

Kerby News

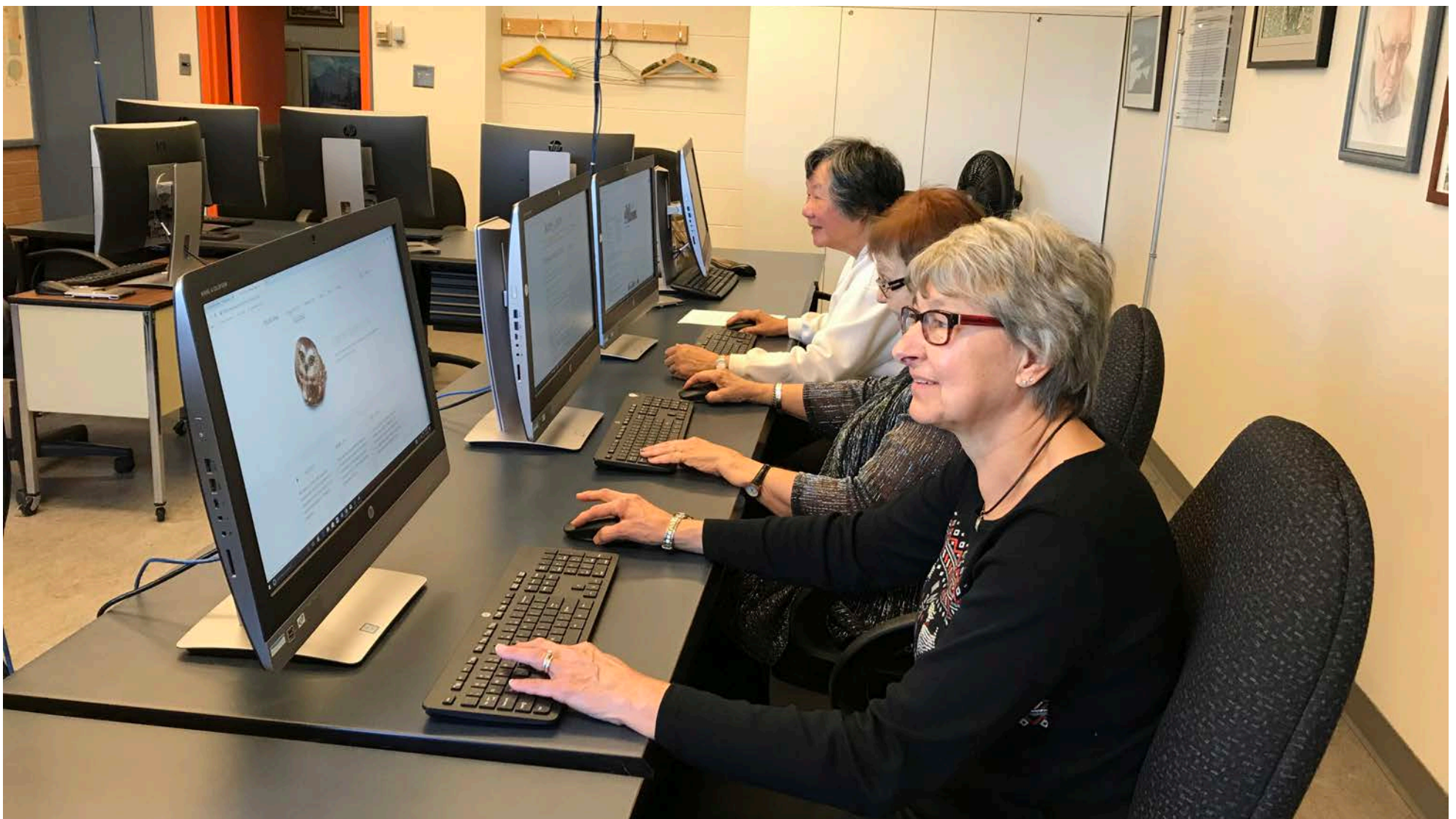
Published by
Kerby Centre

for the **55** plus

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

2019
January
Volume 35 #1

Getting wise to online safety



Joyce Wilkinson, Betty Hollihan and Swee Wong looking up ways to stay safe online.

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Tuesday, January 1, New Year

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The Manor Village at Fish Creek Park

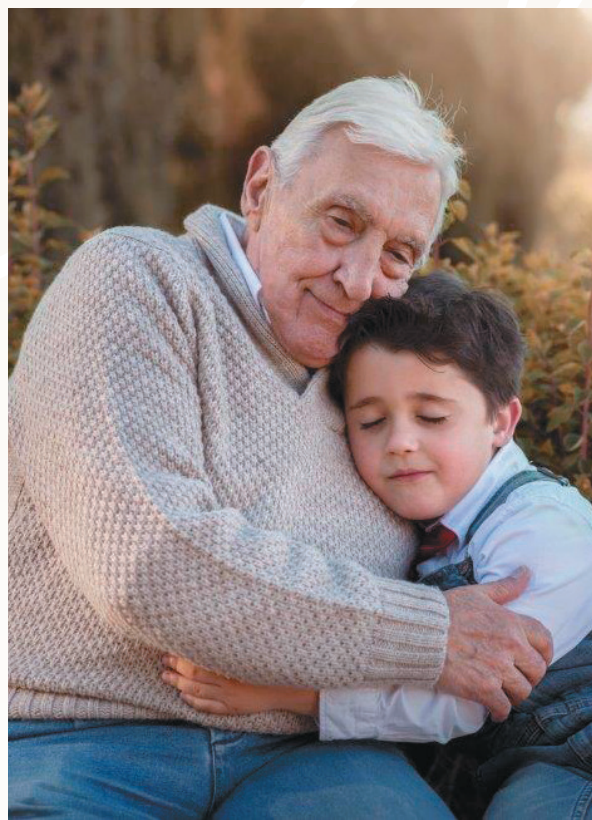
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By ZANE NOVAK
President of Kerby Centre

Becoming a member helps Kerby Centre keep our programs affordable

I want to wish you a Happy New Year!

Christmas and New Years have come and gone, and here we are now, deep in the throes of winter. I hope your holidays were enjoyable. Often times January can be a bit of struggle as the hustle and holiday festivities are now in the past and we have the challenge of deal-

ing with the short days and cold nights.

This is a good time to check out Kerby Centre as we offer a lot of fun and entertaining programs, socialization activities and provide valuable information resources for our members and also for those who drop into our facility.

Speaking of which, do you have your new Kerby 2019 Membership? There are a lot of personal benefits to having a membership, but did you know that by having a Kerby Membership, you are actually helping Kerby Centre in ways that you may not even realize.

Our total membership numbers help us on so many levels, especially with applying for funding from private and public sources. The more members we have, the more funding opportunities we have. This helps to keep our doors open and our programs vibrant, but affordable. It really benefits everyone, from the clients, to the staff, the volunteers, to all the things that we and our team want to creatively bring to you in the future.

Please take a few minu-

tes to purchase your 2019 Kerby Centre Membership!

One topic that I wanted to mention is feedback. Feedback on all matters concerning Kerby is always welcome. For me in particular, I have over the course of time, received feedback regarding the monthly president's message. Up to this point, it has always been very complimentary, and I sincerely appreciate that.

Writing a message to everyone is akin to talking to an empty room. It is not possible to read the body language of the audience so there is no way to know if it is effective or not.

One letter that I received pointed out a slightly different take on a subject that I had mentioned. I wrote an article regarding the importance of socialization and how valuable it was to reach out to others. This particular individual mentioned that for him that was not a viable option and that he had found reading, etc., to be a good outlet. I commend him for finding what works for him, and I guess that is the real goal of what I was trying to say.

Whether it be joining a bridge club, joining Kerby, meeting friends for a coffee or a tea, picking out a good book, having a passion for crossword puzzles, whatever it may be that holds your interest and stimulates your mind and body, just find it and do it.

Staying active mentally and physically holds an undeniable benefit no matter what your age is. Study after study has proven that mental engagement and physical activity is directly related to our overall quality of life.

January can be one of the most challenging months of the year for this, so please let's not ignore this fact. Instead I invite everyone to set a goal of not letting January get the best of you.

Personally, I have several new books that I am looking forward to reading and I was fortunate enough to book a short holiday in January with some dear friends that I am excited about.

I wish you all an incredible 2019 and if you feel like giving me a little bit of feedback, I look forward to all your comments.



January 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.

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How to combat the January blues



By LUANNE WHITMARSH
CEO of Kerby Centre

January is typically a cold month that makes us all feel a little bit grumpy. From increased costs on our heating bills, the slippery sidewalks and the risk of falling, and impassable roads – it is a month to challenge us all... OR, it can be a month to reach out and call a friend, to get to know a neighbour or to get out of the house, start an activity and meet some new people.

The Federal Minister of Seniors, Filomena Tassi, released an excellent research paper that indicated that isolation for older people is severely damaging to their lives. She said: "Social isolation is commonly defined as a low quantity and quality of contact with others. A situation of social isolation involves few social contacts and few social roles, as well as the absence of mutually rewarding relationships." Social isolation can lead to poor health, loneliness, emotional distress and other negative effects.

So, what is to be done? How do we motivate ourselves to get out, stand up, show up and be counted? There is no easy answer – because the answer lies within ourselves. Take the plunge and get creative in your own life. You are the architect of your life. Build a great one no matter your life's experience!

I once heard a really

wonderful analogy from an older person: "Life at all stages is like making soup! When we are younger we quickly throw ingredients into a pot and impatiently wait for the soup. In our middle years we research the ingredients, challenge the processes and eventually eat the soup. As we age we are selective about the ingredients, ponder the growing season of the ingredients, make enough to share with others (or to have leftovers for ourselves) and spend the day stirring and enjoying the wonder of smells."

I ask you today to take a moment and 'make some soup' for yourself and maybe others.

As we start a New Year, let this year be the one where YOU create what you want, and you be the architect of your life. As always, Kerby Centre is here for and with you! May you find health and happiness in 2019!



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Life and liberty

BY LIBERTY FORREST

Good day! Or is it? That's entirely up to you

What kind of day are you having? I hope it's been a good one so far. But if it's been less than wonderful up until now, the rest of it can be much better – if that's what you want.

I know what it's like to have days in which absolutely everything seems to go wrong. And it's extra nasty when you've got the weight of the world on your shoulders, just to top it all off. But you can turn it around.

Just stop. Take a deep breath and let it out slowly. Don't think about all the things that went wrong,

or all the miseries that are weighing you down.

Right here, in this moment, just empty all of that out of your head and think about now.

Re-set your intention to have a harmonious life. Re-set your intention to be happy, to relax and to feel peaceful. Re-set your intention to focus on the positives instead of the negatives.

If your relationship is in trouble, your job is on the line – or you don't have one and you need one – if you're worried about someone who is critically ill (and that "someone" might even be you), just put it all out of your head for this moment, right here, right now.

Just close your eyes and listen to the sounds around you. Breathe deeply and evenly, focusing on letting all the tension drain out of your body.

You can't fix your rela-

tionship or your job right this minute. You can't alter those Bigger Picture miseries in the next few moments. Or even by the end of the day.

But you can continually put yourself back in a calm and focused state of mind, focusing on now, this very moment, and nothing else.

If you keep focusing on

“Re-set your intention to focus on the positives instead of the negatives”

now, being mindful of every present moment, and only dealing with what is right there in front of you to be dealt in this breath, suddenly life is not overwhelming. You will no longer feel as though you're handling the whole mountain at once, but rather, this small step that's right

there waiting to be taken.

Imagine a huge buffet table set with loads and loads of plates and platters all filled with food. And you are a four-year-old child standing there, expected to eat it all.

Overwhelming? Absolutely. Daunting? Definitely. Impossible? Completely. Ready to give up before you begin? Most assuredly.

Be that little kid. Close your eyes. Take a deep breath and relax as you exhale. Open your eyes and look at one small plate. Then take one little piece of food off that plate and nibble on it. That is your present moment managed. Never mind the rest. The other moments will follow one at a time. They'll take care of themselves if you don't try to stuff them all in at once and drive yourself nuts.

And as for all the things that just seem to go wrong in

a day, that's part of life. Let them go and start thinking about all the things that went right up until this moment. And as the rest of your day unfolds, keep focusing on what goes right.

If there are any more glitches, just stop; do not let yourself get bent out of shape. Take a deep breath, think about all the things that are right, that are okay, that are just fine – and move on to the next moment.

If you keep focusing on what goes right and ignore or let go of what goes wrong, your day is guaranteed to improve. It's entirely up to you.

Go on. Have a wonderful day. ▲

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

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5 tips for conquering your next long flight

(NC) Long haul flights and lengthy travels don't have to wreak havoc on your body. Use these five travel tips to ensure your next vacation starts and ends with a relaxing journey.

Pack healthy snacks. Don't depend on inflight catering to get you through marathon travel days. Most airlines offer a limited a-la-carte menu filled with stale sandwiches and sugary snacks. Before you begin your journey, visit your local grocery or bulk food store to

ensure you have high protein and fibre snacks that leave you feeling nourished and energized. Nuts, dried fruits, hummus and granola bars are a few items to consider.

Get up and move. Stretch in your seat and take regular walks down the aisle to avoid unwanted feelings of numbness or stiffness.

Conquer dry eyes. You don't have to suffer from dry eyes onboard. Airplanes are pressure-controlled environments, and the lack of moisture can lead to blurry

vision and irritated eyes.

Before you lift off, pick up some lubricating eye drops. The eye drops provide hydration and lasting protection so you can binge on your favourite TV show or dive deep into your latest ebook in comfort.

Remember that your eyes need at least 50 per cent moisture content in the air for optimal comfort. But on a plane, humidity levels often are below 20 per cent, which is lower than the Sahara Desert.

Be self-aware and pick your seat accordingly. If you're planning to sleep for the bulk of the flight, sit toward the back of the plane where it's usually quieter and less crowded. If turbulence leaves you ridden with anxiety, seats near the aircraft's wing are usually steadier. If frequent trips to the bathroom are your thing, select an aisle seat, your neighbours will thank you.

Finally, wear layers. There will be plenty of chances to get an Instagram-worthy shot on your vacation, but the flight doesn't need to be one of them. Prioritize comfort over fashion while in transit and wear several layers to prepare yourself for a range of unpredictable temperatures. When your seatmate blasts the overhead air conditioning, you'll be happy you did. ▲



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News from City Hall
BY EVAN WOOLLEY

Calgary Councillor for Ward 8

Calling for 2018 Calgary Awards Nominations

In lieu of a column this month, Councillor Evan Woolley instead asked us to publish a call for nominations for the *Calgary Awards*.

The *Calgary Awards* is one of the largest citizen recognition programs in the city. The City of Calgary established the Calgary Awards in 1994 to celebrate and recognize outstanding achievements and contributions made by Calgarians in the previous year.

Each year, individuals, cor-

porations, community groups, and organizations are nominated in five major award categories, for a total of 13 awards. The major award categories are:

1. Community Achievement Awards
 2. Environmental Achievement Award
 3. International Achievement Award
 4. Award for Accessibility
 5. W. O. Mitchell Book Prize
- The City of Calgary en-

courages all Calgarians to look to their neighbours, colleagues, community leaders, local organizations, and businesses for those who could qualify as recipients of the Calgary Awards. Individuals, businesses, not-for-profit organizations, community groups and other organizations can all be nominated.

For additional information, nomination criteria and the online application form visit: calgary.ca/calgaryawards or contact by phone: 403-268-8881.

Nominations open on Wednesday, January 16, 2019.

The Calgary Awards began in 1994 as a Centennial project to commemorate Calgary's 100th year as a city and to recognize outstanding citizen achievements. They celebrate Calgarians who have helped make Calgary the best place to live.

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



This month in Edmonton
KATHLEEN GANLEY

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

Making life better for vulnerable Albertans

The New Year is upon us, providing a great opportunity to look back at how the Alberta government has been making life better for all those in the province – specifically, families, students, and transit riders – as 2018 drew to a close.

I was pleased to introduce the Family Statutes Amendment Act, 2018 in the fall session that will modernize family law to better support unmarried partners and protect children with disabilities. This legislation will mean that the justice system can work more fairly and efficiently for families, and make sure that some of the

most vulnerable Albertans are kept from falling through the cracks. The Act will ensure that unmarried partners would be able to more easily divide their property if the relationship breaks down. It will also make clear that all parents can apply for support for adult children with disabilities or illnesses. The Act will bring changes to property division into force on January 1, 2020.

The Government of Alberta is also investing \$15 million from the Climate Leadership Plan into the new Solar for Schools Program. This program will provide funding to install

rooftop solar panels of up to \$1.50 per watt on the solar energy generated, offsetting the school's energy costs. There is also an educational component, where students and teachers can learn more about climate change and renewable energy technology. The program will be available across the public, Catholic, francophone, and charter school authorities.

Transit riders in Calgary have more options this year with the new MAX rapid bus transit lines. The MAX Orange, MAX Purple, and MAX Teal routes are already in service (with the province committing a total

of \$116.2 million for these three routes), and a fourth MAX route will open later in 2019. More than 320,000 Calgarians living across 53 communities will have access to this enhanced transit service — visit the Calgary Transit website and app for specific routes and times.

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



This month in Ottawa
KENT HEHR

Kent Hehr
Member of Parliament for
Calgary Centre

Supporting seniors today and in the future

Canada's seniors have shaped our country in countless ways and paved a better path for present and future generations.

In less than 20 years, Canada's seniors will represent almost a quarter of our population. Our new federal Minister of Seniors, Filomena Tassi, is leading the government's efforts to better understand the needs of Canadian seniors and to make sure you receive the support you need.

We're working hard every day to give seniors, their families, and future retirees greater security and a better quality of life.

Improved EI (Employment Insurance) caregiver benefits, make it easier for Canadians to take a leave from work in order to care for a family member in need.

\$6 billion dollars in funding has been committed to provinces for better home care, including palliative care, and

steps have been taken to create safer, more accessible and affordable housing, so more Canadians, including seniors, have a comfortable place to call home.

The government has enhanced the Canada Pension Plan (CPP), lowered the age of eligibility for Old Age Security (OAS) benefits from 67 to 65 years, and boosted the Guaranteed Income Supplement (GIS) by nearly \$1000 a year for vulnerable seniors.

Our Liberal government has taken action to stand up for seniors and we'll continue to take the necessary steps to ensure that you can live a more dignified, secure retirement after a lifetime of hard work.

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

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

Joint Encampment Team pilot becoming long-term

With winter setting in, addressing illegal encampments becomes even more urgent. Through the Joint Encampment Team (JET), the City balances the health and safety of vulnerable citizens, while also addressing bylaw enforcement and citizen concerns about the impact encampments have on

community safety. With the JET pilot wrapping up, and the program becoming long-term, the City has helped 46 vulnerable citizens connect to permanent housing since April and responded to more than 1,500 encampment reports in 2018.

JET was formed to create a corporate wide re-

sponse that addresses encampments within 30 days. This response time allows the City to work with occupants to connect them to financial, housing and other supports and services to address their root causes of homelessness. A consistent approach to encampments also allows for the safe re-

moval of the encampments.

At the centre of JET is the Partner Agency Liaison (PAL) team, a two-member team of community peace officers who are responsible for encampment occupant outreach.

Due to health and safety issues, citizens should not attempt to enter an encampment or confront occupants. In-

stead citizens are urged to call 311 to report illegal encampments so they can be dealt with in a safe and responsible manner. They should call 9-1-1 if there is an imminent risk to health or safety.

For more information on The City's process for addressing encampments, visit calgary.ca/encampments. ▲

Living with Parkinson's disease

Parkinson's disease (PD) is the second most prevalent neurological disease in Alberta, after Alzheimer's disease. It affects 1 in every 100 individuals over 60 years of age, more than 3000 people in the Calgary region, and more than 10,000 in Alberta.

Age is the biggest risk factor for PD. The average age of onset for PD is 58 years, and 85% of people with Parkinson's are over 65 years old.

Parkinson's disease is a chronic progressive neurodegenerative disease. Parkinson's occurs due to a loss of dopamine cells in the brain. Dopamine is a neurotransmitter that helps to regulate the body's movements. Less dopamine in the brain means less control of movements and less mobility in general.

The more visible physical symptoms of Parkinson's are called motor symptoms, and most commonly can include tremors, slowness, or stiffness – as well as walking and balance issues. These begin in most people after 60-80% of dopamine-producing cells have already died.

While the effects of Parkinson's disease on movement are often the most visible, other impacts not

associated with movement are very common and can sometimes have an even greater impact on quality of life. These are referred to as non-motor symptoms. Some examples of non-motor symptoms include mood changes (depression, anxiety, apathy), sleep disturbance, memory and thinking challenges, constipation, and speech and swallowing concerns.

Parkinson disease is very diverse and affects everyone differently. No two people will have the same symptoms, severity of symptoms, or progression of disease.

It is widely accepted that an individual's frame of mind greatly impacts the way they cope with chronic illnesses and this is certainly the case for people living with Parkinson's disease. Hal Murray was diagnosed with the condition about four years ago when he was 73. When he received the diagnosis he realized that there would now be some increasing physical limitations to deal with, and he had to decide how he would face this new reality.

Murray said: "Being one who always tends to be optimistic I decided to put everything up front and immediately share my situation with

family and friends, and begin learning about Parkinson's as much as I could." He said it is nice to know the why of the disease, but to Murray it is more important to know how to live with Parkinson's.

Looking back, Murray can recall that there were some symptoms evident before his diagnosis. Fumbling with buttons on a shirt, tremors of his left hand and foot, and not being able to walk as sprightly and as smoothly as before are some of the new aspects of his life.

From the start he attended a Parkinson's support group, meeting others facing similar issues and learning more about the disease from other sources. Recently, Murray attended a presentation in Calgary by Nathan Dempsey, an NHL hockey player, who was hit with the disease in his prime as a player.

"It was inspirational and heartening to hear his story and how important it is to push yourself to do the things that you are able to do," said Murray. "I would tell people that are newly diagnosed that this isn't the end of your existence. You are facing some limitations, but life goes on, and you need to live it!"

The cause of Parkinson's is not known. The complexity



Hal Murray is learning to live with Parkinson's.

of the brain makes the search for the underlying cause of PD very challenging. The latest research indicates a unique combination of genetics, environment, lifestyle, and other factors that may be at play for each person who develops PD.

There is no known cure for Parkinson's disease. Medication and exercise are the two main ways in which individuals manage their symptoms and live well with Parkinson's. Medications for Parkinson's disease manage the symptoms of Parkinson's by replacing and enhancing the loss of dopamine in the brain. Exercise has both short and long term benefits for people with Parkinson's. Exercise helps with symptom management, to increase and maintain strength and mobility, and currently has been the only intervention shown by research to slow the progression of the disease.

A study out of the Uni-

versity of California has also highlighted the benefits of playing computer and video games. More than half the subjects in the three-month research project showed improvements in walking speed, balance and stride length.

Another study out of Bangor University in Wales, also showed that playing computer games can help stimulate impaired areas of the brain and improve motor function. Initial evidence showed that some patients were able to move faster more easily after playing computer games.

The Parkinson Association of Alberta supports people living with Parkinson's disease and their families by providing: monthly support groups, one-on-one supportive counselling, providing up-to-date information sessions and resources and exercise, social, and arts programming. For more information go to <http://parkinsonassociation.ca/> or call 403-243-9901. ▲

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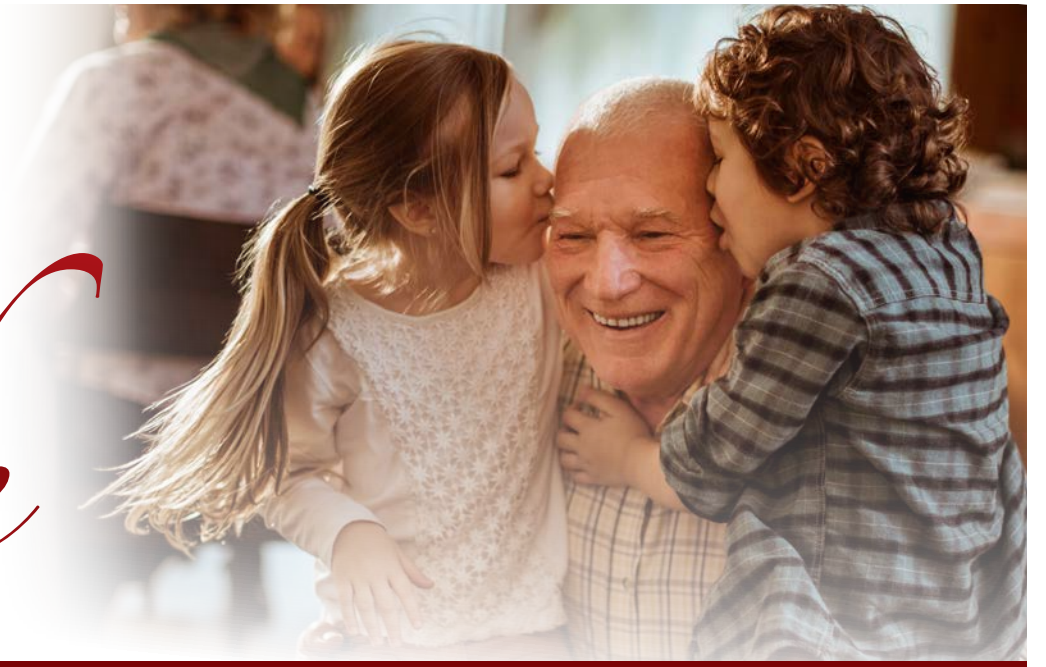
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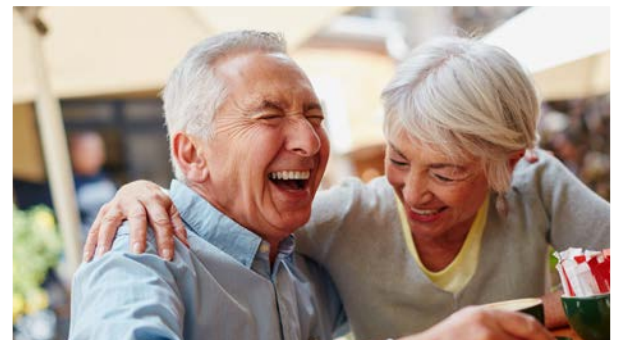
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Saddle up as High Performance Rodeo plays tackle aging, real estate and history

By Sheila Addiscott

Get on your horse and out of the house this January. Check out one of High Performance Rodeo's many events. Entering its 33rd season there

are more than 20 performances to choose from throughout January, including the brand new offering 'Live Your Prime with Damien Frost', the comedic true story 'Crawlspace', and award-winning

festival favourite 'Sansei: The Storyteller'.

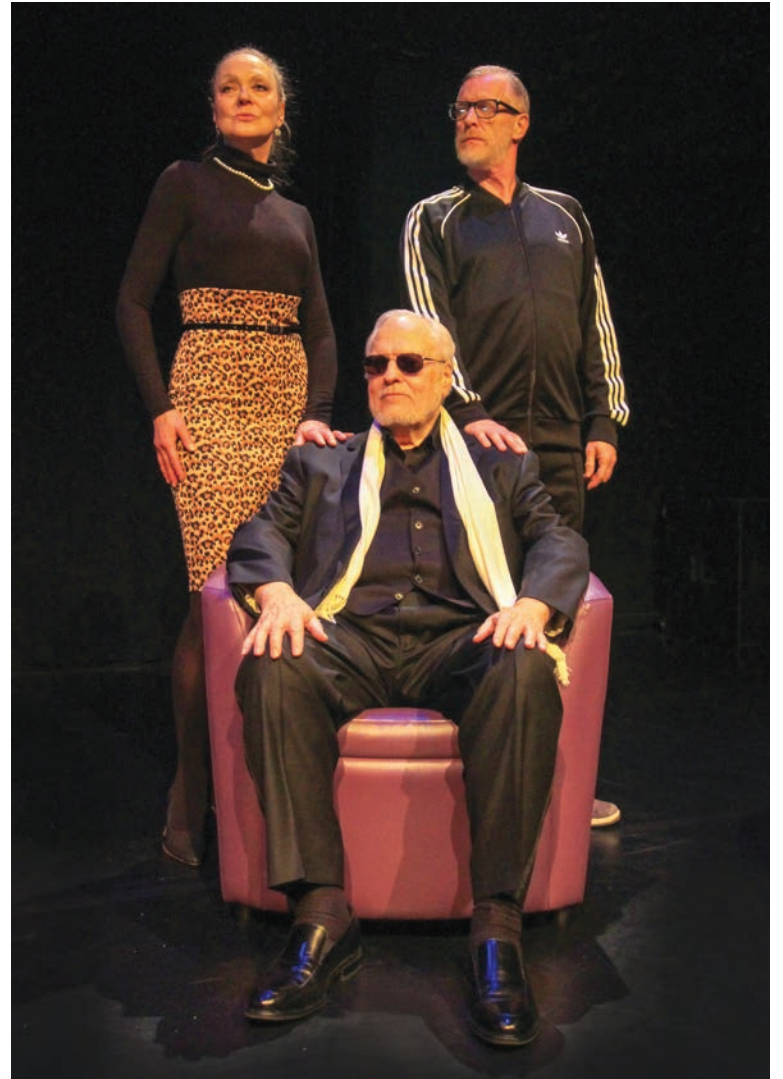
One Yellow Rabbit Performing Ensemble (OYR) premieres their brand new satirical comedy 'Live Your Prime with Damien Frost' about aging in the 21st Century, directed by Blake Brooker and starring actor and playwright, John Murrell, OYR company actor, Denise Clarke and Andy Curtis. The entire cast is over the age of 55, and busier than ever.

At 73-years-old, Murrell is still in his prime both physically and mentally, and plays the title role, Damien Frost, in 'Live Your Prime with Damien Frost'.

Damian Frost is a motivational speaker and he wrote a book in his early 30s about owning time. His mantra is that you own time, time does not own you. His book became a best seller and he became a popular author and speaker. The other two relationships he has in the play are with his son, Damien Jr. played by Andy Curtis, who struggles in his father's shadow and his fifth wife Darlene, played by Denise Clarke. Damien has surrounded himself with his family members, who have monetized what he is doing.

Damien believes 100% in what he is passing along to his audience. He is an evangelist for his cause. He is genuine, Damien believes heart and soul in what he is saying and doesn't care about money, but his son and wife have other plans.

This story deals with the challenges of time that we all face. And with some very exciting dramatic moments and with a lot of humour, because



Actor and playwright, John Murrell (seated), OYR company actors Denise Clarke and Andy Curtis.

the relationship between these three people has as much comedy as most real families do.

"This play has a lot to say to seniors, as they can identify with the story and the characters. When we first sat down together to talk about creating this show, I remember saying that the one thing that I wanted to insist on, is that questions of aging must be a part of this play, because of my age and how I am accommodating the years," said Murrell.

"It is a crazy mixed-up family. We are playing our own ages, and some actors

don't like to do that, because they like to stay young for as long as possible, but we are all happy to be doing it. I thought that we should embrace what is happening in our personal lives and bring that to the stage. It is very liberating," he added.

In some areas, Damien is more like Murrell than he would like to admit. "There are a lot of moments though, when I wouldn't want people to think, hey Damien is a lot like John Murrell," he added. "I have written several new plays, and all of those plays, without my having planned this, deal with the subject of aging gracefully, powerfully and interestingly, because that's very much on my mind and in my heart these days."

At some point Murrell will retire from acting, because of the physical demands, but he will never give up writing. "I don't think writers of any sort usually give up writing, writing gives us up instead," said Murrell.

"I am doing chemotherapy now for myeloid leukemia. It has changed my life and in many ways it changed my life for the better. I stay positive. It is working now, and I still have ideas that I want to fulfill. It has really been a kind of launching pad for this part of my life. I do believe that things like this change us, and to some extent we can choose how it changes us. That sounds like Damien Frost, but I mean that from my heart," said Murrell.

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Saddle up, High Performance Rodeo *(continued)*

“OYR is so good to me, they are so respectful and such wonderful colleagues. I feel unbelievably lucky in my life. The theme of the play is heartfelt, especially for people of a certain age. It is about how we cope with time, by owning time, by taking responsibility for our time and never giving that away,” he said.

Calgary’s own Denise Clarke, Member of the Order of Canada and OYR director and choreographer, at 61 plays Darlene Frost, Damien’s fifth wife.

Clarke explained the project: “This project was born out of a desire to work together with John and the rabbits. We focussed the story to put John in the centre, and we moved into a really interesting explanation of what it means to be vigorous and still have all your abilities and be in your prime, but really reaching the point where you just don’t want to work that hard anymore.”

“My character, Darlene, is kind of a piece of work. I had the most fun transforming to be this character. She is very funny. I am very interested in roles that people my age are playing that are dynamic, canny, witty, and not just representing typical older characters,” said Clarke. “The stereotype that, ‘oh she’s hit 40 and there are no roles’ is no more. Theatre has changed, and the roles and opportunities for older actors are there.”

Crawlspace

Writer and actor Karen Hines now lives in Calgary, far away from the disaster that was her tiny dwelling in Toronto, and the inspiration for her play ‘Crawlspace’.

The story ‘Crawlspace’ is true, and all of it did happen, though the character in the play is not quite Hines, but more an exaggerated version of Hines from that time.

“This is a dark comedy. I poke fun at myself a great deal for being part of the problem. I wanted this house so badly that I let myself be duped in a way. I make fun of the real estate market and the language they use, and also myself, going crazy in Pottery Barn,” said Hines.

Most people, by the time they are seniors, have had some terrible house disaster such as the Calgary floods, foundation problems and leaking roofs. And the piece provides some catharsis around that. There is an examination of the good fortune of being a house owner, but also the fact that it can all fall apart.

When Hines eventually sold the house, she sold it

with full disclosure of all the defects. “I couldn’t have lived with myself, after living that nightmare, I couldn’t do that to someone else,” she said. That 400 sq. foot Toronto house has since been flipped multiple times for two-and-a-half times what Hines paid for it.

“I’m happy that I did get out of it alive, and with my soul and sense of humour intact. I think that if I keep up the minimum payments, I will have the house paid for in 60-70 years,” she said. Hopefully, it won’t get to the 60-70 years, as a producer has commissioned Hines to write the screenplay for ‘Crawlspace’.

“Wouldn’t it be an amazing thing to pay off the house with the proceeds of a movie about owning it,” said Hines.

Though not in the play, Hines does get a happy en-

ding in real life. Coming west to Calgary has become her home: “I’m now living with the love of my life and everywhere I go now is home,” she added.

Sansei: The Storyteller

Mark Ikeda’s ‘Sansei: The Storyteller’, entering its fifth year of performances in festivals across Canada, returns to High Performance Rodeo this January. ‘Sansei: The Storyteller’ was created and performed by Ikeda.

Sansei means third generation Canadian. “I am the youngest Sansei in Canada,” said Ikeda.

This is a very personal story to Ikeda and tells the story of his family’s history of the Japanese internment in World War II. The show is about how his family has dealt with this past and has moved forward from it.

“I had the opportunity to perform outdoors in the Cohen Gardens in BC, on land that was part of the internment camp where my grandmother, and my aunt and uncle lived for more than two years. When I was performing there, what happened to my family, really hit me,” he added.

Tickets for all performances can be purchased online at www.HPRodeo.ca or through the Arts Commons Box Office at www.artsccommons.ca or by calling the box office on 403-294-9494 or in person at the Arts Commons Box Office at 225 8th Avenue SE (main floor). ▲



Writer and actor Karen Hines in ‘Crawlspace’.

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Grow and eat your microgreens

By Eunice Clerk

Growing microgreens can easily be done by anyone and it does not cost a lot to get started. Microgreens are essentially the seedlings of vegetables and herbs, harvested after sprouting as shoots.

Microgreens come from seeds that are planted quite densely and harvested when young and immature. They are loaded with nutrients and have a light, delicate taste. The seeds can be grown in a variety of mediums such as dirt, vermiculite or even on a wet paper towel.

The seeds don't take long to sprout, often being ready to harvest in as little as 5 to 14 days, depending on the seeds and the growing conditions. They can be harvested over a number of days. You just cut what you want to use at the time. They will continue to grow and remain fresh for several days. They are best eaten right away and they make a great garnish for salads, or add them to a sandwich or a smoothie.

The greens are very nutrient dense, with more vitamins, minerals and phytonutrients than the mature

plant that they would grow into. Microgreens are full of flavour, often having more flavour than the plant has at maturity.

These greens can also be a good way to get children, and adults who don't like their greens, to eat vegetables, as they may be more inclined to try something that they have been involved in growing. And they don't have to wait long to see results.

Microgreens leave a very small carbon footprint. Once you have the seeds there is no further travel required. Your footprint is literally from the window sill to the table. It gives a whole new meaning to eating local. It is a small, but important contribution to nutritional security.

This type of gardening is good for someone with limited mobility as there is no heavy lifting involved and no large tools or equipment to deal with. It can easily be done indoors without the use of pesticides or fertilizers. As well, growing microgreens can easily be stopped and started, unlike a garden that requires a commitment over the entire growing season.

You do not have to

change your diet to incorporate microgreens into your food plan. Simply add them to anything and everything you already eat. They are easily digested and you can have an unlimited supply of fresh, nutritious and tender salad greens.

One inexpensive way to get started is to use a clamshell produce container. It just takes a paper towel and seeds, and you can have a low cost microgreen garden with little effort or maintenance.

Simply put two slits in the lid of the container, one across from the other on two opposite sides, near the edge. Place a paper towel across the top, putting each side of the towel through the slit so it will sit inside the container bottom which you fill with water. The paper will wick the water to cover the entire towel, and once wet simply sprinkle with seeds, covering generously, but not having the seeds overlap one another. Put in a dark spot until the seeds have sprouted and small yellow leaves appear. Move to a sunny spot or under a grow light and they will be ready to harvest in a few days.

If you are looking for



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Making the right choices can improve your health

By Grace Stone

Beginning a new year is often a time of change, one that can be a golden opportunity to gain a new perspective on maintaining and

improving health. As we start 2019, being aware of nutrition and fitness decisions can make the difference between a good year and a great one, and knowing how to make those decisions starts with

listening to our caregivers and medical practitioners.

A Licensed Practical Nurse (LPN) from Calgary's South Health Campus, Lorraine Letourneau has been working as a nurse for nearly 20 years. There are a few main things that she sees as important to maintaining and improving health as people get older.

The first is that everyone should have a family doctor. Studies have shown that people who have one doctor have a higher rate of healthier living and can live longer. One such study, 'Quantifying the Health Benefits of Primary Care Physician Supply', also suggested that having a primary care physician not only lowered hospital admissions, but reduced emergency room visits and surgeries too. This is because a single physician can know a patient's personal and medical history and is therefore able to make a more accurate and in-depth diagnosis.

Letourneau said: "Don't go from one doctor to another to another, because that doesn't benefit you or allow the doctor to best help you."

She also says that it is important to visit a family doctor on a regular basis, to get health advice and to listen to it and follow through. During visits, physicians are able to track a variety of concerns, such as those dealing with possible preventive measures such as PAP tests, immunizations, bloodwork, PSA tests or mammograms.

For those with chronic illnesses such as heart disease, diabetes, obesity, or others, it is an opportunity for the family doctor to monitor and track progress and stability. Without somebody monitoring a patient's health, illnesses are left to progress, and sometimes are not caught until it's too late. It is important not to miss medical appointments and to make those regular visits to the doctor. One easy New Year's resolution to make and keep this year, is to find and build a lasting relationship with a family practitioner.

Similar to staying with one family doctor, it is also important to stay with one pharmacy. This will allow the pharmacist to keep and check a patient's prescription history on their computer system and allow them to identify how new medications interact with any others that a patient may be taking.

If a patient finds that remembering all of their prescriptions is difficult, a regular pharmacist will also



Licensed Practical Nurse, Lorraine Letourneau from Calgary's South Health Campus.

be able to provide a review of all the prescriptions and their dosage if they have a record of a patient's prescription history.

A patient can also ask a pharmacist to read out the instructions for prescriptions and highlight any potential side effects. The pharmacist can even print a list for the patient to bring with them to doctors' and specialist appointments so that everyone has a better understanding of their medical history. Ensuring that a prescription is effective starts with better communication, which can be improved by having a pharmacist that you trust to help.

Letourneau emphasises the importance of preventive measures to avoid illness by getting the recommended amount of exercise and the correct nutritional intake to improve one's standard of health. Letourneau suggests getting 6-7 servings of fruits and vegetables per day, as they contain many important vitamins and minerals and offer protection against some diseases such as high blood pressure, heart disease, and cancer.

Seniors over the age of 65 should take daily light to moderate exercise to stay mobile, even while sitting. Community centres, Kerby Centre, leisure centres and fitness clubs offer programs for all abilities that help se-

niors to stay active. Classes such as Gentle Seated Yoga, Qi Gong, Zumba, Tai Chi, indoor cycling, dance, Nordic walking and other fitness classes help improve functional strength and core balance. There are a wide range of classes that can help to enhance range of motion, strengthen muscles, work on balance and agility, improve posture, boost energy, and increase mobility and coordination.

It is also important to practice self-care. Letourneau said: "It is very important to take care of yourself and be mindful of your health, especially as we age."

This means keeping an eye out, not only for physical aches and pains, but also for mental wellness. It means watching stress levels, sleep habits, and maintaining a healthy social life. It also means spending time on yourself to think about these factors and seek improvement by talking with your family physician about physical and mental concerns, setting health goals, and doing more things to make you happy.

Making 2019 a better year starts with better health. By remembering to focus on what's best for your needs and prioritizing a healthy lifestyle, you can improve your standard of living this New Year and for many more years to come. ▲

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On Sunday, January 20, look up, to see the only total lunar eclipse visible in Alberta this year, so don't miss it.

It starts at 7:30 p.m., reaching total eclipse at 9:45 p.m. A lunar eclipse occurs when the Earth passes between the moon and the sun. In effect, the moon passes through the earth's shadow.

It will be visible in Alberta in the south-eastern sky.

The event can easily be seen with the naked eye, though a good pair of binoculars can give an up-close view of the moon's surface.

The moon does not go entirely black as in a solar eclipse, the moon actually turns a red brown colour. ▲

Wise up to online safety to avoid getting scammed

By Sheila Addiscott

The competition Bureau of Canada estimates that seniors between the ages of 60-79 were scammed out of \$94 million between January 2014 and December 2017. Many of these scams used email and the Internet to target seniors. Fresh off the Calgary Stampede's Grey Cup win, football player, Rob Maver, visited seniors at Holy Cross manor to talk about cyber safety.

Maver was one of the presenters of the Telus Wise senior's workshop. The workshops were developed in response to the increased targeting of seniors in online frauds, and in response to the growing number of seniors using the Internet.

Maver said: "When this opportunity was presented to me, one of the reasons I said yes is that one of my grandmothers is all about everything digital. She has Facebook, does her banking online and she does research online. My grandmother is at risk and I want her to be aware of all the things she needs to do to be safe using the Internet."

Many online threats, including ransomware and viruses, make their way into our digital lives through phishing emails. Phishing emails are fake or deceptive emails that encourage recipients to download malicious attachments, click on bad links, or visit fraudulent websites where you provide confidential information that is then used for fraudulent purposes.

Once a criminal has someone's personal information they are able to steal their identity and apply for credit cards. Nobody is immune, not even professional athletes, said Maver.

"I have seen my friends, other professional athletes, find social profiles created by other people that try to imitate them. Not only am I a professional athlete, but I am a business man too and I have an online business, so it's extremely important for me to be secure online and to keep top-of-the-line cyber security for my business," he explained.

Legitimate service providers like banks, will not initiate communication with customers and ask them to provide or verify sensitive information through a non-secure means, such as email. If something seems suspicious or too good to be true, it most likely is, so pick up the phone and call your service provider or financial institution directly to verify the validity of an offer or request for account information.

Never click on suspicious links or attachments, even if they look interesting. A lot of scams are spread through links and attachments that people open. Do not click on pop-up windows claiming that the reader has received a winning lottery or sweepstakes prize. If you haven't entered any contests, it is a scam.

Director of the Telus Wise program, Nimmi Kanji said: "These scams are not only abundant, but growing in volume, complexity and risk."

Do not respond to phone calls or emails that request personal or financial information, especially those that use pressure tactics or prey on fear such as the Canada Revenue Agency (CRA) scams. The CRA does not send emails with a link asking consumers to divulge personal or financial information. The CRA will also never request payments by



From left to right, Stampede fans, Jerry LaRose, Stampeder Rob Maver and Donna Bosch at the Telus Wise Seniors talk.

prepaid credit cards.

Do not post personal information online and don't disclose it to unknown parties. That information includes address, phone numbers, date of birth and names of family members. Use a separate email account for online activities like shopping, gaming and dating sites.

"If I could give people one takeaway, it is to keep all of your personal information safe. Don't give it out to anybody, until you can verify that they are who they say they are," said Maver.

Setting a strong password can help to stop someone from hacking into your email, your banking and social networking accounts. A good password is at least eight characters long and includes numbers, letters and symbols. Public Wi-Fi is an easy way for hackers to access personal information. To protect yourself, do not log into personal accounts while you are using public Wi-Fi.

Holy Cross Manor res-

ident and workshop participant Jerry LaRose had already made some changes to how she uses the Internet, especially after being targeted by an online Phishing request.

"I am really cautious about who I let be my friend on Facebook, it's really just my family now. If I don't know them, I am not going to accept their friend requests. Because one time, I had a request from someone, who said they were the president of Facebook, and they were asking me if I applied for a rebate, and wanted my personal information and it turned out to be a fraud."

After participating in the workshop, LaRose said that she is going to make even more changes.

"I'm not going to enter any more online contests and I'm not going to use public Wi-Fi anymore, especially for my banking," she added. ▲

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FREE ENTRY!!

Celebrating a milestone birthday with three generations

Story and photos by Rita McGillivray
Page layout and design by Winifred Ribeiro.



Hookipa Beach.

In my world, big birthdays that end in zero need special attention. They come around only once every ten years, and the more of them we see the more special they become. And so, for me, 2018 represented one of those big years and I was tasked with the wonderful project of finding exactly the right way to mark this milestone for me. The question though, was what to do and then how to do it?

I remembered taking my children to visit their grandparents down south during the years when they used to spend part of their winters in California or Texas, and we all fondly remember those trips. I remember walking along the beach in the morning, picking up sand dollars and seashells with Nana for craft making and having fresh pecan pie that she baked

with local nuts, or the ridiculously fresh grapefruit that we ate for breakfast before rushing out to the pool.

Nana and Papa aren't travelling down south any more, but the memories still live on.

That's what I wanted for my special birthday. I don't need any more "stuff". I wanted the gift of time with my clan, and I wanted us to do something that would give us more sweet memories that will continue to nourish our souls for decades.

Thus was born the idea of putting together a family trip with my three children, their spouses and three young grandchildren. My brother and his wife who live in Mexico would make up the balance of a party of 13.

As might be expected, with young families busy with work, school, paying mortgages, and

juggling many balls in the air at one time, carefully planning such a trip where everyone could participate would be needed. In fact, the seed of the idea was first planted 12 months in advance. This you must do in order to reserve everyone's time and to allow sufficient time to set aside the resources that are needed for vacations.

Then came the fun of deciding where we should go? Some of the criteria that came to mind right away were easy and obvious. The distance needed to be reasonable, as I couldn't ask for more than one week away from home. Also with young children, there is a limit on how many hours they can sit like angels in a cramped airplane!

I wanted it to be a destination unknown to the family members — not an easy task for this well-travelled family. It needed to involve sublime beaches with miles of pristine sand for play, and interesting side trips for those who had a hankering to explore the region. Lastly, I wanted a place where we knew we could avail ourselves of



Three generations hula dance.

easily accessible and high-quality medical services since we were travelling with children as young as six months old.

Over the years I've come to realize that dreaming and planning such a trip where everyone could participate would be needed. In fact, the seed of the idea was first planted 12 months in advance. This you must do in order to reserve everyone's time and to allow sufficient time to set aside the resources that are needed for vacations.

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Luckily for Calgarians, both WestJet and Air Canada offer direct flights between Calgary and Kahului Airport in Maui. One of the benefits of planning far enough in advance enables family members to take advantage of special offers using saved Airmiles and other flash sales.

I used the popular website VRBO.com to identify two lovely condominiums in the Wailea Palms complex; a short

walk apart from each other, and a few meters from the swimming pool as well as within walking distance to the beach. My brother and his wife were able to convince me easily that waking the grandchildren in the middle of the night would not likely result in the kind of memories we were seeking, and that driving up the volcano to witness the sun setting on my previous decade was sure to be the next best thing.

Of course, they were right. We had a wonderful trip late in the afternoon, awed by the vistas afforded on the road up and peeking into the world's largest crater, and indeed the sun set in a most spectacular fashion.

It wouldn't be fair though to not mention that the road to the top of the volcano is certainly

a vantage point high above the clouds would be a spectacular if somewhat cold experience. Since 2017 it has been necessary to have a reservation to travel up the incredibly twisty road to the top. This was on the list for my birthday morning.

This was a family vacation though, and everyone's needs had to be considered. My children were able to convince me easily that waking the grandchildren in the middle of the night would not likely result in the kind of memories we were seeking, and that driving up the volcano to witness the sun setting on my previous decade was sure to be the next best thing.

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Big Banyan Tree in Lahaina.



Rolf and Rita at the birthday Luau.

a twisty one, and each in their own turn, the three grandchildren had bouts of car sickness. It was surprising to come around one corner on the road and recognize my little granddaughter standing on the side of the road in her underwear while her parents performed a roadside sponge bath (she seemed somewhat undaunted).

A rental car is recommended in Maui for travellers who want to move around and see the sights of the island. However, there are plenty of tour operators on land and water who are only too happy to guide you around. We had three rental cars for our group, including one seven-passenger van that we were able to obtain by redeeming our Air Miles.

The small town of Lahaina situated on the western side of the island is hugely popular with tourists to Maui. With more than 1000 years of history, at one time in the 19th century it was the capital of Hawaii. It was also the centre of the whaling industry. Today the main Front Street of the town has been restored and there were many historic sites to ponder as we walked along the street enjoying Dole whip, a popular ice-cream treat made with fresh pineapple. The largest Banyan tree in the USA, first planted in the late 1800's is now a central focus and has a park named for itself in the centre of town. The tree provides a

cool, shady resting place.

Everyone in the family enjoyed separate outings to Lahaina, a short 42 km drive from our base in Wailea. While we were a little early for whale-watching, Lahaina is the place to go for excursions on the water to witness the annual migration of Humpback whales from January to March.

The Road to Hana is probably one of the best known excursions for tourists who are comfortable navigating narrow twisty roads. The road winds its way along the lush, remote Northeastern coast of Maui, and is reported to have over 600 hairpin turns, 57 one-lane bridges, and dozens of waterfalls to gawk at as you pass by. To make the complete tour takes a full day, including time to get out of the vehicle and explore along the way.

As we are long-distance motorcyclists, the twistier the road the more we enjoy it. However, after the car sickness experiences of the grandchildren, this was one excursion that my husband and I took on our own, while others in the party chose to golf on one of the many spectacular golf courses and others did a snorkelling cruise to the nearby island of Molokini.

Not far from our complex in Wailea we were delighted to find the Makena State Park. After travelling a short distance on a dirt road, we came to La Perouse



Rolf and Rita on top of Haleakala volcano.



Wailea Gold Golf Course.

Bay, the site of the last time Haleakala volcano spilled its lava down to the water. Here we were amazed by the hard rocky fields of lava and the eerie ghostly trees that we wandered through on a short hike. This is a nature preserve and is considered to be a great place for dolphin spotting, swimming with turtles and exploring blow holes and tide pools. We were lucky enough to experience a rare sighting of a monk seal with her pup. They give birth on shore and remain with the young for up to seven weeks. She had been there 23 days when we encountered her, under the steady guardianship of a local park ranger.

One of the secrets of a successful multi-generational family trip is to recognize that everyone has different interests, energy levels and need for alone time that must be respected. Having comfortable accommodation with space for privacy, access to transportation that can be used independently, and an agreement that not everyone has to do everything together will go a long way to keeping things peaceful.

With today's iPhones it is easy to keep each other in the loop for meeting up, or just letting others know whether you'll be there for dinner or not, people feel free to relax, do their own thing and return home feeling refreshed and happy with each other.

One event that we all agreed

on, and is not to be missed while in Maui, is to attend a traditional Luau feast and cultural show. On the day of my actual birthday, which I share with my son, we invited all of our family party to attend the feast at the Grand Wailea resort located a few minutes from our accommodation in Wailea. The Grand Wailea is a Waldorf Astoria property and is worth visiting just to admire the grounds which are truly amazing. We all met in the lobby bar for a refreshing Mai Tai drink before we were taken to our premium seats outdoors at the Luau performance centre.

After a lovely meal of roast pig, other meats and many beautiful traditional side dishes of the islands, fresh fruits and sweets, we were treated to a gorgeous sunset once again, and as the night fell, a truly enjoyable cultural show complete with the island beauties performing the Hula, fire swallowers, and other traditional dances to the sounds of local drummers and singers.

At the end of the night, my five-year-old granddaughter came up and tapped me on the arm. She looked up at me and with great emotion in her face and voice said, "Grammi, your birthday was just incredible."

I felt my heart swell, "Why yes it was, wasn't it?"

Memories of our multi-generational Maui family vacation will be with us for a long while, indeed. ▲



Sandcastles at Keawakapu Beach.



Lunch at the Monkey Pod.



Husband Rolf and bamboo grove on the road to Hana.



Along the 2 mile Wailea walkway.

Protect yourself from technical support fraud

By Sheila Addiscott

Computer technical support scams are where scammers use scare tactics to trick people into paying for unnecessary technical support services that they have hypothetically, remotely identified on the consumer's home computer.

In our digital society, there are countless consumers who are taken advantage of by scams on the phone, through unsolicited emails and by illegally-operating computer companies. People need to know what information to share and who they can trust in order to be able to protect themselves.

Some customers have been fooled by phone scammers calling to say that they are from a well-known company like Microsoft or Apple. The scammers then tell people that there's something wrong with their computer and offer to fix it for a few hundred dollars. Online scammers send out authentic looking text messages or emails with similar messages offering to remotely access a computer for an upfront credit card payment or repair subscription fee.

If a consumer allows the scammer to remote in to their computer to fix the issue, the scammer often installs malware entry software on the computer that allows them to access the computer at a later date. They can then retrieve any information that they want from the comput-

er, including bank account information and passwords, allowing them to cause further financial damage to the consumer.

Once a scammer has been allowed access to a computer there is an 80% chance of losing money and a 20% chance of victims suffering identity theft. Often, more than half of computers are left with a virus and operating system damage, needing legitimate repair costing as much as the price of the scam itself.

Ensure that the manufacturer-provided antivirus software for your computer is turned on and regularly updated. Or purchase and install antivirus software on your computer, such as Kaspersky, McAfee or Norton AntiVirus. Having antivirus software installed protects a computer from malware. There is also

software like Adblocker Plus available, that prevents pop ups that can introduce viruses into a computer.

Check the email address of any website you are visiting. It should have a lock icon and should start with https://. The 's' is very important, as this, along with the lock icon, means that the site is secure and that all communications between your browser and the website are encrypted.

Social Engineering is a tool that all types of scam artists use. It is the art of manipulating people so that they confide personal and confidential information to an unknown third party. Criminals use social engineering to trick people into giving them personal security information.

An example of Social Engineering is where a caller says that they are from the person's bank and requests information about a victim's bank account so that they will be able to analyse the account for vulnerabilities claiming it will help to keep the bank account secure. The report they send will then include more steps to secure the account. Once they have established trust, the scammers move on and ask for the victim's ATM card number, expiry date, PIN, and the three digit security code printed on the back of the card. They may also ask for a mobile phone number. Now they have managed to steal all of the victim's personal information.

To avoid these issues, don't visit any websites or install software recommended by unsolicited callers or emails. If you receive this type of email, do not click on any links in the email, and delete the email. Legitimate software companies do not contact consumers offering these services, you must contact them yourself. Download software only from official software company sites.

Once a criminal has access to a person's personal information, they can access their social media accounts as well, stealing that individual's identity and continue the criminal activity by finding new victims from the person's social media.

Phishing attacks are another way that criminals target people. A phishing email, is one that seems to come from a trusted source like a financial institution or friend asking for personal information, or notifying you that you are a competition winner, that you are the 10,000 person to click on a website or that you will receive an inheritance from a long-lost relative.

Continued on page 17

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Discovering my parents' voices while downsizing

By Barbara Ellis

Over the last two decades, the term 'downsizing' has come to mean various things to me. It has meant a new beginning, getting rid of the old and replacing it with new places and people, but mostly it has meant sadness, sorrow, even melancholy. I say sorrow because when a person reaches a certain age as I have, one has to face downsizing. What that really means is getting rid of one's past.

I sold my house thirty years ago and at that time rather than downsize, I put what did not fit into my new place into storage. Over the next few years and moves, it became clear that what I was hanging onto was my past and an unwillingness to let it go. As the storage fees mounted, I began to rethink my circumstances. Finally I began to give some things away and throw others away. Consequently my rental storage lockers began to shrink in size. Letting go became easier with time, but even now, at what I consider to be my permanent home until my final exit, I still have a small locker in the basement. This is crammed full of stuff that I still consider important, or just do not have the will to deal with.

I had to reshuffle my stuff the other day and came upon some small reel-to-reel tapes. Back in the 60s my parents bought my sister Eva and me a small recording device so that we could send messages back and forth to each other. These were called Living Letters. Phoning long distances at that time was expensive and that is how this method came into our lives.

As dear and important as they had been, it was now

time for me to downsize away from this memory as well. I called my sister Eva to tell her of my plan and was surprised by her reaction. In a soft and almost timid voice, she said: "You are going to throw away Mom and Dad's voices?" I must admit that her reaction resonated as guilt within me. "Well," I replied. "I am trying to clean out my storage and slowly get rid of things that I no longer need and so I thought I would start with the tapes."

"Oh," she cried. "Please before you do that, could you somehow send me a copy so that I can hear my mother's voice once again."

"I am not sure that I can listen to the tapes because I am not sure that my machine still works, but I promise to see what I can do before I destroy them," I told her.

"Thank you," came her quiet reply.

I did not know if my machine still worked and in any case, it did not have any batteries. First things first, get new batteries. A quick trip to the store for batteries, and I was ready. Then insert batteries and wind the film from the tape around the spool, time to turn on and listen. I switched on the knob and nothing happened. The spool did not budge. I rewound the tape, made sure of the connection and turned the knob once more. Still nothing.

I tried to move the tape with my fingers at which point the spool began to move, slowly, very, very slowly. The sound was unrecognizable and sounded as if the person was speaking in a deep baritone voice from the bottom of a well. I tried to speed up the spool with my fingers and was able to make out some of the words. Try

as I might, I could not get the machine to work on its own.

I retrieved a screw driver and began to take the machine apart to see if perhaps there were dust bunnies inside to slow things down. No dust bunnies, but I did see that the film from the tape was not connecting to the sound what-chamacallit pad that turns things into voices on the other whatsit. I rewound it and lo and behold, things improved.

The voice of my mother came to me from the past. An incredible feeling of... I don't know, deep emotion for sure, a strong sense of love, a sense of something incredibly important from my past, ... whatever it was, it brought instant tears to my eyes and I turned the knob to off. The feeling was unexpected. My mother has been gone for 43 years and my father for 40. How strange, how wonderful, and how much I miss them still. Everyday something reminds me of them and as I live alone, I quite often talk to them as if they were here. I am convinced that none of us ever gets over the loss of our mother or father. Whether they were good or bad, they leave us with an indelible mark, and imprint if you like, that stays with us to our own end. Eva and I were lucky, we had wonderful parents.

Once composed, I turned the machine back on again. I listened as they talked to me, first my mother, then my father. They were talking about plans that my then husband and I were making, plans to move to England. Really? I stopped the tape. Was that ever really in our plans? I tried and tried to remember ... no nothing. I listened some more and found out that we were supposed to move to England for a year or two so my husband could become

more involved in the European car manufacturing industry. Well, this was certainly new to me in my old age. Of course we never moved and he never got involved in any car manufacturing industry. That was an interesting forgotten memory and I wondered what other revelations I would uncover.

As I listened, more long ago memories revealed themselves from my past. Most plans made back then, were unrealized and I was surprised at how much I had forgotten. My emotions were all over the place, laughing at times, crying at others, then having to stop to try and remember my reality back there in the 60s.

No, I can't destroy those tapes. My sister was right. I resolved to find a way to preserve those precious voices and share them with her. There are very few people alive today who knew our parents and so remembering them with other people is almost impossible now. The voices from our past will not be destroyed by me. After we are gone some other person will have to do the deed, but for us, our parent's voices will live as long as we do. We will be able, through the wonders of modern inventions, to listen to the voices whenever we want to hear them. Their voices will always be a soothing, loving and heart rending emotion to treasure.

In this world of modern technology I was able to find a man who converted the-



Author Barbara Ellis.

se living letters to CDs and I was happy to send them to my sister. As it happens, my sister had a stroke last year, a mild stroke, but a stroke just the same and because of it, she is extremely emotional. Her husband told me that when she sat down to listen to the CDs, she cried happy tears. Now both of us will be able to hear our parents loving voices from our past, now in our present and into our future for as long as we live. ▲

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Protect yourself from technical support fraud

(continued from page 16)

The scammer then goes on to ask the consumer to send them money in order to collect the prize or to cover the legal fees to collect the inheritance.

If the email address or contact name is unknown to the user, delete the information. Offers from outside Canada are phony, these are all scams.

Owner of A Laptop Shoppe and a Certified Engineering Technician, Mike Chartrand regularly sees people come into the store who have experienced one of these types of fraud.

"I help all my customers by teaching them about the dangers of clicking on any

unknown links or emails. Do not click on any link in any email you were not expecting. If there's a question and you think there's a legitimate message or notification intended for you, go directly to the official website of whatever business it is and check for any notifications there," said Chartrand.

If you need to repair a computer, go to a local established business. Business reviews are posted on search engines like Google.

Chartrand recommends that consumers check the following information to enable them to choose a reputable computer repair company.

"It is the law that all busi-

nesses operating in Calgary, are required to register with the City of Calgary, obtain a Business ID and land use approval. The required approvals vary for each business licence. A business license ensures that measures are in place to protect consumers and ensure public safety," he said.

"Ensure the company you choose has Professional Liability Insurance. The policy provides defense and damages for failure to, or improperly rendering professional services. Your general liability policy does not provide this protection, so it is important to understand that," Chartrand added. ▲

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A manual for the modern traveller

As a retired journalist, I find it's the best way to see new places and educate myself about different cultures, history and to meet

new and interesting people.

As a frequent flier, I like to arrive at the airport well ahead of my departure time. That way, I am more relaxed and under no tension. One member of my family finds it amusing that I do so and I am the object of his funny stories about my airport habits. However, I find that when I arrive early, I have time for a cup of coffee and/or breakfast, attend to my emails or read a newspaper before boarding the flight. No rush, no fuss.

Like most travelers, I hate long-lineups, especially during security checks. Don't get me wrong, I recognize its importance to air safety and to ensure that those terrible terrorists are not on your flight, but I hate the time it takes to do it. I also find that there is no consistency

between different airport security checks, at some airports they want you to remove your shoes, belts and empty your pockets, while at others some of these are not compulsory.

At Omaha, Nebraska airport in the U.S., I was amused to find an unusual sign saying that if you are 75 or older, you don't have to take off your shoes. When I jokingly told the security guy that I was getting there, he smiled and let me go. Age certainly has its privileges. I also make sure to wear tight fitting trousers when traveling because I was embarrassed one time when my pants almost dropped to the floor when I took off my belt and I had to hold my pants on both sides until I received the belt back.

Now I have learned to

wear cargo pants, which don't need to have a leather belt and hence you don't have to take your belt off. Another thing that I have learned when traveling is to wear slip-on shoes with Velcro ties and no shoelaces in order to avoid sitting down and undoing and doing up the shoelaces.

Once on board the aircraft, be leery of inconsiderate passengers seated in front of you. On one flight, the guy seated in front decided to lower his chair back when I had still not finished my dinner. Aircraft manufacturers try to make maximum use of the space so there is hardly any room between your seat and the one ahead of you. When some inconsiderate person decides to take a nap, it makes it inconvenient for the rest of the passengers who are still dining. On this occasion, protests made to him generated no response and I had to put up with such insensitive behaviour until we landed. The guy was perhaps under the impression that he had rented the whole plane for his comfort.

Most airlines now charge for checked in baggage while carry-on luggage is free, thus encouraging passengers to have carry-ons instead of check-in luggage. No wonder most passengers prefer to have carry-on luggage to save money, but by the time you reach your seat, there is no room to put your overcoat, briefcase or carryon.

If you happen to have a seat in the last few rows or at the end, you will find that by the time you arrive at your seat, all the luggage space in overhead compartments is taken and you probably will end up putting your stuff a few compartments away from your seat, making it difficult to retrieve when leaving the plane.

I find it amusing that as soon as the captain switches off the engine on arrival at the destination, all passengers get up from their seats and rush to open the overhead compartments to retrieve their items and then stand in the aisles blocking the passageways for a long time until the door opens.



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Continued on page 19

Kerby Centre's 2019 tax clinic starts in March

Kerby Centre will start booking tax clinic appointments February 1, 2019. The tax clinic will begin March 4, 2019. Appointments can be made by calling (403) 705-3246.



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Every year, the Kerby Centre tax clinic offers free assistance to low income individuals filing personal tax returns, as required by Canada Revenue Agency (CRA).

Even if you do not earn an income, or if you do not pay tax, it is absolutely essential that you file your tax return. This will ensure your eligibility for the Goods and Services Tax (GST) and Carbon Tax rebate and if you receive the Guaranteed Income Supplement (GIS) and Alberta Seniors Benefit (ASB), filing your tax return will ensure that these supplements are continued.

Who qualifies for this assistance?

The Kerby Centre tax clinic is run solely with the assistance of volunteers. For this reason, the Kerby Centre offers these services to individuals who are EITHER disabled (currently receiving AISH income) OR 55 years and over and with a gross income less than \$30,000 for a single person. Kerby Centre can also file tax returns for couples with a combined household income of less than \$45,000. This \$45,000 combined income limit applies whether the returns are filed together or separately. Please note that if you filed separately, we must have a copy of the spouse's completed tax return with all of the T-Slips attached

before we can complete yours.

Kerby Centre income tax volunteers are trained to do basic returns and cannot do returns that include business income, self-employment income, farm income or capital gains trade summaries. Please notify the Kerby Centre receptionist at the time of booking your appointment what type of return you have so you can have the correct appointment time booked. We book 20 minute appointments per person per year of taxes to be filed.

Rental income can be included in your tax return. But ensure you come prepared with all deductible expenses totaled and categorized. Kerby Centre volunteers may also be able to do returns for deceased persons, if the returns are not complex. Please note: when bringing in a deceased return, the executor must accompany the return with a copy of the will and a death certificate as well as last year's return and notice of assessment. Unfortunately, we are not able to file estate tax returns.

To have your tax return prepared and e-filed by the tax volunteer while you are with them, you must book an appointment. Kerby Centre will start booking 20-minute appointments for the Tax Clinic from Friday, February

1, 2019. Appointments can be made by calling (403) 705-3246. The 2019 tax clinic will begin Monday March 4, 2019 and will run on Mondays, Tuesdays, Wednesdays and Thursdays from 9:00 a.m. to 3:00 p.m. This service continues until Tuesday, April 30, 2019.

Tax returns can also be dropped off at Kerby Centre beginning March 1, 2019. A drop-off form must be completed and will include all your important information including: date of birth, marital status, address, spouse's net income, contacts information such as a phone number, SIN number etc. Drop-off returns cannot be e-filed and are prepared by the volunteers as time permits. When your tax return is completed, you will receive a phone call to notify you that your tax return is ready to be collected. You will be responsible for mailing in your tax return to CRA. Drop-offs can be left in the Kerby Centre Information Resources Office in Room 206.

What to bring with you?

It is very important that you make sure that you have all the necessary documents with you for your tax appointment. If any documents are missing or incomplete, the tax volunteer will not be able to complete and file your tax return.

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Your necessary documents may include:

- A copy of your income tax from last year if not prepared at the Kerby Centre and your Notice of Assessment
- All reporting slips (T-slips) for each type of income you receive
- Details and amounts of any foreign incomes (including foreign pensions, social security, interest or dividends)
- Details of any deductible items that you may be eligible to claim: medical (yearly printouts from Pharmacy) for prescriptions, services and medical devices, premiums to private medical plans, bus passes, charitable donations etc.
- Records of any tax installments paid for 2018.
- Void cheque (if you are not already set up for Direct Deposit with CRA)

If you are unsure of what you should bring, please discuss this with Kerby Centre when making your appointment.

Unfortunately, Kerby Centre is unable to provide a tax service at home. Low-income individuals, who are unable to leave home, can get volunteer assistance from Canada Revenue Agency. To access this service, or for any general inquires, the CRA can be contacted on: 1-800-959-8281.

I am and have the following	If any of the following apply, you are <u>unable</u> to access the Tax clinic
Over the age of 55 or receiving AISH	Under the age of 55
Income for a single person is less than \$30,000 or for a couple, less than \$45,000	Income for a single person is more than \$30,000 or for a couple, more than \$45,000
Tax return is simple and includes any of the following:	Tax return is complicated and includes any of the following:
<ul style="list-style-type: none"> • Simple income: CPP, OAS, GIS, ASB, Alberta Works Support Income, AISH, CPPD • Rental Income with all deductible expenses totaled and categorized • Deceased person's taxes if they are simple 	<ul style="list-style-type: none"> • Business Income, Farm Income, Capital Gains Trade Summaries • Estate tax returns or bankruptcy returns • Deceased persons taxes if they are complicated

Naturally delicious homeopathic remedies

Page design and layout by Winifred Ribeiro

Stressed? Tired? Hungover? Sick? In *Tonic*, Tanita de Ruijt helps you make surprisingly effective – and inexpensive – remedies to cure whatever ails you. Inspired primarily by traditional medicine and wisdom from the East, these recipes have been carefully crafted to support your body's natural defences, and keep you feeling good on a daily basis. Recipes include the immune-boosting Turmeric Tonic, to more eclectic Love Potions, Salvation Shrubs and Make-Your-Own Probiotics. Including a helpful ailment index plus an extensive medicinal guide to everyday herbs and spices, *Tonic* offers all-natural, effective ways to treat basic complaints quickly, safely, and effectively at home.



WINTER TEA

A one-pot wonder

This is a quick recipe to have to hand when you suspect a cold is coming on, or you just want to warm up with a cosy drink after a long, dark and blustery day. Herbal teas help to boost both our physical and mental health. Fresh herbs are high in antioxidants and help to decrease inflammation; they have great therapeutic virtues as well. A pinch of cayenne thins mucus, and can therefore clear up your nasal passages.

The first cup of herbal tea was born by accident thousands of years ago. Legend has it that, in 2737 BC, a Chinese Emperor named Shen-Nung was boiling some water to purify it, when some leaves from a nearby bush unexpectedly blew into the pot without his knowledge. Naturally, the brew became aromatic, so he became curious and tasted it, prompting him to spend the rest of his days tasting hundreds of varieties of herbs, to test their medicinal values.

MAKES: 1 cup **Ready in:** 30 minutes

300 ml (10 1/2 fl oz) water
1/2 a lime
1/2 a lemon
3 cm (1 1/4 in) piece of fresh ginger root, sliced
pinch of cayenne pepper
1 sprig each fresh mint, thyme and rosemary
1/2 a cinnamon stick
honey, to taste

Boil the water in a heavy-based saucepan. Give your lemon and lime a good squeeze into the pan, then add them to the brew whole.

Now add the remainder of the ingredients (except for the honey) to the brew. Reduce the heat and simmer for 5 minutes. Add honey to taste, then strain and serve.



FEVER GRASS TONIC

Nature's paracetamol (Paracetamol, also known as acetaminophen or APAP, is a medicine used to treat moderate pain and fever).

A tart and thirst-quenching blend of apple cider vinegar, honey, and water infused with zingy ginger and lemongrass flavours, to help you cope with the nasty symptoms of cold and flu.

This recipe is based on the 'Switchel', which is derived from 'Oxymel', an ancient Greek medicinal tonic made from vinegar, honey and water.

Lemongrass has antibacterial and antifungal properties and is packed with vitamin C that boosts your immune system in order to fight infections. It's the reason Jamaicans call it 'fever grass'.

Ginger is also a powerful painkiller. Consuming small amounts of it can be as effective at reducing symptoms of pain and inflammation as over-the-counter painkillers. So, next time you feel a headache coming on, switchel it up.



Tonic: Delicious & Natural Remedies to Boost Your Health
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Patricia Niven (Photographer) All rights reserved.

Published by Hardie Grant



Happy Tonic

Fresh mint-infused hot chocolate.

If chocolate makes you happy, imagine what a mint and chocolate combo can do. This tonic is well suited for any time of day.

Mint has been used as a medicinal herb for hundreds of years. Its benefits include aiding digestion, promoting weight loss, and relieving headaches and nausea. Mint is also a natural stimulant – the smell alone can be enough to recharge your batteries. If you are feeling sluggish, anxious, depressed, or simply exhausted, mint will help to invigorate and relax you.

Makes: 2 servings **Ready in:** 30 minutes

230 ml (7 3/4 fl oz) coconut milk
2–3 sprigs of fresh mint
230 ml (7 3/4 fl oz) just-boiled water
4 tbsp raw cacao powder,
or 4 squares of your favourite dark chocolate
2 tbsp raw cacao nibs
1 tsp ground cinnamon
1/4 tsp cayenne pepper
1/4 tsp chilli powder
1/4 tsp pink Himalayan salt
1/4 tsp ground turmeric
Coconut sugar or honey, to taste

In a small saucepan, bring the coconut milk to a simmer over a medium heat. Add your freshly spanked mint leaves, then turn the heat to low. Leave to gently infuse for 15 minutes, then remove from the heat and leave to cool.

Once cooled, add all the remaining ingredients (except your chosen sweetener) to the saucepan, and bring back to a simmer over a low heat, whisking thoroughly. Simmer for 2–3 minutes, then remove from the heat, add your chosen sweetener, to taste, and pour into 2 mugs to serve.

Makes: 12 litres (70 fl oz)

Ready in: 40 minutes

2 cloves
1/2 a cinnamon stick
2 litres (70 fl oz) filtered water
200 g (7 oz) fresh ginger root, unpeeled,
rinsed and sliced into chunks
3 lemongrass stalks, finely sliced
juice of 2 lemons
apple cider vinegar, to taste
honey, to taste

In a medium, heavy-based saucepan over a medium heat, dry toast the spices, until they become aromatic. Crumble the cinnamon slightly, and then add the water to the pan, letting it all infuse over a low–medium heat for 15 minutes.

In the meantime, add the chunks of ginger and lemongrass slices to a blender, and blend with a little bit of water to create a fine paste.

Once the water and spices have infused, turn off the heat, and add the ginger and lemongrass paste to the mixture. Add the lemon juice, stir well, and let the concoction cool to room temperature. When cool, add the vinegar and honey to taste. Store in the fridge for up to 20 days.

AROUND TOWN EVENTS January

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

To submit your event, please email editor@kerbycentre.com.

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

January

Alberta Theatre Projects

Café Daughter

January 15 – 27, 2019

By Kenneth T. Williams.

In 1950's small town Saskatchewan, nine-year-old Yvette Wong struggles to find her in place in a small-minded community, until an unexpected ally helps set her on a path that's destined for greatness.

Theatre Calgary

Boom X

January 15 - February 9, 2019

Written, Directed and Performed by Rick Miller. Picking up where BOOM

left off at Woodstock in '69, Rick Miller time travels by way of multimedia up to 1995.

Vertigo Theatre:

DeathTrap

January 26 - February 24, 2019

By Ira Levin.

Sidney Bruhl is languishing in his Connecticut home, struggling to overcome a bout of writer's block that has seen his Broadway success turn to near bankruptcy. The DEATHTRAP has been set...but who will come out on top in this spine-chilling thriller?

Lunchbox Theatre

Sensei the Storyteller

January 14 - 26, 2019
Created & Performed by Mark Kunji Ikdea. On December 7, 1941, an attack on Pearl Harbour triggered events in Canada that are

among the darkest in our history – the internment and dispossession of tens of thousands of Japanese Canadians.

Mark Ikeda weaves a tale that is both illuminating and profoundly personal. (Co-presented by One Yellow Rabbit's High Performance Rodeo.)

Calgary Philharmonic Orchestra

Salute To Vienna New Year's Concert

January 1, 2019

Usher in the New Year with a glittery celebration of singing and dancing that will delight the senses.

Music of the Movies

January 18-19

Enjoy fan classics including Singin' in the Rain, Once Upon a Time in the West, Star Wars, and other audience favourites.

Mozart's Birthday Party

January 25-26

Sharing a birthday with none other than Wolfgang Amadeus Mozart, conductor Rune Bergmann leads the CPO in a joyful celebration of the great composer whose music shines with balanced purity, perfection, and delightful humour.

(Co-presented by One Yellow Rabbit's High Performance Rodeo.)

Alberta Ballet Ballet B.C.

January 18-19

Ballet B.C. returns to the Jubilee stage after a 10 year hiatus.

Broadway Across Canada The Illusionists: Live From Broadway

January 8-13

This mind blowing spectacular showcases the jaw dropping talents of the most incredible Illusionists on earth.

One Yellow Rabbit Ensemble

Live Your Prime, with Damien Frost

January 9-27

Directed by Blake Brooker. If getting old is getting old for you, join Damien Frost, his son Damien Junior and his wife Darlene as they share with you the secrets of how to Live Your Prime. In several easy payments, of course.

High Performance Rodeo

Crawl Space

January 15-19

Created and performed by Karen Hines. A perfect little coach house turns into a real-life nightmare in Karen Hines' comic, Kafkaesque tale about the darker side of home ownership. (Co-presented by One Yellow Rabbit's High Performance Rodeo.)

University of Calgary

Concerto competition: semi-finals

January 11.

Join us at 8:00 p.m. Friday, January 11, at the Eckhardt-Gramatté Hall, Rozsa Centre for this free event and find out which UCalgary students will be selected to perform as soloists with the Calgary Philharmonic Orchestra in the final round of the 2019 Concerto Competition on March 5, 2019. Sara Far, violin

Carlos Fernandez, piano
Chinley Hinacay, saxophone
Brianna Jones, voice
Alison Kim, flute
Angela Smart, violin

For tickets go to scpa.ucalgary.ca/events

ASK THE EXPERT ABOUT HEARING LOSS

By Dr. Carrie Scarff

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

EXPERT UPDATE:

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

DON'T DELAY GETTING HELP WITH YOUR HEARING!

RESEARCH SHOWS:

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

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

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



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

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

www.audiologyinnovations.ca



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- Space for 10 – 550 people

403-705-3177 lauren@kerbycentre.com
www.kerbycentre.com/rentals



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- Independent Living with Assistance
- Memory Care



The Community with Heart

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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>(Lounge)</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	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	Featured Book "Rising Out of Hatred" By Eli Saslow	BOARD GAMES, COFFEE & CARDS <i>(Rm 301)</i> 1:00 PM - 3:00 PM \$2.00	PICKLEBALL <i>(Gym)</i> 4:00PM - 6:00 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>(Lecture Rm 205)</i> 1:00 PM - 3:00 PM \$2.00		MONTHLY MOVIE <i>(Lounge)</i> Last Friday of the month 1:00 pm - \$1.00
PICKLEBALL <i>(Gym)</i> 3:30 PM - 5:00 PM \$2.00				

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre, Doing More For You!

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

- Seniors' Government Services & Benefits
- Community Resources
- Commissioner 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



Financial Planning Today Wills and Estate Planning & Tax Planning with CRA

Presented By: Jonathan Ng, Underwood Gilholme & Bonnie McIntyre, CRA

Location: Kerby Centre -1133- 7th Ave SW
Room: Kerby Lecture Room
Date: Tuesday, February 19, 2019
Time: 10:00 am - 12:00 pm
Cost: Free Presentation

Join us for coffee and cookies while learning how to prepare a Will, the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives. Find out about the GST/HST credit, Medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit with CRA

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

A Group For Mature Jobseekers

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

January 8th - Basic & Advanced LinkedIn Profiles

January 15th - Strategic Volunteering

January 22nd - Staying Positive

January 29th - Goal Setting

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



SAVE THE DATE—SEE AD WITHIN

Chinese New Year Luncheon - February 12th

Health Event Committee Presentation

Parkinson Disease 101

Monday, January 14th 2019
 Location: Kerby Centre, Lounge
 Time: 10:30AM - 11:30AM

Learn all about Parkinson Disease with Tessa Veikle, Client Services Coordinator with Parkinson Association of Alberta, as she shares information on basics of what Parkinson disease is, how the disease affects people, and how to live well with Parkinson's.



Kerby Day Trips



Stage West Presents

Jersey Boys

January 30th 2019

Cost: Members: \$82.00
 Non Members: \$92.00

Cut-Off Date: Fri. December 21st 2018

Stoney Nakoda
 Resort & Casino
 February 12th 2019



Cost: Members \$26 Non Members \$36
Cut-Off Date: Monday, February 4th 2019

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

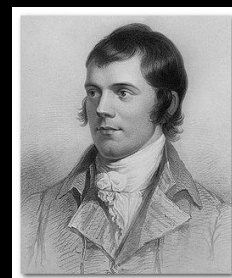
Consumer Awareness Presentation

Tuesday, January 22nd, 2019

10:00 am - 11:30 am in the Kerby Lounge

Join us as Wayne Coristine, Utilities and Consumer Advocate, Service Canada, will provide tips resources and help you understand your energy utilities costs

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



Join Us In The
 Kerby Dining Room For A

ROBBIE BURNS DAY CÈILIDH

Friday, January 25th

Enjoy A Traditional Scottish Signature Meal
 Only \$10 (no rsvp required)

Featuring

A Special Performance Of Scottish Song, Dance, Poetry & Piping of the "Shaggis", Provided By The Mobile Robbie Burns Unit of the St Andrew -Caledonian Society of Calgary

Dining Room Is Open 11:30 - 1:30
 Performance 12:00 - 12:30 pm

Also Featuring Dancers From
 The Campbell School of Highland Dance

Kilts Optional!

A Wee Dram For A Toast Will Be Available @ \$5.00

Next to New Half-Price Sale

Everything in the store is 50% off!
 Friday, January 25th, 2019 - 10am - 2:30pm

EDUCATION & RECREATION WORKSHOPS

Reminder: Winter 2019 Registration is Underway. Don't Miss Out!

Please Contact Ed & Rec For Details of Upcoming Walks

Join Us For These Workshops

Situational Awareness & Mental Toughness

Thursday January 17
 10:00 - 12:00pm (Room 308)
 Member: \$12 Non Member: \$42

Tablet & Mobile Solutions

Wednesday, January 30
 12:00 - 2:00pm (Room 205)
 Member: \$2 Non Member: \$5

For more info or to register visit Ed & Rec (RM305) or call 403-705-3233 or 403-705-3232

Financial Planning: Reaching for long-term investment goals with short-term responses — wrong

Investors dread volatile markets and, too often, their response is to jump out of investments when the market goes down and attempt to jump back in when it goes up. But it's a historical fact that markets will always fluctuate and the price of any stock or equity mutual fund is bound to be somewhat volatile in the short term. The one proven approach for taking away much of your investment risk is simply this: time in the market. Study after study has proven that time in the market delivers much better returns than trying to time the market. Here are some recent findings in support of a long-term investment strategy.

- Many of the strongest market returns occur in the period immediately following a sharp decline in equity markets. Since 1950, following the worst 12-month periods of performance on the S&P/TSX, the market has made solid gains just 12 months later with only one exception. And within five years, the markets were up significantly – meeting and exceeding long-term return expectations.*
- History has shown that economic recoveries following recessions are typically both strong and durable. In fact, periods of expansion that came on the heels of downturns averaged 57 months or close to five years. After 1960, the average period of expansion following a recession was even longer at 71 months or close to six years.**
- Although negative returns in the short term are relatively frequent, the possibility of receiving a positive return greatly increases as the investment term lengthens. For example, between 1960 and

2015 staying invested in the market (S&P/TSX) for a year resulted in a positive return in 74.7% of the one year periods while staying invested for 15 years resulted in a positive return of 100% of the time.**

- In any one-year period, the returns of the S&P/TSX Composite Index have been as high as 86.9% and as low as -39.2%, a range of over 126%. However, when investors diversify their holdings and invest for the long term, this volatility decreases significantly. For example, a “moderate” portfolio invested for five years would have experienced a range of returns from -5% to +28% and if invested for 20 years, from +8% to +15% (S&P/TSX 1970-2015 – range of returns before taxes).*

So, as these findings once more prove: Staying invested ensures you are always capitalizing on the upside of the market and reducing the impact of short-term market volatility. Most importantly, the possibility of receiving positive returns greatly increases as your investment term lengthens. Of course, having a properly diversified portfolio with the right mix of investments that matches your tolerance for risk is also key to achieving your long-term investment goals. Your professional advisor can help you do that within the right overall financial plan for you.

*Source: Investors Group Strategic Investment Planning
** Source: Investors Group Portfolio Analytics, National Bureau of Economic Research

This column, written and published by Investors Group Financial Services Inc. (in

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



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www.donatecar.ca

Financial Planning Today

Topic: Wills and Estate Planning and Tax Planning with CRA

Location: Kerby Centre -1133- 7th Ave SW

Room: Kerby Lecture Room

Date: Tuesday, February 19, 2019

Time: 10:00 am – 12:00 pm

Cost: Free Presentation

Join us for coffee and cookies while learning how to prepare a Will, the legal issues that affect Wills, how to select an Executor, learn about Enduring Power of Attorney, and Personal Directives. Find out about the GST/HST credit, Medical expenses, Home Accessibility Tax Credit, Disability Tax Credit, and the Combined Caregiver Credit with CRA

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

Presenters:

Jonathan Ng,
Underwood Gilholme

Bonnie McIntyre –
Canada Revenue Agency



Kerby Centre

Leave a Legacy of Inspiration

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

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

- Anonymous donor



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



Kerby Centre

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

Please choose to make a difference today.

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

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

Amount Enclosed \$ _____

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Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

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City _____ Province _____

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

Community Events

University of Calgary

University of Calgary Faculty of Nursing Indigenous Initiatives Group is hosting a free National Film Board showing and talking circle. 'We Were Children' is a 2012 Canadian documentary about the experiences of First Nations children in the Canadian residential school system. At the U of C Dining Centre Blue Room on Monday, January 14 at 7:00 p.m. Register on-line at <https://www.eventbrite.ca>.

Germans from Russia

Germans from Russia (AHSGR) will host a potluck lunch on January 26. Doors open at 10:30 a.m. There is no charge to attend, but please bring a dish for the potluck. All meetings are in English and the program will showcase German from Russia cookbooks. Germans from Russia is located at 1432 19 Street NE. For more information please call 403-273-8178 or see the website: <http://calgarychapterahsgr.ca>.

Calgary Horticultural Society

The Calgary Horticultural Society is hosting a Plant Photography workshop with your Phone at Greengate Garden Centre 14111 MacLeod Trail SW, on Saturday, January 26 from 10 a.m. to 12:30 p.m. Registration is required and fees apply. For more information and to register visit calhort.org/What's Happening or call 403-287-3469.

John Duncan will be speaking about Caring for Cacti and Succulents at the Cal-

gary Horticultural Society meeting room on January 31 from 7:00 p.m. to 8:30 p.m. Registration is required and fees apply. For more information and to register visit calhort.org/ or call 403-287-3469. Calgary Horticultural Society is located at 208 50th Avenue SW.

Seniors Scene

Good Companions 50 Plus Club

Good Companions 50 Plus Club is offering a photography course on Thursday nights, beginning January 10, 2019. Anyone using a camera, tablet, or cell phone can take this course. The cost is \$80 for four, 90 minute classes. To register, or for more information, phone 403-242-3799 or email: gc50plus@gmail.com. View the poster on our website under Programs: www.gc50plus.org.

Confederation Park 55+ Activity Centre

Confederation Park's 4th Annual Burns Night is on Friday, January 25, 2019 from 5:30 p.m. to 11:00 p.m. at Confederation Park 55+ Activity Centre 2212-13th Street NW, cost \$35.00 members and \$45.00 non-members. For tickets contact janyn_bertram@hotmail.com or call Jeannette at 403-289-4780.

Confederation Park Saturday Night Dance is on January 26, 2019, Black Velvet, Doors open at 6:30 p.m., the dance starts at 7:30 p.m. and a supper is served at 9:30 p.m. Tickets are \$12 per person. Door Prizes and a 50/50 draw. Everyone is welcome.

Inglewood Silver Threads

Members enjoy crafts, games day and two exercise programs for free. Bingo is played every Tuesday for ten cent per card/game played. As well, there is a \$2.00 Tea

and Chat lunch and monthly potluck. Upcoming trips include Wildlife sanctuary, Pasu Farm and Deerfoot Inn Casino. For more information please contact Wendy 403-264-1006.

Inglewood Silver Threads is a 55 plus senior activity centre focusing on group activities, located at 1311 9 Ave SE, Calgary. Annual membership is \$20.00. For more information please contact Wendy at 403-264-1006.

Greater Forest Lawn 55+ Society

Greater Forest Lawn 55+ Society will be hosting a

book launch and signing for 'Skeletons In My Closet', on January 12 from 1:00 p.m. to 4:00 p.m. written by Dave Sweet, he calls it "an unconventional police memoir", admission is free.

Albert Park Radisson Heights will be hosting its Seniors Breakfast at Greater Forest Lawn 55+ Society on January 17 from 9:00 a.m. to 11.00 a.m. Greater Forest Lawn 55+ Society is located at 3425 26th Avenue SW. For more information call 403-272-4661, or visit www.gfls.org.

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- ✓ Free fitness gear with our Loyalty Reward Program!

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repsolsportcentre.com/member-spotlights

*While quantities last. See website for details.



Sudoku								
5	1						8	3
6		3		2				
			3		5		1	4
					8			5
9	3							6
			5					2
		8					3	
			2	9				
4		1	8	7				
Answer on page 26								

All About Seniors

1997 22 years 2019

Specializing in care for seniors residing in their own homes or in assisted living centres

CONTINUITY OF CARE PHILOSOPHY

Companion Services

- One On One Visits
- Socializing
- Cognitive Stimulation
- Community Outings
- Appointments

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- Personal Hygiene/Care
- Medication Assistance
- Foot Care

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www.allaboutsensors.ca

Kerby Centre Department Directory

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

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

CROSSWORD SOLUTION

O	F	F	M	I	K	E		A	G	L	E	A	M		P	R	O	M	P	T
C	R	O	A	K	E	D		D	E	A	N	N	A		O	H	D	E	A	R
H	I	G	H	E	R	Y	E	A	R	N	I	N	G		T	O	D	D	L	E
E	D				S	L	I	M	E	D		N	A	H		L	I	E	N	
R	A	P	I	D	S		T	R	Y			T	U	B	O	F	Y	A	R	D
			N	E	A	T	O			S	T	I	M	U	L	I				
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D	W	E	L	L	S		E	A	R	N	E	R		P	E	T	C	A	R	E

PUZZLE ON PAGE 19

SODOKU ANSWER

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

PUZZLE ON PAGE 25

Antioxidant benefits

(NC) Antioxidants protect your body's cells from damage due to a process called oxidation. Antioxidants essentially help prevent or delay this damage. Research from Dietitians of Canada has shown that consuming foods rich in antioxidants may be good for your heart health and may also help to lower

your risk of infections, diabetes, neurological disorders and some forms of cancer. Eating foods or drinking beverages that are high in Vitamin C like oranges, lemons and green leafy vegetables is a great way to get antioxidants into your body. Also try eating dark chocolate with more than 70% cocoa.

IN MEMORIAM

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

- Audrey Bernice Erickson
- Dorothy Muirhead
- Elodie Bernice Verboom
- Ernest (Ernie) Bunka
- Ilena Melva Constant
- John Joseph Charles Dicey
- Margaret Louise Metcalfe
- Romesh Chander Anand

Please inform Kerby Centre's Volunteer Department if you know of members and volunteers who have recently passed away and we will endeavour to publish their names in the forthcoming issue of Kerby News.

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FOR RESULTS ADVERTISE IN KERBY NEWS

CONTACT

Jerry Jonasson
JerryJ@kerbycentre.com
 or 403-705-3238

David Young
DavidY@kerbycentre.com
 403-705-3240

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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 February issue must be received and paid by January 10.



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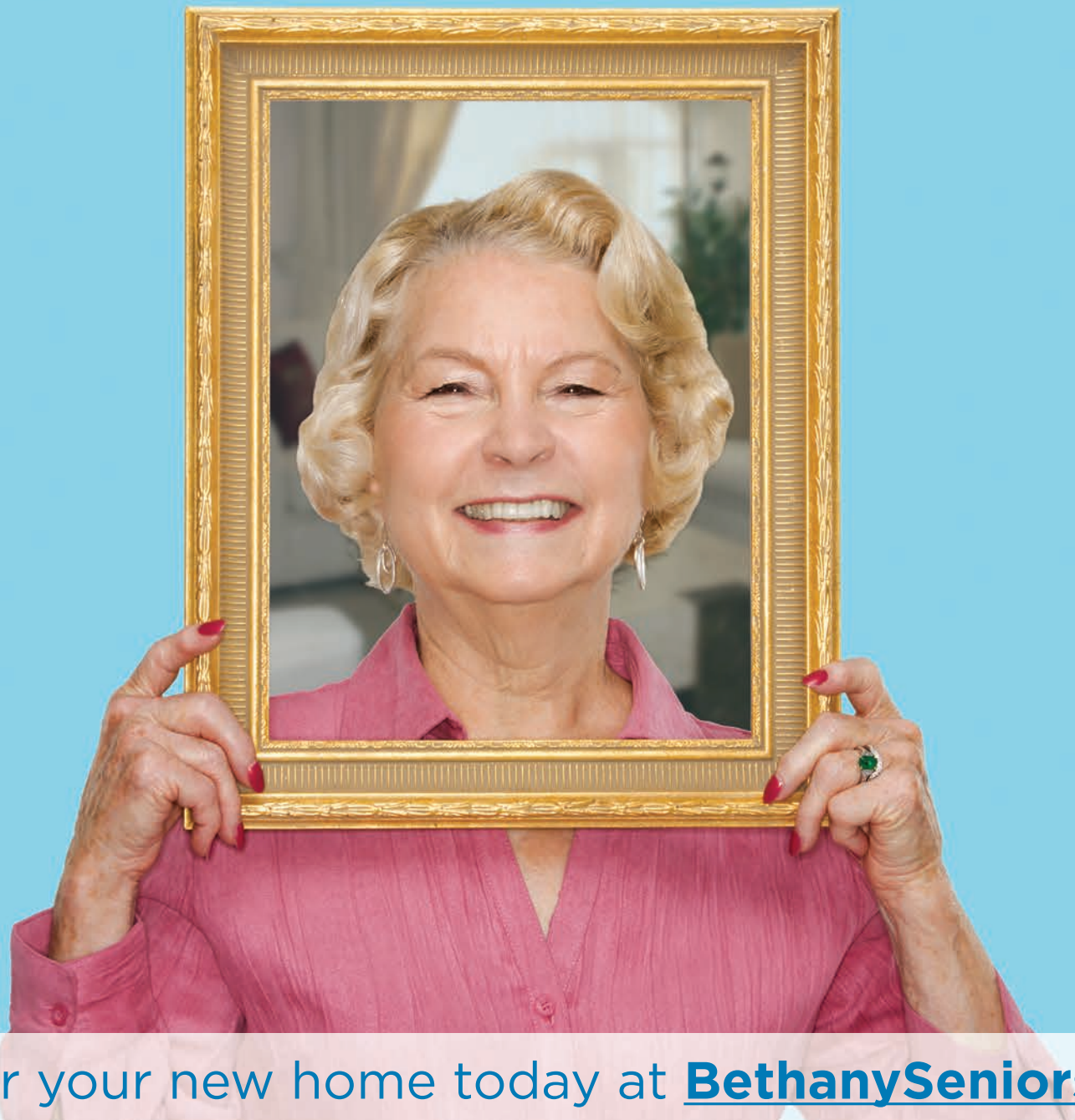
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