSATION (Rm 301) 10:30am-12:00pm	ARTIST GROUP (Rm 313) 10am - 3pm \$1.50 half day BINGO (Rm 205) 11:00am - 3:00pm PICKLEBALL (Gym) 3:30pm - 5:00pm KERBY TOUR (Dining Room) 10:30 am- 11:30am FREE	SPANISH CONVERSATION GROUP (Rm 311) 10:00am - 12pm BADMINTON & PING PONG (Gym) 10:30am - 12:45pm KRAZY KARVERS WOOD-CARVING CLUB (Woodshop Rm 102) 10:00am-3:00pm \$1.25 per hr

Mark Your Calendars For These Upcoming Events

Join Us In The Kerby Korral For A Bootscootin' Good Time

Kerby Centre's 26th Annual Stampede Breakfast

Friday, July 13th, 2018
8:00 am - 11:00 am
1133 7th Ave SW, Calgary

Free Pancake Breakfast & Dancing to The Gordie West Band

A Special Thanks To Our Sponsors

- The Journey Club at Westman Village
- Servus Canada
- The Honorable Kathleen Ganley MLA Calgary-Buffalo
- Gordon Food Services & ATCO

Free Admission. For More Information call Kerby Centre Information Resources at 403 705-3246

Kerby Centre, Doing More For You!



Did you know that Kerby Centre can also help you at our K2SA location by providing the following information & services

- Seniors' Government Services & Benefits
- Community Resources
- Commissioner of Oaths
- Assistance with completing forms such as; *Alberta Senior's Benefits; Special Needs Assistance, Old Age Security, Guaranteed Income Supplement & Canada Pension Plan*

To Learn More, Please Join Us Every Friday 9:00 am - 3:00 pm at St. Andrews Centre 1-10601 Southport Rd SW, Calgary
Phone 403 259-4080

Free Admission. For More Information call Kerby Centre Information Resources at 403 705-3246

Rodeo Round-up Sale in the Next to New Shop

Everything in the store is ½ price!

Friday, July 13th, 2018
10:00am – 2:30pm

Little Red Lasso Sale in the Wise Owl Boutique

All red string (or red tagged) items are 50% off!
Some exclusions may apply.

Friday, July 13th, 2018
10:00am – 3:00pm

Monthly Movie

The Second Best Exotic Marigold Hotel

Friday, June 29th

1:00 PM - The Kerby Lounge
Tickets are \$1.00 Inc. a snack & drink!
Available at Ed & Rec - Room 305

Save The Date
2018 Kerby EXPO
Saturday, September 22nd

CANADA DAY



Join Us
Friday, June 29th
11:30 - 2:00 pm

In The Kerby Dining Room as we celebrate the foods and culture of the diverse regions of Canada with a special meal presentation

Seafood Chowder
Venison Stew * Poutine
Maple Cake

All For Only \$10.00

Presented By Kerby Centre's Diversity Committee

Have A Safe & Happy Canada Day!

A Group For Mature Jobseekers
Sessions every Tuesday 1:30 - 3:00 pm
In the Kerby Centre Lounge - \$2.00 Drop In Fee



July 3rd - Networking 101

Find the hidden job market; build contacts; get information about companies and gain potential access to key decision makers; navigate thru information gathering interviews

July 10th - Time Management

Learn proven time management tips & how to use them to optimize time & increase productivity

July 17th - Resume Building

Information & tips about writing a customized resume & essential components to make your resume effective

July 24th - Holy Doodle What Just Happened!

An interactive conversation about how to handle finance, routine & health when crisis hits

July 31 - Be The Project Manager Of Your Job Hunt

For more information, or to register, Phone 403 705-3217 or Email options45@kerbycentre.com

Kerby Day Trips

For more information or to book your trip contact Kerby Travel at 403-705-3237 or email travel@kerbycentre.com

Ribbon Creek Hike

July 30th 2018 - Cut-off July 16th

Tour includes round trip bus transportation and a guided hike through Ribbon Creek (please bring your own lunch).

Members: \$49.00 - Non Members: \$59.00

Arrowwood Hutterite Colony

August 7th - Cut-off: July 24th & August 14th - Cutoff: July 31st

Tour includes lunch, round trip bus transportation and a tour of the colony with an opportunity to buy home-made bread & fresh vegetables.

Members: \$55.00 - Non Members: \$65.00

September 20 & 21st Waterton Lakes National Park By Anderson Vacations

Includes round trip transportation, 1 night at Waterton Lakes Lodge, taxes, guided tour at Bar U Ranch w/lunch & tour of Remington Carriage Museum with breakfast

Members \$370 - Non Members \$380

Based on Dble Occupancy

Cut off Date: July 3rd

Free Presentation

Friday July 27, 2018
10 am – 11 am

Active Aging Presentation

Presented by Connor Butler, Physical Literacy Coordinator University of Calgary

Kerby Centre 1133, 7th Ave SW (Lounge)
Please RSVP at 403-705-3246 or information@kerbycentre.com

Tips to help you fight summer air pollution



PROTECTING

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SENIORS

Volunteer Spotlight



Karin Valer

Karin is a reliable and dedicated volunteer. Karin first came to Kerby Centre to learn about volunteering but ended up learning much more. Karin was very impressed by the services Kerby Centre provides to older adults in the community and thought this would be a great place to volunteer. Karin has been volunteering at Kerby Centre for almost a year now. She volunteers in the Adult Day Program, as a Receptionist in the Education and Recreation Department, in the Information Resources department during the Tax Clinic, and for several Special Events. Karin likes the positive culture and environment at Kerby Centre. She said "the staff are very helpful". At Kerby Centre, Karin enjoys spending time with friendly people and listening to their life experiences. Besides volunteering, she likes to watch movies, travel and spend time with friends and family. Karin has already contributed over 348.0 hours.

Thank you Karin, for all that you do for the Kerby Centre.

(NC) When we check the weather, we often hear reports of the Air Quality Health Index. But what does it mean for you and your family?

The index is a scale designed to help you understand what the air quality around you means to your health, helping you make decisions to protect your breathing. With warmer weather approaching, the tool will help to guide you in reducing your risks from the effects of air pollution.

The AQHI uses a scale from one to 10 — the higher the number, the greater the health risk associated with the air quality. The index describes the level of health risk associated with this number as low, moderate, high or very high. It includes suggested steps we can take to reduce our exposure and improve the quality of the air we breathe.

Seniors, children, those working outdoors and people with chronic heart or lung conditions such as asthma are at a greater risk of the health effects associated with high AQHI numbers.

You should get into the easy habit of checking your local number regularly, especially during hot summer months when there is an increased likelihood that air pollution will affect your breathing.

Follow these tips to protect yourself from air pollution:

1. Check the current and forecast maximums in your community.
2. Follow the AQHI health messages, based on whether you are in the at-risk population.
3. Avoid areas that have a higher pollution level, such as near major roads.
4. Exercise indoors if the level is too high.
5. Ask your healthcare provider about protecting your lungs when the air quality is poor.

Community Events

Stanley Park Lawn Bowling Club

Stanley Park Lawn Bowling Club offers free instruction for beginners every Monday at 7 p.m. as an opportunity to introduce lawn bowling to new players. It is a sport for all ages. All equipment is provided. Bring flat-soled shoes. Bowling takes place in Stanley Park, between Elbow Drive and Macleod Trail. For more information phone 403-532-8006 or see calgarybowls.com.

Fish Creek Provincial Park

Fish Creek Park will celebrate World Environment Day on July 21 with the eighth annual Parks Day and Creekfest. The theme of World Environment Day this year is the struggle against plastic pollution. Parks Day and Creekfest is a component of the Friends' Watershed Stewardship program. Juno-award winning Peter Puffin's Whale Tales will return for the eighth year in a row to host a dynamic and interactive concert per-

formance and song-writing workshop. Visitors can learn to juggle, with Michelle and Peter, the Juggling Clowns, and take part in guided walks to increase their knowledge about birds, our local waterways and the new ATCO native grassland.

For more information about Creekfest visit friendsoffishcreek.org/event/creekfest. For information about Fish Creek Park, visit chris@friendsoffishcreek.org or call 403-238-3841.

The following activities are part of the Wellness Program in Fish Creek Park: Yoga in the Park and Spring Forest Qi Gong on Tuesdays, July 3 to August 28; Wellness Super Class on Thursdays, July 26 and August 30; Paint What You See with Jim Prescott on Tuesday, July 24, and Watercolour Painting to Feed the Soul with Yasmin Irani on Thursday, August 2. For more information on these and other Wellness programs visit www.friendsoffishcreek.org/programs/wellness-clinics. ▲

Seniors Scene

Good Companions 50 Plus Club

Good Companions 50 Plus Club will hold its annual Stampede Hoedown on July 10. Happy hour will be at 4:30 p.m., and supper will be served at 5:30 p.m. Entertainment will be by Pure Country. The cost is \$20 for members, and \$22 for non-members. The Shuffleboard Wind-up Tourney will take place on July 16. Lunch will be 'Joey's Only' and dessert will be by donation. Lunch at 11:30 p.m. and the games begin at 12:30 p.m. The Drop-in fee is \$3. On July 18 there will be a Foot Clinic by appointment for Club members only, at a cost of \$3. On July 24 there will be the Annual 90+ Honorary Partnership Picnic and Garden Tour. The cost is \$5. For more information about these and other programs, please visit www.gc50plus.org or contact the Program Coordinator at 403-242-3799. Good Companions is located at 2609 19 Avenue SW.

Greater Forest Lawn 55+ Society

Greater Forest Lawn 55+ Society will hold Five Star Bingo on July 5 and 19 at 12:15 p.m. The bingo takes place at 4980 25 Street SE, on bus circle route #72 or #73, telephone 403-248-8334. A Stampede Breakfast will be held on July 7, from 9 a.m. till 12 noon. There will be a live band (For Olde Tyme Sake), and hot cakes, sausages, bacon, juice and coffee. Pre-sold tickets cost \$5, children under six years old are free. Stampede Shindig on July 11 from 11 a.m. to 1 p.m. features entertainment by Tom Jarvie. Wednesday lunches are held every Wednesday at 12 noon, with bingo to follow. The cost is \$7. Office hours are Monday to Thursday 9 a.m. to 12 noon. For more information on these and other programs please visit www.gfls.org or telephone 403-272-4661. Greater Forest Lawn 55+ Society is located at 3425 26 Avenue SE. ▲

Q: What's the difference between a horse and the weather?

A: One is reined up and the other rains down.

Q: What goes through towns, up hills, and down hills but never moves?

A: The road!

Q: What travels around the world but stays in one corner?

A: A stamp.

Fighting fraud: keeping your money safe online and in-store

(NC) No one wants to be a victim of payment fraud. Yet almost a quarter of Canadians say they have clicked on a link that resulted in a phishing scam, while 64 per cent have been tempted to click on a link they weren't completely sure was safe.

When it comes to your money, there's no shortage of tips for staying safe. Here

are five reminders to help you stay protected, whether you're shopping online or in-store.

Choose debit. Your card number is only an identifier, so no banking information is shared with the merchant when you make a purchase. Plus, when it comes to going contactless, Interac Flash uses secure chip process-

ing. That makes it next to impossible to create counterfeit cards and protects against fraudulent activities like skimming or electronic pickpocketing.

Your mobile wallet is secure. Just as your debit card number is only an identifier in store, when debit is added to a mobile wallet, financial information is substituted with a token, which is a unique virtual account number that means no financial information is stored or shared with the merchant. As an added layer of security, your mobile wallet is also typically protected by Touch ID or passcode.

It's okay to be suspicious. If you suspect anything unusual when using an ABM or point-of-sale terminal, do not use the machine but report it to your financial institution. Equally, if you're

unsure whether a phone call or email link requesting money is legitimate, hang up or ignore the email until you can confirm the source.

Always keep your banking information private. Even when using Flash, you'll be periodically prompted to validate that

you are you by entering your PIN. Protect your PIN — don't share it with anyone and be sure to shield the PIN pad when you're entering your number. Stay in control by checking your statements regularly to watch for any unusual activity.



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DID YOU KNOW?

Top 5 languages spoken in Canada

By Diversity Committee

With our country being one of the most multicultural in the world, many of us speak more than one language. Being bilingual has many benefits, including better decision-making, improved memory and protection against illnesses like dementia. Check out the top five languages spoken in Canada, and if you aren't already bilingual, consider learning a second language as it's never too late to start. Why not one of the two official languages?

1. English

As you may have guessed, English is the most commonly spoken language at home in our country. In fact, a whopping 98 per cent of Canadians say they have the ability to conduct a conversation in English, French or both.

2. French

Our other official language, French, is the second-most commonly spoken language in Canada. But it's not just in Quebec — there are many communities outside *la belle province* with large French-speaking populations. That's why the federal government ensures that it provides services in both official languages at many points of service.

3. Mandarin

While a fifth of us speak a mother tongue other than English or French, only 6.2 per cent of Canadians speak

a language other than English or French as their sole home language. Mandarin is most commonly spoken in the major metropolitan areas.

4. Cantonese

Also popular in large cities, Cantonese is another Chinese language that is commonly spoken in Canada.

5. Punjabi


Punjabi is the fifth-most common language spoken at home across the country, it is the most frequently reported immigrant language in Vancouver, Calgary and Edmonton.

<http://www.officiallanguages.gc.ca/en/newsletter/2018/top-5-languages-spoken-canada>

List of Top 10 Immigrant languages — Stats Canada 2018

1. Mandarin - 610,835
2. Cantonese - 594,030
3. Punjabi - 543,495
4. Tagalog - 510,425
5. Spanish - 495,090
6. Arabic - 486,525
7. Italian - 407,450
8. German - 404,745
9. Urdu - 243,090
10. Portuguese - 237,000

Overall, the number of Canadians who speak more than one language is growing. As languages are vivid and diverse we should show more tolerance toward people who speak foreign languages. Canada's Unity in Diversity will surely help us to grow well together. As Thomas Berry quoted "Greater the Diversity, Greater the Perfection". ▲



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403-293-5488 www.probatecoach.ca probatecoach@gmail.com



Take an active role in how you age!

BECOME A MEMBER TODAY!

Studies show that social engagement is the key to healthy aging. A Kerby Centre membership is the starting point for a happy, healthy older adult!

For only \$22 a year, members enjoy:

- Members-only events!
- Alberta's foremost newspaper for older adults, Kerby News, delivered to your door!
- Front of the line service for program registration!

And knowing you are part of an exciting organization dedicated to keeping you active and engaged!

visit www.kerbycentre.com or look for the form in this issue

Flipping great pancakes!

Page design and layout by Winifred Ribeiro

If you're looking for inspiration for pancakes to serve this year, during and after the Calgary Stampede, look no further than *Posh Pancakes*. From Paris to Palm Springs, pancakes are set to be a hot new food trend.

Posh Pancakes brings you over 70 recipes from around the world for this simple, quick meal on a plate. Discover the joy of eating pancakes from around the world for breakfast, brunch, lunch, dinner and dessert. You'll flip over the delicious choices from Sri Lankan hoppers, Keralan dosas, Japanese okonomiyaki, Vietnamese banh xeo, as well as the humble buttermilk, buckwheat and blini Chinese pancakes with duck and hoisin

sauce, spicy Mexican hotcakes with avocado and chilli, classic English pikelets, as well as the quintessential French crêpes Suzette, it's a whole new take on pancakes.



Posh Pancakes by Sue Quin

Recipes excerpted with permission from *Posh Pancakes* by Sue Quinn, published by Quadrille — 9781849498036
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Photographs by Faith Mason



Polish Pancakes with Pan-Fried Hake & Aioli

This is posh fish and chips: crispy potato pancakes with tender white fish and garlicky lemon mayonnaise. Tuck in.

Serves: 4

Takes: 30 minutes

For the hake:

4 boneless hake fillets, skin on
sea salt flakes
freshly ground black pepper
2 tbsp olive oil

For the aioli

120 ml (4 fl oz/ 1/2 cup) good-quality mayonnaise
1 garlic clove, crushed
finely grated zest and juice 1/2 lemon

Pat the fish dry with kitchen paper and season generously on both sides with salt and black pepper. Set aside, lightly covered with greaseproof paper.

Combine the aioli ingredients in a small bowl and chill until needed.

For the pancakes, peel and grate the potatoes, putting them in a bowl of iced water as you go. Drain, then squeeze out as much liquid as possible. Place in another bowl, add all the remaining pancake ingredients, except the butter and oil, and mix well. Melt half the butter and half the oil in a frying pan. When foaming, add a large spoonful of the potato mixture to the pan, flattening slightly to make a pancake roughly 8 cm (3 in) in diameter. Repeat. Fry in batches of 4 for 2–3 minutes on each side over a medium heat, until golden and cooked through. Transfer to a 150°C/300°F/gas 2 oven to keep warm.

To cook the fish, set a frying pan over a medium–high heat, add a splash of oil and wipe it over the base using a wodge of kitchen paper to remove any excess. When the pan is hot, add the fish skin-side down and press the flesh firmly with a fish slice — this helps achieve a lovely crisp skin. Cook for 3–4 minutes, depending on the thickness of the fillet, then flip and cook for 1–2 minutes more.

Serve a fish fillet and two pancakes per person, with the aioli on the side. Serve with steamed green vegetables.

For the pancakes

500g (1 lb 2oz) potatoes
1 small onion, grated
1 egg, lightly beaten
1 tbsp plain (all purpose) flour
sea salt flakes
freshly ground black pepper
small handful parsley, chopped
2 tbsp butter
2 tbsp olive oil



Tomato Salsa, Corn & Spinach Pancakes

Sweet and juicy corn kernels really make these pancakes pop with flavour. Kernels cut fresh from the cob are ideal, but the canned stuff also works nicely.

Makes: 8 pancakes

Takes: 30 minutes

For the salsa

3 ripe tomatoes, about 160 g (5½ oz), finely chopped
1 red onion, finely sliced
60g (2oz) feta, crumbled
1 tbsp lime juice, or more to taste
3 tbsp extra virgin olive oil
sea salt flakes
freshly ground black pepper

For the pancakes

160 g (5 1/2 oz/11/4 cups) self-raising flour
1 tsp sea salt
1 tsp ground coriander
1/2 tsp ground cumin
1 tsp smoked paprika
1 egg, lightly beaten
1 tbsp olive oil, plus extra for frying
250g (9 oz) corn kernels, from corn cobs or a can

Make the salsa by combining all the ingredients in a bowl. Set aside to allow the flavors to mingle.

For the pancakes, whisk together the flour, salt, and spices. Stir in the egg and oil, and then 130ml (4 1/2 fl oz/1/2 cup) cold water, or enough to make a smooth batter. Fold in the corn and spinach – the batter will be very thick.

Heat a frying pan over a high heat and brush with oil. Reduce the heat to medium and pour 60 ml (2 fl oz/ 1/4 cup) batter into the pan. Use the back of a spoon to flatten the batter into a patty shape and cook for 2 minutes on each side, until golden and cooked through. Repeat with the remaining batter.

Serve the pancakes hot, with a big spoonful of salsa on the side. They are also delicious served with a fried egg on top.

Almond Pancakes with Honey & Berries

These are light and fluffy, yet full of lovely almond flavor. They work a treat with the runny honey and crunchy seeds – you'll go nuts for them. Badum-tish!

Makes: 14 pancakes

Time: 30 minutes



100 g (3 1/2 oz/ 3/4 cup) self-raising flour

100 g (3 1/2 oz) ground almonds

1 tsp baking powder

2 tbsp dark brown soft sugar

2 eggs, separated

180 ml (6 fl oz / 3/4 cup) whole milk

melted butter or vegetable oil, for brushing

almond butter, runny honey, handful berries, and handful mixed seeds, to serve

In a mixing bowl, whisk together the flour, ground almonds, baking powder, and sugar, breaking up any lumps of sugar with the back of a spoon. Make a well in the center. In a jug, whisk together the egg yolks and milk. Gradually pour the egg mixture into the well and whisk, incorporating the flour as you go, to make a smooth batter. Don't overbeat or the pancakes will be tough.

Whisk the egg whites to stiff peaks. Stir a large spoonful into the batter to loosen, then fold in the rest.

Heat a non-stick frying pan over a medium–low heat and brush generously with butter or oil. Drop 60ml (2 fl oz/ 1/4 cup) batter into the pan and cook for about 1 minute until bubbles just begin to form on top and the bottom is golden. These burn quite easily so cook them slowly and reduce the heat if necessary. Flip and cook for 30 seconds — 1 minute more. Serve straight from the pan or keep warm in a 150°C /300°F /gas 2 oven while you cook the remaining batter.

To serve, stir the almond butter to loosen and spread some onto each pancake. Top with the berries, drizzle with honey, and scatter over with some seeds.

FINANCIAL PLANNING TODAY

Topic: Protect Yourself from Fraud and How Financial Planning and CRA work together

LOCATION: Kerby Centre -1133 7th Ave SW

ROOM: Kerby Centre Lounge

DATE: Wednesday, August 8, 2018

TIME: 10:00 am – 12:00 pm

COST: Free Presentation

Join us for coffee and cookies while learning how to protect yourself from fraud. Know how to recognize a CRA scam. Learn about common types of income and credits. Find out about the GST/HST credit, Medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit. Learn how to maximize available credits, benefits and income during your retirement.

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**Please RSVP to Rob Locke
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Financial Planning: Become Familiar with Wealth Transfer Strategies

To retire comfortably, you need to save and invest regularly using an effective saving and investment strategy. Maximizing RRSPs or other retirement accounts will likely be essential to realizing your retirement goals. Once you retire, you'll need to "switch gears" somewhat and begin considering wealth transfer and legacy strategies.

An effective wealth transfer strategy can help you to accomplish a variety of goals, such as distributing your assets the way you choose, avoiding probate fees and reducing estate taxes.

Here are five wealth transfer strategies to consider:

1. Draw up a will

Start by working with your attorney to draw up a will. It is important to have a written plan for distributing your assets to family members and other beneficiaries. If you were to die intestate (without a will), provincial laws would determine how your assets would be distrib-

uted, and there's no guarantee that the end result would be what you would have chosen.

2. Gift your money

One way to help ensure that your money stays in the family is to gift your assets to your adult children to help minimize the size of your estate, thus reducing the tax burden at your death. This could also potentially lower probate, executor and legal fees.

If you donate securities with a capital gain to a registered Canadian charity then there is generally no tax payable on the capital gain, and you may also benefit from donation tax credits (subject to applicable donation limits and tax credit rates). Work with your tax advisor to determine what is appropriate for your situation.

3. Check your beneficiaries

Many of your financial assets, including personal and group life insurance policies, RRSPs and TFSAs, allow you to name a beneficiary. Upon your death, your beneficiary will automatically receive these assets, avoiding the often time-consuming, expensive (and public) process of probate. It is essential that you review these designations periodically to make sure that they reflect your current wishes and do not conflict with the terms of your will.

4. Set up a trust

Different trusts can help you accomplish a variety of wealth transfer and estate planning goals. Work with your legal, tax and financial professionals to determine if a trust is appropriate for your needs.

5. Discuss your legacy plans and perform an insurance review

What legacy do you want to leave to your loved ones? When building an estate for your heirs, you would typically consider both registered and unregistered investment accounts as your principal sources of wealth accumulation. Permanent life insurance may be used to help create and conserve your wealth and help to pass it along to children or grandchildren, typically in a very tax-efficient manner. By reviewing your legacy goals and understanding what's important for you to leave to your family, your financial advisor will be able to determine what tailored solution, or wealth transfer strategy meets your needs.

All these wealth transfer techniques require some careful thought and preparation on your part, so don't wait too long before getting started. Time has a way of sneaking up on all of us, but it's especially sneaky when we're unprepared.

We can help

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

Leave a Legacy of Inspiration

"When I am gone, I hope to be remembered as a caring and thoughtful person. I want to know that Kerby Centre's important work will continue on for years to come."

"My decision to include Kerby Centre in my will is part of the legacy I wish to leave."

- Anonymous donor



The generosity of today's donors and tomorrow's legacy gifts provides hope, dignity, and independence to older adults.

For Information please contact Rob Locke at robl@kerbycentre.com 403-705-3235



Kerby Centre

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

Please choose to make a difference today.

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

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Kerby Centre

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

Please choose to make a difference today.

Mailing address Kerby Centre 1133 - 7th Ave SW Calgary, Alberta T2P 1B2

Contact us at 403-705-3235 or email to funddev@kerbycentre.com

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Classified Ads

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

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Classified deadline for August issue must be received and paid by July 6.



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

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12 Home Care

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

13 Mobility Aids

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30 For Sale

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48 Real Estate

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6	3	4	1	2	7	9	8	5
8	9	5	7	1	4	6	3	2
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9	5	8	4	7	1	3	2	6
1	2	7	3	9	6	5	4	8
4	6	3	8	5	2	7	1	9

PUZZLE ON PAGE 22

10 tips to help you save money on groceries



(NC) Think you need to spend a bundle to eat healthy foods? These tips will help you stay on-budget and prepare wholesome meals that the whole family will love.

1. Eat before you shop. You're less likely to make impulse purchases when you're not hungry.
2. Make a list and stick to it. Writing a grocery list before going to the store will save you time and money and help you shop only for the foods you need.
3. Be on the lookout for sales of healthy foods. Check out flyers, coupons and websites for deals. Create your meal plan and shopping list based on these foods.

4. Buy only what you'll use. Buying food in large quantities may lead to waste and spoilage. Freeze meat, poultry, fish and bread to extend their shelf life.

5. Compare prices. When bargain-hunting, it's easy to get swayed by a lower price tag. Remember to compare the unit price to know which product is truly less expensive. The unit price is often shown on the grocery store's price label. Also, in grocery stores where price-matching is available, use flyers to price match products that are on sale.

6. Buy fresh vegetables and fruit when they are in season. They're usually tastier and less expensive at this time, and you can freeze extras for later. Buying food out of season can be more expensive.

7. Choose frozen as an affordable option for out-of-season produce. When fresh produce

isn't in season, frozen versions are usually affordable and nutritious options.

8. Include beans, lentils and other legumes. These are great protein-rich foods that are lower in fat and often more budget-friendly sources of protein.

9. Limit foods and beverages high in saturated fat, sodium and sugars. Items such as cookies, pastries, salty snacks and soft drinks are usually low nutritional value and can add up on your grocery bill. Check the Nutrition Facts table on the label to identify foods with less than 15 per cent per cent Daily Value (DV) of these nutrients.

10. Stock up on lower-sodium goods during sales. Choose unsalted or low-sodium foods whenever possible. Look for words such as "sodium-free," "low sodium," "less sodium," "reduced sodium" or "no salt added" on the food label. But be careful – it's important to also choose foods that are not high in sugar and saturated fat, as sometimes these are used to compensate for the reduction in salt.



IN MEMORIAM

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

- Betty Church
- Florence Fern McCandless
- Florence Gladys Wohlers
- Henri Larose
- Ian Fraser Kirkpatrick
- Jean Hillyard
- Linda McConnell
- Marie Bretton Ruddock
- Murdo David John Mackenzie
- Nicholas Rudolph Komix
- Sylvia Shirley Brookwell

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 Kerby News.



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Kerby News Business and Professional Directory

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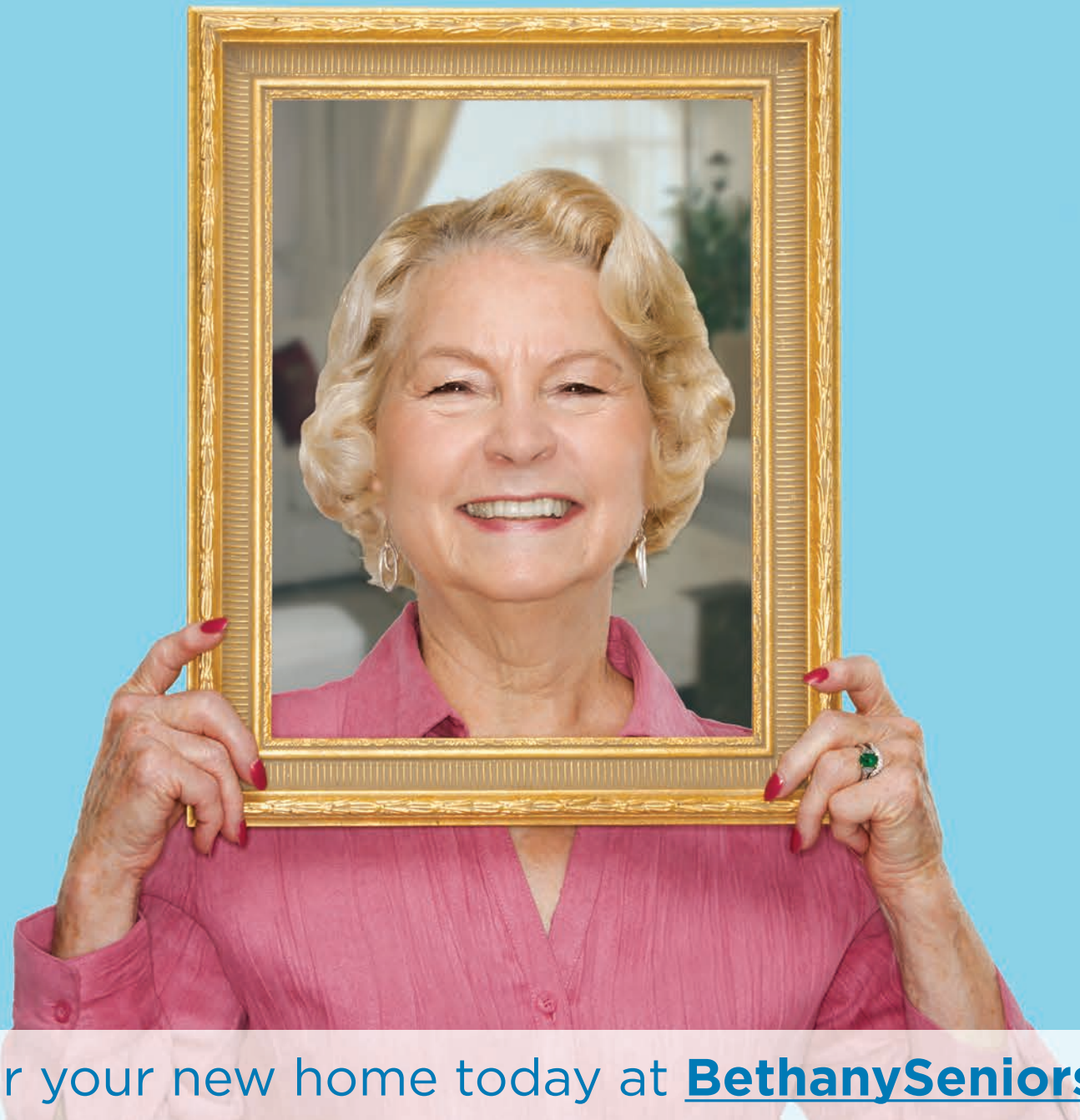
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