

Kerby News

Published by
Kerby Centre

for the **55** plus

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

2019
April

Volume 35 #4

Keeping pets and people together



Marilynn Phillips with her little black Bear and Sandy Taylor with her old friend Cally.

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Friday, April 19, Good Friday
Sunday, April 22, Easter Sunday



Kerby Centre

1133 - 7th Ave. S.W.
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www.kerbycentre.com

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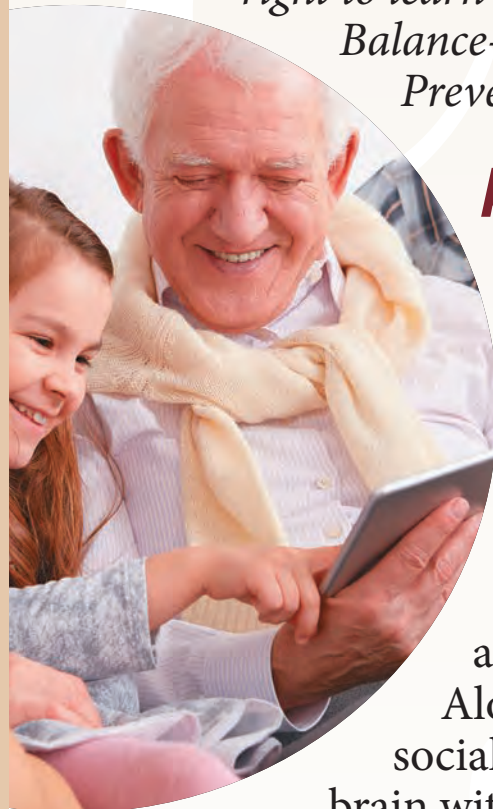
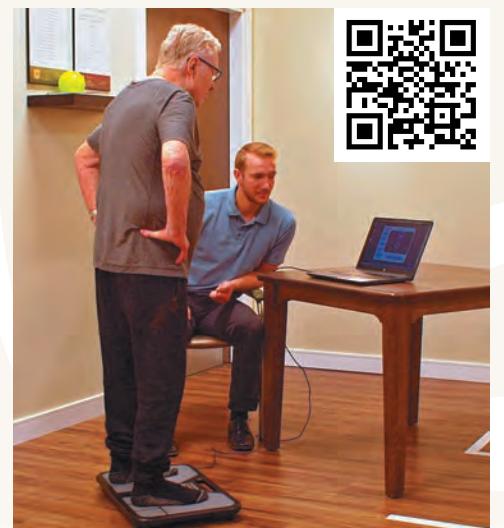


Memory Loss does NOT need to be a symptom of Aging

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BY ZANE NOVAK
President of Kerby Centre

The world of senior services is changing

On December 31 of this year, the last of the Baby Boomers will turn 55. The world of seniors' services is changing rapidly as it adapts to accommodate the needs of this new generation of older adults. The Boomer generation is asking for a very different experience from tomorrow's seniors' centres.

Kerby Centre is committed to meeting the needs of all of its members, and is repositioning to respond to these new challenges, including demographic shifts, and acknowledging the impact of Alberta's volatile economy on programs and services offered throughout our province.

Kerby Centre announced in March that Chief Executive Officer, Luanne Whitmarsh is no longer with the organization. On behalf of Kerby Centre Board of Directors, staff, volunteers, and members, I want to thank Luanne for her service as CEO for the last decade, helping to provide services and programs to tens of thousands of Calgary's seniors.

The Kerby Centre Board of Directors has decided that it is the right time for new leadership to guide the organization into the future. The board is commencing an executive management search for a new leader of the organization. Someone who has the commitment, passion, enthusiasm and leadership skills to keep Kerby Centre developing the services it provides to our members.

In the interim, Kerby Centre's senior management team is committed to continuing to provide the highest-level of services and supports through this transition. We have the utmost confidence in Kerby Centre's staff's ability to maintain the centre's tradi-

tion of excellence in all aspects of the organization.

We are excited about the future of Kerby Centre as we continue to advocate for Calgary's seniors, provide a high level of programming and assist our members in all the areas that we work in, while continuing to explore the eventual relocation of the Kerby Centre.

We thank you for your patience and understanding as we move forward in the revitalization of the Kerby Centre. We are excited to continue providing the network of services, programs and supports that help older Calgarians live to their full potential in the community for as long as possible. ▲

April 2019

KERBY CENTRE'S MISSION:

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

Kerby Centre Board of Directors 2018 - 2019

1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

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Kerby News

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Thank you to all our volunteers

National Volunteer Week, April 7 to 13, is an opportunity to celebrate the vibrancy and impact of volunteerism in your community and across our country.

Volunteer Canada has launched this year's theme, The Volunteer Factor – Lifting Communities.

Volunteer Canada states: "As we recognize the collective efforts of volunteers, we reflect on the multitude of actions taken locally to help people, communities and neighbourhoods become better prepared to respond to the unexpected, and better positioned for a more sustainable future."

Kerby Centre has more than 1,000 volunteers and more are being added all the time. Volunteers contributed nearly 62,000 hours last year. Hours supporting older adults, making our programs and services possible, and

helping build a better community.

Kerby Centre could not provide the services we do without the support of our dedicated volunteers. From delivering groceries, to helping at special events, to serving on the Board of Directors, volunteers are the life blood of Kerby Centre.

Each year we conduct a volunteer survey and we

were quite pleased with the results from 2018. Ninety per cent of our volunteers rate their overall volunteer experience as good or excellent, and 96 per cent would recommend volunteering at Kerby Centre to others.

Kerby Centre thanks all of those who volunteer for us, and throughout our city. Thank you for lifting our community. ▲

Stars align for Planetarium renovation

Kerby Centre neighbour in the proposed West Village, The Centennial Planetarium, recently announced completed phase one of their renovations. This phase involved bringing the building up to code and renovating the dome theatre.

The site is the future home of Contemporary Calgary (CC), an amalgamation of the Art Gallery of Calgary,

the Institute for Modern and Contemporary Art and the Museum of Contemporary Art. There are still three phases to be completed.

"We want to make a place in the world that ignites the public imagination and draws the community to the building," said project architect, Bruce Kuwabara, of KPMB Architects. ▲



Kerby Centre

Open to Kerby Centre members & stakeholders

To purchase or renew a membership, call 403-265-0661 or fill out the form in Kerby News

Kerby Assembly Annual General Meeting

The Volunteer Spirit




April 30 - Kerby Centre Gymnasium
Entertainment & light refreshments at 9:00 am
AGM begins at 10:00 am

It was a dirty job, but someone had to do it



The first Calgary City Hall, located at 134 8th Avenue SE (pre-1910)(Photo courtesy of City of Calgary Archives)

In 1887, Robert Lamont was appointed Calgary's first Town Scavenger, the dirtiest job in town. Despite the unflattering title, Lamont was perhaps a pioneer when it came to Calgary's sewer system. His job was far

from glorious, but beyond necessary.

Lamont was in charge of collecting and disposing of "night soil" – the prim, proper, old-timey term for poop – that collected in waste pits under every outhouse in the frontier town.

In the 1800s, it was common for waste water to be thrown out the back door or primitively funneled to a cesspool in the backyard or an open field. With drinking water nearby in the form of wells, and a population growing by the week, the practice became both dangerous and perhaps unbearably odorous.

Enter Lamont. Bylaw No. 56 of the little town by the Bow affirmed that Lamont's role and a system of formalized waste removal were introduced to Calgary. Nothing at all like what we have today, but these were the baby

steps of progress. He would charge by the home. The going rate depended on the size of the cartage. If there was a dispute over charges between a homeowner and the Scavenger, the Town would be asked to adjudicate. Lamont only lasted in his job for one year – the reasons for his departure remain unknown. But the job lived on. In fact, it thrived for many years.

A letter to city councillors from would-be Scavenger William Hamilton in 1899 offered to take on the duty for a sum of \$125/month. He even offered closed carts as a mode of transport.

By 1903, despite work on a true sewer system that was unfolding in Calgary, the city began licensing Day Scavengers for an annual licence fee of \$5. The role had grown from strictly "night soil" duty to removing garbage, offal,

and other household refuse of the day.

By 1907, with a population of 13,500, Calgary boasted 26 kilometers of sewer line, and new sewer service was becoming available in growth areas. As time passed, Calgary built the Bonnybrook Wastewater Treatment plant, the storm sewer system and the Fish Creek Wastewater Treatment Plant among many other innovations to keep us safe and comfortable.

So, next time you flush the toilet, feel free to take a moment to ponder how far we've come. And don't forget to spare a thought for old Robert Lamont – a trailblazer who was once Calgary's one-man sewer system.

City of Calgary Archives ▲

Become a member today!

Kerby Centre

for the 55 plus

Membership with Kerby Centre provides a number of benefits, including:

- Kerby News mailed directly to your home each month
- \$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

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- **\$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

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Membership for 2019 is \$25.00 plus \$5.00 for an annual parking tag

Membership is for a calendar year (expires December 31, 2019).

MEMBERSHIPS ARE NON-REFUNDABLE



Get ready for the snowmelt

Warm weather is here and the City of Calgary is preparing for a quick snowmelt. As Calgarians get ready for spring, the city is providing tips to help citizens protect their homes and families during the big melt.

Shovel snow away from the foundation of your home to prevent seepage into your basement. Don't forget your window wells!

Ensure your downspouts and eavestroughs are clear and free of debris. Point or direct them away from your home/foundation and from neighboring properties.

Clear snow or debris away from the storm drain (catchbasin). If needed, create a channel to facilitate water flow. If you find that

the storm drain is iced over, do not try to remove the ice yourself. Call 311 and a crew will clear the ice for you.

If water pools near the storm drain give it 90-120 minutes to drain before contacting 311. The city has special devices in most storm drains that allow the water to drain slowly and not overload the stormwater system.

Don't drive through deep water on a roadway as you can't see conditions underneath that might be unsafe.

Spring is the ideal time to test your sump pump. A working pump will prevent flooding in your basement.

Storm drains are a critical part of Calgary's stormwater management system. There

are about 60,000 drains in Calgary which drain water from sidewalks, streets and roads. Don't know where your nearest storm drain is? Check out the interactive map at www.calgary.ca/snowmelt.

Remember, most of Calgary's storm-drain system water enters the Bow and Elbow Rivers without water quality treatment, so it's important to make sure that the water draining into it is as clean and free of debris as possible.

For more information, visit www.calgary.ca/stormdrains.

Seatbelts coming to facility dining rooms

There are some new adjustments coming to the dining room chairs at Kerby Centre. Due to new health and safety regulations the government has mandated that all dining room chairs in senior facilities be fitted with seatbelts.

People need to feel as safe in their chairs as they do in a car. Everyone eating in the dining area, including visitors and staff, will be expected to wear a seatbelt for their own safety.

On April 1 city bylaw officials will be going around to seniors' centres and issuing tickets to people who refuse to comply. We hope that visitors to Kerby Centre will comply with these new rules and sit back, buckle up and enjoy this April Fool's Day!



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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
<input type="checkbox"/> In your pocket	<input type="checkbox"/> Causing you to age	
<input type="checkbox"/> Missing teeth		

If you have checked any of the above please call for an appointment.

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Life and Liberty

BY LIBERTY FORREST

Oh dear! What will the neighbours think

Do you worry about what other people will think about you? Do you worry about what they'll think of your choices? Or the choices of your partner, your children, your siblings – or anyone else, for fear that there's a "guilt by association" issue?

If the answer is "Yes", ask yourself "Why?"

"They might think I'm nuts!"

"They might think I'm awful!"

"They might think I'm (fill in the blank)!"

And your point is...???

Chances are they won't think any of that. Sure, some might, but truthfully most won't because really, people aren't spending all that much time thinking about what we do. I mean, do you sit around for countless hours worrying about everyone else's decisions? Do you spend loads of your time contemplating and judging the actions of others to the point that it keeps you from your own life? I doubt it.

Sure, maybe you give them a passing thought now

and then. Perhaps you even chat with other people about it. And maybe you even have an opinion or you admit to judging them.

But do you really spend loads of time being preoccupied with other people's business? Not likely. And if you do, it means you're probably doing it to avoid looking at your own life, your own unhappiness and what needs to change.

Even more importantly, so what, if they do think you're nuts or awful or (fill in the blank again). Anyone who really knows you and really cares about you isn't going to give a rat's @\$\$ what you do.

People who want to judge you are just being arrogant, forgetting that they aren't perfect and forgetting that they're probably doing things about which others might have a comment or two to make. It's something people do sometimes to compensate for their own failings. When they can feel superior to others, somehow it makes them feel better about themselves.

Those people's self-righteous attitudes don't deserve your wasted time and energy. Leave them to their own insecurities and inadequacies. Let them gossip as much as they want with others. Are you really going

to worry about what people like that are going to think about you? I sure hope not.

Besides, even if you tried to live your life based on what everyone else thinks, you'd never get it right anyway. You'd get some of it right with some of the people some of the time. But there would always be a lot of people who'd be thinking you were doing it wrong, because everyone is going to view things differently than others do.

So you might as well not bother trying to make them all happy, and just worry about pleasing yourself. Doesn't that make a whole lot more sense? And doesn't it give you a happy little lift in your chest? An expanded energy that feels kind of light and delicious with a good dollop of freedom, perhaps?

After all, that's the only way you're ever going to find your bliss, be fulfilled, feel happy, explore and discover who you really are and help you become who you're meant to be.

Do you suppose you'll be on your deathbed someday, wishing you'd spent more time trying to dance to everyone else's tune? Do you suppose that you'll be lying there thinking about the choices other people made throughout their lives and how you could have given them advice on how to do it better?

Do you suppose those people will be on their deathbeds, thinking about you, your life and choices, and wishing you'd done things their way?

Uh, probably not happening. More likely, they'll see the error of their ways and be wishing they'd been more tolerant, less judgmental, and allowed people to thrive and grow and just BE.

So if you're just going to end up causing yourself and a lot of other people nothing but deathbed distress, perhaps you'll want to start now and just look after yourself, doing what you want, doing what you need, and doing what you think is right – for you.

It's the best chance you've got to be happy, to be the best YOU that you can be, because at the end of the day – and at the end of your life – what else is there that's worth the effort? ▲

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Putting your best foot forward

By Anna Ryan

You can replace your hips, you can replace your knees, but it's much more difficult to replace your feet. Taking good care of your feet is an essential part of good health.

Retired registered nurse Ann Honke has been a foot care specialist in the Diana James Wellness Clinic at Kerby Centre for nearly ten years. She said: "Foot care is much more than just nail care. Sore feet can be an indicator of ill health, and taking care of your feet helps to prevent many serious issues before they start."

Many people have difficulty taking care of their feet. Taking care of our feet gets even more difficult as we age. It is difficult to examine and care for your feet if

you have arthritis, if you have a tremor, have vision difficulties or flexibility or mobility problems.

It can also be physically challenging to use nail clippers. Some toe nails grow so thick that they can't physically be cut with the tools available at home.

"When people have sore feet, for whatever reason, they don't feel good. It makes you feel down, and it can keep you indoors and prevent you from walking and moving," said Honke. "It doesn't have to be that way."

During the first appointment, Honke also checks people's blood pressure and blood sugar, and goes through their medication list. In subsequent appointments, they are able to look back at the notes to see if anything has changed and

to ask follow-up questions and update the records.

Honke said: "I saw a gentleman who had swelling in his legs. I told him he needed to go and see the doctor. The cause of the swelling was water retention and he ended up with a heart bypass operation."

It is very important for people who have diabetes to maintain the health of their feet.

One of the risks with diabetes is impaired sensation, meaning that someone could have a cut and not even be aware of it until it's too late and an infection has formed. People with diabetes also heal more slowly. When you have these problems combined, if you get any kind of injury to the lower leg or foot it is dangerous.

"If feet get infected, it



Ann Honke in the Diana James Wellness Clinic.

can get lead to gangrene, and people can end up having foot amputations. Some people can even die if the infection becomes systemic," explained Honke.

It's not only people with diabetes who are helped by foot care. When patients go to a clinic regularly, foot

care specialists get to know their feet, and can catch issues early enough so that they don't become a bigger problem.

Other common foot care problems that people come in for are calluses, corns, fungus and long nails.

Sometimes with a nail, it is the shape of the nail, not necessarily the length that causes the problem. If someone wears compression stockings, the extra pressure on a nail can cause discomfort.

"When we can't help someone, and it's beyond our capabilities, we refer them to the doctor or podiatrist," she said.

Honke has some novel and inexpensive ways to help identify and heal fungal toenail infections: "Where we can help, is that we can usually tell if someone has a fungal infection, and what we do is suggest natural treatments. If it isn't fungus, it isn't going to hurt, if it is fungus it could help."

Apple cider vinegar is the natural treatment with which they have seen the most success. They ask clients to paint it on their toenails twice a day. Tea tree oil and oil of oregano are also used if the vinegar doesn't help. Each remedy works differently depending on a person's own physical makeup.

Women have often spent much time in their lives in high heeled shoes, so they are more prone to having sore feet with calluses, bunions etc. caused by their footwear. A foot care specialist can suggest aids to reduce pain, such as how to use corn pads, socks, or toe-spacers to decrease pressure points on corns and bunions.

"Part of our service is social. We build relationships with people and hopefully develop a level of trust," said Honke. "The final thing we do after the foot care that everyone likes, is when we put on lotion at the end. You can feel their bodies relax." ▲



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Volunteers help people and their pets stay together

By Sheila Addiscott

Many older adults struggle to care for their pets due to life changes or challenges, like mobility issues or health concerns.

Companion animals are family for many people and surrendering them to an unknown future with a pet rescue organization is traumatic and stressful, but thanks to organizations like Pet Assist, surrendering a pet may also be unnecessary.

Frequently, when people are struggling to care for their pets, they have a lack of family support, financial resources or both. Some people even put their animal's health before their own, putting off filling their prescriptions to provide food for their cat or dog.

Pet Assist is a program in Calgary that provides volunteer pet support for low income, and/or isolated older adults. This volunteer support might include help with a pet's exercise, feeding, reminders to give medication, support during and after veterinary appointments, and overall social enrichment through pet visits.

Pet Assist Program Coordinator Emma Rudolf said: "Older adults can be hesitant to ask for help in caring for their companion animals because they fear they will risk their beloved pet being taken away.

In a time when social isolation is on the rise, the companionship that pets provide is increasingly important to their well-being. It's not just a pet, it is family."

Since its official launch two years ago, Pet Assist has helped more than 100 pets and seniors stay together.

"We help our seniors with dog walking, grooming, transportation to the vet clinic and food support if they need it. We also recently started a visiting program where seniors who have recently lost a pet and are missing that companionship can request someone to come and visit them with a companion animal," she explained.

The level of service requested is as varied as the pet owners. Clients in the program, can request one time, short-term assistance, or regular visits. For example they had someone who had eye surgery, and were able to provide a volunteer to come in for temporary help for just

that recovery time.

They have volunteers who are comfortable with basic grooming like cutting animals' nails, bathing and brushing. Overcoming simple barriers that seniors face keeping their pets is at the heart of what they do. It is a huge support for people to have that companionship and it is hugely important that they keep their pets.

The program is also not just for low-income people, Rudolf encourages any senior who needs help caring for their pets to reach out. Food assistance is the only part of the program that is income based.

It's also not just about cats and dogs, they will help with any pets. Pet Assist goes to one client who needs help to clean the fish tank and to

another client who keeps birds where they help to clean the cage. They haven't had any pet snakes yet, but Rudolf said that if someone needed help with their pet snake, they would be able to match them with a volunteer.

The Calgary Humane Society has a boarding program that can take in a pet and look after a pet if someone needs to go into hospital for up to 10 days. The boarding program is free for people who are signed up with the Pet Assist program.

There is no charge for the Pet Assist service and the goal of the program is to keep seniors and their pets healthy, happy and together. To register, seniors can refer themselves by calling Pet Assist on 403-266-6200.



Event and Meeting Space Available at Kerby Centre



15% discount for annual contracts.
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Sunday, May 26th, 2019

Best friends for life

Sheila and Perry Leicht have had their dog Raef in their lives for more than seven years, and even though they can no longer look after him the way they want to, they are able to keep him at home with them because of the Pet Assist program.

Due to their combined poor health, Leicht suffers from severe back pain and a heart condition, they both struggle to take Raef out for his walks. The Pet Assist program has stepped in and has solved that problem by pairing them with volunteer Jocelyn Taylor.

Taylor is just finishing her last year at the University of Calgary.

"I used to be super close to my grandparents who passed away. I was looking for an opportunity to volunteer and I found Pet Assist," she explained. "It has been a great experience. I get to be active and I get to spend time with Raef."

Taylor has her own dog, but at 16 years old, she does not have as much energy and isn't very active any more. She goes to the Leicht's house every two days to take Raef out for an hour-long walk, and during that time they have built up a great relationship.

"If you could see Raef when she comes. Even if I say her name, he is up and down the chair looking out the window. He knows the sound of her vehicle and he must be able to hear the engine, because he knows when her car is coming," said Leicht.

Leicht also has some great neighbours, who drop by after they are done work



Sheila Leicht, left, and Jocelyn Taylor, right, with Raef.

whenever they are available to walk Raef. It is Jocelyn's regular visits though that have created a strong bond with Raef.

"The bond between Raef and Jocelyn is amazing. Raef is a little miniature Australian shepherd. He is intelligent and even at seven years old is still a bundle of energy," added Leicht.

When they first adopted Raef as a puppy, both Sheila and Perry were very mobile. Seven years later, a lot has changed in their lives and their little dog has adapted alongside them to every situation they have been through.

"A few months ago I thought I would have to get rid of Raef, but I just couldn't do it. A lady at the senior's centre heard what we were going through and put us in touch with Pet Assist. The Pet Assist program has allowed us to keep Raef," said Leicht. "I can't say enough good things about the program or about Jocelyn, she is a wonderful girl."

"I really enjoy this program and I recommend it to a lot of people. There is so much flexibility as well, as Sheila and I work together to create a schedule that works for both of us," said Taylor.

Leicht calls Raef her lifeline. She said: "He is the one that makes me get up in the morning. He is the one that makes me do things. Next to my husband, he is my best friend. The love he gives me is different than what you get from a human being. Raef and I go together."

I have a heart problem, the kind where I don't know how much time I have left. So, I asked Jocelyn if she would take Raef if something happens to me and she said 'Yes'. It was a weight lifted off my shoulders knowing that Raef will go to a beautiful home and to a beautiful young lady."

"My biggest motivation in volunteering is knowing that my time walking Raef is helping Sheila keep her best friend as long as possible," added Taylor.



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Men's Sheds is coming to Kerby Centre

The Rotary Club of Calgary South has donated \$6000 to Kerby Centre to establish a Men's Sheds community.

Men's Sheds is a collaborative program developed to bring men together with their peers in shared versions of the home workshops that have long been a part of men's lives.

Research has demonstrated that older men are at high risk of social isolation and loneliness, especially in comparison to older women.

The idea for Men's Sheds originated more than 20 years ago in Australia as an innovative way to help address these social problems and is now spreading around the world.

Population trends show a growing number of older men living alone. People who live in isolation and loneliness tend to have higher adverse health impacts.

Originally designed to combat high suicide rates in older men, the Men's Sheds concept is to bring together older men in a club-like atmosphere to improve overall health and wellbeing.

At Kerby Centre, as at virtually all seniors' centres, women outnumber men in most of the education, fitness, and arts programs. In part, this is because women still live longer than men, but it has become increasingly clear that men do not participate in activities in the same way as women. Men are not joiners.

The one exception at Kerby Centre is the woodworking shop where men predominate.

"It's an outing for me to work with other people who are interested in doing the same activities as me," said David Heiland.

Men's Sheds is a modern version of the shed in the backyard where men can drop in, kibitz and work on meaningful projects that are self-directed.

These projects can be personal, but also include community projects such as fixing walkers for donation or mentoring youth.

Men's Shed groups are self-organizing and can operate out of a dedicated building or rooms in community centres or senior organizations.

This funding will assist



Keith Davis, centre, from the Rotary Club of Calgary South presents a cheque to Kerby Centre's Lynn Podgurney, left, and Rotarian Luanne Whitmarsh, right, to support the Men's Sheds project at Kerby Centre.

Kerby Centre in following the community organization model, meaning that this particular group will also benefit from the connection to staff supports by being part of Kerby Centre.

"I keep coming because of all the comradery and the friends that I have met here. I like the wood-working, but

it's the friendship that keeps me coming back," said wood carver David Jensen.

A room near the current Woodworking Shop at Kerby Centre will be remade into a "Men's Shed" room.

Research of the Men's Sheds programs has shown evidence of positive mental health impacts because

of the strong sense of belonging that comes from the program and the sense of accomplishment when men are asked to share their skills or expertise to help others.

Funding for this project is from the Rotary Club of Calgary South's Small Grants Committee. ▲



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Recreation therapist Jane Crawford with Peter Dehler.

Get the tools to live a healthier life

By Sheila Addiscott

If you are living with a chronic health condition and the doctor has recommended that you change your habits and get some exercise, it can be intimidating to know where to start. The Alberta Healthy Living Program (AHLP) can give you the tools to make positive life changes.

The program offers disease specific and general interest self-management workshops as well as a group exercise program. People can be referred to the program and can also self-refer.

The exercise program offered by AHLP is geared towards helping people to develop confidence and competence to manage their chronic illness with physical activity, whether that is active living or exercise.

The program is billed as a group exercise program, but the participants are each living with different chronic diseases and challenges. The aim of the program is to get everybody to be confident, competent and to comfortably and safely do the exercises that they are physically able to do.

AHLP Care Manager, Murray Chrusch said: “We hope to give people the tools and skills necessary to be able to continue to exercise on their own after the program ends. That is understanding what are the things that you need to be mindful of when you are trying to exercise or be physically active with your chronic condition.”

The program recognizes that there are many barriers for people and it wants to change that. The program aims to meet participants at the level that they are at so that they can continue. Activity is not necessarily exercise.

It can be hard for a lot of people who are older adults when they get a chronic health problem and then the doctor tells them they should be exercising. They don’t really know what that means or where to start. There are people who are in their 70s and 80s who have never exercised before.

The group classes have cardio, strength, balance and stretching components. Those four things help people stay healthier for longer.

Participants have identified how positively their lives have changed by adding exercise to their daily routine. They just feel happier. They are moving around their homes more easily and they have better stamina to do their day to day tasks. By putting energy into exercise, it fills the tank better and they have more energy for the rest of their day.

A lot of people are reluctant at first, because this is new to them and they are unsure, but by learning proper tech-

niques that they can use to exercise, they see improvement.

“Exercise is good medicine. Activity can improve many different types of chronic conditions and a lot of people who come into the program have multiple chronic conditions, especially if they are older.

We see plenty of value in trying to understand their needs, and in understanding their readiness to start. The exercise program is not a fit for everyone, because you need to be ready to start and commit the time to that program,” said Chrusch

One of the good things about the program is that it is not just about exercise and activity. People also talk about lifestyle habits like eating and smoking, and can get information on topics that are important to them. By talking to other people in the group they realize that they are not alone, that there are other people in the same boat as them. It’s an opportunity to meet people who can relate to what they are going through.

People experience dramatic differences after being in the program for only a few weeks. For example, diabetics can see their sugars go down, a lot of people experience functional changes, finding it easier to climb the stairs in their homes.

Much of the literature says that if you are exercising and moving, you will stay in your own home for longer.

Recreation therapist Jane Crawford works at all of the healthy living sites in Calgary.

“I have a mobile desk. As a

recreation therapist, I take the skills that a participant learned while they were in the exercise program and help them to find the right place in community programs to continue to do what they need to do to be healthy,” she explained. “Some people choose to carry on with exercises they have learned at home, and that’s okay too.”

When Crawford takes new people graduating out of the program to other fitness facilities, she is delighted to see six or seven people who had been in the program still exercising years later.

“If people are ready to make the commitment to exercise, then they are very successful in this program, and for the rest of their lives,” she added.

For more information on the Alberta Healthy Living Program go to www.alberta-healthservices.ca and search Alberta Healthy Living Program. ▲

Exercise changes a life

One successful participant of the Alberta Healthy Living Program (AHLP) is Peter Dehler. When he was diagnosed with Chronic Obstructive Pulmonary Disease (COPD) this year, he knew he wanted to do everything he could to improve his life.

“The moment I was diagnosed, I knew that I wanted to know more about COPD and how I could help myself. I had a workmate who had taken a course on the disease and he told me about the program,” said Dehler.

He found the AHLP handbook online and the first thing he did was sign up for the COPD information workshop which is run over six sessions.

“At the beginning, the diagnosis hit hard. I had a lot of fears, fears of suffering, suffering through life, fear of the chronic disease and it brought me down really low,” he explained. “Through taking the course I learned to accept having this disease, this is who I am and where I am today. I also learned coping mechanisms and strategies for dealing with COPD.”

Each session as he was leaving the workshop, Dehler noticed that there was another class coming in, an exercise class. He asked about it and realized that the class was also part of the program and he could register himself for an exercise class too.

Dehler hadn’t done any exercise for a long time, but once he started, the momentum grew towards taking control of his life and improving his health.

“Going to the exercise class, at the beginning, there were a lot of fears. Fear of embarrassing myself in front of others and of not being able to keep up. But, it didn’t take me too long to realize that we were pretty much all equal.

We all had our own different health issues in the class to deal with. When I realized that, I decided that I needed to make this course about myself and I really bought into the program,” he added.

“Peter he has done so very well, we are very proud of him,” said recreation therapist Jane Crawford.

The exercise program has

taught Dehler to respect his limitations. They encourage participants to use the Borg scale to manage and rate their exercise. The scale helps people to think about the effort it takes to do an activity, and to not just focus on one single thing, like leg pain or shortness of breath.

“Using the Borg scale, I don’t overexert myself, I remain safe and injury free. Using this knowledge I am able to do more. It might take a bit longer, but I am actually able to do more at a safer pace,” explained Dehler.

He is also able to take the same techniques and implement them at home. When he is doing housework like mopping a floor, and feels exhausted, he knows when to stop and wait until he is ready to start again.

Dehler also quit smoking as part of the program. He had smoked since he was 13, for 43 years.

“One day after leaving the exercise program, I told myself that I would try not to smoke that night, and I haven’t smoked since,” said Dehler.

I got a lot of motivation from just doing the program. I had been thinking about quitting for 20 years. I had been afraid I wouldn’t be able to quit smoking, so I didn’t even try. But I haven’t smoked for more than four months now.”

Within a week of having stopped smoking, he stopped waking up at night coughing, and within six weeks of stopping smoking, his blood oxygen levels returned to normal.

Dehler has now completed the program and has transitioned into exercising into the community. He has tried a few different places and discovered locations and classes that he likes.

It has been a dramatic physical and mental change for Dehler. He now goes out to exercise five times a week, meeting new people and has gone from a feeling of despair to a feeling of hope.

“I have more physical strength and flexibility. It is easier to get out of bed in the morning, and though I still don’t like it, I can mop the floor. I am passionate about this program, it has changed my life,” he added. ▲

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A moment of hope in a world ravaged by war

By Sheila Addiscott

In researching her new novel, *The Gown*, Jennifer Robson went on a quest to discover the real history of the embroiderers and seamstresses who created Queen Elizabeth II's wedding gown.

Post World War II, in 1947, Norman Hartnell's Mayfair fashion house was commissioned to create the then Princess Elizabeth's wedding gown. Mixing real historical figures with fictional characters, Robson embroidered this beautiful story one stitch at a time.

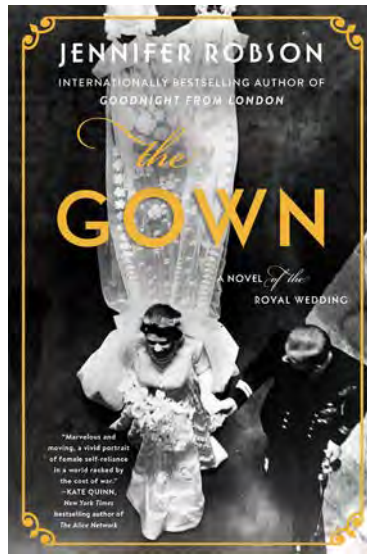
"From the beginning I knew that I wanted to tell the story of ordinary people connected to this momentous event. It struck me that the embroiderers who worked on this gown at Hartnell's were invisible. There was a lot of

attention paid to Mr. Hartnell, deservedly so, but there is not a single interview with any of the women who created the gown," said Robson.

In the post war period, people wanted to have something to feel happy and positive about. One national unifying celebration was the announcement of the princess's engagement. The people had a great fondness for King George VI and the Queen Consort Elizabeth, partly because they could easily have left Britain during the war, but chose to stay.

Going against Foreign Office advice, the royal family refused to leave Britain. In a public declaration the Queen said: "The children won't go without me. I won't leave the King and the King will never leave."

Robson said: "I was brought up in a family where



Cover of Jennifer Robson's new book.

my mother loved the Queen and loved the Queen Mother. I think there is always a baseline level of interest in the Royal family in Canada."

A lot of people have memories, and if not first-hand experience, they have second-hand stories from

family members, of life after the war. So it is a topic that resonates with people."

Rationing was introduced during World War II in Great Britain. Food and clothing were rationed until nine years after the war ended.

So when the engagement was announced, there was a great consternation among the people that the princess would not be able to have a wedding dress, due to rationing. The House of Commons ended up voting for a one-time special allowance of 200 extra coupons for the princess to buy a wedding dress.

Robson has a doctorate in British economic and social history, so making sure that this novel was historically accurate was a must.

"My job in writing historical fiction is to find out where the holes are in

recorded history and try to get answers to the questions," she explained. "For my fictional characters, I try to make sure that they are plausible people who could have really been there."

Above anything else though, Robson stresses that this is a work of fiction.

Hoping to get in touch with one of the embroiderers who worked on the gown, Robson traveled to England.

"It was pretty late in the day, and I had kept trying and failing to get in touch with someone who had worked on the gown. Many of these ladies had passed away.

Instead, I met with people at Hand and Lock, which is an old and well-renowned hand embroidery studio, and I learned how to do the embroidery from one of the master embroiderers there," she explained.

It was in that studio that she was told to contact Betty Foster. Foster had been one of the seamstresses who worked to sew the gown. Now 91, Betty was only a teenager when she started at Hartnell in 1942.

"Meeting Betty felt like a pot of gold had landed in my lap, she was the most delightful person. I talked to Betty for hours and she had all the missing answers to my questions. She brought the book to life," said Robson.

The staff was allowed to use the pattern pieces from the fashion house and Foster's own wedding gown bodice was made with the same pattern pieces as the princess's wedding gown, as the Princess and Foster were the same size.

All of the principal pieces of the dress were embroidered in one studio and were then brought to the seamstresses next door to be hand sewn together.

When the wedding gown was finished, the woman who was in charge of the seamstresses invited everyone to come forward and they each got to put one stitch in the hem of the gown so that they could say that they had worked on it.

"From Betty I learned how little the women were paid, but how proud they were of their work. I learned how close they became and remained, even under the spotlight of a royal wedding. And it was from Betty that I found the courage to tell my heroines' stories with honesty, humor and above all, a deep gratitude to the real women whose unsung labors created a wedding gown fit for a future queen," said Robson. ▲



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My life at Evanston Summit by *Albert*

I'm an independent, fun loving senior. A year ago I was thinking about the next chapter in my life. I started wondering if I would be happier in a retirement community. I wanted more company, more activity and more security. But I was worried about my hard earned nest egg and what moving would mean to it. A friend told me about Evanston Summit. He said he loved living there and felt healthier, more active and safer than he had in years. He also said that he wasn't renting and instead chose an option only Evanston Summit offered called a Life Lease.

I was curious enough to find out more!

After a call with Carrie at Evanston Summit I joined her for a tour and dinner. I brought my daughter along and we both liked it right away. The executive chef prepared a great meal and the people at my table told stories and we laughed. I didn't realize how much I missed company at dinner until that moment. Before we left the tour, we asked a lot of questions and Carrie told us the one thing she hears most often from residents is that they wish they'd moved in sooner.

We asked Carrie about the Life Lease my friend had talked about. She said at Evanston Summit it's all about choices. She told us about renting and it was a great option and very affordable. Then she told us about their Life Lease. It just made sense to me. First you pick your suite and pay an entrance fee that's 99% refundable. It's this refund when you move out that keeps your savings intact. You

lose nothing but 1% no matter how long you live there.

At my age, I make decisions with my grown children and my financial advisor. They did their research and told me the Life Lease option is the best value I could find. I feel good knowing the entrance fee I paid is invested with the Covenant Family of organizations that has served 100,000+ Albertans and has 100 years of history in this province. They also found out that I'd be saving money every month too, in fact, they figured the savings would generate better returns than a 5% GIC.

I moved in nine months ago. And just like Carrie told me on the tour, the one thing I regretted was waiting so long to make it my home.

Now that I'm living at Evanston Summit I feel safer, more active and more interested in life. I knew I'd meet some nice people but I can't believe that I have more friends now than I had in college.

Sometimes I'm busy all day and other days, I rest and read. Some of us go to the market on the weekend and we're all part of at least a few activities a week. On top of it all, the executive chef creates meals that are healthy for me and that I love. He takes better care of me than I did when I was living alone!

Looking back on the past year, it's easy to see how the monthly savings add up. I pay a low monthly fee that covers everything other than phone and cable TV. So now I have no surprise bills or expenses. I don't even

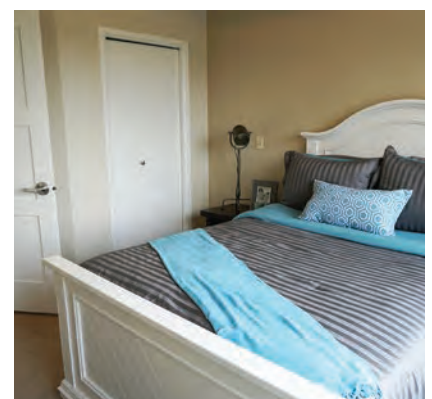
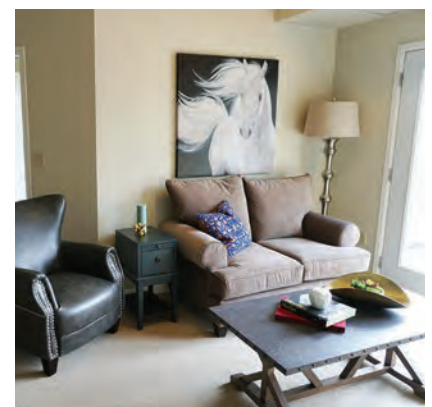
have to pay someone to clear the snow. My monthly fee takes care of my meals, housekeeping, security, a 24 hour concierge, activities and something else that's priceless: My peace of mind.

I've talked to my friends at Evanston Summit and they've done the math too. With the Life Lease they're saving between \$1,100 and \$1,500 a month. I like to use the extra money to check things off my bucket list. This month I'm taking my granddaughter whale watching!

Value might be an old fashioned word but it really sums up Evanston Summit. I get the value of healthy

meals I love and that are good for me. I get the value of friendship, activity and daily connections and my grown children have the peace of mind that I'm thriving. Plus I'm more secure and safe and so is my retirement savings. That's what I call great value.

If I had one piece of advice for you it's to book a tour to get to know Evanston Summit. Bring a friend or your grown children with you, there's plenty of room and you'll always feel welcome. Maybe we'll meet up in the dining room and I can tell you about how I started a new chapter of my life and am so glad I did.



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Empowering isolated seniors through art

By Sheila Addiscott

The Creative Aging Calgary Society (CACS) has just received a New Horizons grant from the federal government for a pilot project to create art programming for isolated seniors.

The project is inspired by and will be led by seniors in the community with the help of the society.

Creative Aging Calgary director, Alice Lam said: "Our activities do not require a lot of resources to implement. Our goal is to empower interested seniors to operate creative programs within their own community. There are many motivated people who just need the support to begin."

CACS was founded with the idea of being able to offer creative activities

and promoting positive and active aging among older people in Calgary. The different mandates they follow include education, awareness building, research and it is all run by volunteers. This year the mandate is to work on research and awareness building among isolated older people.

Volunteers come from many different backgrounds and are passionate about promoting creative and active aging. One of their goals is to hold a yearly symposium for practioners working with older adults, to learn about best practices around implementing creative programming into a facility.

Creative activities can include everything from photography and collaging to music and therapeutic gardening.

What they hope to do with this pilot project is to identify two facilities in Calgary, and provide a group of seniors with the resources and guidelines to be able to develop and run their own programming.

The CACS already offers six week pop-up art

programs around the city. These programs are entirely volunteer run. The programs will be offered to the pilot groups along with resources to help them offer their own six-week program. They will also offer help and provide the knowledge on how the groups can develop their own curriculum.

"We became aware that there are people who can't come out to centres to attend programming, people who are isolated within their housing facilities, and we are bringing activities to them," explained Lam.

For the art pop-ups, the volunteers bring in all the materials, and help facilitate different creative activities.

Typically the programs are for older adults living in independent low-income subsidized housing. Classes meet in the common room and the activities usually take place there too. By offering the classes in the common room of these buildings they are trying to reach as large a number of people as possible.

The programming is also about providing an opportunity for people

to meet their neighbours, and to be introduced or reintroduced to artistic activities. Everything in the pop-ups requires minimal skills.

Lam said: "We know that some people have never done these activities or they have done them and then stopped. These pop-ups help people rediscover that passion for creative expression.

Even people who didn't want to pick up a paintbrush, would notice how it was good for their wrist or for their arthritis. And then they realize that it is fun, and they look forward to the next activity."

CACS are also targeting multi-cultural communities, trying to introduce activities to them as well. They will bring in translators who will do the activities alongside them, so that they feel comfortable enough to participate.

Right now, free CACS tool kits are already available for people to download from their website. There are kits on how to paint a mural, how

Continued on page 15

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Continued from page 14

to hold a drumming lesson, how to do an intuitive painting lesson and many others.

“For example, if a group wants to do a painting program. We would provide the supplies, the toolkit, the step by step instructions, and a guide on how to implement the program. What the government doesn’t want is for agencies to go into places and do a program and then leave and the program stops. It is all about empowering and encouraging seniors to run these programs themselves,” she added.

This grant is about empowering seniors to create their own program. They can get to know their neighbours and create a community, and in that way reduce isolation.

What spurred the idea for applying for this grant was the feedback they received on their pop-ups. People were asking how they could keep the program going past the six weeks.

Participants were very motivated, but just didn’t know how to do it. Sometimes all they needed was a little help, like a human version of the yellow pages. Someone they could

easily access and get help with the logistics.

“We also try to cover the art costs as much as possible so that the people only need to worry about showing up.

It is basically them, creating their own recreation therapy program at a community level and knowing that we are there to support them,” said Lam.

We are training people at the facility to implement the program themselves.

CACS is entirely volunteer run and though they have the programs, they do not have the resources to offer them in as many places as they want.

When it snows, people will not leave their buildings. People could walk, but they don’t feel safe walking outside in winter time, as they are worried about falling.

The society is hoping that this pilot will also spark a conversation among low-income housing providers, and potentially help them to realize that this type of housing is at an impasse right now.

Lam said: “It is not enough to provide four walls and a roof to ensure a good standard of living for seniors. From research and the news know that it is not



Residents at Trinity Foundation Parkview Village Seniors Housing showcase their paintings of the day.

enough, as we understand more about the negative effects of isolation on people.

Community led initiatives are very successful. They can spark community engagement to a level where people feel happier and better taken care of. These programs show a huge benefit for very little money.

Just hearing the conversations that happen

when people are doing an activity together and feel comfortable talking to each other, from conversations about medication, ‘Who is your doctor?’ ‘How do you order online?’, and talking about family issues. It is like a peer-support system where the art is just a vehicle for other things.”

Research shows that when you get people out to meet each other, they

decrease their reliance on medication, and are healthier and mentally less depressed.

“We are not experts, but we are optimistic and are trying something new. We are seeing if we give older adults a little bit of support, what they will do with it,” she added. “It is not just for seniors, everybody can benefit from doing something creative.” ▲

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U of C joins age friendly university network

By Sheila Addiscott

The University of Calgary (U of C) has recently joined the Age-Friendly University Global Network. This network is a group of higher education institutions that are committed to becoming more age-friendly in their programs and policies.

Already, the U of C waives tuition fees for undergraduate degrees for students over the age of 65.

Dr. Ann Toohey, the scientific coordinator for the university's Brenda Stafford Centre on Aging said: "There are ten core principles that Age Friendly universities follow.

One of those principles is recognizing the educational needs of older adults and how to support older students. We also want to promote the value of having older adults in the university community."

The four main areas that the Brenda Stafford Cen-

tre on Aging prioritizes are building capacity in interdisciplinary research, training, community outreach to inform policy in ways that will ultimately improve the lives of older adults.

As well as encouraging older adults in all aspects of university life the centre wants to ensure that the university's research agenda is informed by the needs of an aging society.

In 2017, for the first time, Statistics Canada reported more older adults than youth under the age of 14.

It is predicted that by 2031, when all baby boomers will have reached the age of 65, older adults will represent 23 to 25 per cent of the population compared to 14 per cent in 2009.

Being designated Age-Friendly puts the university on the right path to meeting the needs of a more diverse community, according to Dr. David Hogan, scientific director of the Brenda Stafford Centre on Aging.

"When people think of universities, they tend to think of adolescents and young adults, but the world is changing," said Hogan. "There is a need for universities to move nimbly to be a site of both education and relevant research for an aging population."

It is a fairly new initiative that has only been around for two years, but it is rapidly expanding, with universities around the world joining this network of age friendly universities.

In the United States there is recognition among the smaller colleges that because the younger segment of the population is shrinking they need to market their courses and programs to the aging population, because they won't be able to sustain the way they have traditionally done things.

Toohey can relate to many of the issues adults face going back to school, as she went back to school when she was 40 years old. She spent one year completing a second bachelor's degree and then went on to do her master's degree, and then finished her doctorate when she just turned 50.

Toohey said: "I found the U of C a very supportive environment and I was able to shift my own career development. It allowed me to realize a passion of mine, which was to be involved in making life better for older people."

The benefit of getting an education for older adults, is that you can go back and really explore a field, a discipline or subject that you are interested in. It keeps



Back to school (Photo credit Pixabay).

your mind active and it immerses you into a ready-made community.

"If you have a major you have a group of fellow students who you go through the program with you. You are using your mind and exploring things that really inspire you," said Toohey. "I think that having a strong drive, being motivated with the focus on why you are there and what you want to accomplish is a big advantage in going back as an older adult."

Older adults have an intergenerational opportunity to contribute and to be acknowledged for the wisdom that they can bring to a group. People each have something to contribute in their own way.

There is also an interest in involving older adults in all of the different types of core activities of the university.

"The questions we are asking are what avenues are there for older adults to have

input into research priorities, or how classes are delivered? We need to understand what their needs are, as well as their priorities," explained Toohey. "How do we involve older adults in the broader university communities? Whether that is through access to health and wellness programs or arts and cultural activities. Are we doing a good job of making sure that older adults are included? These questions and more are what we are looking into."

The first step for the centre is to raise awareness of older learners in the faculty, the student body and the administration.

The U of C has met the 10 principles of an Age Friendly University and now hopes to grow capacity to better meet them and improve their offerings. The centre on aging will be gathering statistics on older adults at the university and using the information to help make decisions about the programs.

The Centre on Aging offices will eventually be located within a continuing care facility, Cambridge Manor, which will be built in the University of Calgary district development. It will also be adjacent to an assisted living facility. That whole district has a strong commitment to aging in place and the centre will be looking at ways in which they can partner with those new developments.

"We want to create a community that is more and more welcoming to older adults. I have no regrets about going back to university.

It took me almost 40 years to figure out what my passion was, but because I had that focus, it was challenging, but it was beyond rewarding," added Toohey. ▲

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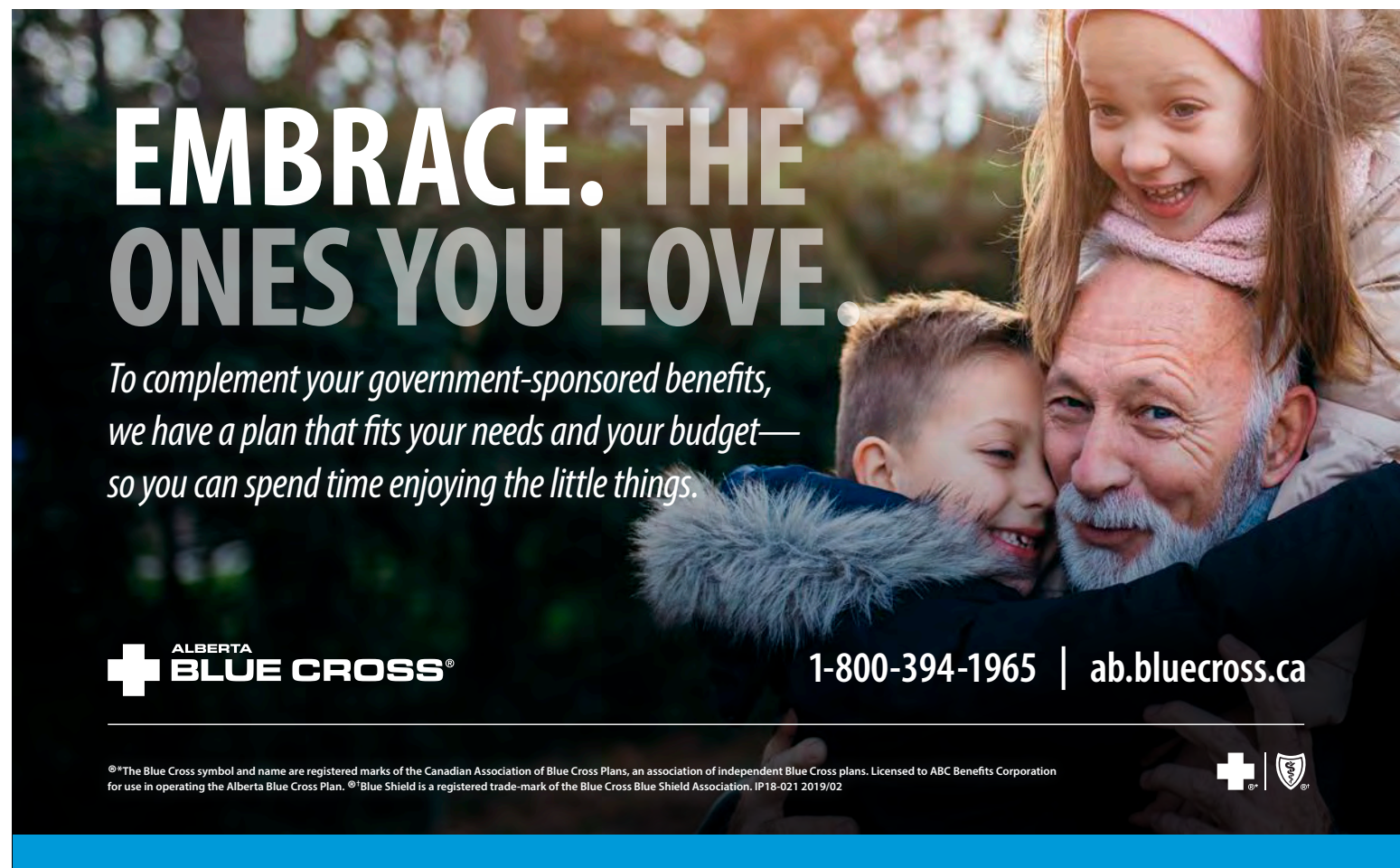
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Master of her own destiny

By Sheila Addiscott

Louisa Daley has gone back to university. She's not studying for her Bachelor's degree, she's already got two of those, now, just a few days shy of her 95th birthday, Daley has started working on her Master's Degree in Literature.

Her previous degrees are a Bachelor's of Arts, which she got when she was 75 and a Bachelor's of General Studies in Arts and Sciences, which she completed last year when she was 94, both are from Athabasca University.

Even though she didn't go to university until later in life, Daley was always a writer. She started writing poetry when she was 12 years old, going on to write for a radio program called *House Call*, in England.

As a young woman, Daley was working as an insurance agent, was a wife and mother to her four daughters, so university was not on her mind at all.

It was while she was living in Sheffield, England, years later and then widowed, that she had a discussion with her daughter, Jeanette, that sowed a seed. Her daughter told her 'You know Mum, you can keep an idea going and you can back up everything you say, why don't you try going to university?' so she applied and was accepted.

Her plans were thwarted, however, when soon afterward she slipped on some ice and badly fractured her wrist, which left her unable to drive and or continue working as an insurance agent.

Not one to be held back by anything, she uprooted her life and moved to Canada to be near her daughter.

"When I started studying, I didn't think about getting a degree or graduating. I love learning and I was just picking lessons and courses that I fancied and I ended up with a lot of credits," explained Daley.

Daley uses a hearing aid and has recently been referred to the Canadian National Institute for the Blind (CNIB) as her vision has deteriorated so much due to age-related macular degeneration that she is considered legally blind.

Daley said: "I have a lot of problems with my eyes, I had cancer of the eyelids. I had to send one of my tutors an email at that time telling him that I had to stop the course, because I couldn't see. Within three days he had

sent me the rest of the course on CD so I could listen to it, and they sent me an amplifier for the computer so I could hear it better too."

"My tutors are fantastic. They send me everything I need to keep me going," she added.

Daley also uses a book reader with her computer. It is a video magnifier that sits over the computer enlarging the text so that she can read it.

Because of her mobility issues, she does all her exams and assignments from home.

When asked how many courses she needs to get her Master's degree, Daley doesn't know, she says she just enjoys taking the classes.

"I believe in keeping my brain working and keeping on laughing," said Daley. "I always like pushing my

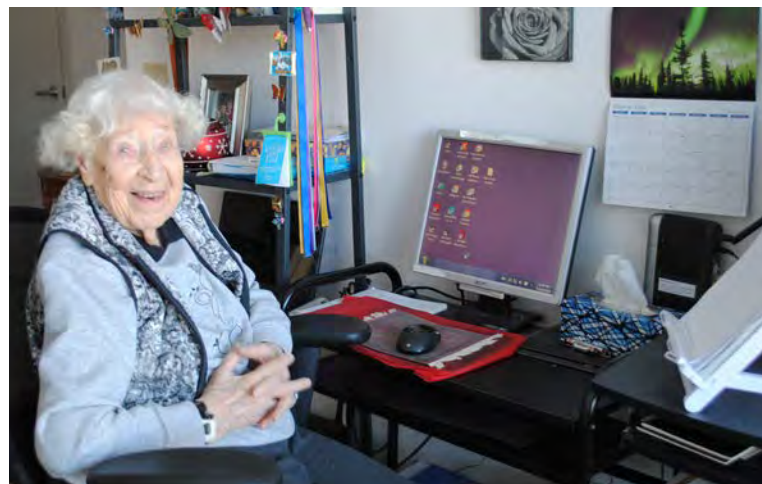
brain further and figuring things out."

Daley doesn't like to be called inspirational, but what she does is certainly inspiring and motivating to most people.

"If you're going to sit down and say you're old, well don't. There is no need for it, don't be old," said Daley. "Your life isn't finished just because you can't do some things that you used to. You just have to find something else you can do."

She has recently been asked if one of her poems can be used in one of the instructor's books. So soon, Daley can add published book author to her long list of accomplishments.

At the convocation in June last year, Daley, who uses a wheelchair outside of her home, was pushed in it to



Louisa Daley getting ready to study.

pick up her degree by her great granddaughter Alexis. In one of those strange coincidences in life, Alexis was just headed off to university that September to start studying for her first degree.

"It was fantastic, everybody clapping and cheering. They put me right at the front. It was very

emotional for me," said Daley.

"Just because you have a lot of years behind you, it doesn't mean that you are old. Life is fun and you have to look at it that way," she said. "I really would love to finish my Master's degree before I die, but if I don't, I certainly had fun trying." ▲

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Exploring Hanoi Like A Local

Photos and story by Mansoor Ladha.

Page layout and design by Winifred Ribeiro.



Visitors and locals have the option of buying flowers.

Now I know what it feels like to be rich. When I exchanged US dollars to local currency at the airport in Hanoi, Vietnam, one US dollar fetched 23,196.68 Vietnamese dang. I felt like a millionaire for the first time in my life when I exchanged \$100 US, and received 2,319,668.00 dang. Unless I am fortunate enough to win the lotto, I'm sure that I'll never have so many dollars during my lifetime!

My wallet wasn't even able to accommodate all that currency, and I had to use two pockets of my cargo pants to hold all my loot. Feeling like a millionaire, I pompously went shopping later on.

Hanoi is heaven. A few days in Hanoi doesn't do it justice. This cultural capital of Vietnam has many attractions to see and things to do, especially if you are inclined to explore Hanoi as a local on foot. Hanoi is full of contrasts, diversity and dynamism, offering many things of interest to tourists.

Fortunately, most attractions are within walking distance of one another. These include the Ho Chi Minh Mausoleum, built to honour the Vietnamese revolutionary leader Ho Chi Minh, the Imperial Citadel of Thang Long, known locally as Hanoi Citadel, a UNESCO World Heritage Site and Hoàn Kiếm Lake (also known as Green Lake and Sword Lake) which is a popular

hangout for locals and foreigners. Linked to Hoàn Kiếm Lake by a red bridge lies the Ngoc Son Temple, meaning Temple of the Jade Mountain.

Hanoi is a shopper's paradise. One can buy everything in Hanoi. I just stepped out of my hotel in the old district and was surrounded by vendors and hawkers, clamouring for my dang. This part of Hanoi is filled with vendors selling everything from fruits and vegetables to shops selling shoes and luggage. You name it, they have it.

I highly recommend staying in Hanoi Old Quarter, a lively area where tourists can enjoy fine examples of colonial architecture, packed along narrow streets. This is the city's ultimate shopping spot, and full of cafes and restaurants for the visitor to indulge in delicious Vietnamese cuisine. It's an ideal spot for neighbourhood walks, offering plenty of opportunities to mingle with local people.

Everywhere you go, you can see that Hanoi's residents prefer to graze on snacks throughout the day instead of eating a large lunch. While walking on my own, I discovered some wonderful culinary spots in the city. It was an experience to visit Dong Xuan Market in the Old Quarter which was crammed with sidewalk stalls serving bun dau — hunks of tofu in hot noodle soup or banh xeo — crispy fried

shrimp pancakes. This gives you a chance to sample local flavours and culinary delights. I suggest you end your tour at Café Giang, opened since 1946, and try its signature egg coffee which was devised during the war when eggs replaced heavily rationed milk. The coffee is prepared with egg yolks, sugar and condensed milk. You even have the option of adding cheese to your coffee.

One of the landmarks worth visiting in Hanoi's French Quarter is the Hotel Metropole, now the Sofitel Legend Metropole, built in 1901. It used to be a hangout for celebrities and diplomats and it has the distinction of being the longest running hotel in the city. Workers building a new bar recently unearthed a 1960s bomb shelter in the hotel. Metropole, the only hotel in the city with a bomb shelter and an anti-aircraft gun on the roof, offers guided tours of the war relics.

The three-wheeled rickshaws, manufactured in India and commonly called tuk-tuk, are to be found everywhere, their drivers urging you to take a ride. I was glad that I rejected all overtures for a ride and chose to walk the whole afternoon, giving me an opportunity to meet and mingle with the people I met. It gave me a chance to take some remarkable pictures. Vietnamese people are friendly and they will smile and willingly pose for pictures.



Roads in Hanoi are full of motor bikes and other vehicles, making it difficult to cross streets.



No load was heavy for this woman who went around selling in the market.

One local legend pertains to another UNESCO World Heritage Site, Ha Long Bay, a four-hour drive from Hanoi. Ha Long means 'descending dragon'. It is believed that Vietnamese gods sent a mother dragon and her children to earth to help the people defend their country. The dragons carved large valleys and gorges with their tails, creating Ha Long Bay.

Those who have seen the limestone pillars jutting out of the early morning mist will appreciate the mystical importance of this story to the Vietnamese people. Some of the rocks have gradually eroded, forming a network of caves and arches which have become popular tourist exploration sites.

Chinese sailing boats, called junks, which were introduced to Vietnam during the 14th century, have become an important part of Vietnamese culture. Junks are used to transport goods and people, but more recently, they have

been converted into comfortable passenger boats, offering one-or-two-night cruises. Junks ferrying tourists over the shimmering waters to visit the limestone islands and caves are a familiar sight in Ha Long Bay.

An island close to Ha Long Bay is Quan Lan, which holds an annual festival to mark a historic victory against Mongol invaders in the 13th century. During the two-week celebrations held in June, villagers are forbidden to leave the island, but guests are warmly welcomed. The highlight of the festival is a rowing competition where the village is split into two teams, one representing the villagers and the other representing the foreign invaders.

Every year, Ha Long City holds the Carnival Ha Long, where locals dressed in colourful traditional costumes dance their way through the streets, persuading onlookers to participate.

Another major event to look for is Tết, the Vietnamese New



One the limestone rock formations jutting out of the ocean, and popular with tourists is this one dubbed the "kissing rock" in Ha Long Bay.

Year, the most important celebration in Vietnamese culture, which falls in late January or February. During the celebrations, towns, cities and even boats were decorated in yellow and red to signify good luck.

Good luck is exactly what you will need if you are trying to get from one side of the street to the other. Crossing a busy street in Vietnam can be dangerous and nerve-racking. There is constant traffic on the roads, with vehicles and motor bikes passing through and refusing to give the right-of-way to pedestrians.

When we arrived from the airport, the driver dropped us on the street in front of the hotel. No one had the courtesy to stop or slow down to allow the four of us, carrying suitcases and other belongings, to cross the street. Instead, the traffic whisked past us, the majority of them honking, urging us to get out of the way. With so many motorbikes zipping around, one has to learn the art of how to allow them to dodge around you. If you stand around waiting for them to stop, you'll be waiting for a long time.

It's unfortunate that one of the biggest problems for English-speaking visitors to the country is that the majority of Vietnamese don't speak even basic English, including waiters who work at brand-name international hotels catering to foreigners. It is difficult to deal with taxi drivers when they cannot read the addresses written in English given to them by their customers.

Historically, Vietnam has undergone foreign occupation many times, one time governed by a series of Chinese dynasties, going through the French colonial era and participating in several wars, which involved the

USA and the Viet Cong, and the Communist guerrilla group operating in South Vietnam. The country is full of historical monuments from each era.

The Socialist Republic of Vietnam was proclaimed in 1976, with hundreds of thousands of people fleeing abroad, including "boat people," many of whom came to Canada. Vietnam, with an estimated 94.6 million inhabitants in 2016, and considered to be the ninth most populous Asian country, is increasingly becoming an attractive destination for economic development and tourism. The Communist government's economic reforms have successfully changed Vietnam, making it a significant part of the Association of Southeast Asian Nations (ASEAN), a regional organization of 10 countries in Southeast Asia, and of the international community.

One thing that visitors from democratic countries will have to get used to is seeing police presence almost everywhere. Our tour boat was escorted by the police throughout our Ha Long trip until we returned to shore.

During a recent 2019 convention, two travelling VIPs were escorted by five uniformed policemen, and uniformed policemen were to be seen at every entrance to the conference hall.

Just 30 years ago, Vietnam was one of the poorest countries in the world. Walking around Hanoi now, you feel boundless energy everywhere. Residents and visitors whiz by on scooters, buy and sell everything from phones to food in the countless shops, and people rush to and fro to get to work. Foreign visitors, attracted to the country's scenic beauty, cultural sites, food and friendly people, have helped to make Vietnam a desirable tourist destination.

In 1986, the Vietnamese government introduced a series of economic and political reforms, and steered the country to becoming a socialist-oriented market economy. According to a recent economic forecast, Vietnam, a one-party Communist state, is now one of the fastest-growing economies in the world, and has the target of becoming a developed nation by 2020. ▲



Travel writer Mansoor Ladha poses with young ladies in traditional Vietnamese attire.



A woman wearing the traditional Vietnamese hat adds local flavour to the market.



A popular zumba session is in progress in a public square.



Even newly weds found time to wander around in the street and express their love in public.



There some who preferred the comfort of a Tuk Tuk instead of walking.



There was fresh fruit of every kind available in the market.



Well-stocked shops provide a lot of choices.



One of the popular items for sale is barbecued meat.

Coming out later in life

By Sheila Addiscott

Ten years ago the *Coming Out Monologues* YYC was born from a simple premise, “bring yourself and your story and we’ll give you a stage”. This year The Calgary Queer Arts Society is sharing seventeen coming-out monologues from across the LGBTQ+ community, including stories from newcomers to Canada.

There is one common thread with every LGBTQ+ person, they all have a coming out story. Coming out is something that heterosexual people never have to do. If you are a part of the LGBTQ+ community however, society still requires that you tell everyone that you are not what people assume you are.

Coming out is also not

about one conversation. It’s a conversation that people have over and over throughout their lives, telling family members, colleagues, partners etc.

It isn’t about making a one-time statement, it is a very personal decision that is based on how safe they feel they are to be their authentic selves in a particular environment.

There is also a practical side to coming out. Most people are heterosexual, and as a person’s sexual orientation can’t be presumed by appearance alone, it is a way for people to acknowledge to others that they are open to a different type of relationship.

For young people coming out, life is just beginning and they bring little baggage in the form of heterosexu-

al partners, children and a framed family life. It is hard for anybody to think about starting life over, but coming out as your true self at any age is an honest and life-affirming experience.

James Bellamy-Henn shares his story about coming out as an older adult.

James Bellamy-Henn, 58, was a married pastor with four children living in Calgary, when he came out to his family and changed his life forever.

“I was born and raised in Saskatchewan and went on to university in Saskatchewan too.

I probably understood as early as grade six that I had an attraction to boys instead of to girls. I had no frame of reference at all for what it



James, right, and his husband, Josh, left, on their wedding day.

meant to be gay. It was only a slang term that you used to cut somebody else down.

I stayed in the closet all through high school. It was something that was quite debilitating for me. In fact it pushed me a little into being a bit of a bully trying to hide

who I was toward other kids in high school who presented more in a feminine way. I was the butch football guy and I didn’t want anyone to know my true identity.

By grade 12, I had come to a place where I thought I had to be cured somehow, so I turned to the church as a way of finding my hope. I bought into the whole idea that if you live it you become it, so I pursued a straight relationship. I got married to my wife while we were both in university, and we were together for 17 years.

I had shared with her while we were dating that I had these feelings for men and this was an issue that I had to overcome.

We shared the same faith system. I volunteered for reparative therapy (a psychotherapy aimed at changing a person’s homosexuality. It is based on the view that homosexuality is a mental disorder), because I was honestly looking to change and because my paradigm of what being a family man meant couldn’t fit a gay model at that time.

It just doesn’t work as much as they want to mask it as a way to convert gays into being straight. I had a monogamous straight relationship with my wife for 17 years and I still never dreamt as a straight man. All of my dreams were still from a gay orientation perspective.

Nowadays, men can look at getting married and having families together, but back then, family was a very high priority for me. So in my mind it meant that if I wanted to have a family I had to have a wife.

My wife and I had four children and we weren’t unhappy. She is a lovely person. I was really good at managing my life, and it was over time that I realized that religion was not going to change my sexual orientation.

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It wasn't a real surprise to my wife when at the end of being married for 17 years I told her that I really needed to live authentically.

One Sunday, I told her I'm gay, and this is not going to change. I need to move on with my life. At the time my wife was devastated and hurt. We had a home and four kids. It was like setting an atomic bomb to a life that we had planned together forever. But because we had the four children, we worked really hard at making our relationship work during that time.

We worked through it. Today we are still very close friends, we go on vacations together as families and celebrate Christmas and birthdays together.

It was the realization that even after 17 years, nothing was changing. I think when you come to understand in your heart and your mind, that who you are is not changing no matter what the pulpit says and no matter what you pray or do, you start to accept who you really are.

I did not want to live an exhausting life of wanting to be a straight person for everyone else, it was a realization that life is short and I wanted an opportunity to live my life authentically and not according to other people's ideas of what was right and what was wrong.

I made my big transition from being married to a woman to being a single gay man in the Calgary gay community. I spent a year seeking counsel and talking to friends before telling my wife and making the decision to end my marriage. It wasn't easy to do. I was in survival mode.

I stayed in the church for a while after coming out. My conversion from my faith wasn't connected to my coming out at all. It happened a good 10 years after my coming out as gay. That was a different awakening to how big our universe is and how small our world is.

I am very fortunate to be

part of a modern family. It was very much through my wife's support and willingness to engage, rather than to take my being gay personally. All our kids are grown up now and we have celebrated the birth of our first grandchild.

I am part of a support group in Calgary for men who are transitioning from straight marriages with kids and it's not common that men get this kind of support from their children's moms.

Eight years ago I met my husband, Josh, and we have now been happily married for five years.

It can be intimidating, thinking that 'I am too old' and 'it's too late to come out', to change your life. I think we sometimes imagine too much of the difficult things and we don't focus on the positives. If you truly see and understand that you only have one life to live, then you have to be present in your life.

I think too often in life we let our past experiences dictate how we filter our lives. Even if you are in your 60s and 70s if you want to come out, look for LGBTQ+ organizations that are online and find a support group, it is a safe place to start.

When I identified as gay and had children, I found the fathers' group right away. As a result, I had a place to go where I could hear other people's stories and also find the support I needed, and I knew that it was safe for me to be there.

No matter what age you are, you have years ahead of you. Why wouldn't you want to capture whatever time you have and enjoy it to the fullest? It's never too late to step out and really just enjoy the freedom of being able to identify and live according to who we are inside and have that experience before time is gone."

An LBGT+ Group for ages 55+ meets every two weeks at Kerby Centre. For more information email rainbowelderscalgary@gmail.com. ▲

The African Children's Choir comes to Calgary

The African Children's Choir, a non-profit humanitarian and relief organization dedicated to helping Africa's most vulnerable children is coming to Calgary.

In 1984, in the midst of Uganda's bloody civil war, human rights activist Ray Barnett was struggling to help thousands of orphaned and starving children.

Realising the enormity of the task, Barnett and his team came up with a unique approach. The only way to make a meaningful difference was to impact the lives of these children, one child at a time.

Barnett said he was inspired by the singing of one small boy, and they went on

to form the first African Children's Choir.

The program features well-loved children's songs, traditional spirituals and Gospel favorites. Concerts are free and open to everyone. A free-will offering is taken at the performance to support African Children's Choir programs, such as education, care and relief and development programs.

Music for Life (MFL) (the parent organization for The African Children's Choir) has educated more than 52,000 children and impacted the lives of more than 100,000 people through its relief programs. Their purpose is to help create new leadership for tomorrow's Africa, by focus-

ing on education.

The African Children's Choir has had the privilege of performing before presidents, heads of state and most recently the Queen of England, Queen Elizabeth II, for her diamond jubilee. The choir has also had the honor of singing alongside artists such as Paul McCartney, Annie Lennox and other inspirational performers.

The choir is performing at Harvest Hills Alliance Church on Sunday, April 28, at 9:15 a.m. and 10:45 a.m., and the First Church of the Nazarene on Sunday, April 28, at 7:00 p.m. No tickets. Donations appreciated. For more information go to www.africanchildrenschoir.com. ▲

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Photo by Markus Naujoks.

Get a head start on spring and plant your seeds indoors



BY DEBORAH MAIER

March 20th may herald in the first day of spring for 2019, but in Calgary, March is considered a winter month. April, however, gives us a real taste of spring. The days are bright, the average temperature high is 10°C and the low -3°C, bugs are stirring, songbirds are making their return migration and gardeners are itching to get growing.

April is a good month to start seeds. Some plants may require a longer growing period to produce, than our typical season permits. You may want to start seeds indoors in order to have earlier blooms on flowers or be

able to harvest fruit or vegetables before the growing season ends in the fall.

Starting seeds can be a cost-effective way to acquire plants. Most seed packages cost less than five dollars and contain five to 100s of seeds. Not to mention, while there may be challenges, it can be fun to nurture plants from seed – an adventure without having to go anywhere.

The Government of Alberta website, *Freezing Date Probabilities*, indicates that the average last spring frost day for Calgary is May 22. It's not a guarantee that there won't be frost after that date, but probability is in your favour and plants that do not tolerate any frost may be planted outside after that date. Many seeds that are recommended for starting indoors, frequently state that they should be started four, six or eight weeks prior to the last frost date – a range that covers the whole month of April.

Depending on the sys-

tem you have for nurturing your seedlings, keeping them healthy indoors may necessitate starting them earlier than April. Starting seeds indoors very early in the season requires height-adjustable grow lights. The first unit I used was made from wooden utility shelving with a grow light fixed to the underside of each shelf. The plants were growing into and getting burned by the light before it was warm enough to put them outside.

If grow lights are not used, then seedlings may grow tall weak stems (also known as leggy). Leggy plants may fail before they can be planted outside or may be damaged by the transplanting process. Another problem of starting plants extra early is that the plant roots may out-grow their containers. Damaging over-grown roots during the transplanting process is a



Seed-starting supplies: horticultural perlite, vermiculite, peat pot with custom soilless soil mix, moisture meter, soil lightly covered with vermiculite, 2.5 in diameter plastic pot, coleus seeds, coated coleus seeds, expanded peat pellet, peat pellets. (Photo by Deborah Maier)

real risk. These plants may suffer severe transplant shock, removing any benefit of being started extra early.

If you want to start seeds inside, first decide when you would like your plants to be outdoors in their summer home, in either the garden bed or container. I like to

plant out on the last week/ weekend of May. This year, the planting-out start date would be May 25. Carefully, read the seed package and follow the instructions.

I like starting an old-fashioned variety of *Nicotiana (Nicotiana alata)*, as it is not always available in garden centres and I really enjoy the smell in the evening when the flowers open – a childhood memory of my mother's garden. The package recommends starting the seeds six to eight weeks in advance of planting-out. Counting back the weeks identifies April 6 as a good date to sow the seeds.

There are many options for seed-starting containers. I know a lot of gardeners who have success with peat pellets. They are very easy to store and use. All you need to do is add water and they pop up into an instant container.

I've had challenges with them, as my garden soil is much firmer than the pellets and I usually find the pellet rising out of the garden bed, lifting the plant with it, as the summer progresses. The peat also seems to dry out much faster than the surrounding soil and I've found my plant wilting when the soil around it is adequately moist. I've tried removing the netting that keeps the shape of the pellet, only to damage the roots and cause transplant shock. I've had my best success with peat pellets by slicing the side and bottom of the netting open with a utility knife, then planting everything. It's messy and care must be taken to prevent nicking gloves and fingers with the utility knife.

I also use soil in small plastic pots (6 cm diameter) that come with a tray and wicking mat. The plants have grown very well in this system. However, getting the



Tomato seedlings planted in a tray. After true leaves grow they will need to be transplanted into individual pots.

Volunteer Spotlight



Heather King

Heather has contributed more than 497 volunteer hours since she began working with us in our Wise Owl Boutique as a Sales Clerk in June 2017. She also helps us with our special events.

Heather loves working at the Kerby Centre because she likes being with her co-workers and it is a positive part of her weekly schedule.

She enjoys reading, knitting, dancing and travelling.

She is organized and works well on her own, taking charge with little direction. She is a dedicated volunteer and good team player.

We are delighted to have Heather as our volunteer.

Thank you Heather, for all that you do for Kerby Centre.



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Norman Cook planting seeds to get a head start on spring.

Continued from page 22

seedling out of the pots has been quite a challenge as the soil seems to stick like glue to the sides, then crumble to pieces when finally lifted out of the container. This year, when I use these containers, I'm going to try lining them with paper before adding the soil.

I have also had success with peat pots. I usually peel the container off when I plant, and toss the broken container into the compost.

There are commercially available seed-starting soils that work well, though I frequently mix my own. I take a block of coconut coir, mix in the required amount of water. Once it is ready, I add two large yogurt containers of perlite, a bag of worm castings, and mix it all together. Both the commercial and this homemade mixture are soilless soils – the mix does not include any garden earth. Earth is not included as it contains a host of microbes, many that may be detrimental to a seedling.

Even if you use a soilless mix, it is recommended to moisten the soil thoroughly, then bake it for 20 to 30 minutes between 82 and 94 °C. The idea is to heat the soil to kill plant fungi and viruses. Overheating may

damage the soil. I treat my soil outside on a BBQ, in an oval roaster, as the smell of the heating soil can be quite pungent.

I also wet my peat pots and treat them too. I've had the peat pots stored in my basement for years and a while ago discovered that the pots have become host to an interesting variety of fungi. I treat the peat pots on a tray in my oven. After treating, I let everything cool, then put the soil in the pots, pack it down, leaving a few millimetres from the top of the pot to the soil – now, it's ready for sowing.

I usually try to place only one to three seeds per pot, depending on the size of the seed and the size of the pot. This can be a real challenge for very small seeds, which is why I'm a fan of coated seeds. They cost a bit more, but I waste less as I can easily see and handle a seed, making planting much easier.

The Nicotiana package instructions recommend lightly covering the seeds. Place the seed on the soil, then sprinkle with enough vermiculite to cover the surface. I read about covering with vermiculite on a snapdragon package. It worked so well that I use vermiculite every time covering seeds is recommended.

Since Calgary air is

dry, I use tray domes to help keep the humidity up around the seed pots, which is beneficial for germination. Position grow lights just above the seed tray or place the tray in bright sunlight. If the package recommends that germination needs to be warmer than the room's temperature, place a seed-starting heating mat under the tray.

The package states that the Nicotiana will germinate in 14 to 21 days, so now it's time to wait. Check every few days to ensure that the soil is moist. Water gently as required. I use a small watering can with a sprinkling head and some gardeners use a spray bottle. The challenge is adding moisture without splashing or lifting the seeds out of position. It's hard for a plant to set down strong roots if it is always being moved around.

Let the soil dry a bit between watering. The soil needs to be moist, not soggy. Using a moisture meter can help you monitor the moisture content of the soil. It can be helpful to have an unseeded pot without the vermiculite covering to use for moisture testing.

After the seeds have sprouted, have grown four leaves and are three to three-and-a-half centimetres tall, remove the dome. Place a fan so the seedlings tremble a bit as the air passes by. It is best if the fan can oscillate, but even a steady flow is good for stem development.

Changing the cycle to shorter times on and off can stimulate plant growth by simulating a shorter, but more frequent day cycle. Take care watering, ensure good air circulation, have good lighting and watch your plants grow.

Visit calhort.org for more information. ▲



Streptocarpella 'Concord Blue' seedlings started from seed to be used in a hanging basket. (Photo by Winston Goretsky)

Get ready to grow outside

There are a few plants that can be sown directly into the soil in Calgary in April.

Potatoes and onions are cold hardy and can be planted four to six weeks before the predicted last frost. However, don't plant them in frozen ground.

Broccoli, cauliflower, cabbage and carrots can also be safely planted in April.

Their leaves shouldn't break the earth before the last frost.

Rhubarb is a vegetable garden perennial that is very hard to kill. It should flourish in your garden even if touched by frost.

Don't forget to think about the microclimate in your garden. Some spots are warmer than others and those are good places to get a head start on growing. ▲



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Help your body age better by getting strong

By Jessica DeMars

Sarcopenia is the term used to describe the involuntary decline in muscle mass and function as you age. This is a naturally occurring phenomenon, that generally starts at some point in your thirties and increases after age 65. Physically inactive people can lose as much as three to five per cent of their muscle mass each decade after age 30.

The consequences of sarcopenia can be quite profound in older adults, it is one of the most common causes of the loss of independence in older adults. Studies have shown it can contribute to several poor health outcomes such as loss of muscle function, disability and frailty. Sarcopenia is also associated with chronic diseases such

as lung disease, diabetes and arthritis and falls.

Sarcopenia often sets up its own cycle of inactivity. Muscle weakness and loss of stamina results in reduced participation in activities; reduced participation further contributes to shrinking muscle mass.

The primary treatment for sarcopenia is – you guessed it – exercise. Many people believe they get enough exercise with their daily

walks, but unfortunately that is not enough to ward off age-related muscle loss. It is vital that throughout life, we engage in exercises that promote muscle building.

Strength training does not have to be complex. Simple push and pull movements with any weighted object will do. I have worked with some individuals to provide home programs that include lifting cans of soup or heavy pots.

Strength training should be done two to three times per week and include both upper and lower body activity. Usually, we want you to work with a moderate load – something you can lift for six to eight repetitions.

The benefits of strength training for older adults is gaining quite a bit of traction in the research world with recent studies showing that strength training improves cognitive function, increases

bone density, mitigates falls and helps to maintain physical abilities and independence.

Strength training can be done by anyone, at any age and there are rarely any contraindications. If you do have a chronic condition, it is best to seek out the help of a qualified health professional, such as a physiotherapist or exercise specialist with knowledge of chronic disease before starting. ▲

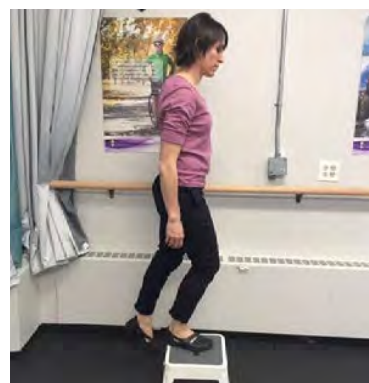


Stand upright with a chair behind you, and your arms out in front of you for balance.



Holding a weight in each hand, drop your arms down to your side.

Bend your elbows, bringing the weights up to your shoulders and then push them up above your head.



Stand at the bottom of a step with the bannister, a hand rail or a chair nearby for support.

Place your right foot on the step, move up and then step up with the left leg.

Step back down with the right leg, followed by the left.

Repeat this exercise, then change to lead with the left leg and repeat the sequence.



This exercise strengthens the shoulder and back muscles, which are important for all daily activities. Stand with feet hip width apart, holding a weight in each hand.

Make sure your shoulders are relaxed.

Keeping your elbows straight, move your arms out to the side to shoulder height.

Then lower your arms back down in a controlled manner.

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"Donate, wear your daffodil pin and buy fresh daffodils. Together, we can prove that life is bigger than cancer," said Development Officer Tricia Lewchuk. ▲

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An Advance Care Plan talks for you, when you can't

By Judy Hunt

Advance Care Planning is a process whereby a capable adult creates a written healthcare plan, while still healthy, to prepare for a time when they may not be able to speak for themselves or make their own decisions.

We plan our everyday lives, but avoid planning our end-of-life and eventual death. Talking about death, and particularly our own, is difficult in our society. Jann Arden said: "To not think of dying is to not think of living."

There is a procrastination we experience when we are faced with having awkward and sensitive discussions with our loved ones, or even ourselves, about dying and our own end-of-life wishes. We may have the best of intentions to get our care plans and personal directives in place, but invariably they end up at the bottom of our "to do piles". Why is that?

We all seem to think that we will have a perfect 'movie' style death. You know the one, where your eyes close, you take one last deep breath and symphonic music fills the room. In reality, few of us die that way.

Recent statistics show that only 20 per cent of us will die in a palliative phase, meaning a normal, non-medical, eventful death. If we live a long life we can expect to die of two diseases at the end of life and also to have several years of being vulnerable and frail.

For the elderly, at the time of death 70 per cent are not competent and 30 per cent need some assistance in planning. Most people will die in hospital or ICU even if they have said beforehand that they would like to die at home.

Declining health over a longer period of time results in the increased likelihood

of decisions needing to be made and more emphasis to be put on what a person considers quality of life to be for them. Medicine has reached a point whereby we can prolong life at the expense of quality of life.

Research shows that spouses and partners may not know each other's wishes. Fewer than 20 per cent of Canadians have planned for unexpected health events, such as strokes, accidents or coma, and what their wishes for desired medical treatment in those circumstances would be.

In addition to the totally unexpected, we have to consider our older and declining years and the possibility of dementia. Over the past 50 years, medical research has done much to extend our lives by curing or intervening with illnesses which before the mid 1960's were considered terminal. It has also prolonged our dying.

None of us can predict what will happen from one day to the next. It takes only a second for our lives to change, for someone to fall and lose consciousness or become incompetent and be unable to communicate what they want or what they value. It is always too soon to make an advanced care plan, until it is too late.

Advance Care Planning is even more important now, within this new culture of health and healthcare. Discussions need to take place and involve the whole family. Most of us say that quality of life is more important than quantity of life, but often decisions made by loved ones do not reflect this because they are unaware of our wishes or they are speaking from their own emotions.

The likelihood is that mental capacity will not be there when people need to make decisions about their end-of-life choices.

It is a difficult thing to do, but there is plenty of help out there to assist people to create their individual Advance Care Plan. Creating an Advance Care Plan allows people to retain their independence and control their life choices. It is critically important to discuss wishes surrounding ill health and eventual death so that there is an understanding of your wishes and to maintain harmony among your family, supporters and doctors.

It's like buying car insurance. The insurance doesn't make it more likely that we'll be in an accident, it just makes us better prepared if we do. Talking about death doesn't make it more likely that we'll die, it just makes us better prepared when we do. We may never be in an accident, but we will most definitely die.

Advance Care Planning involves thinking about and documenting wishes and values related to personal care, as well as medical health care.

The Advance Care Plan usually includes a Personal Directive. This is a legal document where an individual appoints someone, known as an agent, to make personal and health care decisions in the event they can't make their own. This may be a relative or a friend. The appointed person can always be changed.

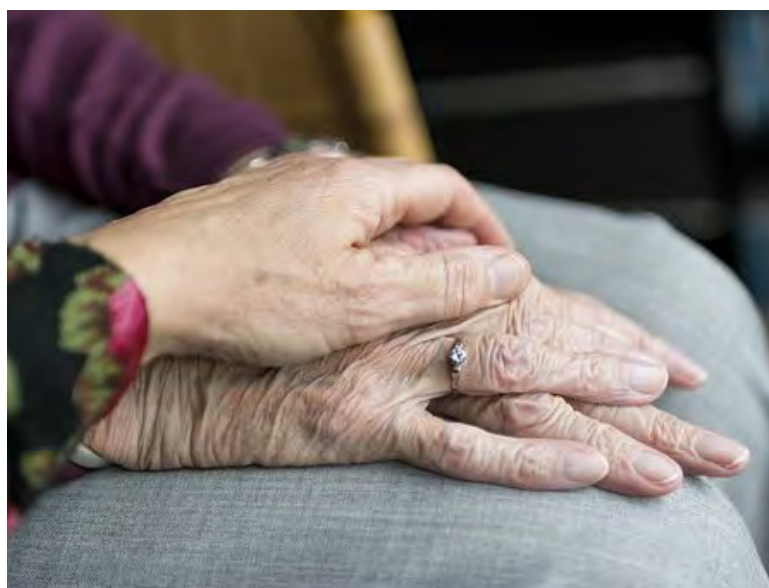
A Personal Directive comes into effect only if the individual is in a situation where they are unable to make their own healthcare decisions or to communicate them. These situations could be temporary or permanent, at the end of life or not. A Personal Directive will help those responsible for your care to communicate your Advance Care Plan and help your family understand the decisions you've made.

It's one thing to meditate on your values and wishes, but it's quite another to translate them into a written plan that lays out your choices in specific detail. You don't have to do this alone, there is plenty of help out there. There are free workshops and free Advance Care Planning Kits available to download.

For more information on Advance Care Planning you can contact www.dyingwithdignity.ca, www.albertahealthservices.ca/advancecareplanning.asp or attend one of the Advance Care Planning Workshops being held at Kerby Centre. ▲



Start an Advance Care Planning conversation with your loved ones.



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Financial Planning: Post-retirement tax planning for the lifestyle you want

Post-retirement tax-planning is vital to maintaining the retirement lifestyle you want for all the years of your retirement. But even if you're already past the 'post', it's not too late to implement tax-saving strategies that work for you – starting with these income-protecting objectives:

- Always take full advantage of all the direct tax deductions available to you.
- Keep your net income and taxable income low enough to avoid such potential pitfalls as the Old Age Security (OAS) claw back or losing out on the age credit and possibly the GST/HST credit.
- Ensure that your monthly cash flow is not eroded by increases in the cost of living, and that your investments will last a lifetime.

In keeping with these objectives, here are some other important post-retirement tax-reduction and income-protection strategies:

- Plan Registered Retirement Income Fund (RRIF)

withdrawals: Withdrawals from investments held in your RRIF are fully taxable – so manage your taxable income by withdrawing only amounts that are required.

- Reduce taxes through tax-efficient asset allocation: Keep fully-taxable, interest-generating investments inside a tax-deferred Registered Retirement Savings Plan (RRSP) or RRIF as long as possible while keeping assets that are more tax-efficient – those that generate capital gains or Canadian dividends – outside your registered plans.
- Take full advantage of all available tax credits and deductions: Don't forget the age credit for those aged 65 and older, the pension income credit and medical expense credit.

- Reduce your taxes by sharing Canada or Québec Pension Plan (CPP/QPP) income with your spouse: When your spouse has a lower CPP/QPP entitlement and is in a lower tax bracket.

- Contribute to a spousal RRSP: You must convert your RRSP to a RRIF no later than December 31 of the year in which the owner attains age 71.

These and other income-protecting and tax-saving strategies – like investing in a Monthly Income Portfolio (MIP) that can protect your income against inflation and generate stable and reliable income distribution (outside your RRIF or RRSP) and potentially higher long-term growth – will help ensure that you'll continue to have the income you need for all your retirement years.

This column 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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What's for dinner?

Page design and layout Winifred Ribeiro.

Mark Bittman is revered for his simple, straightforward, and flexible approach to everyday cooking. In *Dinner for Everyone*, he shares 300 all-new recipes, accompanied by more than 100 full-color photographs, forming a diverse collection that includes quick meals for busy weeknights, creative plant-based fare that will please both vegans and non-vegans alike, together with impressive dishes perfect for entertaining. Whatever the experience level, craving, or time constraint, home cooks will find exactly what they need to



Dinner for Everyone by Mark Bittman
 Photographed by Aya Brackett
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prepare all their favorites. Truly the one book a cook needs for a perfect dinner and a must-have for your home library. Definite value for money. Rooted in Mark's philosophy of using efficient cooking techniques, fresh ingredients, and basic equipment—and written in his signature to-the-point style whether you need easy, fancy, or meatless recipes, as the occasion requires.—*Dinner for Everyone* is a one-stop, indispensable reference for life's ultimate question: What's for dinner?



Stroganoff ©

The best throwbacks to 1960s family cooking should remain simple and hearty. Water is all you need for One-Pot Stroganoff, which gets all the flavor it requires from seared ground beef. It's easy, but don't walk away; you need to stir every couple of minutes. The twist in Beef Stroganoff is to use steak and cook it that way—still a little pink—instead of braising.

Servings: 4 **Time:** 40 minutes

- | | |
|-------------------------------|--|
| 3 tablespoons unsalted butter | 2 teaspoons paprika |
| 1 pound ground beef | 1 tablespoon Worcestershire sauce, or to taste |
| 1 onion, chopped | 12 ounces dried egg noodles |
| Salt and pepper | 1/2 cup sour cream |
| 2 tablespoons flour | 1/4 cup chopped fresh dill |
| 2 tablespoons tomato paste | |

- Put the butter in a large pot over medium heat. When it foams, add the beef, and sprinkle with salt and pepper. Cook, stirring frequently and breaking up any large pieces until it's no longer pink and browns in places, 5 to 10 minutes. Add the onion and cook, stirring occasionally, until soft and jammy, 5 to 10 minutes.
- Add the flour and cook, stirring frequently, until the flour coats the meat mixture and turns golden, 2 or 3 minutes. Add the tomato paste and paprika and stir until fragrant. Pour in 4 cups water, add the Worcestershire sauce and a pinch of salt, and bring to a boil.
- Add the noodles, and reduce the heat so the mixture bubbles gently. Cook, stirring occasionally, until the noodles are tender but not mushy, 6 to 10 minutes, depending on their thickness. Remove from the heat and stir in the sour cream; taste and adjust the seasoning, adding more Worcestershire if you like. Serve garnished with the dill.



Escabeche ©

Cooks in Spain, the Caribbean, and some South American countries have this excellent technique of marinating food after cooking. If you're not in a huge hurry, you can hold off on the garnish and refrigerate Chicken Escabeche for as little as 1 hour or up to 24 hours, but even 10 minutes of marinating in the tangy, slightly hot dressing will be noticeable. Breaded-and-fried food can benefit from long marinating, with the right coating.

Servings: 4 **Time:** 30 minutes

- 2 large boneless, skinless chicken breasts (about 1 1/2 pounds)
- 6 tablespoons olive oil
- Salt and pepper
- 1 large red onion, halved and sliced
- Juice from 1 orange
- 1 cup cider vinegar
- 1 jalapeño, seeded if you like less heat and chopped, or to taste
- 1/4 cup chopped fresh cilantro, for garnish

- Heat a grill over moderate heat or turn on the broiler and position the rack 4 inches below the heat source. Halve the chicken breasts horizontally to make 2 thin cutlets each. Flatten each by pressing with your hand.
- Rub the cutlets with 2 tablespoons oil, sprinkle with salt and pepper, and grill or broil until they begin to firm and turn golden, 2 to 5 minutes. Turn and cook the other side until the center is white or only slightly pink, another 2 to 5 minutes. (The chicken might cook through before it starts to color; be careful not to let it overcook.) Transfer to a cutting board to rest.
- Put the remaining 4 tablespoons oil in a large skillet over medium-high heat. When it's hot, add the onion and sprinkle with salt and pepper. Cook, stirring occasionally, until soft, 3 to 5 minutes. Add the orange juice, vinegar, jalapeño, and 1/4 cup water and bring to a boil, then immediately turn off the heat. Sprinkle with salt and pepper.
- Slice the chicken and transfer it to a shallow serving bowl. Pour the vinaigrette over the chicken. Let it marinate for as long as you can, then serve warm or at room temperature, garnished with cilantro.



FRIDAY FRY: Fried Calamari and onion rings ©

A mixed bag of fried food—mostly fish—in keeping with the Italian intention. Deep-fried anything is best eaten soon after it emerges from the hot oil. So I like to make this an informal meal, often served in the kitchen as fast as I can cook it. You can indulge the urge to fire up a pot of hot oil any time with the Fried Calamari and Onion Rings; the Bloody Mary-like sauce comes together while the oil heats (you might even prefer a different sauce).

Makes: 4 servings **Time:** 15 minutes

- | | |
|--|------------------------------------|
| Good-quality vegetable oil, for frying | 1 cup flour, or more as needed |
| 1 1/2 pounds cleaned squid, sliced into rings, tentacles cut in half lengthwise if large | 1/2 cup ketchup |
| Salt and pepper | 2 tablespoons Worcestershire sauce |
| 1 large onion | 1 tablespoon fresh lemon juice |
| | 1 tablespoon Dijon mustard |

- Put 2 to 3 inches oil in a deep pot over medium heat and bring to 350°F. Line a plate with paper towels. Blot the squid completely dry with additional paper towels and sprinkle with salt and pepper.
- Peel and trim the onion, cut it crosswise into 1/2-inch-thick slices, and separate the slices into rings. Put the flour in a large bowl.
- Whisk the ketchup, Worcestershire sauce, lemon juice, and mustard in a small bowl and sprinkle with salt and pepper; taste and adjust the seasoning. (*the Bloody Mary-like sauce*).
- When the oil is hot, toss half the squid and onion rings in the flour, then transfer to a sieve and shake over the bowl to remove the excess.
- Add the dredged squid and onion to the oil, adjusting the heat as necessary so the temperature remains nearly constant. Fry, turning with a slotted spoon as necessary to cook evenly, until the squid and onions are lightly browned and cooked through, 2 to 5 minutes. Do not overcook. Remove with a slotted spoon and drain on the prepared plate; sprinkle with salt. Repeat with the second batch and serve with the dipping sauce.

AROUND TOWN EVENTS April

Alberta Ballet

The Fiddle & the Drum
May 1 – 4
www.albertaballet.com

Vertigo Theatre:

Might As Well Be Dead: A Nero Wolfe Mystery
March 16 – April 14

Hamlet: A Ghost Story
March 20 – April 13
www.vertigotheatre.com

Calgary Philharmonic Orchestra

Hawksley Workman with Orchestra
April 13

Provocative: Percussion + Tchaikovsky
April 25

Late Night: Sensory

Overload

April 27
www.calgaryphil.com

Wordfest

Memorial Park Library – 2nd Floor
Events from April 1 – May 1
www.wordfest.com

Lunchbox Theatre:

Gutenberg! The Musical!
April 1 – April 20
www.lunchboxtheatre.com

National Geographic Symphony for Our World

April 25
www.events.nationalgeographic.com

Morpheus Theatre

Gilbert and Sullivan's Princess Ida
April 26 – May 11
www.morpheustheatre.ca

Calgary Opera

Rigoletto
April 6, 10 and 12
www.calgaryopera.com

Spirit Fire Theatre

Wolf on the Ringstrasse
April 19 – April 27
www.spiritfiretheatre.ca

Jubilations

Footloose: New Town New Dance
April 3 – May 4
www.jubilations.ca

Stage West Theatre

Drinking Habits 2 Caught in the Act

March 1 – April 14

A Gentleman's Guide to Love & Murder
April 19 – June 23
www.stagewestcalgary.com

Calgary Civic Symphony

Fantastic Firebird

April 7

www.calgarycivicsymphony.ca

Theatre Calgary

Billy Elliot The Musical
April 9 – May 12
www.theatrecalgary.com

CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo

ACROSS

- 1 "Everwood" actor Wolf
- 6 Pigs' home
- 9 Dutch brew
- 15 — of Mexico
- 19 * Ship's load
- 20 Lead-in to historic
- 21 Durango dish
- 22 Baseball's Hershey
- 23 * Subject to interpretation
- 25 * Old Greek squares
- 26 "Stretch" car
- 27 Steak, e.g.
- 28 Prefix with lethal
- 29 * Second U.S. first lady
- 31 At a distance
- 33 Tattlers
- 34 * Chum
- 38 Give slack to
- 42 Son of Eliel Saarenin
- 43 * Dr. Evil's cat in Austin Powers films
- 47 1801-05 veep Burr
- 51 Beatles song on "Let It Be"
- 52 Observe
- 55 Song for one
- 56 Linguist Chomsky
- 57 Political plot
- 61 Knight's glove
- 63 "Serpico" actor M. — Walsh
- 65 * Jumping up and down on a bouncy stick
- 69 Comb buzzer
- 70 Native suffix
- 71 See 8-Down
- 73 * Pairs of consecutive letters
- 75 Spying setup
- 77 Likely (to)
- 80 Meadow
- 82 Birds building homes
- 84 Poster pins
- 88 Buzzing home pest
- 91 Large 1940s computer
- 93 "Huh?"
- 94 Female kin
- 95 Artist's base
- 99 * Suffer a lot
- 101 Dog variety
- 103 * She directed "The Hurt Locker"
- 107 — Sea (salt lake in Asia)
- 110 Coy
- 111 Revisions
- 112 * Too much self-esteem
- 116 Beloved of Tristan
- 119 * Bay off Nigeria and Togo's coast
- 123 — de plume
- 124 Brit's "Bye!"
- 128 Ye — Shoppe
- 129 Rendezvous
- 130 Really succeed (or what literally appears six times in this puzzle)
- 132 Old Greek concert halls
- 133 Shahs, e.g.
- 134 Shoot (for)
- 135 Sermon text
- 136 Philosopher Immanuel
- 137 Grand home
- 138 Hosp. staff
- 139 Sea vessels
- 10 Wise men
- 11 Air pollution
- 12 Reid and Lipinski
- 13 "Seinfeld" gal
- 14 Nielsen of "Mr. Magoo"
- 15 Ghana's former name
- 16 Dickens' — Heep
- 17 "— tell ya!"
- 18 Dental string
- 24 It uses 108 cards
- 29 In — (single-file)
- 30 Gillette razor brand
- 31 Toon bear
- 32 Canon camera
- 34 Compound with nitrogen
- 35 '83 Keaton-Garr film
- 36 Letter-shaped girder
- 37 Easy putts, informally
- 39 Weep loudly
- 40 Sooner than, in poetry
- 41 Ultimate degree
- 44 Health supplement store, familiarly
- 45 Jump
- 46 Pig
- 48 Part to play
- 49 Bullring cries
- 50 Observe
- 53 R&D center
- 54 Song for two
- 58 Singer Dylan
- 59 Opposed to, in dialect
- 60 Theater box
- 62 Orderly
- 64 Floor piece
- 66 Tax org.
- 67 Election analyst Silver
- 68 FBI guys
- 72 Umps' kin
- 74 — Lanka
- 76 Oklahoma tribe
- 77 "Moby-Dick" captain
- 78 Flow out
- 79 Fix a flat?
- 81 Height: Abbr.
- 83 Former Swedish car
- 85 Toddler, e.g.
- 86 Buzzing musical toy
- 87 Is in a huff
- 89 Source of warmth on some trains and ships
- 90 Belly laugh
- 92 Special FX technology
- 96 Poppa
- 97 Native suffix
- 98 Unit of resistance
- 100 Mean beast
- 102 "Doggone!"
- 104 Totally spoil
- 105 Century divs.
- 106 Dark modern film genre
- 108 Breakdown of social norms
- 109 Long-term inmates
- 112 Download on a Kindle
- 113 Radner of comedy
- 114 Nash of comedy
- 115 "My heart skipped —"
- 117 Weaving frames
- 118 Driver's lic. issuer
- 120 Sicilian volcano
- 121 Night, in Nice
- 122 — dixit (assertion with no proof)
- 124 Song for three
- 125 "Waterloo" quartet
- 126 Lean
- 127 Gets mature
- 130 Rove (about)
- 131 Flow out

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LH Life Time Highs www.lifetimehighs.club
587-223-0203
Cathymunro@lifetimehighs.club ~ Traveling Together ~

Bonnere Ferry, ID	June 23 - 26, 2019	\$380 pp/dbl
Moose Jaw, SK	April 23 - 26, 2019, Temple Gardens GST Included	\$425 pp/dbl
Camrose, AB	May 5 - 7, 2019 Shopping and Theater, 10 seats left	\$229 pp/dbl
Polson-KalisPELL, Mt	May 27 - 30, 2019, Sights, Shopping & More	\$475 pp/dbl
Winnipeg, Mb	August 11 - 17, 2019 Players Package	\$820 pp/dbl
	Adventure Package w VIP Folklorama, City Tour, Cdn Mint Tour	\$1015 pp/dbl
	Hermetic Code Tour, Forks Market, VIP Horse Race Buffet Dinner	
Deadwood, SD	Sept 29 - Oct 5, 2019, No rules, no regrets	\$665 pp/dbl
Great Canadian Barn Dance & Waterton, Ab	Jun 8-9, 2019	\$325 pp/dbl
China	April 6 - 23, 2020 Shanghai, Beijing, 18 days	\$5300 pp/dbl
All Inclusive - Airfare, visa, Shanghai, Beijing, Great Wall, Tiananmen Square, Yangze River Cruise and More		
Free Info Session May 25, Location TBA 1:00 pm, RSVP to Cathymunro@lifetimehighs.club / 587 223 0203		
Stoney Nakoda Kananaskis Overnight Trips More in 2019	Call for Dates	\$80 pp/dbl
Tours depart from Lethbridge or Calgary, other pick ups available		

SUDOKO PUZZLE

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Answer on page 35

Solution on page 35



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 <i>DINING ROOM</i> 10:00 AM – 12:00 PM Free - 2nd & 4th Monday of each month	OPTIONS 45 Employment Workshops <i>(Boardroom)</i> 1:30 - 3:00 PM \$2.00	GENERAL CRAFT GROUP <i>(Rm 311)</i> 9:00 AM - 12:00 PM FREE	ARTIST GROUP <i>(Rm 313)</i> 10 AM - 3 PM \$1.50 half day	SPANISH CONVERSATION GROUP <i>(Rm 311)</i> 10:00 AM - 12 PM \$2.00
MAHJONG <i>(RM 308)</i> 10:30 AM - 12:30 PM \$2.00	VARIETY BOOK CLUB Room 301 1:00 – 3:00 PM \$ 2.00 3 rd Tuesday of the month Contact Ed & Rec for the Monthly Book Title (403) 705-3233	ENGLISH CONVERSATION <i>(Rm 301)</i> 10:30 AM - 12:00 PM \$2.00	BINGO <i>(Rm 205)</i> 11:00 AM - 3:00 PM	KRAZY KARVERS WOODCARVING CLUB <i>(Woodshop Rm 102)</i> 10:00 AM - 3:00 PM \$1.25 per hr
RECORDER GROUP <i>(RM 313)</i> 1:00 – 2:30 PM \$2.00		BOARD GAMES & CARDS <i>(Rm 301)</i> 1:00 PM - 3:00 PM \$2.00	FLOOR CLURLING <i>(Gym)</i> 2:15 - 3:30 pm \$2.00	BADMINTON & PING PONG <i>(Gym)</i> 10:30 AM - 12:45 PM \$2.00
CRIBBAGE <i>(RM 308)</i> 1:00 – 3:30 PM \$2.00		WEDNESDAY DANCE <i>(Dining Room)</i> 1:00 PM - 3:00 PM \$2.00	PICKLEBALL <i>(Gym)</i> 4:00PM - 6:00 PM \$2.00	MONTHLY MOVIE (Lounge) 1:00 pm - \$1.00 Date of Monthly Movie subject to change. Please see Kerby News for exact date each month.
PICKLEBALL <i>(Gym)</i> 3:30 PM - 5:00 PM \$2.00				

Mark Your Calendars For These Upcoming Events & Activities

Join Us June 3rd-7th for Alberta Senior's Week at Kerby

- June 3rd: Senior Week Kick Off Event
- June 4th: Benefits & Pensions Presented by Lisa Despas, Service Canada
Twin Hearts Meditation
Options 45 - It's Never Too Late to Build Your LinkedIn Profile
- June 5th: Understanding Dementia & Brain Health, Presented by Alzheimer Society
"Swingin with the Kerby Sensations" - Lunch and Afternoon Dance
- June 6th: Expressive Art Workshop
- June 7th: Planning Ahead For Financial Security
Rainbow Elders Calgary

Please watch Kerby News or check out www.kerbycentre.com for details!

The Kerby Assembly Annual General Meeting

Tuesday, April 30th
Kerby Centre Gymnasium

Celebrating
The Volunteer Spirit

- 9:00 am Entertainment & Light Refreshment
 - 10:00 am AGM Begins
- Open to Kerby Centre Members & Stakeholders
Membership Renewal or Purchase

Call 403 265-0661 Or Complete
The Form Found In Kerby News

A Group For Mature Jobseekers



Sessions every Tuesday 1:30 PM- 3:00 PM - \$2.00 Drop In Fee
The Kerby Centre Boardroom

- April 2 -** How To Market Your Transferable Skills & Network
- April 9 -** Skills For The Workplace
- April 16 -** Networking
- April 23 -** Connect Up With Downs Working for others to working for yourself
- April 30 -** The Benefits of Volunteering For Job Search, Your Career & Your Life

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

FREE HEALTH COMMITTEE PRESENTATION

Vision & Dental Health

Information Presentation

By Dr Emeka Nzekwu, B. Eng, MD

(Nations Health/Nations Vision & Nations Dental)

Wednesday, April 3rd
10:30 am - 11:30 am

Kerby Centre Lecture Room

Nations Health is a multidisciplinary mobile healthcare team providing services in optometric, ophthalmologic, dental care, dental hygiene and more!

Hearing Health Care and Hearing Aid

"Look forward to hearing the beauty of the sound".

Presented By David N. J. Hsiao,
Registered Hearing Aid Practitioner

Monday, April 15th
10:30 am – 11:30 am

Kerby Centre Lower Level
Semi Private Dining Room

Pre-registration is not required. Free Entry!

EDUCATION & INFORMATION WORKSHOPS

EmPower me

Free Energy Savings Workshop

Learn energy conservation tips & how to lower your bills;
how to read & understand your energy bills & home safety tips

Tuesday, May 21st
10:00 am - 11:30 am

Kerby Centre Lounge

To Register Call 403 705-3246 or
Email information@kerbycentre.com

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 for 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

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

KERBY DAY TRIPS

Aspen Crossing Train - High Tea

Friday, June 7th, 2019

Members: \$103 Non-Members: \$113
Cut-Off Date: Friday, March 29, 2019

Includes transportation, high tea, live music and train robbery

Tour & Tasting at Eau Claire Distillery in Turner Valley

Wednesday, April 17 10:00 am - 3:30 pm

Members: \$45 Non-Members: \$75
Cut-Off Date: Wednesday, April 3rd, 2019

Includes return transportation, tour & tasting.
Cost of lunch not included.

A Downtown Canmore Day Trip

Monday, May 13th 9:00 am - 4:30 pm

Members: \$30 Non-Members: \$60

Includes return transportation. Bring a bagged lunch or purchase lunch at your choice of restaurants.

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



Mother's Day
BRUNCH

SUNDAY, MAY 12TH

11:00 am - 1:00 pm

Kerby Centre Dining Room

Join Us In Celebration Of All That We Love About Mom!

Treat her to a sumptuous buffet with the Family!

Adults \$30.00

Children (to age 12 w/adult) \$16

Includes A Complimentary Flower For Mom
& Musical Entertainment - Mimosa Bar Available

Check Out Ad Within For Further Details
Or visit www.kerbycentre.com

Dust off your sombrero and
join us in celebration of



TACOBOUT A FIESTA
Friday, May 4th

Join Us In the Kerby Centre Dining Room
For A Fiesta of Music & Enjoy A Signature
Mexican Meal Only \$10.00 per person

No RSVP Required

Don't Forget To Check Out Our Wednesday
Afternoon Dance Party - Live Music & Lunch Available
Kerby Dining Room 1:00 - 3:00 pm
No RSVP - Drop in Fee \$2

Next To New
Everything
1/2 Price Sale

April 30th
10:00am – 2:30pm

Spring Craft Sale

50% off Selected
Merchandise

April 17th - Room 311
10:00am – 12:00pm

Tax due dates, penalties and interest

Due dates

Your 2018 return and payment are due on or before the following dates: *Since June 15, 2019, is a Saturday, your return is due the next business day (June 17, 2019).

Did you know...?

Filing early helps to ensure that your benefit and credit payments are not delayed or stopped.

These include:

- Guaranteed Income Supplement (GIS)
- GST/HST credit
- Canada Child Benefit (CCB)
- related provincial and territorial programs

If you have a spouse or common-law partner, they also have to file a return.

Penalties

The Canada Revenue Agency (CRA) may charge you a penalty if any of the

following applies:

- you filed your return late and you owe tax for 2018
- you failed to report an amount on your return for 2018 and you also failed to report an amount on your return for 2015, 2016, or 2017
- you knowingly or under circumstances amounting to gross negligence have made a false statement or an omission on your 2018 return

Interest you must pay to the CRA

If you have a balance owing for 2018, the CRA charges compound daily interest starting May 1, 2019, on any unpaid amounts owing for 2018. This includes any balance owing if the CRA reassesses your return.

Note

The CRA may cancel or waive interest if you cannot

Person	Return due date	Payment due date
Most people	April 30, 2019	April 30, 2019
Self-employed persons (and their spouse or common-law partner) with business expenditures that relate mostly to a tax shelter investment	April 30, 2019	April 30, 2019
Self-employed persons and their spouse or common-law partner (other than those stated above)	June 17, 2019*	April 30, 2019

meet your tax obligations because of circumstances beyond your control. To make a request, get and complete Form RC4288, Request for Taxpayer Relief – Cancel or Waive Penalties or Interest. For more information, go to canada.ca/taxpayer-relief.

Interest paid to you by the CRA

The CRA will pay you

compound daily interest on your tax refund for 2018. The calculation will start on the latest of the following three dates:

- May 31, 2019
- the 31st day after you file your return
- the day after you overpaid your taxes

Cancel or waive penalties or interest

The CRA may cancel or waive penalties or interest if you cannot meet your tax obligations because of circumstances beyond your control. To make a request, get and complete Form RC4288, Request for Taxpayer Relief – Cancel or Waive Penalties or Interest.

Source: CRA

Got a call or email from the CRA? Make sure it's real!

Tax Scams

Taxpayers should be vigilant when they receive, either by telephone, mail, text message or email, any communication that claims to be from the Canada Revenue Agency (CRA) requesting personal information such as a social insurance number, credit card number, bank account number, or passport number.

These scams may insist that this personal information is needed so that the taxpayer can receive a refund or a benefit payment. Cases of fraudulent communication could also involve threatening or coercive language to scare individuals

into paying fictitious debt to the CRA. Other communications urge taxpayers to visit a fake CRA website where the taxpayer is then asked to verify their identity by entering personal information. **These are scams** and taxpayers should **never respond** to these fraudulent communications or click on any of the links provided.

To identify legitimate communications from the CRA, be aware of these guidelines and know **what to expect when the CRA contacts you**.

By phone:

The CRA may:

- verify your identity by asking for personal in-

formation such as your full name, date of birth, address and account, or social insurance number.

- ask for details about your account, in the case of a business enquiry.
- call you to begin an audit process.

The CRA will never:

- ask for information about your passport, health card, or driver's license.
- demand immediate payment by Interac e-transfer, bitcoin, prepaid credit cards or gift cards from retailers such as iTunes, Amazon, or others.
- use aggressive language or threaten you with arrest

or sending the police.

- leave voicemails that are threatening or give personal or financial information.

By email:

The CRA may:

- notify you by email when a new message or a document, such as a notice of assessment or reassessment, is available for you to view in secure CRA portals such as My Account, My Business Account, or Represent a Client.
- email you a link to a CRA webpage, form, or publication that you ask for during a telephone call or a meeting with an agent (this is the only case where the CRA will send an email containing links).

The CRA will never:

- give or ask for personal or financial information by email and ask you to click on a link.
- email you a link asking you to fill in an online form with personal or financial details.
- send you an email with a link to your refund.
- demand immediate payment by Interac e-transfer, bitcoin, prepaid credit cards or gift cards from retailers such as iTunes, Amazon, or others.
- threaten you with arrest or a prison sentence.

By mail:

The CRA may:

- ask for financial information such as the name of your bank and its location.
- send you a notice of assessment or reassessment.
- ask you to pay an amount you owe through any of the CRA's payment options.
- take legal action to recover the money you owe, if you refuse to pay your debt.
- write to you to begin an audit process.

The CRA will never:

- set up a meeting with you in a public place to take a payment.
- demand immediate payment by Interac e-transfer, bitcoin, prepaid credit cards or gift cards from retailers such as iTunes, Amazon, or others.
- threaten you with arrest or a prison sentence.

By text messages/instant messaging

The CRA will never use text messages or instant messaging such as Facebook Messenger or WhatsApp to communicate with taxpayers under any circumstance. If a taxpayer receives text or instant messages claiming to be from the CRA, they are scams!

For more information on tax scams go to www.canada.ca/en/revenue-agency/corporate/security/protect-yourself-against-fraud.html.

Source: CRA

You are invited to our
FREE
Tax Clinic



We will do your Income Tax For free!

Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ Starting March 4th to April 30th, 2019

The income limit for this service is:

- \$35,000 per year for single or
- \$45,000 per year for a couple (combined income)

By appointment only

We will begin booking from February 1st, 2019.

To schedule an appointment please call the Information Office at 403-705-3246

Our Address: Kerby Centre 1133-7 Avenue SW, Calgary T2P 1B2

Tasty stress-free mess-free meals

Page design and layout by Winifred Ribeiro

Using one of six cooking vessels--skillet, sheet pan, Dutch oven, baking pan, roasting pan, and casserole dish--with Jan Scott's effortless recipes you can bring a complete dish to the table using easy-to-find ingredients and a variety of foolproof techniques. Preparing food in one pot not only saves time, both in the prep and post-meal clean up, but these recipes are flexible and endlessly adaptable too.



Oven to Table by Jan Scott ©2019

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MUFFIN PAN TUNA MELTS[©]

Making these in a muffin tin is a fun twist on an otherwise classic creation. You can also bake these in individual oven-proof glasses, in which case they won't need turning out at all.

KID-FRIENDLY, QUICK COOKING

Makes: 12 melts; serves 4 to 6 adults or 6 to 12 children

6 tablespoons (90 mL) unsalted butter, melted, divided	1 tablespoon (15 mL) whole grain mustard
12 slices whole wheat bread, crusts removed	1/2 teaspoon (2 mL) freshly ground black pepper
2 cans (6 ounces / 170 g each) chunk white tuna packed in water, drained	Zest and juice of 1/2 lemon
2 tablespoons (30 mL) minced celery	Kosher salt
2 tablespoons (30 mL) minced red onion	3/4 cup (175 mL) grated Monterey Jack cheese
1/3 cup (85 mL) mayonnaise	Fresh dill sprigs, for garnish

1. Preheat the oven to 375°F (190°C). Lightly butter a standard 12-cup muffin tin with 3 tablespoons (45 mL) of the melted butter. Brush the remaining 3 tablespoons (45 mL) butter over one side of the bread slices and press the bread into the prepared muffin cups, buttered sides up.
2. In a medium bowl, break up the tuna with a fork. Stir in the celery, onion, mayonnaise, mustard, pepper, lemon zest, and lemon juice. Season with salt to taste.
3. Spoon 2 to 3 tablespoons (30 to 45 mL) of the tuna mixture into each bread-lined muffin cup. Top with the Monterey Jack, dividing the cheese evenly between the 12 cups.
4. Bake for 10 to 13 minutes or until the filling is hot and the cheese is bubbling. Remove the muffin tin from the oven and let cool for 5 minutes. Garnish the melts with dill sprigs and serve immediately.



SESAME STIR-FRIED VEGGIES[©]

The great thing about a stir-fry is that it's one of the most flexible dishes you can make. If you're missing something from the ingredients list below, don't fret; just use something else in its place. Because this is a quick-cooking dish and you're tossing things into the pan in rapid succession, it's critical that the ingredients are prepped and ready to go before you start cooking. Also, another secret to making good stir-fried veggies? Don't overcrowd the pan. If you do, the vegetables will sweat instead of fry.

VEGETARIAN, MAKE-AHEAD, KID-FRIENDLY, QUICK COOKING, GLUTEN-FREE

Serves: 4

1/2 cup (125 mL) tamari	1 red bell pepper, seeded and cut into 1-inch (2.5 cm) chunks
2 tablespoons (30 mL) lime juice	1 yellow bell pepper, seeded and cut into 1-inch (2.5 cm) chunks
3 tablespoons (45 mL) packed brown sugar	1 zucchini, cut into 1-inch (2.5 cm) chunks
2 tablespoons (30 mL) cornstarch	2 cloves garlic, grated or pressed
2 teaspoons (10 mL) Sriracha hot sauce	1 tablespoon (15 mL) grated peeled fresh ginger
2 tablespoons (30 mL) sesame oil	1 tablespoon (15 mL) sesame seeds, for garnish
1 large yellow onion, cut into 1-inch (2.5 cm) chunks	
1 head broccoli, cut into 3/4-inch (2 cm) florets	

1. In a bowl, mix together the tamari, lime juice, brown sugar, cornstarch, and Sriracha. Set aside.
2. In a large cast iron, stainless steel, or non-stick skillet, heat the oil over medium-high heat. Add the onion and stir-fry, cooking until softened, about 1 to 2 minutes. Add the broccoli and cook for another 3 to 4 minutes or until crisp-tender. Next, add the peppers and zucchini and cook until all of the vegetables are tender, about another 3 to 4 minutes.
3. Add the garlic and ginger and cook for 30 seconds, stirring continuously. Pour the sauce over the vegetables and stir-fry for 1 minute more. Serve hot with a sprinkling of sesame seeds.

Tip: To make this side dish even faster to prepare, you can prep all the veggies and make the sauce up to 24 hours ahead of time. Keep in separate containers in the fridge.



CALDO VERDE[©]

This Portuguese potato and greens soup is one I feed to my family when they fall sick and are bundled up in blankets, all sniffly and sneezing. The red pepper flakes give it a little kick to help clear the sinuses, and the kale and potato are nourishing and healing—or at least my boys believe them to be. More often than not, I use regular or turkey kielbasa in this soup, but their spicier cousin chorizo works just as well and is a more authentic addition to the dish.

MAKE-AHEAD, KID-FRIENDLY, QUICK COOKING, GLUTEN-FREE

Makes: 4 to 6

1 tablespoon (15 mL) olive oil	4 cups (1 L) home-made chicken broth or low-sodium store-bought chicken broth
1 tablespoon (15 mL) butter	2 medium russet potatoes, peeled and grated (about 3 cups / 750 mL)
1 medium onion, finely chopped	1 bunch curly kale, centre stem removed and cut into thin ribbons (about 4 cups/1 L, loosely packed)
Kosher salt	Freshly ground black pepper
4 cloves garlic, grated or pressed	
1/2 teaspoon (2 mL) crushed red pepper flakes	
10 ounces (300 g) chorizo or kielbasa sausage, cut into 1/2-inch (1 cm) thick pieces	

1. In a medium Dutch oven (4 to 6 quarts/3.8 to 5.7 L), heat the oil and butter over medium heat. Add the onion, season with a generous pinch of salt, and cook, stirring frequently, until softened, about 5 minutes. Add the garlic and red pepper flakes and cook for another 30 seconds.
2. Add the sausage to the pot and cook, stirring frequently, until browned, about 5 minutes. Pour in the chicken broth and bring to a boil.
3. Add the potatoes and kale and stir. Lower the heat to medium-low, partially cover the pot, and simmer for 30 to 40 minutes or until the potatoes and kale are tender and the soup has a creamy consistency. Season with salt and pepper to taste. Ladle into bowls and serve at once.

Community Events

Germans from Russia (AHSGR)

Germans from Russia will hold a potluck lunch on April 13 at 12:00 p.m. The program topic is Germans from Russia Humour. Please bring a dish to share. Meetings are in English. The address is 1432 19 St NE. For more information please call 403-273-8178 or visit the website: www.calgarychapterahsgr.ca.

Calgary Horticultural Society

A garden show, hosted by the Calgary Horticultural Society, will take place at the Max Bell Centre,

1001 Barlow Trail SE, on Saturday and Sunday, May 4 and 5. Local garden enthusiasts and experts will share their knowledge in two speaker rooms, on the demonstration stage and on the trade show floor. Tickets are available online at www.calhort.org.

On April 4 there will be a member talk by Diana Calder on growing Sweet Peas, at Christ Church, 3602 8 St SW. There will be a social period with refreshments from 6:30 p.m. to 7 p.m. The talk will begin at 7p.m. No registration is required. There will be a \$10 fee at the door for non-members.

A three-day workshop on Designing Your Yard will be offered on Tuesdays, April 9, 16 and 23 from 6:30 p.m. to 9 p.m. at the Mahogany Beach Club, 29 Masters

Park SE. Registration is required and fees will apply. Two people from the same address with one yard plan may attend for one workshop fee, but both must be registered. This workshop may be held in other communities if there is a classroom for 16 participants and application is made at 403-287-3469 to be a host community.

Garden Journaling will be the topic at a workshop to be held on April 7 from 1 p.m. to 4 p.m. at the Calgary Horticultural Society meeting room at 208 50 Ave SW. Registration is required and fees will apply.

A workshop on Pumpkin growing, whether vertically in the garden or from seed in a pot. Kath Smyth will discuss containers to use, pumpkin varieties, soil and drainage issues, the Calgary climate, and harvesting. The workshop will be held at the Calgary Horticultural Society meeting room, 208 50 Ave SW, with a visit to the demonstration garden, on April 11 from 7 p.m. to 8:30 p.m. Registration is required and fees apply.

There will be a workshop on the fundamentals of gardening in Calgary on April 27 and 28 from 9:30 a.m. to 2 p.m. The workshop will be held in the Calgary Horticultural meeting room and the demonstration garden at 208 50 Ave SW. Registration is required and fees will apply.

For more information on all workshops, and to register, visit www.calhort.org.

Friends of Fish Creek

The Spring Birding Course at Fish Creek runs from April 1 to June 23. Registration is required, and fees will apply. To register visit www.friendsoffishcreek.org/programs/birding-course.

Fish Creek Meet-Ups are informal group walks in Fish Creek Park, with no registration, no fees, and no facilitators. They take place at 2 p.m. on the second Sunday of each month at a different location each time. Dates and meeting locations will be posted on the Friends of Fish Creek events calendar: <https://friendsoffishcreek.org/events/2019-04>.

The work of local photographer, Robin Read, may be seen on Friday, April 5 from 6:30 to 8 p.m. in the main meeting room of the Cookhouse. It will be on view from April to June. Visit www.friendsoffishcreek.org for more information.

On Thursday, April 18 from 7 p.m. to 8 p.m. Nicole Kahal will present 'Call of the Wetland' in the April Speaker Series. Nicole Kahal is a Conservation Analyst at Miistakis Institute. Free for Friends members and \$10 for non-members. Also free for youth 16 years of age and younger with a registered adult. Registration is required at www.friendsoffishcreek.org/event/wetland.

Prostaid Calgary

Prostaid Calgary holds meetings on the second Tuesday of every month at Kerby Centre. Volunteers are needed for a cash casino fundraiser on April 15 and 16 at 2019 Cash Casino, 4040 Blackfoot Trail SE. Day and night shifts available. For more information call 403-455-1916 or visit info@prostaidcalgary.org.

The African Children's Choir

The African Children's Choir will perform at two venues in Calgary. Their program features well-loved children's songs, traditional spirituals and Gospel favourites. A free-will offering is taken at each performance to support African Children's Choir programs, such as education, care, and relief and development programs. On April 28 the choir will perform at 9:15 a.m. and 10:45 a.m. at Harvest Hills Alliance Church,

10099 Harvest Hills Blvd NW, phone 403-226-0990. Also on April 28 they will perform at 7 p.m. at First Church of the Nazarene, 65 Richard Way SW, phone 403-242-1718.

Accordion Association of Calgary

The Accordion Association of Calgary's annual fundraiser, *A la Carte*, will be held on Saturday, April 13 at 7 p.m. at the Killarney-Glengarry Hall, 2828 28 St SW. There will be musical entertainment and dinner. Tickets are \$35 and must be bought in advance – none available at the door. Please call Maureen at 403-253-0830 for tickets, or go to www.accordion-now.com for more information.

Advance Care Planning and Personal Directive Workshop

An Advance Care Planning and Personal Directive Workshop to help plan the medical treatment and end-of-life care that you want and deserve will be held in the Lecture Room at Kerby Centre, 1133 7 Ave SW, on May 4 from 1:30 p.m. to 4 p.m. Space is limited. RSVP to events@DyingwithDignity.ca or call 1-800-495-6156. A donation will be appreciated to help cover the expense for this event, sponsored by the Calgary Chapter of Dying with Dignity Canada. ▲



Mother's Day BRUNCH
SUNDAY, MAY 12TH



Join Us In Celebration Of
All That We Love About Mom!

11:00 am to 1:00 pm
Kerby Centre Dining Room
1133 7th Ave SW, Calgary

Treat Mom To A Sumptuous Buffet
Featuring
An Omelet Station, Pancakes, French Toast, Sausage, Bacon, Ham, Eggs Benedict, Hash Browns, Cheese, Fruit, Muffins, Pastries, Squares & Decadent Chocolate Fountain!

Adults \$30.00
Children \$16.00 (to Age 12)
Includes A Complimentary Flower For Mom & Musical Entertainment - Mimosa Bar Available

Tickets Are Limited! On Sale Now At Kerby Centre Ed & Rec Rm 305 Or Call 403 705 233

Sponsorship & Promotional Opportunities are Available
Call Colleen at Kerby Centre 403 705-3178 For Details



Woodcarver Bill Rae in the Kerby Centre's woodworking shop, with the Brown Thrasher he has carved out of basswood.

Seniors Scene

Open Door Seniors 55+

Daily activities Monday to Friday for 55+ at Open Door Seniors 9:30 a.m. to 3:30 p.m. include bridge, mahjong, cribbage, ping pong, chair yoga, line dancing, art, music appreciation, movie matinees, and writing your life story. Annual membership costs \$20 plus \$2 drop-in fees. Open Door Seniors is located at 1307 4 St SW.

Members of Open Door may book a private tutoring session to learn how to better use a cell phone, iPad, laptop, facebook or other social media. The cost is \$2 per 30-minute tutoring session. For more information call 403-269-7900, or contact opendoorseniors@gmail.com.

Confederation Park 55+ Activity Centre

Confederation Park 55+ Activity Centre will host a Fashion Show on April 29. Lunch will be at 12:30 p.m. Tickets are \$5 and are available at Reception. The Centre is located at 2212 13 St NW. For more information about this and other activities please call 403-289-4780.

Creative Aging Society

Do you live at a seniors' facility where you could

benefit from an afternoon of art and creativity? Email the Creative Aging Calgary Society to be considered for this free, volunteer-run programming. We come with supplies, volunteers, and fun. All you have to do is pick a date and provide a common room for us to meet in. Contact the Creative Aging Calgary Society by email at info@creative-agingcalgary.com for more information.

Seniors United Now

Seniors United Now (SUN) will host a meeting on Thursday, April 11, at 1 p.m. at the Kerby Centre in the second floor lounge. The topic is Pharmacare, with guest speaker Heather Ellen. All are welcome. For more information about SUN visit the web page at www.senior-unitednow.com.

Bow Cliff Centre for 50+

Bow Cliff Centre for 50+ will feature an art show, showcasing local artists, on Saturday, April 13, from 10 a.m. to 3 p.m. Admission is free. The BCS social event will be presented on April 26 by Amica Aspen Woods at 6 p.m. with games and entertainment. Supper is free. Donations are welcome. For more information call 403-246-0390 or email info@bowcliffseniors.org, or visit the website: www.bowcliffseniors.org.

Greater Forest Lawn 55+ Society

Greater Forest Lawn 55+ Society will host Five Star Bingo on April 4 and 18 at 4980 25 St SE. For information call 403-248-8334. A dance will be held on April 6 with music by Sentimental Journey. Doors open at 6:30 p.m. A light lunch will be served at 9:20 p.m. Cost for members is \$12, non-members \$14. There will be an Open Box Art Show on Friday, April 12, from 5 p.m. to 9 p.m. and Saturday, April 13, from 10 a.m. to 4 p.m. Wednesday Lunches at Noon with Bingo cost \$7. We are located at 3425 26 Ave SE. For more information call 403-272-4661.

Inglewood Silver Threads

Inglewood Silver Threads is a 55+ senior activity centre focusing on group

activities, located at 1311 9 Ave SE. Annual membership is \$20. Members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday. On Saturday, May 4, Silver Threads will host a Spring Fling Mother's Day Tea, Bake and Craft Sale. Lunch will cost \$5. For more information call Wendy at 403-264-1006.

+55 Connections Social Club

+55 Connections Social Club members are 55 years of age or over, and either retired or nearly retired. They

meet for coffee on Thursdays at 10:30 a.m., with monthly planned activities. This is not a matchmaking service. Yearly membership costs \$25. For more information call Sylvia at 403-281-0667 or Joan at 403-242-7793.

Rainbow Elders Calgary

Come and dance to your favourite music at the Spring Fling for LGBTQ2S+ seniors and allies. Saturday, April 27 from 4:00 p.m. to 8:00 p.m. at Kerby Centre lecture room, 1133 7 Avenue SW. Admission is by donation. For more information go to www.rainbowelderscalgary.ca ▲



THRIVE PROGRAM

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Thrive Department at Kerby Centre

Can shop for & deliver your groceries

Call 403-234-6571 to see if you qualify



WONDER

Released 2017 (1 hr 53min)

Rated Drama, Family

Friday, April 26, 2019

at 1:00 PM in the
Kerby Centre Lounge



Tickets are \$1.00 from the Education and Recreation Department Room 305

Price includes a snack and a drink!

Sponsored By Lodge at Valley Ridge

Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary www.kerbycentre.com

MAIN SWITCHBOARD 403-265-0661

Adult Day Program 403-705-3214

adp@kerbycentre.com

Socializing and health monitoring program for physically and/or mentally challenged older adults

Diana James Wellness Centre 403-234-6566

wellness@kerbycentre.com

Health services including footcare

Dining Room 403-705-3225

kitchen@kerbycentre.com

Serving nutritious meals to everyone.

Available for catering events.

Education & Recreation 403-705-3233

program@kerbycentre.com

Information source for programs at Kerby Centre

Event Planner 403-705-3178

events@kerbycentre.com

Finance 403-705-3215

Fund Development 403-705-3235

funddev@kerbycentre.com

Work with members and community to provide funding for Kerby Centre's vital program

General Office 403-705-3249

generaloffice@kerbycentre.com

Housing 403-705-3231

housing@kerbycentre.com

Assists older adults in finding appropriate housing

Information / Resources / Taxes 403-705-3246

info@kerbycentre.com

The all in one older adult information source

Kerby News Editor 403-705-3229

editor@kerbycentre.com

Kerby News Sales 403-705-3238

advertising@kerbycentre.com

or 403-705-3240

sales@kerbycentre.com

Kerby News Classified Ads 403-705-3249

Kerby Rotary House 403-705-3250 (24 hour)

shelter@kerbycentre.com

Providing refuge for those over 55 fleeing family abuse, in crisis and in risk of homelessness.

Room Rentals 403-705-3177

Information on renting rooms at Kerby Centre.

lauren@kerbycentre.com

Options 45 403-705-3217

options45@kerbycentre.com

Options 45 is a weekly drop-in group for mature workers in Calgary (age 45 plus) interested in job transitioning, new careers strategic networking and volunteering.

Taxes 403-705-3246

info@kerbycentre.com

Low income tax preparation

Thrive 403-234-6571

thrive@kerbycentre.com

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.

Volunteer Department 403-234-6570

volunteer@kerbycentre.com

Volunteers are the heart of Kerby Centre

President Zane Novak 403-705-3253

president@kerbycentre.com

CEO 403-705-3251

generaloffice@kerbycentre.com

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 May issue must be received and paid by April 11.



Classified Ad Categories

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

10 Health

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12 Home Care

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

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13 Mobility Aids

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20 Home Maintenance

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publication of Kerby Centre*

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26 Services

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30 For Sale

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33 Wanted

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Call **David** at
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45 For Rent

Nicely furnished room for rent, female \$525/mth everything included W/D etc. Rosa 403-252-1951
587-439-5167

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48 Real Estate

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www.PriceMyCalgaryHome.com

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Continued from page 34

50 Relocation Services

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SUDOKU ANSWER

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

PUZZLE ON PAGE 28

Smoking speeds up biological clock

For years, young people have used smoking as a way to look older. As it turns out – thanks to a first-of-its-kind study out of the University of Lethbridge using artificial intelligence (AI) to analyze blood biochemistry – it's true, smoking truly does make you older.

This realization almost sounds like common sense, but until now, it has never been quantified and illuminated to this extent.

"We all have a chronological age but then there is also our biological age, which is an indicator of general fitness," said Dr. Olga Kovalchuk. "If somebody is 35, but on a biological clock, through specific markers, it shows them at a biological age of 50, obviously they are doing something wrong."

How people will consume this new information is unknown. For Kovalchuk, it's another weapon in an age-old war against smoking. If it's appealing to people's vanity, then so be it.



IN MEMORIAM

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

- Aileen Margaret Palmer
- Antoinette Jenni Benneke
- Denise Lillian DeGagne
- Doris Donnelly
- Erna Wiebe
- Frederick M Hobday
- Gerrit de Leeuw
- Ingemar Peter Olaf Johansen
- Irene Matheron
- Jefferal (Jeff Alladina)
- John Stewart
- Lawrence (Laurie) Edward Mills
- Marie Marinette Suzanne Cyprienne Sazie
- Michael John Asher
- Nancy Munro Parry
- Noel Watson
- Pauline Josephine Miller
- Robert (Bob) Townsend
- Royburn Edward Lush
- Thomas Robert De Gruchy
- Walter Reynolds

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.



CROSSWORD SOLUTION

S	C	O	T	T	S	T	A	M	S	T	E	L	G	U	L	F					
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David Young
DavidY@kerbycentre.com
 403-705-3240


Kerby News Business and Professional Directory

Easter at Highwood Lutheran

April 14 **PALM SUNDAY** 10:30 AM

The TRIDUUM
 April 18 *Maundy Thursday* 7:00 PM
 April 19 *Good Friday* 10:30 AM
EASTER SUNDAY 10:30 AM

WORSHIP WITH US EVERY SUNDAY AT 10:30
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Riverview Village, located in the area of Dover, in a well-maintained park-like setting close to many amenities, including churches and shopping. We offer affordable rental suites for independent seniors. Riverview Village is comprised of three unique buildings.

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- Kanerva House offers one-bedroom suites for adults 60+
- Mikkelsen House offers 139 studio, one-bedroom and two-bedroom suites that feature high ceilings and large windows with panoramic views of the city and mountains

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