

Kerby News

Published by
Kerby Centre

for the **55** plus

“The most read publication for the 55+
in Calgary and Southern Alberta”

2018
October

Volume 34 #10



Inside

- Caregiving for Alzheimer’s patientspages 9-10
- Bumming through southern Italypages 14-16
- Honouring the forgotten at gravesite 118page 20
- Baking with a healthy twistpage 24



Monday, October 8, Thanksgiving Day

Wednesday, October 31, Halloween

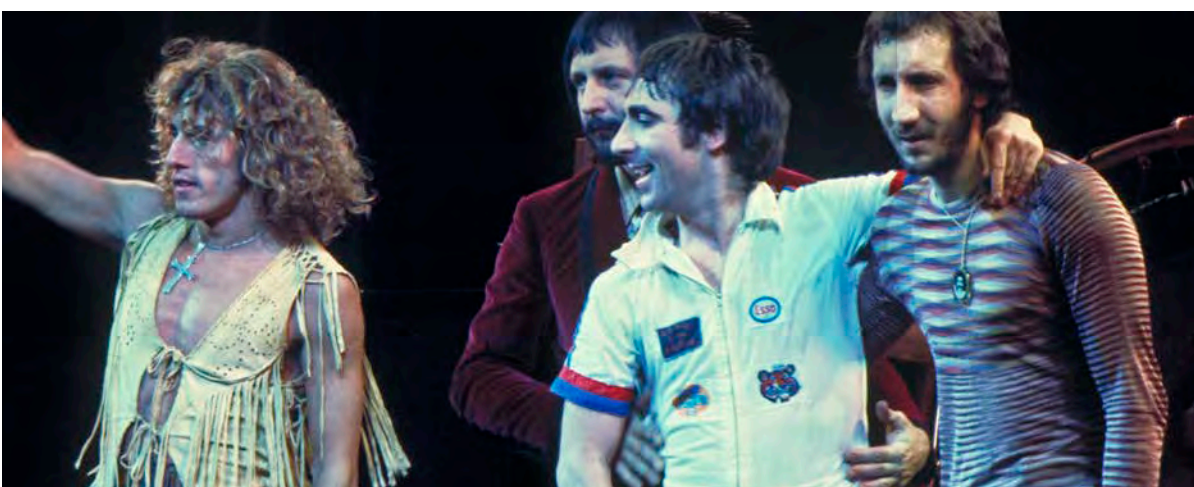


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The Manor Village at Fish Creek Park

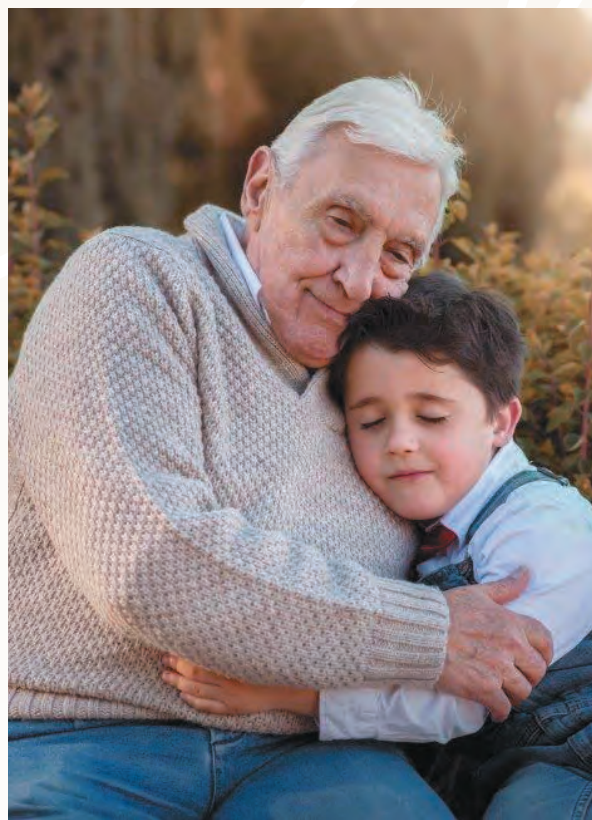
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By ZANE NOVAK
President of Kerby Centre

The importance of social interaction

Here we are in October. How fleeting summer seems when I look at the calendar and see that it's almost Thanksgiving. The shorter days, weather than can be anywhere from the plus mid-twenties to well into the negative side of the thermometer.

For me, October psychologically ushers in some of the aspects of the festive season starting with Thanksgiving. I am sure that in previous messages I have mentioned that my daughter and I often cook a lot this

time of year. Our rum-infused spiced pumpkin pies are popular with our friends and we make extra to give away. Not enough for all of the Kerby members, so I am sorry to say that I am not taking requests. This year, instead of hosting at home, we are going to spend time with friends in Edmonton.

Really the address of where we are matters very little. The important thing, for us, is that we are with friends, relaxing, visiting, and enjoying the weekend. To be included, to feel needed and valued, these are really the fundamental building blocks that we as humans need. It is so easy for us to slip into isolation.

With winter approaching we can often struggle to be social, the short days, the cold weather, snow, ice, treacherous footing which can all limit our ability to stay active and involved.

Isolation is one of the leading causes of stress, along

with mental and physical health issues.

That is why in this message in the Kerby News, I want to emphasize the importance and value of renewing your Kerby Centre Membership, or if you have never been a member, now is the time to join. We have some new information to share with our members.

The Kerby Centre has always had a commitment to lift up older adults. We reach out into the community to help older adults who are experiencing challenges as they age.

To redouble our efforts to reduce isolation in older adults, Kerby Centre is proud to announce that in 2019 everyone in our Adult Day Program, Kerby Rotary Shelter, and Thrive Program will receive a free membership to Kerby Centre.

If you are in one of these programs, your program coordinator will ensure that your membership is set up properly.

A Kerby Centre membership is a gateway to courses, activities, drop-in groups, and so much more.

2019 Memberships will be available for purchase beginning December 1.

I cannot overstate the importance of staying involved socially. As I mentioned earlier, for me though fall, leading into winter can at times seem daunting, it is also the opportunity to be engaged in so much. There is Thanksgiving, followed shortly after by Remembrance Day, then we can shirrtail enjoy the American Thanksgiving near the end of November. That leads into our Christmas season. Let's all vow to do what we can to be sure that we are not alone during this amazing season.

Let's ensure that those we know are also not left alone. Make it a personal commitment to reach out to others and make them feel the way they should feel — included, valued, and cared for. ▲

OCTOBER 2018

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 News

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Women's history month in Canada



By LUANNE WHITMARSH
CEO of Kerby Centre

In 1992, the Government of Canada designated October as Women's History Month in Canada to encourage greater appreciation of the notable contributions of women to Canadian history. October was selected because it was on October 18th, 1929 that Canadian women were first declared to be legally considered as 'persons', and therefore eligible to join the Senate of Canada.

As October is Women's History Month in Canada, I thought I would speak this month about the strong woman that developed Kerby Centre!

From the very beginning, in 1973, when the community came together to address the needs of a growing demographic, Patricia Allen was at the forefront. Pat was a visionary, a person who 'walked the walk.' When she said she would do an action — it was done! The community initiative was successful and Kerby Centre, a new organization, was born. Pat

guided the growth of Kerby Centre until she retired in 2008.

Since Kerby was incorporated in 1974, there have been 21 Presidents of the Board of Directors, and of them 14 have been women. Presidents have a tough role — working with the staff and volunteers who are working vital services and programming, and overseeing and guiding a large organization

that is constantly morphing to meet the ever-changing needs of aging people.

This month, and every month, we are grateful for the hard work that Pat and the various Presidents have provided over many years of Kerby Centre.

It is my honor to recognize these strong and capable women in their efforts to build the largest seniors' organization of Alberta.

Thank you! ▲



Please Join As We Honor Our Veterans
Sunday, November 11th, 2018

REMEMBRANCE DAY



Kerby Centre Auditorium
Doors Open at 10:15 am
Ceremony & Wreath Laying 10:50 am
Light Refreshments To Follow

**Non-Perishable Food Items For the Veteran's Food Bank
Will Be Accepted At Kerby Until The Event**

Music Provided by Johnny Summers and Egon Ukuloff

Generously provided with funding from the Calgary Musicians Association, in coordination with the National Council on Aging (NCOA) and the Music Performance Trust Fund, which is funded by recording companies in Canada and the United States



Visit www.kerbycentre.com to post the name or a brief message of remembrance of someone you wish to honor this Remembrance Day

Follow us and share on Facebook and Twitter using
@kerbycentre, #RememberThem or #Canada Remembers



News from City Hall

By EVAN WOOLLEY

Calgary Councillor for Ward 8

Cannabis will be legal on October 17

This month, recreational cannabis will be legal in Canada for the first time. However, like alcohol or tobacco, its legal status still comes with rules and regulations, including where it may be consumed. Here is what Calgarians need to know:

Under Calgary’s Cannabis Consumption Bylaw, cannabis may be consumed on private property. Keep in mind that “edibles” or cannabis-infused foods have not yet been approved for sale by the federal government. It is

illegal to consume non-medical cannabis in any form (smoking, vaping, or edibles) in public places, except for designated cannabis consumption areas. At the time of this writing, no designated cannabis consumption areas have been confirmed. As Council designates them, their locations will be available on calgary.ca/cannabis. I’m not supportive of designated cannabis areas due to their potential for concentrating cannabis smokers in a small space like a portion of a park, which could neg-

atively affect non-cannabis users.

Medical cannabis may be smoked or vaped in the same public places that are allowed under the Smoking and Vaping Bylaw. See calgary.ca/cannabis for details.

You’ve probably seen the Cannabis Store Locations Map which shows an updated status of cannabis store applications. They range from “released” to “refused” and “under review”. You can view the map at the link below and learn more about operating cannabis businesses

in Calgary: calgary.ca/cannabisbusiness

For provincial rules including minimum age, online sales and possession limits you can visit: alberta.ca/cannabis

For federal matters including public health, medical cannabis and criminal offences, please visit: canada.ca/cannabis.

If you have any questions or concerns, contact my office at 403-268-2431 or ward08@calgary.ca for more information.



This month in Edmonton

KATHLEEN GANLEY

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

511 Alberta upgraded with better technology

We are still enjoying fall days here in Alberta, but it’s never too early to start checking on road conditions when planning to travel on the province’s highways. Fortunately, 511 Alberta - accessible by phone, app, and website — has been upgraded with better technology. The new user experience allows one to choose specific highway routes and then see display alerts of traffic closures, plus see traffic cameras and hear advance voice alerts.

Travelers will be safer and better informed with this improved service. For phone

service, dial 511 on your phone free of charge; visit <https://511.alberta.ca/> or download the app on iTunes or Google Play Store.

In Calgary, as well as in Edmonton, and Grande Prairie, a provincial grant of \$400,000 to Native Friendship Centres supports the hiring of four navigators, as part of the government’s continued response to the opioid crisis. This role connects people with life-saving treatment, harm reduction, and culturally-sensitive wraparound services. In addition, Friendship Centres in 21 communities across Al-

berta will have workshops, naloxone training sessions and educational material provided to staff.

These new supports will help Indigenous people in urban areas to access life-saving resources.

Lastly, I’m pleased to announce that Alberta’s Ministry of the Status of Women is providing \$850,000 in support of 32 projects that will help immigrant entrepreneurs, empower Indigenous communities, and emphasize women in leadership roles.

Grants to non-profit organizations will kick-start or expand existing projects, and

include initiatives that focus on mentorship in business, technology and skills training, and overcoming gender-based violence. To view more details and to see the grant recipients, please visit <http://bit.ly/swcgab2018>.

I am always happy to hear from constituents. If you have feedback to offer, please contact my constituency office: Calgary.Buffalo@assembly.ab.ca Telephone 403-244-7737 Mail to Unit 130, 1177 11 Ave SW, Calgary, AB T2R 1K9



This month in Ottawa

KENT HEHR

Kent Hehr Member of Parliament for Calgary Centre

Examining a path forward for a pharmacare system

I believe that Canadians should have easy access to the prescription drugs they need. Canadians are proud of our publicly-funded, universal Medicare system — one based on an individual’s need and not on their ability to pay. However, when one in four Canadians can’t afford to fill or finish a prescription, something needs to change. An estimated one million Canadians are forced to cut back on food or heating in order to afford prescription medications.

Unfortunately the Con-

servatives do not support a national pharmacare system. While Conservatives may not feel that Canadians are paying too much for their prescription drugs, our Government recognizes that there is room for improvement.

Last June we announced the appointment of six accomplished Canadians who will serve as members of the Advisory Council on the Implementation of National Pharmacare, chaired by Dr. Hoskins, former Minister of Health Ontario, a public health doctor and a lead-

ing voice on pharmacare. This council has a mandate to study, evaluate, and ultimately recommend options on a path forward on pharmacare that puts Canadians first.

Further, the advisory council has recently launched its online consultation so that it can listen carefully to what Canadians have to say. Feedback from Canadians will help to shape the Council’s independent report to our government, which will be presented in the spring of 2019 and will provide rec-

ommendations and a plan on how to move forward on national pharmacare.

These actions will save Canadians money as we continue to work with the provinces and territories to make prescription drugs more affordable and accessible for all Canadians.

Contact me at kent.hehr@parl.gc.ca, telephone 403-244-1880. Subscribe to my email updates at www.KentHehrMP.ca/email-updates.



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 Bow River is one of the top three trout streams in the world. Anglers come from all over the world in the hopes of landing brown trout longer than two feet. The Lower Bow River running through Calgary is reportedly host to 2500 fish per mile and the average size of fish caught is 17-22 inches.

Halloween’s history goes back hundreds of years, but the earliest known use of “trick or treat” didn’t occur until 1927 in Blackie, Alberta, when a newspaper reported on costumed “pranksters” uttering the phrase at different houses.

There is no provincial sales tax in Calgary — or Alberta for that matter, so you only pay 5% tax on Goods and Services.

Every province and territory in Canada has its own flag. The one symbol that represents us all at home and abroad is the red and white National Flag of Canada.

When the National Flag flies along with the flags of the 10 provinces and three territories, the flags of the provinces and territories follow in the order that they entered Confederation.

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TO LEARN MORE



Rendering is Artist's concept. Map not to scale. E & OE.



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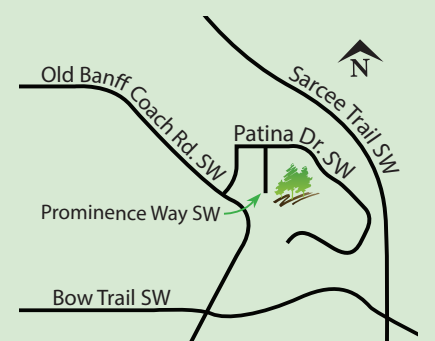
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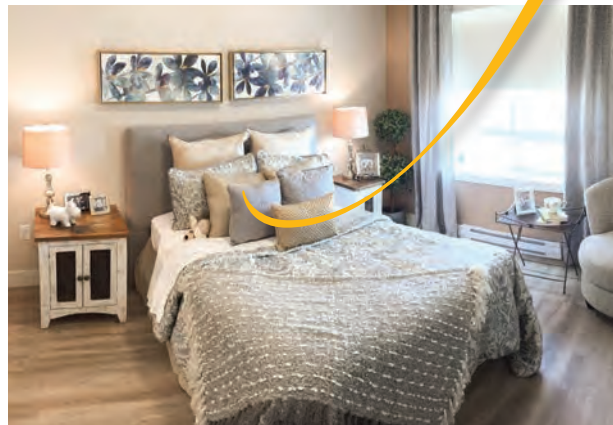

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Life and liberty

BY LIBERTY FORREST

Little kids know some pretty cool stuff

Little kids have it straight. I'm talking about really little kids, like about 3-4 years old.

You never have to wonder where you stand with them. They're completely honest. They cry when they're sad or they hurt. They yell when they're angry. They just tell it like it is, full stop.

If they don't like the food you prepare, they'll tell you. If they don't like your new haircut, they'll tell you. If they think your bum looks big in that, they'll tell you (sometimes when you don't even ask that question).

They're just completely honest. They don't have a clue about being politically correct, and there's no need to lie or back-pedal because to them, there's no such thing as a social faux pas.

And they're so good at equality. They don't have a clue about social status. They don't understand about money, or that Little Johnny's doctor daddy is considered by many to be somehow superior to Little Susie's shelf-stocking one. They'll offer a sticky little handful of sweets to a "poor kid" as easily as they'll offer it to a "rich kid" because to them, a kid is a kid is a kid.

And for the same reason, they'll play with a green kid, a purple kid, an orange kid or a striped kid. They'll play with a kid who speaks in some bizarre language that they don't understand, or to a kid who can't speak at all.

They'll play with the kid who "looks funny" or whose body doesn't seem to function like everyone else's. Hey, if there's another kid in that waiting room or on the playground, it's all good. Let's play.

They don't know the doctor is extremely busy and hasn't got time to hear about their new pets, their new crayons, or how little Mary threw up in Sunday school last week and got some on her shoes. They have no idea that when they want to sit and tell him these things, he

has the opportunity to remember why he became a doctor in the first place.

They don't know they shouldn't ask the lady in the wheelchair why she has only one leg. They don't know about discrimination or pity or other such unpleasanties in life; they just ask because they're curious, not because they see her as anything other than a lady with one leg.

Little kids are uncomplicated. If there's a problem, they don't bring up a bunch of other ones while you're trying to address just the one. They like to follow the KISS rule: Keep It Simple, Stupid.

They stick up for their best friends. They invite everybody to their birthday parties. Even the kids who pushed them off the swing or said mean things on the playground. Heck, that was days ago; they're friends again.

They remember if you were nice to them. They love to show you their bedrooms and all their toys and other "stuff" because they have nothing to hide; they have no secrets.

When they're tired, they fall asleep. They don't care if it's at the dinner table, in

a restaurant, at Aunt Sylvia's 75th birthday party or at the playground. When they're hungry, they make sure everyone in a 92-mile-radius knows it. When they're mad at you, they say so, right now, right here, in your face, no holds barred. They'll tell you exactly why, point blank, nice and clear, so there can be no question.

In such honesty, such clarity, and such purity, there is great wisdom. We could all stand to be more like little kids. They have all the answers that we spend a bunch of years forgetting, and the rest of our lives trying to remember. ▲

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

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Deadwood, SD	Sept 30 - Oct 6, 2018 2 buses - full	\$665 pp/dbl
Coeur D'Alene, ID	Oct. 26 - 29, 2018 Spokane Shopping	\$400 pp/dbl
	Dec. 2 - 5, 2018, Xmas Tour w Boat Cruise	\$400 pp/dbl
	March 24 - 28, 2019 Spring Fling Break	\$575 pp/dbl
Edmonton, AB	Jan 13 - 15, 2019, River Cree	\$280 pp/dbl
Bonnars Ferry, ID	Feb 3 - 6, June 23 - 26, 2019	\$410 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019	\$229 pp/dbl
Polson-Kalispell, MT	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 GST Included	\$820 pp/dbl

Stoney Nakoda Kananaskis Overnight Trips Nov. 4 - 5, 2018 \$80 pp/dbl
 Price based on Calgary Departure

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Calgarians will go to the polls to decide about Olympics 2026

Council approved a plebiscite with respect to Calgary hosting the 2026 Olympic and Paralympic Winter Games.

Mayor Naheed Nenshi told the Calgary Herald in April “we will go ahead with asking people what they think, once there is a deal to take to the people.”

“There’s still a lot of work to be done. (If) there’s no deal there, if it looks like we

cannot make this work financially or there are other good reasons to not do it, council still has the chance to say, ‘We’re pulling out.’”

Vote 2018 will take place on Tuesday, November 13, from 8 a.m. to 8 p.m.

Voters must vote at their designated voting station on Voting Day. The locations of designated voting stations will be available on October 1, 2018.

The question on the ballot will be:

Are you for or are you against Calgary hosting the 2026 Olympic and Paralympic Winter Games?

I am for Calgary hosting

I am against Calgary hosting

To vote, you must produce one piece of authorized

identification that establishes both your name and current residential address.

Examples of authorized identification include Alberta Driver’s Licence, Bank/credit card statement or personal cheque, Income/property tax assessment notice, Insurance policy or coverage card, or Statement of government benefits (ie employment insurance, old-age security or social assistance).

Mail-in ballot requests

You may request a Mail-in Ballot if you are unable to vote during the Advance Vote or on

Voting Day because of physical incapacity, you are absent from the city, or you are working on Voting Day as an vote worker or volunteering/working on a campaign. Requests for mail-in ballots will be accepted starting on October 1, 2018.

The Advance Vote will take place November 6 – 7, 2018.

Voters must vote at their designated voting station. Voting stations will be open from 11 a.m. to 7 p.m. for the Advance Vote. The locations of designated voting stations will be available on October 1, 2018.



Bowbridge Manor

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403-288-4014

- must be 50+ to qualify for 1 bedroom only
- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager



Write to the
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editor@kerbycentre.com
or to mail to deliver to
**1133 - 7 Avenue SW,
Calgary, AB, T2P 1B2**

“When disasters strike, seniors need priority attention” (Kerby News, September 2018) is a good article as seniors and disabled people do have special needs in an emergency. Mobility issues are a major concern.

I went to a disaster preparedness exercise where one elderly gentleman refused to get out of his chair to board a Calgary Transit bus. Calgary Transit buses can only hold two wheelchairs, and it is time-consuming to load wheelchair users. A Calgary

Transit bus is not designed to transport large numbers of wheelchair users.

Also there is the difficulty that many elderly people may forget their medications or oxygen in the rush and confusion of an emergency evacuation. Oxygen therapy equipment too is bulky to handle. Special arrangements are also needed for those who use walkers, as they cannot use the stairs to leave their buildings.

H.D. Green

Calgary



Want more information about the potential 2026 Olympic and Paralympic Games bid?

Visit calgary.ca/olympicbid to learn more and see how you can provide input.

Your opinion matters.

Caregiving for Alzheimer's patients

By Bill Atwood

While a diagnosis of Alzheimer's or another form of dementia is life-changing for patients, it can exert serious negative effects on their loved ones as well.

"Approximately 70% of Canadian caregivers acknowledge that providing care for aging family members is stressful," states a report by Ryerson University, explaining the mental health risks of caring for a loved one with dementia. "Depression rates are higher among caregivers for dementia, with 14%-47% experiencing depressive symptoms, and 10% meeting the Diagnostic Statistical Manual of Mental Disorders' assessment for clinical depression."

The Family Caregiver Alliance (*Caregiver.org*), a California-based organization, also notes that the risk of anxiety is higher in dementia caregivers than in non-caregivers.

University of Calgary Associate Professor of Psychology, Candace Konnert, who specializes in the psychosocial aspects of aging, says that one reason for an increased risk of mental health issues, is the uncertainty that dementia causes.

"You just don't know the trajectory of the disease," Konnert says. "There are often a lot of different situations that come up that you have to learn to cope with ... that you never had experienced before."

According to Statistics Canada, 85% of those suffering from dementia rely on at least a certain amount of informal care from family and friends, while 41% of people with dementia rely on informal care completely.

Konnert explains that because of the nature of the disease, each day can be different from the next.

"You have good days and bad days [or moments], even in the course of the day," she says.

However, by making a few simple changes, family caregivers can greatly reduce the impact of their loved one's condition on their own well-being.

Christine Gordon, provincial lead of client services for the Alzheimer Society of Alberta and Northwest Territories, agrees that while the disease is unpredictable, caregivers can eliminate a lot of stress if they are able to accept what she calls their "new normal."

"[The person with Alzheimer's] has a new normal

in how they live, and the family, and the care partner have to adjust to that. Both the person's new normal, but also their own new normal," Gordon says.

Gordon recalls one instance where a client's husband was shaving five or six times a day. Gordon explained to the client that as long as a care-receiver's behavior is not harmful to themselves or others, it is just part of their new normal.

"If it keeps him happy and engaged in an activity that he enjoys, where is the problem?" she says.

Gordon does, however acknowledge that dementia is still a serious diagnosis. "I'm not saying it's not stressful, anxiety producing, or worrisome — it is," she says.

It is because of the seriousness of the diagnosis

that Konnert thinks family caregivers are reluctant to ask for help.

"Part of it is that family caregivers want to protect family members, and they feel very responsible for the care they are giving them. They feel that only they can do it properly. So it's hard to ask for help," she says.

As Konnert explains, that hesitation to ask for help can often lead to more problems for the caregiver.

A study conducted by Dr. Henry Brodaty and clinical neuropsychologist Marika Donkin in Sydney, Australia found that the physical health of caregivers was generally lower than that of non-caregivers.

As Alzheimer's Disease International explains, taking care of yourself will benefit both you and your loved one.

"You are important to yourself and important in the life of the person with dementia. Without you, the person would be lost. This is another reason why it is so essential to take care of yourself," the organization states.

Gordon notes that a diagnosis of Alzheimer's is not completely negative. "Between the diagnosis and death, there can be lots of good life to be lived, both for the person with the illness and also their care partner," she says.

A paper by Geoffrey Tremont, Associate Professor of Psychiatry and Human Behavior at Brown University, further explains that there can actually be many positives that come with being a family caregiver. Tremont's paper states:

Continued on page 10



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A drink can pack more punch with age

You may not be whooping it up at the bar or falling down drunk at Sunday dinner, but as you age, you could be drinking too much alcohol without even knowing it.

Coping with unresolved grief, stress, boredom, anxiety, depression and loneliness can all lead older adults to drink more, says Cindy King, program manager of Urban Services, Addiction and Mental Health at Alberta Health Services.

Depending on your health and state of mind, a

single drink can pack a lot more punch than when you were in your 20s or 30s. Our body's ability to process alcohol changes as we age. We have a lower proportion of body water, slower metabolism and fewer enzymes, which can all increase the potency of alcohol.

The truth is, alcohol misuse can be harmful at any age. But when you're 50 or older, alcohol can pose more serious problems because you're more likely to take medications or have deteriorating

health. "Alcohol interacts with more than 150 medications commonly prescribed for seniors," King says.

Canada's Low-Risk Alcohol Drinking Guidelines strongly advise not drinking at all if using medications or other drugs that interact with alcohol. The guidelines also recommend not drinking at all when driving or using tools, working, caring for others and several other situations.

Detecting problem drinking (in yourself or oth-

ers) is not always easy because the signs are similar to symptoms related to aging, such as an overall decline in health, social isolation (introversión), memory loss, sexual difficulties, depression, insomnia and falls.

That's why you may want to ask yourself: how much do I drink—in a week or a day? Ultimately, the more

aware you are about how much you drink, the less likely it will become a problem.

If you are concerned about your own or another person's drinking, call the 24-hour Addiction and Mental Health Helpline at 1.866.332.2322.

— reprinted from *Apple magazine*

Caregiving for Alzheimer's Patients

Continued from page 9

"Most caregivers report some degree of satisfaction with providing care, including feeling needed and useful, feeling good about oneself, learning new skills, developing a positive attitude and appreciation for life, and strengthening relationships with others."

Konnert agrees. "I've heard many caregivers say that it's really a privilege to give back to a family member and to care for them," she says.


According to Konnert, the most important thing that family caregivers can

do is to reach out to their community for support, especially their local Alzheimer's society or association.

"The Alzheimer's Association is a fabulous resource in terms of providing information and support," she says.

Gordon agrees. "My biggest message is that you're not alone, and you don't have to do it alone. Look at the support from your doctor and other health care professionals, and other people in your community, including friends," she says.

"Make sure you surround yourself with people who can support you." ▲



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We must do more for seniors coming home from hospital

By Ruta Valaitis and Maureen Markle-Reid

Despite having diabetes and arthritis, Verne was a thriving independent 72-year-old who lived at home with his wife when he had a stroke. He had excellent emergency care in the hospital and began his recovery there. But he didn't adjust well after arriving home. He started to show signs of depression and was at risk of re-hospitalization.

Verne feared he would have another stroke as he waited for follow-up appointments with neurology, physiotherapy and speech pathology specialists. He had difficulty remembering to take his new medications and adapting to using a walker.

Transitioning home from hospital is challenging for older adults with multiple chronic conditions. Homecare services are often not available or are inadequate. And follow-up care from doctors or specialists is too often infrequent or involves juggling multiple appointments over long waiting periods. Add to this the challenge of managing complex health conditions, and the risks for depression and recurring poor health and hospitalization are high.

Unfortunately, Verne's experience is not uncommon.

The 2016 State of Seniors' Health Care in Canada report from the Canadian Medical Association (CMA), highlights a key problem: our medicare system was established to deal largely with acute, episodic care for a relatively young population. Today our system struggles to care properly for patients managing multiple on-going health issues. We know older adults with chronic conditions need more health services and have a higher risk of hospitalization compared to those with a single chronic condition.

Older adults (65 years and older) like Verne are the fastest-growing age group in the country. In Ontario, 16.7 per cent, in British Columbia and Quebec 18.3 per cent and in Nova Scotia 19.9 per cent of the population is 65 years or older.

Multiple chronic conditions among older adults are increasing. Approximately 75-80 per cent of Canadian seniors report having one or more chronic condition, such as diabetes, asthma, arthritis, high blood pres-

sure, mood disorder and chronic obstructive pulmonary disease (COPD).

Like Verne, these patients face several challenges in managing their conditions. A lack of care coordination among health professionals, combined with low health literacy gets in the way. Their care is piecemeal and fragmented, with little focus on the patient and family as a whole. Limited financial resources to cover the costs of supplies, additional care and transportation also create barriers to self-management.

These seniors often experience loneliness. Their family caregivers often lack support. Managing multiple, often interacting medications is also difficult.

So what can be done? We asked seniors to find the answers.

As researchers with the Aging, Community and Health Research Unit at McMaster University, we are working with older adults with multiple chronic conditions and their family caregivers, to promote optimal aging at home.

Community Assets Supporting Transitions (CAST) is a new hospital-to-home transitional care program in Sudbury, Burlington and Hamilton, that aims to reduce depressive symptoms, improve patients' quality of life and self-management ability, and support family caregivers. CAST is delivered by registered nurses who support patients transitioning from hospital to home over a six-month period through in-home visits, telephone follow-up and care coordination.

There's also a community-based diabetes self-management program in Ontario, Quebec and PEI that was developed for older adults with diabetes and multiple chronic conditions. The program includes monthly wellness sessions and a series of home visits with a registered nurse and a registered dietitian. They work as a team with staff and volunteers from seniors' centres or YMCAs to deliver a health promotion program for participants.

We've also been creating a new way of providing outpatient stroke rehabilitation services for older adults with stroke and multiple chronic conditions living in the community. We provide regular in-home visits for the pa-

tient and monthly interprofessional care conferences for the providers. We have also developed a new web-based app, MyST (My Stroke Team), to support communication and collaboration within the interprofessional stroke team.

It's clear that the status quo is not meeting the needs of our aging population and is failing to provide quality care for today's seniors. Creating innovative pilot projects to improve the transition from hospital to home will help us to create a better system that's both more efficient and cost-effective, and will improve the standard of care for seniors like Verne.

Dr. Ruta Valaitis is a professor at McMaster University School of Nursing, the Dorothy C. Hall Chair in Primary Health Care Nursing, Co-Scientific Director of the Aging, Community and Health Research Unit, and also a

Contributor with EvidenceNetwork.ca based at the University of Winnipeg.

Dr. Maureen Markle-Reid, is a professor at McMaster University School of Nursing, the Canada Research Chair in Person-Centred Interventions for Older Adults with Multimorbidity and their Caregivers, and Co-Scientific Director of the Aging, Community and Health Research Unit.

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Who am I really?

By Barbara Ellis

Have you ever asked yourself that question? I have, often. I am nearing my eighties and I find that life, instead of getting clearer and more precise, is getting murkier and more ambiguous.

I walk around my apartment asking all sorts of questions. Sometimes I question if I should go shopping or not, go down the hall to visit, or stay home. Some are intelligent questions, like “is today Monday or Tuesday?” questions that require

a proper and intelligent answer. Other questions are more whimsical like, “which alluring outfit should I put on this morning?”

That actually is funny because I don't have anything alluring. Even if I did, no one in his right mind would find me alluring and I am certainly not interested in anyone in his wrong mind.

There are a few philosophical questions as well like “why does ice cream make me fat?” Personally I much prefer eating fries and burgers over salads and tofu.

Oh, don't get me wrong, I like salads and often buy salad things when I go shopping. I, too, have listened to those know-it-all Master Chefs on TV, after all, they have the answers to everything. Incidentally, do they ever sit down to eat? Or use utensils instead of their fingers to eat?

I have heard them say that one has to have color on one's plate to make dinners and suppers appear more appetizing. So, yes, I buy color, some red, some yellow, many greens, and agree that they certainly look appetizing when I pick them up at the grocery store.

When I get home I dutifully wash them and place them in my Tupperware and store them in my fridge. I actually do make salads and boil the Brussels sprouts and broccoli and do something with the asparagus. I am not supposed to use butter, because of the cholesterol problem I have, but I cannot imagine nuking my asparagus in the microwave without butter. Butter makes everything better.

I make salads too, but after a few days, forget about those things and move on. Imagine how exciting it is when I do remember to open up one of those plastic containers and discover a new science project in the making? How fascinating although a bit smelly. They do

look interesting all shriveled up and moldy but no longer edible so it is time to remove them to the garbage bin. What a waste!!! I most certainly do admonish myself. I give myself such a good talking to and once again promise to never do it again.

Yes, yes, I do talk to myself. All the time, in fact. Sometimes the answers I give myself are absurd but other times my conversations are deep and meaningful. I live alone so talking to myself is quite logical, after all, who else is going to answer my most private and revealing questions? For instance, I have asked my mirror over and over who that ridiculously old and fat little person is staring back at me? Surely it can't be me. After all, in my mind I am a young, willowy blonde type of a woman. Certainly not this mature woman looking back at me. Wait a second, mature? No, I passed that some time ago. I guess, according to my age, I am now what is known as Elderly, in other words, Old.

Yep, that's me, old. I rate. And I know I rate because I now have my own set of hearing aids. There are days when I actually remember to turn them on and sling them around my ears. I also have other health issues so I can now keep up with the others when it is my turn

to show my scars and bruises. I don't have any false teeth though so I am at a bit of a disadvantage there.

I live in a seniors' building and when we get together it is a race to see who can outdo one another in the health department. How many times has one been taken to emergency by ambulance? How many different operations has one had? What type of blood thinners is one taking? I could go on, but you get the picture. When they start talking about their kids and grandkids, I lose interest. I don't have any of those. I raised little fur babies instead of kids and they provided me with as much love and laughter as any human child might have.

So where was I? Oh, yes. What day is this again? Thursday, that's it. It's crib night. I wonder how many times I will be corrected in my counting? I like the game but find counting very challenging. What's with this 15/2, 15/4, 15/6??? Why not just 2, 4, 6 and so on? I am OK with two cards, but when I have to count 15 with three or more cards, I am lost. I used to be good with numbers, now I find I do less calculating in my head and reach for a pen and paper.

No, actually that was not the question. The question was, “who am I really?”

The answer to that is, well, I don't honestly know. After these many years you would think I would have figured it out by now, but no. No, I don't know.

I guess I am many things, just as complex as everyone else. I live with memories of my incredible life. I have wonderful friends who put up with me and I see and talk with them often. I am healthy (well, fat and healthy) and mostly happy. I guess the answer rightly or wrongly is that I am an elderly woman, fairly well-adjusted, and living life as it comes. It is hard to believe that most of my life is now in the past and who knows how many years are still ahead of me?

It does not matter, it has been quite a ride.

Yes a wonderful life, and I feel so lucky to have lived it.

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Canada celebrates Women's History Month

(NC) October is Women's History Month in Canada. It is a time to celebrate and commemorate the achievements of girls and women throughout history and an opportunity to learn about the important contributions they have made — and continue to make — to our communities.

It is also a time to remember the trailblazers among us — the pioneers who created paths where there were none; and those for whom the word impossible is two letters too long.

One such trailblazer is the Honorable Jean Augustine. Born in Grenada, Augustine immigrated to Canada in the 1960s. Earning her Master's in Education while she worked as an elementary school teacher, Augustine would later become a school principal with the Metropolitan Separate School Board in Toronto.

A strong advocate for human rights, Augustine has been involved in many social causes, including the training of teachers in equality and diversity and the development and launch of Canada's official multiculturalism policy in 1971.

In 1993, Augustine made history when she became the first black woman to be elected to Canada's House

of Commons. She remained in politics for several years, winning four consecutive elections until her retirement from politics in 2006. But retirement hasn't meant slowing down for Augustine. In 2007, she became Ontario's first Fairness Commissioner.

In addition to serving as the President of the Jean Augustine Centre for Young Women's Empowerment, she is also a board member for several leading organizations, including Beautiful World Canada, a not-for-profit charity that is tackling youth un-

employment in sub-Saharan Africa by providing higher-education scholarships to young women living in poverty.

This Women's History Month, let's celebrate the achievements of women in Canada and across the globe.

From the Indigenous thought-leaders who fight for equality and social change, to the women breaking glass ceilings and glass walls, to the everyday heroes who stay home to raise their children, there is no shortage of champions to shine the light on and celebrate this month. ▲

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Bumming through southern Italy

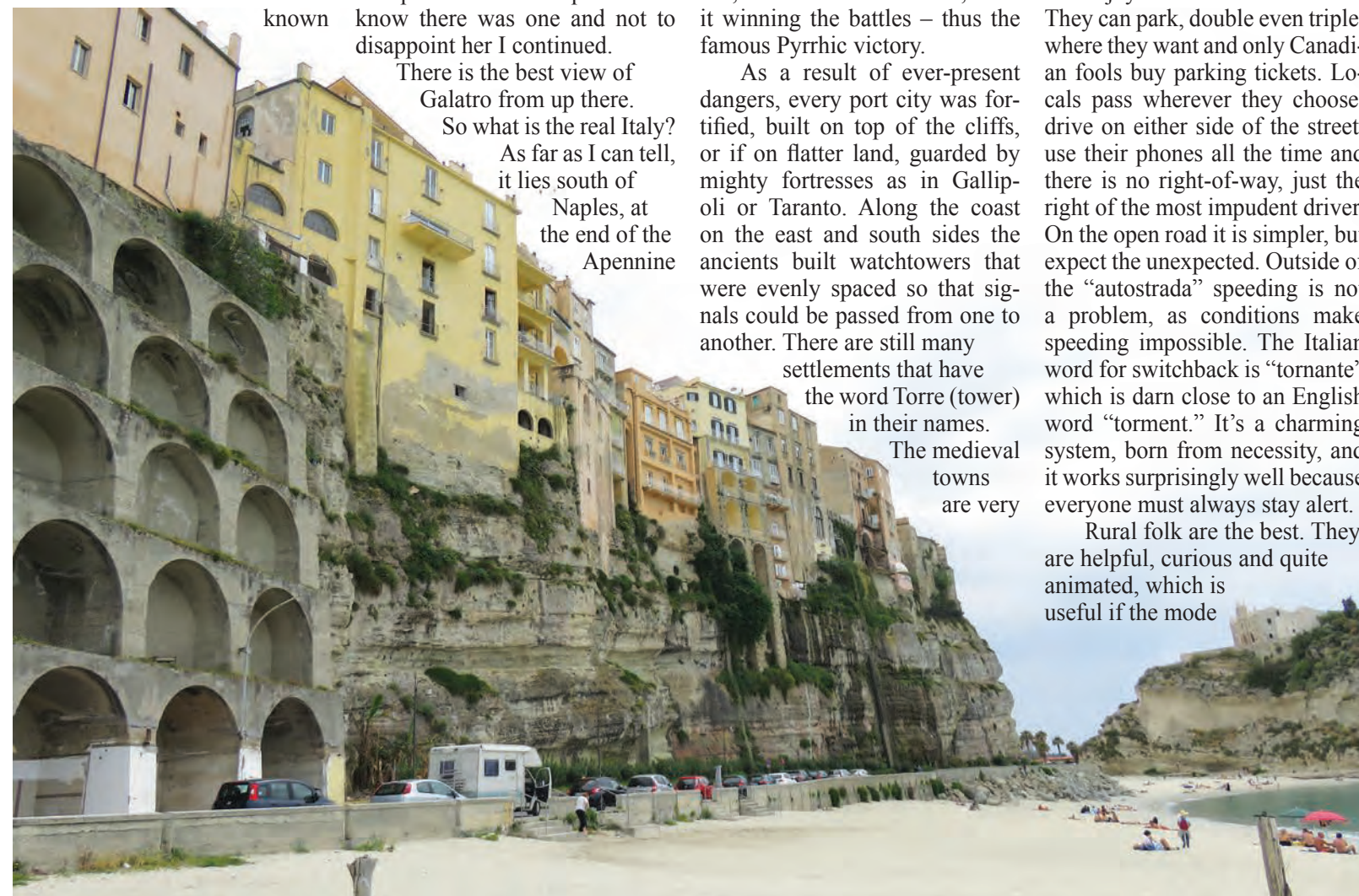
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The rock is hollowed out cathedral in the ancient city of Matera.

A tobacco shop owner was the man who organized a group of locals to find my B&B in Galatò, a town in the hills of Calabria so small that it's not even on the map. An hour later, I took a stroll through town and went past his shop again. I waved and he came out. It puzzled him why would I come, all the way from Canada, to this place, and for four full days to boot.

It is difficult to have a philosophical discussion between two people with no common language, but I managed to explain that I had been to Rome, Pisa, Cinque Terre, Florence and many other well known



Sandy beach below town of Tropea.

Italian tourist places several times, so that this time I wanted to see the real thing. That's why I'm here in the south. He shook his head in wonderment, but I think he liked what I conveyed.

He indicated that I must like travel and I raised my thumbs, yes I do.

Minutes later, climbing up the steep street, I used most of my Italian by saying *buongiorno* to an old lady, while pointing at my grey hair and breathing heavily hoping she would take pity on me - I'm becoming good at pantomime. She smiled and said a lot of words one being "Calvary" and pointed further up. I didn't know there was one and not to disappoint her I continued.

There is the best view of Galatò from up there.

So what is the real Italy? As far as I can tell, it lies south of Naples, at the end of the Apennine



Rocca Collacio is the highest castle in the Apennines.



Gran Sasso d'Italia mountains.

peninsula. After three weeks on the road, avoiding big cities and freeways, I found a surprisingly hilly land of unsurpassed beauty. Along the rugged coast, interspersed by probably the best beaches that Europe has to offer, the countryside is sprinkled with small towns, compact and quite populous. Many were already there when the Roman Empire was in diapers. Its many enemies would land in the south, the soft underbelly of the peninsula, and fight their way up toward Rome until they were eventually defeated; or in the case of the invasion by King Pyrrhus of Epirus in 280 BC, until he ran out of men, albeit winning the battles — thus the famous Pyrrhic victory.

As a result of ever-present dangers, every port city was fortified, built on top of the cliffs, or if on flatter land, guarded by mighty fortresses as in Gallipoli or Taranto. Along the coast on the east and south sides the ancients built watchtowers that were evenly spaced so that signals could be passed from one to another. There are still many settlements that have the word Torre (tower) in their names. The medieval towns are very

The medieval towns are very

Rural folk are the best. They are helpful, curious and quite animated, which is useful if the mode



Houses in Alberobello.

of communication is pantomime and sign language. My Calgary friends were trying to scare me with stories about unrest, mafia, unspecified yet many dangers, telling me that I should register with the Canadian embassy and not to venture on the open road alone in the south. Someone even suggested that I stop cars outside Rome and form a convoy for safety. So this is how it actually went:

A man in Castel del Monte came out from his store to show me how to use a credit card at an automatic gas station when he saw me looking frustrated.

In the San Sebastian di Sessano B&B they kept restocking my fridge with bread, butter, milk, eggs, homemade yogurt, and pastries — all this was included in the charge of \$58/night.

Only breakfast was included in the price in Galatò, yet every evening I came back to a plate of what were presumably the landlords' lunch leftovers, neatly covered with aluminum foil. I never went out to eat.

I divided my three weeks into roughly four segments, each time finding a central location for day tripping.

Just 100 km southwest of Rome I chose to stay in Gran Sasso d'Italia, a sparsely populated mountain area. There are peaks



Trabucchi restaurant Pesce Palombo.



Bedroom in the cave dwelling in Matera.

over 2,000 meters high, still covered with snow in April. The mountain towns are ancient, the countryside bucolic with many hiking possibilities. On the east side of the mountain ranges it is a short drive to the coast where, south from Pescara, starts the land of trabucchi, with ancient fishing platforms built on stilts in the shallow sea. Some have been converted into fancy restaurants. I took pictures of Pesce Palombo, popular with the locals. It was just before lunch, and all I wanted was a glass of white wine. They looked puzzled, probably due to the language barrier, yet gave me a table, wine and a plate with munchies. On the plate must have been 50 to 60 delicious tiny fishes, toast, fish balls, little fish filets, and some salad. When it came to paying, it was "on the house," because they actually serve only

tomers yet. In the whole establishment I saw only one elderly couple. The menu was a basket with a selection of fresh fish, but I ordered calamari, French fries and half a litre of wine. Without being asked they brought white.

A few minutes later another couple arrived and they ordered fried fish. The man who had been fixing his nets went to start the barbecue, which was a platform with a chimney above it. He heaped up some charcoal on it, lit it and put two fish above it in a double-sided wire rack. He kept fanning the coals, turning and basting the fish with some dark substance.

It took a long time, probably 30 minutes, while the customers patiently waited. Good things in life take a little longer! The deed done, the man went back to mending his nets.

After I had paid, the lady of the house, cum chef, cum waitress, offered to show me the rest of the establishment. The kitchen and the storage room were hewn out of the rock. The storage was also a tunnel extending all the way through the promontory to another trabucco just for fishing.

The other guests caught up with me in the parking lot and said they would never have believed that places like this still existed! They were Italians from the north.

For the third segment of my trip I stayed in Taranto in the deep south. It has a historic centre with

all the trimmings and also a steel mill. From there I made several trips to bona fide touristy attractive cities, just as good as any in the north. An absolutely unique gem is the town Alberobello, with buildings called *trulli*. I assume they were originally one-roomed round buildings with cone-shaped roofs, built with stones. If a person wanted more rooms, he could add more of the same style buildings, attaching one to another in a pattern resembling a honeycomb. The whole of the same town is built in this way, acres of such buildings, a few having been converted into restaurants



Working trabucco and restaurant Calalunga.



Fisherman cum chef of Calalunga.



On the way to Gallipoli.

complete menus and didn't care to charge me for incidentals like a glass of wine and munchies.

My next hub was the town of Peschici, spectacularly perched on a crag above the sea. The notable places in the area are Vieste on the coast and Monte San Angelo up in the hills, a stop on an old pilgrimage route to Brindisi and on to Jerusalem, complete with a fort and a sanctuary of Saint Michael the Archangel. Not far inland there is Parco Nazionale del Gargano that is forested with beech trees and populated by free range pigs. These aren't boars as one would expect, but farm animals wearing a small version of cow bells, grazing on beech nuts, quite a different concept from Canadian national parks. In the Apennine Mountains one is often confronted by herds of pigs, goats or sheep, preferable to running into grizzlies any day, albeit the traffic jams caused by these creatures are just as annoying.

From Peschici, one day, on a whim and quite irresponsibly, I went exploring a spur road to the coast. It was a typical one-lane two-way road with a sheer drop to the sea on both sides. At the end of the promontory there were steep stairs chiseled out of the rock leading down to a working fishing trabucco and a restaurant called Calalunga.

The restaurant was open, although there weren't any cus-



Fortified port Vieste on the east coast.



13th century castel del Morte built by the Emperor Fredrick II.



Castel Federiciano Petrae Roseti.



Watch tower in a field of poppies.

tomers yet. In the whole establishment I saw only one elderly couple. The menu was a basket with a selection of fresh fish, but I ordered calamari, French fries and half a litre of wine. Without being asked they brought white.

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The other guests caught up with me in the parking lot and said they would never have believed that places like this still existed! They were Italians from the north.

For the third segment of my trip I stayed in Taranto in the deep south. It has a historic centre with

all the trimmings and also a steel mill. From there I made several trips to bona fide touristy attractive cities, just as good as any in the north. An absolutely unique gem is the town Alberobello, with buildings called *trulli*. I assume they were originally one-roomed round buildings with cone-shaped roofs, built with stones. If a person wanted more rooms, he could add more of the same style buildings, attaching one to another in a pattern resembling a honeycomb. The whole of the same town is built in this way, acres of such buildings, a few having been converted into restaurants



In lieu of menu — you know what you are getting.

Continued on page 15

Bumming through southern Italy

continued from page 15

Galatro, because of its central location. It is an absolutely run-of-the-mill, darling little country town, where the citizens play cards every afternoon at the local corner store where I stopped for a beer, and to kibitz.

One of the players was the town policeman, who also owned the store. The minute I entered the store he opened a beer for me and pulled up a chair.

The most notable coastal towns in the area are Scilla, a

typical fishing settlement with the inevitable fort on the top and a wonderful beach, also Tropea and Nicotera. Reggio di Calabria has the ferry terminal to go to Sicily, and also a museum worth visiting because of the 2,000-year-old bronze statues.

I truly enjoyed trips into the hills behind Galatro, an area frozen in time, probably never visited by tourists. No matter where you turn, there is solitude. Italy is not all that wide as a rule, but here it is really just 42 kilometres from Locri to Gioia Tauro. Close to the end of a day's drive, while completing a loop, I noticed a billboard on the side of the road that said *Strada chiusa*. That wasn't good, because it means "the road is closed." The rest of the text was Greek to me, but the long narrative with names of towns that weren't on my map worried me. Was the road really closed and where? But in Italy the abnormal is often normal so I didn't turn back.

Soon there was an enormous "mesa" in front of me. That in itself wasn't so unusual, but this one was gigantic. Incredibly the road led to the top, and I arrived at the medieval city of Gerace full of one-way, hard-to-squeeze-through streets, emerging onto the main square called Piazza del Duomo, just as in every other town in Italy. It was sloped, roughly paved and



Galatro at dusk.



The friendly policeman in front of Duomo in Gerace.



Fishing town of Scilla by Strait of Messina.

presently occupied by the Polizia Municipale officer, who resolutely stopped me because I was in the pedestrian zone. It was time to play "tourist in distress" so I asked about the road closure. "I want to go to Gioia Tauro but presumably the *Strada* is *chiusa*?"

"Not *chiusa*," but he indicated by the international sign of rotating the hand that the road is in dismal shape. "Can I get through?" Why not, but I could tell that he felt badly for my car.

That resolved, I asked him if I could leave the car here to see the Duomo. No, not here in the middle of the square, but he directed me to the parking for the disabled. That was OK as he assured me that he would look after it. One has to love these Calabrese officers!

The Duomo was worth the stop. My Fiat survived the rest of the journey, although it was a bit hairy at times. The road was totally deserted, probably thanks to the *Strada chiusa* sign.

Up on top of Calabrian

hills in the backcountry, above Giffone, on a narrow no-name country road, the Carabinieri have a check stop. Two smartly dressed officers were attracted to my brand new Fiat 500 L, probably because it was unmarked and clean.

They spoke no English and I speak no Italian. They wanted "*documenti*." I gave them my Alberta driving license and the Europcar contract. Luckily they don't ask for a passport, which I kept locked in my suitcase in the B&B.

A torrent of Italian followed, presumably asking what I'm doing here. I say vacation and indicate "driving" and "around."

The senior officer kept writing in his dossier so long and so much that he must have been copying even the fine print from the back of my licence. When done, he asked: "Calgary? Canada? Olympics?"

When I nodded, he let me go. It is good to hold those games from time to time after all! ▲



Olive orchard situated in Calabrian hills above Galatro where the olives are harvested by shaking the branches for the olives to fall into fine nets.



A goat traffic jam.

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How to Vote as an American Living Abroad

Voting from outside the United States is easier than you might think.

Here's how to make your voice heard in the November

For the millions of voting-age Americans living outside the United States, it can seem like too much of a hassle to vote in elections back home. So most don't.

But voting from abroad is actually quite easy, and it's worth the effort, Democratic and Republican officials say.

"I think it's a huge privilege that we can vote in these elections that the whole world is watching," said Julia Bryan, international chairwoman of Democrats Abroad.

Election results are not final until every absentee vote has been counted, and those votes can be decisive. Candidates whose victories came down to absentee ballots include Senator Maggie Hassan of New Hampshire in 2016, Gov. Roy Cooper of North Carolina in 2016, former Senator Jim Webb of Virginia in 2006, President George W. Bush in 2000 and, last month, Troy Balderson, a Republican who won a special House election in Ohio.

By voting, Americans abroad also encourage members of Congress to pay attention to issues that affect their lives, like double taxation, said Kym Kettler-Paddock, communications director for Republicans Overseas.

"When Americans overseas do not vote, our issues do not get taken up by legislators," she said.

Here's how to make your voice heard.

Can I vote in the November midterms?

Yes. Most United States citizens 18 or older who live overseas are allowed to vote for federal offices like president, senator and representative, including in the midterm elections on Nov. 6. Some states also allow overseas citizens to vote on state and local races and initiatives. And no matter how long it's been since you last voted, you can still do it.

How do I register?

To ensure that you stay on your state's voting rolls, it's a good idea to register and request your absentee ballot at the beginning of each calendar year and any time you change your address. The registration form is called the Federal Post Card Application. The easiest way to fill it out is through websites like the government-run Federal Voting Assistance Program, the nonpartisan Overseas Vote Foundation or *Vote-FromAbroad.org*, a nonpartisan site run by Democrats Abroad. All three sites will guide you through the process.

After you've finished, print, sign and date the form and follow the instructions for returning it. Some states allow voters to request ballots and return them by fax or email. You should also contact your local election office to make sure your

ballot request was received.

Which state do I vote in?

Generally, use your last residential address in the United States as your voting address, even if it's somewhere you no longer have ties. No mail will be sent there. You may also be able to use the address linked to a valid driver's license or state-issued I.D.

You can also change your place of registration, subject to state residency requirements, but keep in mind there may be tax implications.

When should I register, request my ballot and return it?

As soon as possible. Registering early each year ensures that you receive ballots for all primary, general and special elections. Deadlines vary by state.

Instructions also vary by state for how to sign the envelope or an enclosed affidavit, so make sure you follow them carefully. Contact your local election office if you don't get a confirmation that your ballot has been received.

What about members of the military?

Service members and spouses who are stationed overseas cannot vote at their military installations and should follow the same process for registering and requesting an absentee ballot. This list provides recommended dates for mailing your ballot based on your location. Help is also available at Installation Voter Assistance Offices.

What if I'm studying abroad?

If your school is outside your home state, you can register in either place (but not both), subject to state residency requirements. The Campus Vote Project has student guides



for individual states. Follow the same process for registering and requesting an absentee ballot.

What if I've never lived in the United States?

Most states allow Americans who have never resided in the United States to use the voting address of a citizen parent.

Children who will turn 18 by Election Day can request their ballot now.

How do I find out what's on the ballot?

Your local election office may send you a voter information guide, or you can consult the website for your state's Office of Elections or Secretary of State. Sites like *Vote411.org* can help you find your local ballot.

Will voting affect my tax liability?

Voting in state and local races may result in taxation at those levels.

Help! I haven't received my ballot.

If the election is fewer than 30 days away and your ballot still hasn't arrived, you can cast a backup vote using the Federal Write-in Absentee Ballot.

But if you receive your state ballot after you send in the backup, you should still fill it out and return it — states will count backup ballots only if they don't receive voted state ballots by the deadline.

Can I vote at my local embassy or consulate?

No. United States embassies and consulates are not official polling places, though they may provide assistance in registering to vote or obtaining a backup ballot.

• **LINK:** <https://www.nytimes.com/2018/09/04/smarter-living/how-to-vote-abroad-overseas-expat.html>*

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ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

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- to prevent cognitive decline after age 50 (2015).
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- to prevent people from withdrawing from the activities you like due to trouble hearing what is going on

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

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<input type="checkbox"/> Cracked, worn	<input type="checkbox"/> Clicking	<input type="checkbox"/> Flat
<input type="checkbox"/> Over five years old	<input type="checkbox"/> Requiring adhesive	<input type="checkbox"/> Difficult to fit
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<input type="checkbox"/> Missing teeth		

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CROSSWORD PUZZLE

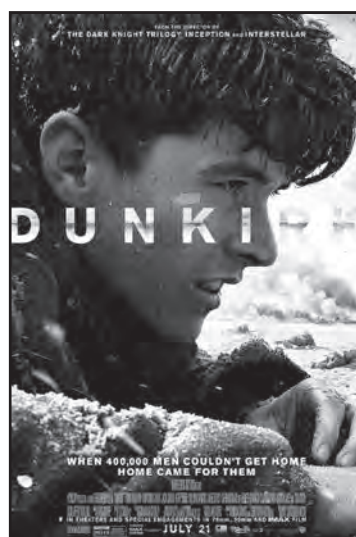
PREMIER CROSSWORD/ By Frank A. Longo

REFORMULATED CEREAL

- | | | | | | |
|--------------------------------------|---|--|--|------------------------------------|-------------------------|
| ACROSS | 50 Attended, as an event | 89 Actor Morales | 130 Actor Danny | 35 1990s exercise fad | 83 Brick ovens |
| 1 Had mercy on | 53 Nut's partner | 90 Maui, e.g. | 131 lie of tennis | 36 Cell stuff | 84 So very |
| 7 Good-sized combos | 55 Large burden | 91 Guy who "was here" | 132 Stopped slumbering | 37 Hate | 85 Not be inert |
| 13 Dilettante | 59 Very skilled | 94 "My Fair —" | 133 Give the OK | 39 Shul attendee | 87 Award winner, e.g. |
| 20 Fictional detective | 61 Vintage auto | 95 Foe of Grant | DOWN | 40 Sousing sort | 92 Winter Games gp. |
| Lupin | 62 Cereal endorsed | 97 Cow catcher | 1 Vast desert | 42 Positive number, e.g. | 93 Positive vote |
| 21 Tiger cat | 63 by first-year athletes? | 99 "Hud" co-star | 3 Slumbering | 45 Office furniture | 96 Prefix with resort |
| 22 Model oneself after | 65 Even chance | 101 Cereal that helps to heal broken legs? | 5 Propyl ender | 47 Like potential sweethearts | 98 Demonstrate |
| 23 Cereal invented by actor | 67 Willy with a chocolate factory | 105 Cereal that looks like it's been polished? | 6 Lions' lairs | 48 Aromatic | 100 Sit-ups sculpt them |
| William? | 69 Turkish commander | 111 "Tin Cup" co-star | 7 Finnish, e.g. | 49 Actress Alba | 101 "Scream" director |
| 25 Reference showing an urban area | 70 Sushi fish | 112 "The Chosen" novelist | 8 Rocker Ric | 51 Latest info | Wes |
| 26 Downed food | 71 "— gratia artis" | 114 Neither here — there | 9 Old soda brand | 52 Sound a horn | 102 — borealis |
| 27 Lathering up | 72 Cereal flavored with really hot peppers? | 115 Buying binge | 10 Big African antelope | 54 Actor Hemsworth | 103 Holy songs |
| 28 Electrojet bit | 76 95-Across' rank: Abbr. | 116 Parseghian of football | 11 Kid who challenges gender stereotypes | 56 River from Lake Erie | 104 Got to one's feet |
| 29 Hoppy drink | 77 Young male, in many rap songs | 117 "— y plata" (Montana motto) | 12 Rds. | 57 Saw to a seat | 106 Anxious |
| 30 Vocalist Della | 78 — -tac-toe | 118 Sprinkler of plants | 13 Hunting lures | 58 Remove moisture in by whirling | 107 Ribbed, as fabric |
| 33 Utter a fib | 79 Big name in fables | 121 Rescue crew VIP | 14 Despot Idi | 60 Having many bunches of feathers | 108 Liberally |
| 34 Airheaded | 80 Look upon | 122 Lava emitter | 15 Except | 63 Klutzes | 109 Doe or cow |
| 36 "Mack the Knife" singer Bobby | 82 Cereal that makes people want to create graphs and tables? | 125 Cereal with hidden crib sheets? | 16 Muckraking Nellie | 64 Examined in order to rob | 110 Brief brawls |
| 38 Cereal that's more than enough? | 86 "— di-dahl" | 128 Stoats with white coats | 17 Hedy of old Hollywood | 66 Less cheap | 113 Merited fate |
| 41 Cereal that turns kids into imps? | 88 Challenger | 129 Public tribute | 18 Latin "and others" | 68 Uncluttered | 117 Individuals |
| 43 Cassini of fashion | | | 19 Be contrite | 73 Singer Phil | 119 Deck wood |
| 44 Baby hooter | | | 24 Clu of "McQ" | 74 Lie languidly | 120 Nutritional amts. |
| 46 "Nope" | | | 28 "Any problem with that?" | 75 On — with | 121 "You there!" |
| 47 Judo room | | | 31 Some sailboats | 81 Big name in polling | |

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SOLUTIONS ON PAGE 27



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Declutter and Donate

by Keith Callbeck

Fall and spring seem to be the times of year when we sort out our storage areas and closets and do a declutter. We call the latter “spring cleaning” but I do not think there’s a term for it in the fall. “Autumnal purge?”

As we dig through looking for the pumpkin-carving kit, winter jackets, and (sooner than you think), holiday decorations, we have a great opportunity to move out the big and small items that can leave us and go to help others.

I am a minimalist, and over the past two years have donated, sold, given away, recycled, or thrown away over three quarters of my possessions.

One of the drives that really started getting things out the door was the realization that it felt selfish to hang onto them.

Since I do not think of myself as a selfish person, I can only reconcile this by letting go.

Many non-profit organizations can make use of almost anything in your home that is not adding value to your life.

I should also note that if you are looking to inexpensively add items to your home because your life circumstances have changed, or you are helping someone to set up a new place, many of the organizations noted resell these items for a low cost.

Kerby Centre takes donations of gently-used clothing in their Next To New shop, wool and knitting supplies at the Wise Owl, and walkers through their Wellness Clinic. Contact (403) 265-0661 for details.

If you are clearing out a lot, the Women in Need Society (WINS) has stores throughout the city and does pickups. With one of the broadest lists of items they can make use of, WINS accepts clothing, furniture, sporting equipment and more. Find a full list on www.womeninneed.net.

Easter Seals takes donations of power scooters, adaptive equipment, power wheelchairs, and lifts. These items can be difficult to donate when no longer needed, partly because of the physical size of the equipment. They refurbish, recycle, and redistribute the equipment to clients. Check easterseals.ab.ca for the location nearest you.

Project Warmth Society of Alberta is an association that has been formed to assist the homeless and the underprivileged. Blankets, gloves, sleeping bags, scarves, parkas, and items of warm clothing are gathered and cleaned for distribution to those in need. Bins are placed in the many fire stations and halls throughout the City to accommodate the clothing and related items.

This list is just a starter, of course. Various programs are available through organizations such as the Mustard Seed, United Way, and Salvation Army.

Healthy holiday eating tips

During the Holiday Season, and with Thanksgiving coming up, festive gatherings often mean a lot of food! How can you enjoy what the holiday season has to offer while still making healthy choices? Read on for tips on how to make it possible.

At home:

- Since you will likely be busier than usual, have convenient healthy food available.
- Buy washed cut up vegetables and fruit for easier choices at meals and snacks.
- Keep higher calorie food out of sight. This makes it less tempting to have them for a snack.
- If there are leftovers from a meal, send them home with guests in decorative holiday containers,

or package up for future meals.

- If you bake for the holidays ahead of time, freeze until serving.

At parties and gatherings:

- Bring a healthier option—grilled shrimp, chicken satay, cut up raw vegetables or a fruit tray.
- Socialize away from the food table.
- Choose lower calorie drinks like virgin Caesars, sugar-free pop or sparkling water.
- Use a smaller plate.
- Fill half your plate with vegetables and fruit.
- Focus on the food when eating and eat slowly.

Learn more healthy tips at Healthy Eating Starts Here <http://www.albertahealthservices.ca/5602.asp>

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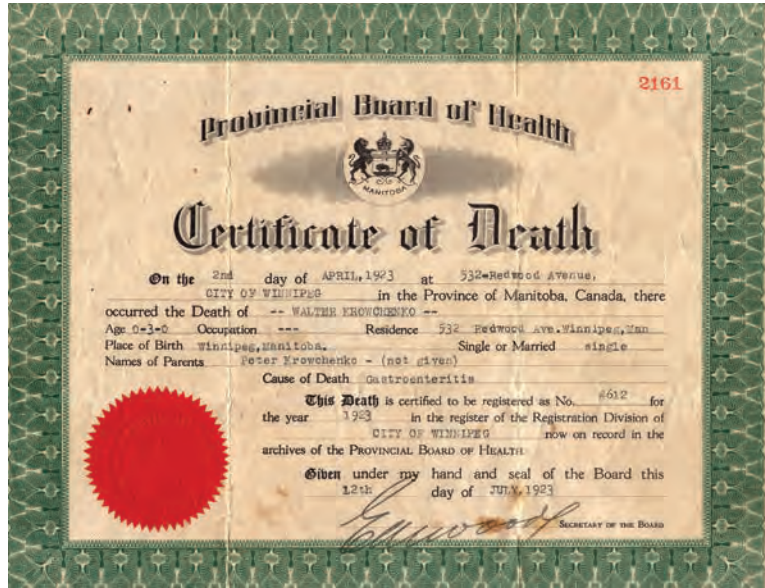
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Honouring the forgotten at gravesite 118

Story and photos by Johnnie Bachusky. Page layout and design by Winifred Ribeiro.

Cousins gather for ‘miracle’ of bringing home infant uncle who died in obscurity almost a century ago.



The death certificate of infant Walter Kravcenko. There is no mention of his mother. Submitted photo.



Family members at the Blessing of the Grave service for Walter Kravcenko.

WINNIPEG — For most of July 20 it had been overcast and blustery but at about 7:15 p.m. the skies opened up with an early evening sun bursting through the gloom, giving light and warmth to pensive family members at gravesite 118 in Brookside Cemetery.

For two young mothers, one from Winnipeg and the other from Calgary, this was a special pilgrimage, a matter touching the deepest vestiges of their loving maternal hearts.

“Walter Kravcenko, my grandmother’s eldest sibling, passed away almost 100 years ago at the tender age of only three months,” said Calgary’s Darlana Robertson. “Holding my own baby and looking at the grave marker was a cold, stark reminder how fleeting life can be and how fortunate I am for every moment I have with my son. My great-grandparents had precious few with their little Walter.”

Her cousin, Nicole Lesko, had just 40 minutes with her son Kieran before he passed away, the same day he was born on Sept. 28, 2016. She did not want to miss this special family gathering, an event her father Brian helped organize. It was a Blessing of the Grave service

for Walter, who died and was interred in near total obscurity in 1923. He was then almost totally forgotten for nearly a century.

“He was the forgotten infant, which was all too common then but still is today,” said Nicole. “Knowing how difficult the loss of a young child is and the stigma surrounding it, it’s not surprising to see so many young ones with unmarked graves in the section of the cemetery where Walter was laid to rest.

“The loss of a young one is very different from other losses,” she added. “Somehow people either devalue that short life or just do not know how to properly express this loss, as though there is no common way to deal with it other than sadly ignore that life.”

But her family’s Blessing of the Grave Service categorically proved there is a way to give powerful spiritual value to a lost and forgotten soul.

Father Roman Pavlov, rector of Winnipeg’s Holy Trinity Russian Greek Orthodox Cathedral — the same church where Walter’s parents were married almost a century before, arrived just before 7:30 p.m. He came fully prepared to bring back Walter to his family.

“After his death so long ago this three-month-old boy did a great thing. He brought his family together,” said Pavlov, who never before did a gravesite service where the subject had been deceased and forgotten for such a length of time. “This is a miracle, one with love for all family members. It means his little heart was full of love. He is like an angel.”

FINDING WALTER

And Walter was an angel in the eyes of his mother Jean (Geneva) Yadlowski, the second-oldest daughter of a devout Catholic immigrant family. At the age of 16 Jean fell in love with First World War veteran Peter Kravcenko in 1922 and Walter was conceived late that same year out of wedlock, a taboo scenario for most Christians a century ago. Walter was born in January 1923 but died just three months later, possibly from what is now known as SIDS, or crib death. The death certificate listed Peter as the father and his Winnipeg address but nothing for Jean, not even her name. There was no mention of a funeral service.

The family first came across Walter’s existence three years ago when his death certificate was found. Brian Lesko, the family genealogist, was passionately intrigued.

“Back in those days, no one talked much about such tragedies, especially to their children. That generation seemed to feel that life must go on and didn’t grieve for long,” said Brian. “This knowledge of a long lost son of Geneva’s initially aroused the curiosity of myself and my cousin, and eventually our desire to find out what happened to Walter and where his final resting place was.”

After searching several Winnipeg and area cemeteries, interviewing many church and cemetery officials, the pair finally located Walter’s final resting place last year in Brookside Cemetery, Western



Brian Lesko, the family genealogist, (with camera), chats with Father Roman Pavlov following the service.



The small concrete marker with the number 118 found at the gravesite of Walter Kravcenko.



Walter Kravcenko’s new granite grave marker to replace the concrete disc marker of 118.

Canada’s largest cemetery with more than 200,000 graves.

But Walter’s gravesite had no marker. There was only a buried three-inch diameter concrete disc with the etched number 118.

“We tore away at the sod with our bare hands and a small trowel to fully expose marker number 118,” added Brian. “We were amazed. We were initially speechless. We were successful beyond belief in what seemed to be an impossible task.”

BLESSING OF THE GRAVE

As Nicole Lesko lovingly cradled cousin Darlana’s seven-month-old son Andrew, a dozen family members, including some from as far away as Michigan, gathered for Father Pavlov’s service. It was a 10-minute two-part tribute that included the sprinkling of holy water, the burning of incense and the consecration of Walter’s gravesite — newly adorned with a granite marker that included a prominent etched angel.

As we all gathered around my great-uncle’s newly discovered gravesite, looking down at the weathered grass beneath a large tree, the priest performing the final words of the Blessing of the Grave service, the wind started to blow,” said Darlana. “It was as if Walter was breathing a sigh of relief to finally be heading home.”

For Nicole, the service was proof that all lives matter, that the length of time living should never be a measurement for the right to be remembered, to be forever loved.

“It broke my heart his final resting place was previously unknown. He was somebody, and that deserved to be memorialized. He was someone’s son,” said Nicole. “It is something we all work towards preventing, having our child forgotten. I know Walter is smiling down on our family saying thank you for showing he was someone that mattered then and still to this day, regardless of his time on earth.”

For Walter’s living family members it could also be the start of a new beginning, one moving forward from a service that began the healing of an old wound, spiritual or otherwise.

“For the entire family this is a good point to start, a new life and a new relationship between family members,” said Pavlov. “Maybe Walter prayed for the family, and maybe his prayers are working because we are seeing the result of it. That is really what the miracle is.”

Johnnie Bachusky is a long-time Alberta journalist. He attended the Blessing of the Grave service on July 20. Walter Kravcenko was his uncle.



Nicole Lesko with her seven-month-old cousin Andrew at the Blessing of the Grave service in Winnipeg on July 20.

Community Events

Fish Creek Park

The October Fish Creek Speaker Series will feature Julie MacDougall, Senior Parks Planner — South Region Alberta Environment and Parks. Her subject will be “Castle Wildland Provincial Park”. The event will take place on October 25 from 7 p.m. to 8 p.m. To register or for more information visit www.friendsoffishcreek.org/event/castle. “The Ghosts of Fish Creek”, a spooky and informative tour, led by Wayne Meikle, Friends of Fish Creek Founding Director, will now be offered on three different nights, Tuesday, Wednesday and Monday, October 23, 24 and 29. Participants are asked to dress up in their favourite costumes and bring a travel mug for complementary hot chocolate. The cost is \$7. Registration is required. For more information please visit friendsoffishcreek.org/event/ghosts-of-fish-creek-walking-tour.

Heritage Park

Heritage Park will present historian, Glen Belbeck, speaking on “What’s New with Sam and Jane”. He will reveal newly discovered material on the lives of early settlers, Sam and Jane Livingstone, including local studies and a recent research trip to Sam’s birthplace, Avoca, Ireland. The talk will take place on Thursday, October 25, at 2 p.m. For more information about this and other programs please visit <https://www.heritagepark.ca/plan-your-visit/eventcalendar/speaking-of-the-past.html>. Heritage Park is located at 1900 Heritage Drive SW.

Seniors United Now (SUN), the voice of seniors in Alberta

Seniors United Now announces a meeting on October 11 with speaker, the Honourable Joe Ceci, President of the Treasury Board and Minister of Finance. His title is Talking with Seniors. The meeting will take place at Kerby Centre, 1133 7 Avenue SW. Members and non-members are welcome. For more information please call

toll free 1-855-786-8669, check www.seniorsunitednow.com or email unitenow@telus.net.

Seniors Scene

Bow Cliff Seniors

Bow Cliff Seniors will host a Fun Casino for some intergenerational fun on October 6 from 5:30 to 9 p.m. Everyone is welcome. For \$25 participants will receive 2 hours of free gaming, a free BBQ and appetizers, and \$50,000 fun money. Tickets may be reserved at the office.

The annual Clothing Sale will be held on Saturday, October 27 from 8 a.m. to 3 p.m. Donations will be accepted at the Centre starting on October 25.

Bow Cliff Seniors is located at 3375 Spruce Drive SW. For more information about these and other programs please call 403-246-0390, contact by email at info@bowcliffseniors.org or visit the website: www.bowcliffseniors.org.

Confederation Park 55+ Activity Centre

Two Saturday Dances will be hosted by Confederation Park 55+ Activity Centre in October, on October 13 with Black Velvet, and on October 27 with For Olde Tyme Sake. Tickets are \$12 per person, and include a light lunch. Members and invited guests are welcome. Doors open at 6:30 p.m. and the dance starts at 7:30 p.m. There will be door prizes and a 50/50 draw.

Memberships for the year ending August 31, 2019, can be purchased for \$30. Fall activities have already started,

but it’s not too late to register, or even to try out an activity. For information on all activities please check the Fall Activity Brochure at jycseniors.com or telephone 403-289-4780.

Good Companions

Good Companions will hold a TGIF birthday party celebrating October birthday members on October 5 from 1:30 to 3:30 p.m. The cost is \$7. The Tea and Conversation will take place on October 12 and 26 from 1 to 3 p.m. The cost is \$3. On October 16 there will be a Social Supper from 4:30 to 8:30 p.m. The cost is \$20 for members, and \$22 for non-members. Entertainment to be announced. Pub Jammers night will be on October 19 from 7:30 to 9 p.m. Admission will be by donation. For more information about these and other programs please call 403-249-6991, 403-242-3799 or check www.gc50plus.org or email gc50plusclub@gmail.com.

Inglewood Silver Threads

Inglewood Silver Threads is a 55 plus senior activity centre. Annual membership is \$20. Members enjoy crafts, games and two exercise programs for free. Bingo is played every Tuesday for ten cents per card per game. \$2 Tea and Chat and monthly pot luck programs are a great way to meet new people and engage in group activities.

Silver Threads is located at 13119 9 Avenue SE. For more information please call Wendy at 403-264-1006.



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**Lawrence Gerritsen
at 403-804-4460**

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- \$3 per year parking in the Kerby Centre lot, for use when you are visiting the Centre
- Priority registration & member rates for classes
- Member rates for FIT Room use
- Member rates for select Kerby Centre events
- Special advanced ticket purchases & reduced fees for day trips
- Member rates for foot clinic
- Voting rights at the Annual General Meeting

One-time coupons* for:

- Voucher for one **FREE** beverage in the dining room
- **\$5 discount** off a one month 'FIT Room' membership (for first-time registers FIT Room users)
- One **FREE** Drop-in activity
- **\$5 discount** off a day trip booked with the Travel Desk
- \$10 discount off a first-time foot care assessment

*conditions may apply



To purchase a membership:

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

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

Name _____

Address _____

City _____ Prov. _____

Postal Code _____ Telephone _____

Email _____ License Plate _____

Membership for the remainder of 2018 is \$17.00 plus \$3.00 for an annual parking tag

Membership is for a calendar year (expires December 31, 2018).


Kerby Centre

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**This service is not covered by Alberta Health Care



Kerby Centre Department Directory

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

Accounting	403-705-3215	Fund Development	403-705-3235	Kerby News Editor	403-705-3229
		<i>Work with members and community to provide funding for Kerby Centre's vital programs.</i>			editor@kerbycentre.com
Adult Day Program	403-705-3214		funddev@kerbycentre.com	Kerby News Sales	403-705-3238
<i>Socializing and health monitoring program for physically and/or mentally challenged older adults</i>				advertising@kerbycentre.com	
	adp@kerbycentre.com	General Office	403-705-3249	Kerby Rotary House	403-705-3250 (24 hour)
		generaloffice@kerbycentre.com		<i>Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.</i>	
Diana James Wellness Centre	403-234-6566	Thrive	403-234-6571		shelter@kerbycentre.com
<i>Health services including footcare</i>		<i>Thrive assists in navigating community resources and helping with referrals, bringing resources to the client's home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.</i>			
	wellness@kerbycentre.com		thrive@kerbycentre.com	Options 45	403-705-3217
Dining Room	403-705-3225	Housing	403-705-3231	options45@kerbycentre.com	
<i>Serving nutritious meals to everyone.</i>		<i>Assists older adults in finding appropriate housing</i>		Volunteer Department	403-234-6570
	kitchen@kerbycentre.com			<i>Volunteers are the heart of Kerby Centre</i>	
Education & Recreation	403-705-3233	Information/ Resources	403-705-3246	Room Rentals	403-705-3177
<i>Information source for programs at Kerby Centre</i>		<i>The all-in-one older adult information source</i>			
	program@kerbycentre.com		info@kerbycentre.com	President Zane Novak	403-705-3253
Event Planner	403-705-3178	Kerby News Classified Ads	403-705-3249	president@kerbycentre.com	
	events@kerbycentre.com			CEO Luanne Whitmarsh	403-705-3251
				luannew@kerbycentre.com	



Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KNITTING FOR A CAUSE DINING ROOM 10:00 AM – 12:00 PM Free - 2nd & 4th Monday of each month	OPTIONS 45 Employment Workshops (Lounge) 1:30 - 3:00 PM \$2.00	GENERAL CRAFT GROUP (Rm 311) 9:00 AM - 12:00 PM FREE	ARTIST GROUP (Rm 313) 10 AM - 3 PM \$1.50 half day	SPANISH CONVERSATION GROUP (Rm 311) 10:00 AM - 12 PM \$2.00
MAHJONG (RM 308) 10:30 AM - 12:30 PM \$2.00	Floor Curling (Rm 308) 12:30 - 2:00 pm \$2.00	BRIDGE (Rm 301) 1:00 PM - 3:00 PM \$2.00	BINGO (Rm 205) 11:00 AM - 3:00 PM	KRAZY KARVERS WOODCARVING CLUB (Woodshop Rm 102) 10:00 AM - 3:00 PM \$1.25 per hr
RECORDER GROUP (RM 313) 1:00 – 2:30 PM \$2.00		WEDNESDAY DANCE (Lecture) Rm 205) 1:00 PM - 3:00 PM \$2.00	PICKLEBALL (Gym) 3:30 PM - 5:00 PM \$2.00	BADMINTON & PING PONG (Gym) 10:30 AM - 12:45 PM \$2.00
CRIBBAGE (RM 308) 1:00 – 3:30 PM \$2.00		ENGLISH CONVERSATION (Rm 301) 10:30 AM - 12:00 PM \$2.00		MONTHLY MOVIE (Lounge) 1:00 pm Last Friday of each month* \$1.00 *Date for movie subject to change.
PICKLEBALL (Gym) 3:30 PM - 5:00 PM \$2.00				

Mark Your Calendars For These Upcoming Events & Activities



Kerby Centre, Doing More For You!

Did you know that *Kerby Centre can also help you at our K2SA location every Friday* 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 Between 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

Join Us In the Kerby Centre Dining Room For
Halloween Howl!
 Wednesday, October 31
 11:30 am to 2:00 pm
 Enjoy a "ghoulishly gastronomic" Signature Meal for only \$10
 Music * Fun & Prize for Best Costume
 No RSVP required

A Group For Mature Jobseekers

Sessions every Tuesday 1:30 PM- 3:00 PM
 In the Kerby Centre Lounge * \$2.00 Drop In Fee

October 2nd -Resume Building

Information and guidance on writing a customized resume and how to write a resume based on the latest Canadian labor standards

October 9th -Calgary Public Library

Learn about resources and programs for job seekers

October 16th - Job Search Strategies

Focus on essential components of a successful job search and get information about ALIS and other useful sites for job search

October 23rd

Elevator Pitches & Informational Interviews While Networking

October 30th - LinkedIn

Learn how to use a LinkedIn account to get more job leads and get information on how to expand existing networks to take your job search to the next level

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

Save The Date

Please Mark Your Calendars & Plan to Join Us For

November 11th
 Remembrance Day Service

November 16th
 Murder Mystery Dinner
 "Audition With Death"
 (see ad within)

December 4th
 Members Appreciation
 Christmas Luncheon

Kerby Health Committee Presents

Healthy Bones

Monday, October 15, 2018
 10:00 am - 11:00 am

Learn all about healthy bones with Sarah Graham, Registered Physical Therapist, as she shares information on fracture prevention, arthritis management and bone strengthening exercises

Kerby Centre Lounge
 Free - No RSVP Required

Financial Planning Today

Wills & Estate Planning

Presented by Jonathan Ng
 Underwood Gilhome

Saturday, October 20
 10:00 am - 12:00 pm
 Kerby Centre Lounge

RSVP to Rob Locke at
 403 705-3235 or email
 robl@kerbycentre.com

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 Bayshore Home Health

Next to New Half-Price Sale

Everything in the store 50% off!
 Wednesday, October 17th, 2018
 10:00 am – 2:30 pm

EDUCATION & RECREATION WORKSHOPS

DRAMA WORKSHOP

Presented by Alan LeBoeuf of
 Confederation Theatre Society

Wednesday, October 10
 Kerby Dining Room 1:00 pm – 3:00 pm

Improve your skills with voice, movement, and acting with lots of laughter and fun through poetry, dance and song!

Registration is Free - Please RSVP to Ed & Rec Rm 305 or Phone 403-705-3233

Old Time Sequence Pattern Dancing

Artform that exercises both the body and mind!

Instruction provided by
 Norma & Dave Stevenson A.I.D.T.A.

2:00 pm, Wednesday, October 17
 Kerby Centre Lecture Room 205

Registration is Free - Please RSVP to Ed & Rec Rm 305 or Phone 403-705-3233

FRENCH WORKSHOP

Presented by Georgette Pare

Friday, November 9

9:30 – 11:30 am

The Lounge, Kerby Centre

French Conversation Socials return to the Kerby Centre. All levels welcome.... come and refresh your meet, greet, and mingle skills in French at the return of our French Conversation Socials.

Registration is Free - Please RSVP to Ed & Rec Rm 305 or Phone 403-705-3233

Hearing Health

Learn common signs & symptoms of hearing loss, and what you can do



Presented by Dr. Carrie Scarff

Tuesday, October 23
 10:30 am - 12:00 pm
 Kerby Centre Lounge

Note: There will be a drop in fee of \$2.00 for members or \$5.00 for non-members

Please bring your tax assessment & recent bank statement for help with government or other program funding assistance applications

RSVP at 403 705-3246 or
 information@kerbycentre.com

AROUND TOWN EVENTS

Here is a peak at some of the arts events happening around Calgary this season.

To submit your event, please email editor@kerby-centre.com .

Get extra attention for your event by placing an ad in Kerby News and have it seen by 50,000 people across Southern Alberta!

October

Theatre Calgary:

Mary and Max:

Oct. 16 - Nov. 10 based on the film by Adam Elliot.

Alberta Theatre Arts Projects: Rosencrantz & Guildenstern Are Dead:

Oct. 9-21, 2018 by Tom Stoppard.

Lunchbox Theatre:

Brave Girl:

Oct. 22 - Nov. 10, by Emily Dallas.

Calgary Philharmonic Orchestra:

Disney In Concert: Beauty and the Beast:

Oct. 5-7, conducted by Thiago Tiberio,

Keyboards:

Marc-André Hamelin + Neil Cockburn:

Oct. 12-13 Conducted by Rune Bergmann

Peter and The Wolf:

Oct. 21 Conducted by Karl Hirzer

Rush Hour: Hits

Oct. 25. Conducted by Gemma New

Greatest Classical Hits:

Oct. 27 Conducted by Gemma New

Alberta Ballet:

The Sleeping Beauty:

Oct. 24-27

Broadway Across Canada:

Beautiful: The Carole King Musical:

Oct. 30-Nov. 4 Based on the book by Douglas McGrath

Calgary Young People's Theatre (with Verb Theatre)

The Wolves:

Oct. 4-13 Written by Sarah DeLappe

Jubilations Dinner Theatre

Rock & Roll Heaven

Sep. 7 - Nov. 4 by Bob Cunningham and Peter Nadolny

Calgary Folk Club

Lennie Gallant with The Eisenhauers Oct. 26

November

Vertigo Theatre:

Dracula: The Bloody Truth:

Nov. 10 - Dec. 9, 2018 By Le Navet Bete & John Nicholson

Stage West Theatre:

Jersey Boys:

Nov. 16, 2018 - February 3, 2019

Calgary Philharmonic Orchestra:

Joann Falletta Conducts Spanish Guitar:

Nov. 2-3

Verdi Requiem:

Nov. 9-10 Conducted by Rune Bergmann

The Hits Of the Who With Jeans 'N Classics:

Nov. 24 Conducted by Karl Hirzer

Calgary Opera:

Romero & Juliet:

Nov. 4, 9, 21, 23, Directed By Jean Grand-Maitre. In collaboration with Alberta Ballet

Calgary Young People's Theatre:

Wayward:

Nov. 29 - Dec. 8 By The 2019 Outpatient Collective

Jubilations Dinner Theatre

Star Warz 2: The Farce Strikes Back:

Nov. 9 – January 11 by Bob Cunningham and Peter Nadolny

Calgary Folk Club

Lizzy Hoyt with Koby Lenker

Nov. 9

Quartette with Delta Whiskey

Nov. 23

December

Theatre Calgary

A Christmas Carol:

Nov. 29-Dec. 23, 2018 based on the book by Charles Dickens

Alberta Theatre Art Projects:

Zorro: Family Code:

Nov. 27 – Dec. 30, By Rebecca Northan, Bruce Horak And Christian Goutsis

Lunchbox Theatre

It's a Wonderful Life: A Live Radio Play:

Nov. 26 - Dec. 22, 2018 Adapted by Joe Landry

Calgary Philharmonic Orchestra

A Nat King Cole Christmas:

Nov. 30-Dec. 1 Conducted by Adam Johnson

Tis the Season Kids Holiday Special:

Dec. 2 Conducted by Karl Hirzer

A Traditional Christmas:

Dec. 7-8 Conducted By Karl Hirzer

Home For the Holidays With Johnny Reid:

Dec. 11 Conducted by Run Bergma

Rune's Classical Christmas:

Dec. 13 Conducted by Rune Bergmann

Alberta Ballet:

The Nutcracker: Dec. 14-16, 20

Morpheus Theatre Society:

One Bad Apple: The Queen, Snow White and the Evil Red Delicious:

Dec. 7th to 15th, By Charlotte Nixon

October

Calgary Opera:

Amahl & The Night Visitors: Dec. 7-9

"Know the rules well so that you can break them effectively"

Dalai Lama XIV

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Volunteer Spotlight



Bonnie Weldon

Bonnie is a friendly and dedicated volunteer. She has been a member of Kerby Centre for 3 years and has been volunteering since 2016. Bonnie volunteers as a Kerby Travel Worker at the Travel Desk. She has always been passionate about travelling, planning and organizing trips so, this position suits her well!! Bonnie likes planning day trips to help provide an opportunity for seniors to experience interesting attractions in and around the Calgary area. She has also facilitated many of Kerby's day trips. Bonnie enjoys being at Kerby Centre because she likes meeting new people and to participate in different activities. Besides volunteering, she spends her time exercising, reading, curling, swimming and mostly travelling. She has already contributed over 716.5 hours.

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



Kerby Centre

WHAT ARE YOU WAITING FOR?

2018 Memberships now on sale

PRICE REDUCED!

Now only \$17 per year,

Plus option of a \$3 parking access

Mail application form and membership fee to:

Kerby Membership
1133-7 Ave. SW
Calgary, AB T2P 1B2

OR

Pay online using PayPal

OR

Call (403) 265-0661 ext. 256

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(* exclusions apply – please see individual coupons)



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A+ rating

Baking with a healthy twist

Page design and layout by Winifred Ribeiro

Cakes and bakes, both large and small, that focus on nourishing ingredients such as nuts, vegetables, and dried fruit, plus flours such as rye or buckwheat. Many of the recipes are allergy- or intolerance-friendly, using wheat-free flours and unrefined sugars. Each recipe is clearly coded to show you which diet it will suit, along with an index to show you vegan, wheat-free, and dairy-free cakes at a glance.

The emphasis is on including exciting new ingredients, rather than on cutting things out, showing how you can get the same amazing tastes and textures with healthy alternatives. With all the recipes checked by a qualified dietician, the cakes in the book show how you can embrace a more positive, balanced, and inclusive

approach in your baking. All the ingredients can be sourced from supermarkets or larger health food shops. Nourish Cakes presents an alternative way of baking to a mainstream audience and makes it appealing and delicious.



Nourish Cakes Baking with a Healthy Twist

By Marianne Stewart

Recipes excerpted with permission from Marianne Stewart

Published by Quadrille — ISBN 9781787131163

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Photography by Catherine Frawley



Pecan-studded Sweet Potato Brownies

I first created this recipe with the intention of adding rye flour, and found that the sweet potato was enough to hold the squidgy cake mixture together by itself. It also means you can do without lots of additional sugar usually needed for the fudgy texture; giving you the perfect brownie consistency with plenty of nutritional plus points.

WF | GF | DF

Makes: 12 brownies

1 large sweet potato, at least 350g (12 oz) weight

150g (5 1/4 oz/ 1 1/3 cups) pecans

50g (1 3/4 oz/ 1/3 cup) soft pitted dates (ideally Medjool)

200g (7oz) dark chocolate (70% cocoa solids), roughly chopped

50g (1 3/4 fl oz/ 3 1/2 tbsp) rapeseed (canola) oil

40g (1 1/2 oz/ 2 1/2 tbsp) light tahini

3 eggs

160g (5 3/4 oz/ 3/4 cup plus 1 tbsp) coconut sugar or dark muscovado (soft brown)

sugar pinch of sea salt, plus a little extra for sprinkling

rapeseed (canola) oil, for greasing

Preheat the oven to 200°C/fan 180°C/400°F. Roast the sweet potato on a baking sheet for 45 minutes – 1 hour, or until tender in the centre and slightly caramelizing on the outside. Meanwhile, toast the pecans on a baking sheet for 5–6 minutes until lightly browned. Cool, then roughly chop.

Reduce the oven temperature to 180°C/fan 160°C/350°F.

Grease a 28 x 18 cm (11 x 7 in) brownie tin with a little rapeseed (canola) oil and line with baking parchment.

Let the potato cool until just warm, then peel and weigh out 200g (7oz) of the flesh into a blender. Add the dates and blend until smooth, then transfer the mixture to a heatproof bowl with the chocolate and set over a pan of barely simmering water. Heat, stirring occasionally, until the chocolate is melted. Add the oil and tahini and stir until smooth. Cool slightly. Whisk the eggs, coconut sugar and salt on medium-high speed for 5 minutes, or until paler and almost doubled in volume, then whisk in the chocolate mixture slowly until well blended. Fold through most of the pecans. Scrape the mix into the tin, gently levelling off the top. Scatter the remaining pecans over the top. Sprinkle with a large pinch of sea salt, then bake for 22–25 minutes, or until puffed and looking dry on top. Cool in the tin before slicing into squares, or resist the temptation to be tidy and cut into random pieces! Chill any leftovers in a covered container for up to 3 days.



Buckwheat, Hazelnut & Cinnamon Shorties

Autumnal and comforting, these nutty cookies are easy to make. The cinnamon provides a spicy twist to balance the distinctive buckwheat flavour.

WF | GF | DF | VG

Makes: about 16 cookies

105g (3 1/2 oz/ generous 3/4 cup) hazelnuts, unskinned

35g (1 1/4 oz/ heaping 2 tbsp) coconut oil

35g (1 1/4 oz/ heaping 2 tbsp) smooth peanut butter or hazelnut butter

10g (1/4 oz/ 2 tsp) maple syrup

3–4 tsp unsweetened almond milk

105g (3 1/2 oz/ scant 1 cup) buckwheat flour

1 1/2 tsp ground cinnamon

1 tsp ground flaxseed

pinch of sea salt

60g (2 1/4 oz/ 5 tbsp) rapadura (Panela or rapadura is unrefined whole cane sugar) or light muscovado (soft brown) sugar

Preheat the oven to 200°C/ fan 180°C/400°F and toast the hazelnuts on a baking sheet until just browned, about 5–6 minutes. Remove from the oven and cool.

Melt the coconut oil and mix with the nut butter, maple syrup and 2 teaspoons of the almond milk until smooth. Cool.

Blend the hazelnuts with the buckwheat flour in a blender until it is a fine texture and just begins to clump. Add the cinnamon, ground flaxseed, salt and rapadura, and blend again until well mixed.

Transfer the mixture to a bowl, add the oil/peanut butter mixture and mix by hand or with a knife until the dough comes together. If needed, add an extra 1–2 teaspoons of almond milk to help bind. The dough should just be coming together and very slightly crumbly.

Form the dough into a log shape roughly 5cm (2 in) across and wrap in foil or clingfilm (plastic wrap). Chill for 1 hour, or until firm or up to 3 days before baking.

Preheat the oven to 180°C/fan 160°C/350°F and line a baking sheet with baking parchment.

Slice the log into approximately 1-cm (1/2 in) thick rounds, and space out 3cm (1 1/4 in) apart on the baking sheet. Bake for 15 minutes, or until turning golden brown round the edges. Cool on the tray. Store at room temperature for up to 5 days.



Olive Oil & Avocado Chocolate Mousse

This recipe was inspired by a sea salt and olive oil mousse I once had at the Lido in Bristol. Halfway between a mousse and a chocolate pot, this dessert is decadent and creamy. The avocado provides a great nutritional boost, as well as a rich creamy texture, and the flavour pairs perfectly with the olive oil.

WF | GF | DF | VG

SERVES: 2

100g (3 1/2 oz) vegan dark chocolate (70% cocoa solids), broken into pieces

50g (1 3/4 oz/ 1/3 cup) pitted dates (Medjool if possible)

55g (1 3/4 fl oz/ 1/4 cup) maple syrup or rice syrup

1 medium avocado (100g/ 3 1/2 oz flesh)

40g (1 1/2 fl oz/ 3 tbsp) extra virgin olive oil, plus extra for drizzling

large pinch of sea salt, plus extra for sprinkling

100g (3 1/2 oz/ 1/3 cup) coconut cream

Melt the chocolate in a heatproof bowl set over a pan of barely simmering water.

Once melted, allow to cool slightly. Process the dates in a blender until smooth, add the syrup and process again. Halve and scoop the flesh from the avocado and add this, along with the olive oil and salt to the blender and process again until smooth. Scrape in the melted cooled chocolate and blend again until smooth.

Lastly, add the coconut cream, blend together, then scrape the mixture into 2 small ramekins or coffee cups. Chill in the fridge for about 2–3 hours until set. Serve with a sprinkle of sea salt and a drizzle of extra olive oil on top.

Financial Planning: Pensions decisions — six keys to a great retirement

You've undoubtedly thought a lot about the "shape" of your retirement — but whether your plans include traveling, volunteering, starting a new career, or a myriad of other retirement dreams, the most important thing is having sufficient finances to ensure all of them become reality. If you are a member of a pension plan, now is the time to make some important decisions that will have a strong impact on the amount and length of your pension.

1. Decide when your pension payments will begin. If you have a defined benefit pension plan, your annual benefit may be reduced if you retire before reaching a certain age or completing a minimum service requirement. However, your plan may have a bridging benefit to offset an early retirement pension reduction that is paid from the date of early retirement up to age 65 when it will stop.

2. Decide whether or not your pension benefit transfers to your spouse when you die.

You can usually:

Elect to receive a life-only pension that ends when you die. It will deliver a higher monthly benefit to you than a joint and last survivorship pension but will not provide a continuing benefit for your spouse after you die. The plan member's spouse will need to sign a waiver to take this option.

Select the joint and last survivorship option. While your monthly benefit will be lower, the "joint and last survivor" option is usually better unless your spouse has his or her own pension, Registered Retirement Savings Plan, non-registered assets and/or adequate insurance coverage.

3. Choosing the survivor benefit. Not all plans allow you to do this — check the details of your plan. In most jurisdictions, the "standard" survivor benefit is 60% of the pension that was being paid to you prior to death, however some plans will include other options such as 66 2/3%, 75% and 100% survivor benefits.

4. Do you have the option of receiving your pension benefit for a guaranteed minimum number of payments? Some plans allow you to choose to receive monthly pension payments over a minimum term of 5, 10 or 15 years — meaning that even if you die prematurely, the benefit will continue to be paid for the period you selected.

5. Does your plan have a CPP (Canada Pension Plan) or OAS (Old Age Security) integration option? If so, you can choose to receive an advance on your pension in the form of larger monthly payments until age 65, when CPP and OAS benefits normally begin.

This option will result in reduced monthly payments after the age of 65.

6. Do you have the option to transfer the commuted value of your pension to a locked-in account? Instead of receiving a monthly lifetime pension, you transfer the commuted value of your pension to an account you control.

Among other financial decisions, these six key pension decisions will help ensure your retirement dreams will become reality. To be sure your decisions are right for you, talk to your professional advisor.

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.



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Financial Planning Today

Topic: Wills and Estate Planning

Location: Kerby Centre -1133- 7th Ave SW

Room: Kerby Lounge

Date: Saturday, October 20, 2018

Time: 10:00 am – 12:00 pm

Cost: Free Presentation

Join us for coffee and cookies while learning:

- how to prepare a Will,
- the legal issues that affect Wills
- how to select an Executor,
- learn about Enduring Power of Attorney, and Personal Directives.

Please RSVP to Rob Locke,
Director of Fund Development
403-705-3235
or robl@kerbycentre.com

Presenter: Jonathan Ng, Underwood Gilholme

Sponsored by:



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- 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



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Classified Ads

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

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

Classified Rates
 Starting at \$18.50 (50 characters 2 lines)
 Classified deadline for November issue must be received and paid by October 5.



Classified Ad Categories

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

10 Health

CERAGEM Calgary
 Sales Service Parts
 403-455-9727

11 Foot Care

Alberta's Mobile Foot Care
 The company that Albertan's trust the most. Advanced Foot Care Liane at 403-512-2429 or www.albertasmobilefootcare.ca

All About Seniors offer quality foot care services provided by a certified professional foot care specialist with a caring approach and a gentle touch. 403-730-4070 www.allaboutsensors.ca

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12 Home Care

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just4ufamilyservices.com housekeeping/meal prep, In/out of home companionship. Accompany to appts, shopping. Corinne 403-590-2122 just4ufamilyservices@shaw.ca

Kerby Centre classifieds get read!

Respite/companion for seniors. Meal prep, light housekeeping, errands. Linda Holtorf, 30 yrs exp. P: 403-869-8822 E: lindacare68@gmail.com

Seniors need a companion or a "Helping Hand" for grocery shopping, errands and more? Make life as comfortable and beautiful through our "caring" care. Call Leah at 403-975-9998 or email us at healthcare@ahhand.com

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13 Mobility Aids

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20 Home Maintenance

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

All types of electrical work new, old, trouble shooting & renos. Sr disc. 403-239-5918 or 403-870-8687

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 Residential Electric Services, house wiring, troubleshooting, lighting, receptacles, panel upgrades and much more. Licensed, bonded and insured. Call Mario-Master Electrician 403-619-6262

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 For all your exterior home repairs/replacements. Int & ext painting. Roofing, siding, soffit, fascia eaves troughs, etc. Please check full details on our website: millenniumcontracting.ca or ph Shawn at 403-703-9132 I am a Kerby Centre member & a general contractor in Calgary for over 30 yrs.

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

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26 Services

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 Mag's Mobile Haircare. New business. Started in Sept. Catering to seniors & care communities in SW Canyon Meadows & surrounding areas. Providing in-home haircare. Visiting you in the convenience and comfort of your home. Monday & Wednesday 8-6. Call Margaret to book your appt. 403-470-8193

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30 For Sale

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Niches for 2 Mtview Gdns opening/closing Heritage Gdns Ph: 403-285-2695

Premiere side by side burial plots in Edenbrook Garden of Serenity Mtview asking \$12500 valued at \$15000 + GST Ph: 403-700-0535

35 Wanted

Buying antiques & collectibles, old jewelry, license plates, badges, watches, china, figurines, cup/saucers, tools. Call Kevin P 403-660-0483

45 For Rent

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48 Real Estate

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Continued on page 27

Continued from page 26

48 Real Estate

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IN MEMORIAM

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

- Lucie Marie Ewald
- Sharon Gladys Naimish
- Marilyn Sandra Gunn
- Shirley Ann Gough
- Daniel Martin Borth
- David Campbell Wadsworth
- Nicolaas Cornelis (Nick) Dewit
- Josephine (Marion) Jorgensen
- Luella Aurelia Tressa Cox
- George Draskocy
- James (Jim) Edward Crane
- Mary Elizabeth Ullberg
- Beverley Jean Harris
- Patrick Mulcahy
- Doris Irene Howe
- Joan Norma La Fountain
- William Bela Lakatos
- Shirley Robertson
- Keith Merrill Allen
- Meryl (Dorothea) Dean
- Alfred Gerber
- Edith Yakymow

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.



Doctors warn that older Canadians need this health test

(NC) Were you born between 1945 and 1975? If so, you might not know you're at an increased risk of certain illnesses, including hepatitis C.

Recently, the Canadian Association for the Study of the Liver recommended that Canadians be tested based on their age, not just possible risk factors. According to the new guidelines on the management of chronic hepatitis C, those born between 1945 and 1975 should be tested for the virus, aligning with the recommendations established by the Canadian Liver Foundation.

There is no warning for hepatitis C because its symptoms often don't appear until the liver is severely damaged. Undiagnosed and untreated chronic hepatitis C can lead to liver cancer and is the number one reason for liver transplants in Canada.

Many people who have this liver disease show no symptoms, and up to an estimated 70 per cent of people with chronic hepatitis C in Canada don't even know they have the infection.

To find out your hepatitis risk, complete the Canadian Liver Foundation's viral hepatitis questionnaire at liver.ca/hepatitisquestionnaire.

**For ads that deliver results
advertise in the Kerby News**

Jerry Jonasson

JerryJ@kerbycentre.com or 403-705-3238

David Young

DavidY@kerbycentre.com

or 403-705-3240

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E	R	M	I	N	E	S		H	O	M	A	G	E		A	I	E	L	L	O	

PUZZLE ON PAGE 31

ADVERTISERS' INDEX OCTOBER 2018

211	12	Jubileations	18
ABC Benefits Corp	19	Lawrence Gerritsen	21
All Seniors Care	9	Lifetime Highs	7
Amica	10	Maison	13
Assurant Life	23	Manor Village	2
Audiology Innovations	17	Manor Village	12
Bethany Care	28	Metro Dental Care	7
B.L. Braden Denture Clinic	11	Mountain View Seniors	18
Bowbridge Manor	8	Nagel Tours	7
Calgary Co-op Memorial ..	13	North Hill Denture	18
Calgary Philatelic Society ..	27	Prominence (Signature)	5
Chinook Denture	12	Red-E-bins Calgary Ltd	27
City of Calgary	8	Rob's Roofing	27
Compassionate Nursing		Rocky Ridge	19
Foot Care Ltd	27	Sandra Seabee	13
Cowboys Casino	17	Silvera For Seniors Westview ..	11
CPO	1	Silvera For Seniors	16
Direct Health Solutions	21	The Estate Lady	27
Financial Concierge	27	Verico	11
Golden Life	6	Wilson Law	9
Handy Helpers	27		

**Kerby News
Business and
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Calgary Philatelic Society
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1st Wednesday of the month start at 6:30 pm
Mid Month Auctions
3rd Wednesday of the month start at 6:30 pm
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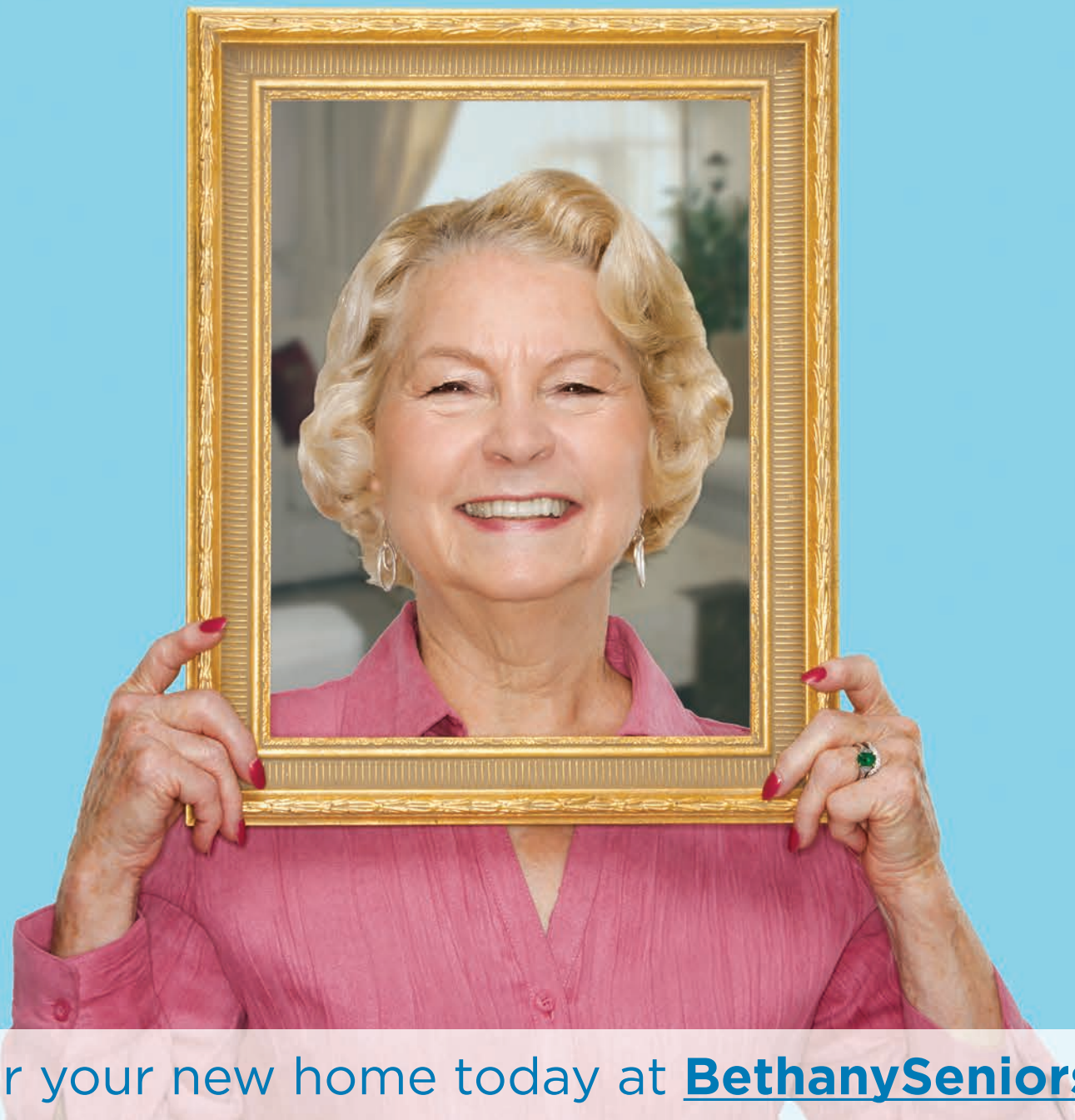
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