

+50 NEWS

# Kerby NEWS

"The most read publication in Calgary and Southern Alberta for older adults"

February

2020

Volume 36 #2

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[www.kerbycentre.com](http://www.kerbycentre.com)

## The unexpected benefits of dog ownership



A recent study has revealed that canine companionship can assist with an individual's recovery after a heart attack or stroke — and they are adorable to boot!

### Inside

- The importance of Rare Disease Day .....page 10
- How to manage your chronic pain.....page 13
- Seven different kinds of love and what they mean.....page 19
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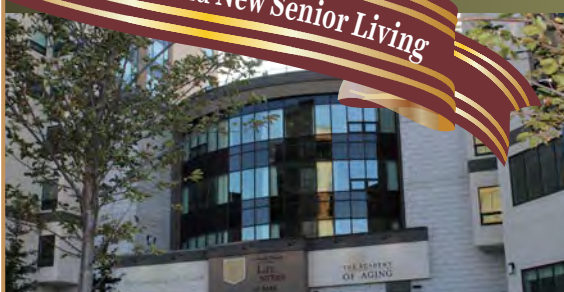
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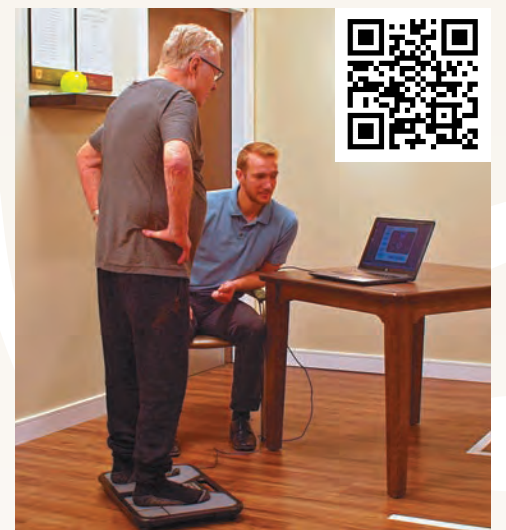


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BY ZANE NOVAK  
President of Kerby Centre

## The building blocks of a strong community

I often wonder how many conversations I have started with people — both friends and strangers — based solely on the weather conditions.

January, if you were brave enough to go outside, certainly created the opportunity for that, with the Polar Vortex that we experienced: short daylight hours and extreme cold make for so many challenges. Simple everyday tasks take on a whole new

level of difficulty.

We should consider how we handle the environmental obstacles we face here in Calgary. Do we have a good contact network that checks in with us or do we check in with others to ensure that they are safe and provided for?

Cold weather certainly magnifies issues surrounding isolation. It is a good opportunity to look to our neighbours, friends and the organizations that exist within our local communities to see what is available and how we can enjoy, help to support or possibly create programs that ensure we are all looked after.

Kerby Centre has several programs aimed at breaking the footprint of isolation and creating a platform for engagement and participation. Some are within the walls of our building, but we also reach out into the community. You may be familiar with our Thrive Program: this is where we do home delivery of groceries to individuals who subscribe to the program. For further information on this, please contact Kerby Centre.

Possibly you have ideas about other programs that

reach into the community. We always look forward to hearing new ideas.

What can we do as individuals? Perhaps we are able to open our home for a coffee, include others, maybe make some phone calls to check in with family and friends. A moment of our time can make a world of difference to someone else. It can, in fact, save lives.

Even though I live alone, I am very fortunate in that I have a large social network and an active calendar that gets me out of the house a lot. That being said, there is nothing like getting that random unexpected phone call from a friend who just wants to say hello and catch up. Or, better yet, we can extend an invitation for a coffee or a meal.

These are the building blocks of a strong community.

The benefits of a strong community are countless; a strong community is where a person feels safe, warm, welcome. These are the fundamental ingredients for a happy and contented life.

So, I challenge everyone, to find where we — as individuals — fit into this

equation. Are we making ourselves available or familiar with programs and opportunities to defeat our own isolation issues or are we able to contribute to reducing isolation for others?

In February, the days are getting a bit longer and - hopefully - the weather will continue to be warmer than that cold spell in January.

We should consider getting out and seeing what is going on in our community. We can ask a friend or two to come along for a drive, a walk, maybe a trip to see something interesting such as the library or the zoo.

Maybe go for a walk in one of our many indoor malls where you can enjoy a warm environment but still see lots and meet people. On a warm day, the river walk can be nice. There are so many wonderful Farmers' Markets in the city, full of amazing foods, crafts, and boutique shops.

No matter what appeals to you, the point is to try to stay engaged, talk to others, interact, and be a part of what makes our neighbourhood and our city so vibrant and beautiful. ▲

### FEBRUARY 2020

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

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## Encouraging engagement



BY LAWRENCE MATHIESON  
Chief Executive Officer

As I sit writing this article I have but a single week's worth of experience at Kerby Centre. Yet, I've been immediately impressed by the great job staff and volunteers do to ensure everyone who comes to Kerby Centre feels at home.

I guess you could say we are in the business of building community, and the team here does that very well.

All of our programs and classes — whether they be recreational, health, educational or financial — are aimed at building community and reducing isolation, and you might wonder why reducing isolation is important.

We are social beings and not a single person enjoys

feelings of loneliness or seclusion.

However, the reality is stark: whether or not we combat these issues has an essential and overarching impact on our society.

Researchers have discovered that social isolation adds almost \$7 billion a year to the cost of medicare and it's no surprise that governments the world over are becoming interested in isolation as not only a social issue, but also an issue of health.

In Canada we have huge challenges managing health care costs — it makes a lot of sense for governments to invest in programs which are designed to create community and connectedness. The U.K. has a Minister of Loneliness and in Australia, they have the Australian Coalition to End Loneliness.

The many classes, programs and supports run by Kerby Centre offer a multitude of benefits to seniors and these are important.

With that said, I think I am most proud of joining a team that is so good at applying these programs to create connectedness at a time when we need it most. I am very much

looking forward to 2020 and the work we will do with our partners in the community and government to continue to build supports and community for seniors in Alberta. I can't wait to roll up my sleeves and get working with the team on expanding these supports in our community.

I'll use this "rolling up my sleeves" platitude to segue into announcing that any members who come to Kerby Centre on Feb. 26 are welcome to join the staff in wearing pink shirts. Our team will be wearing these for Pink Shirt Day, a movement that, in 2019, was able to support programs that impacted more than 59,000 youth and children.

Even though this is an anti-bullying initiative aimed at supporting youth, we want to show our solidarity with these organizations.

When you are an organization that runs a shelter for victims of elder abuse and you support members of the LGBTQ+ community, you can appreciate that abuse or bullying can be confronted also when we join arms together to send a message that bullying of anyone will not be tolerated. ▲



# Crank that wheel away from the skid



## Life and liberty

BY LIBERTY FORREST

You know that heart-stopping fear that fills you with ice water when you're driving along, and suddenly you find yourself in a skid? Your car fish-tails back and forth, back and forth, spitting gravel or spinning on ice and visions of a rather messy and imminent death flash through your mind.

Your stomach flips as adrenalin floods your taut body. You grip the wheel in white-knuckled terror, and your mouth feels like it's

filled with cotton balls all of a sudden.

Those seconds hang like years, and you're sure you've lost a few off your life after this too-close call that leaves you shaken and trembling at the side of the road.

Growing up in Western Canada where the weather can be brutal and extreme, I learned how to drive in some pretty vicious conditions. There's nothing like ploughing through tons of snow on several inches of solid ice, with a raging snowstorm obscuring your vision — by night. If you've lived here for any length of time, you know exactly what I'm talking about.

And many of Canada's country roads are gravel, which can send you into a nasty skid and land you in the ditch in as big a hurry as that ice under your wheels can do.

Oh, my goodness, there you are, windows down, music cranked, enjoying a

sunny afternoon in the country, loving the crunch of the gravel under your wheels. You're singing along to Garth or Tim or Blake (you're in the country, after all), and maybe you were going just a tad too fast when you leaned into that curve.

What makes it worse is that deadly instinct that some people have to crank the steering wheel into the direction of the skid. A big no-no. And on top of that, they find themselves staring at whatever they're trying to avoid. Another vehicle, a wall or, heaven forbid, a sharp embankment that drops off and will send them plummeting below and into a raging river.

As long as you're steering or staring into the skid, you're doomed.

I "came out of the chute" in the middle of a sharp skid, born to a frightened teen-aged girl. After a time, I was taken from her and adopted into yet another skid. Much

of my life was spent fish-tailing back and forth, back and forth, every heart-stopping moment spent cranking the wheel hard but too often in the direction of the skid so I landed in the ditch or drove off the cliff more times than I'd care to recall.

It wasn't an ideal way to live but it was all I knew until finally, I began to learn another way. I heard that you're not supposed to look at wherever the skid is taking you. Instead, you're supposed to look at where you want to be — safely back on the road, zipping along in traffic instead of plunging off the side of a mountain.

I learned that the more I focused on what was wrong in my life, the more of it I got. I learned that when the wheels come off and everything is a huge challenge, thinking about it will only keep me stuck there.

I learned that when those tough times happen, I need to take a deep breath

and remember the goals and dreams I've got for my future. I know that if I stay focused on the road ahead, it's a lot easier to find my way out of that skid in a hurry.

Sometimes when we're in the midst of the challenge, though, it can be difficult to see anything else, especially if it was something that came up rather suddenly. You might be reeling from shock along with whatever the actual situation is. It's always important to honour and respect your feelings and your experience. It's just as important not to let them paralyze you into staying stuck.

So acknowledge how you're feeling when your life is fish-tailing all over the place and heading for the ditch or a tree trunk. Then let it go. Stop staring into the skid and make sure you keep your eyes focused on where you want to be.

It's the quickest, best, and easiest way to a happier life. ▲

## Caregivers don't need a pat on the back; they need more support

by Laura Funk

Are you aware of the significant contributions that family caregivers

make to society?

In 2012, eight million Canadians — 25 per cent of the population! — provided care and 2.2 million Canadians received that care in their homes — most often from family.

In 2009, the estimated value of family care was more \$25 billion.

For many, caregiving is all day, 365 days a year — and their work is often invisible to others. So it's important that carers feel their contributions are valued, in particular in their interactions with health-care professionals, their employers and other family members.

Many caregivers view

what they do as a natural part of family relationships. They don't do it for personal benefit or with the expectation of appreciation.

I noticed a similar phenomenon when I spoke with a nursing home volunteer who, for this same reason, refused to attend a volunteer recognition event.

My research also suggests there may be some carers for whom praise such as, "You're doing a great job," or "You're a wonderful daughter or son" can actually invoke guilt or ambivalence.

Why guilt?

Because caring is a complex emotional experience, often connected to our identity and self-worth. When we confuse 'care for' with 'caring about', guilt can result.

What happens, for example, when caregivers can no longer manage and face difficult decisions about institutionalization for their loved on?

Lastly, caregivers can view recognition as a trivial concern relative to the care recipient's need for services. In this respect, any recognition of their work is unhelpful.

So what do caregivers want?

What caregivers need

are accessible services for the person they're caring for, when they need them.

Caregivers have told me they want access to services for themselves and the care recipient, not a pat on the back.

Truly being aware of caregiver contributions and needs means being aware of the crucial importance of formal health-care supports and policies. Our governments could do much more in this regard.

Caregiver concerns are supported by existing evidence. Some research emphasizes the benefits of services and policies targeting carers directly, such as work accommodation and income assistance.

However, being able to access sufficient, quality health-care services, such as home care for the loved one being cared for, is also important. This is what our governments must do if they truly want to support caregiving in Canada.

This doesn't mean that when formal services are provided, family carers do less — instead, they can instead focus on different aspects of care and are then better able to preserve their sense of well-being. Caregivers

could then be less frustrated by having to fight against an impermeable system to access help for their family member.

I am suspicious that the rhetoric of carer acknowledgement is used by governments to imply that they are not responsible for the provision of care — justifying further erosion of publicly-funded services.

Truly recognizing carers means providing helpful, supportive, long-term health and social care services for those who need them — as well as for their carers.

*Laura Funk is an associate professor of Sociology at the University of Manitoba who has studied issues of aging, unpaid and paid care work and health for more than 18 years. Some of her current research focus on how family carers in Winnipeg navigate health and social care systems.*

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# Dog ownership linked to lowered risk following heart attack, stroke

By Andrew McCutcheon

No matter their size or their breed, dogs have long been considered the best friend of humanity.

Even if you might not consider yourself a dog person, there's no denying the effect that dogs have played as companions, guides and helpers throughout the ages.

Even now, the fuzzy friends have been linked to a variety of emotional and social health benefits, but a recent study released by the American Heart Association (AHA) has linked dog ownership to a lower risk of death over the long term.

According to the study, this lowered risk is likely driven by a reduction in cardiovascular mortality

— which is to say, owning dogs is likely good for one's heart, literally.

"The findings in these two well-done studies and analyses build upon prior studies and the conclusions ... that dog ownership is associated with reductions in factors that contribute to cardiac risk and to cardiovascular events," said Glenn N. Levine, MD and chair of the writing group for the AHA.

The study itself looked at the data from 10 previous studies, reviewing the patient data of over 3.8 million people. The research found that compared to non-owners, dog owners experienced a 65 per cent reduced risk of death following a heart attack and a



Photos by Andrew McCutcheon

31 per cent reduced risk of mortality due to heart-related issues.

Moreover, ownership was also connected to a 33 per cent lower risk of death for heart attack survivors who were living alone save for animal companionship.

The researchers believe these positive effects can be explained with two reasons: not only will dog ownership assist with depression, loneliness and social isolation, but also assist with an increase in physical activity and movement.

"Keeping a dog is a good motivation for physical activity, which is an important factor in rehabilitation and mental health," said Tove Fall, a professor at Uppsala University in Sweden.

Further research will need to be done, however, to reach a level where physicians could potentially prescribe animals for companionship and health.

Plus, an injury or a chronic medical condition could hamper an individual's ability to care for a pet, which must be taken into

consideration when adopting.

"From an animal welfare perspective, dogs should only be acquired by people who feel they have the capacity and knowledge to give the pet a good life," Fall said.

There's a lot to consider when it comes to one's ability to take care of a furry friend — such as cost, physical necessities and space — but it seems that healthy dividends pay off with a canine companion at your side. ▲



Pet ownership has been linked to higher rates of recovery following heart issues



## Current Resident Alex says....

I love Rocky Ridge Retirement because it is perfect! The people are wonderful, the food is great; there are a lot of choices.

There is weekly entertainment and there are plenty of activities and you can chose whether or not to participate. I was able to spend 5 months here with my wife before she passed. The only regret I have is that we didn't make the move earlier.

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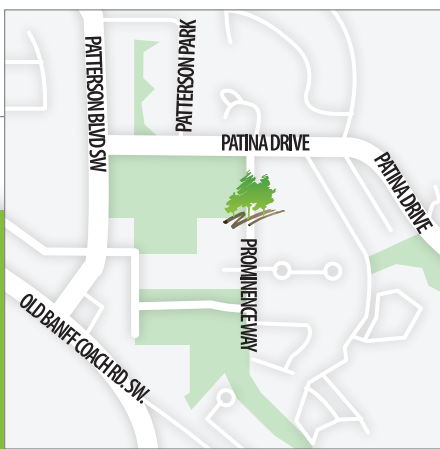
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### Current Resident Sheila says....

*"I can still do all the things I love and know that I'm being cared for by staff that care. I have realized that living in a community is a great experience and a new way at looking at living. I'm making new friends and enjoying new experiences."*



Sheila



# How Home Healthcare improves patient quality of life and longevity

By Florence Cino

Home Healthcare with a Home Health Aide, or Nursing Home care? It's an agonizing question that many families are faced with, and with baby boomers aging into their seventies and eighties, more families than ever will be mulling over this complicated decision. While some people view nursing home care as the more convenient option, particularly when the time comes that aging parents can no longer live alone, there is an avalanche of information to support that in-home healthcare provides a safer, more comfortable, more dignified and healthier environment; and is more cost-effective than nursing home care.

According to Oxford Academic, after one year of long-term care, 77.7 per cent of home health care beneficiaries were alive compared with 76.2 per cent of nursing home beneficiaries. While this may not sound like much, it breaks down to

more than a million lives, and every life holds value. Then there are the costs to consider. According to an Oct. 24, 2018 article published by the American Association of Retired People (AARP.org), "nursing home costs tip the scales at \$100,000 per year per patient, as opposed to in-home long-term care which comes in at just over \$50,000 a year, per patient."

Intangibles such as quality of life, compassion and dignity also gain higher marks with home health care. Everyday tasks that most of us take for granted such as transfers, walking, dressing, using the restroom, feeding and linen changes are attended to more swiftly with in-home care. A Home Health Aide is at the patient's disposal to assist immediately, whereas nursing home clients must wait for often overburdened staff members to become available for assistance.

Home healthcare recipients also have what we would call "home-court ad-



Photo courtesy of Scott Webb

vantage." Navigating the familiar terrain of home creates a safer environment, and in many cases, means less travel distance from room to room when the client's energy may be at a premium. SeniorLiving.org asserts that "many seniors report having a greater quality of life and happiness with in-home care, and statistics show that these beneficiaries actually have up to 50 per cent fewer doctor's visits annually."

Institutions tend to be noisier and patients cannot control their environment as they would at home. A home setting is generally more tranquil and quieter, lending itself to better sleep and fewer accidents and falls, as a result. Home settings are especially beneficial for clients who tend to wander. A Home Health Aide is there to prevent patients from wandering out of the home unsu-

pervised and can effectively guide the client when leaving the home for outings.

There is also an intimacy and trust that develops between the patient and a Home Health Aide that cannot be replicated with nursing home staff, making the patient more reluctant to share valuable information with nursing home staff that may be needed for the benefit of the client's health and safety.

Another advantage is the ability for a trusted family member or friend to be compensated for caring for a loved one in the home. MedicaidPlanningAssistance.org explains "Through many of the state [Medicaid] plans, personal care services are available, and many of the states allow program participants to self-direct their own care."

This means the program

participants can elect for a trusted family member or friend to act as their Home Health Aide and companion. The MedicaidPlanningAssistance.org article goes on to explain, "With self-direction, program participants are able to hire, train, manage, and even fire, the caregiver of their choosing. This means that relatives and friends who serve as informal caregivers can become paid caregivers through Medicaid's state plan."

Another important issue to consider is the spread of disease-causing germs to patients whose immune systems may already be compromised due to advanced age or illness. When patients are cared for in their home, they are not exposed to certain elements and germs that can make them susceptible to secondary illnesses.

In a study conducted by the National Institute on Aging, the findings were consistent in showing that people want to stay at home and don't want to be in facilities. "Most people do not want to wind up in a facility setting. They would ideally prefer to stay in a community setting at home for mental, physical and emotional health, and morale."

Home Care Association of America (HCAOA.org) corroborates this finding, stating that "9 out of 10 seniors aged 65 and over want to remain at home for as long as possible, and 80 per cent think their current home is where they will always live."

Florence Cino is Director of Patient Services for Edison Home Healthcare, a full-service, Joint Commission-accredited home care services agency, headquartered in New York. <https://edisonhhc.com/>

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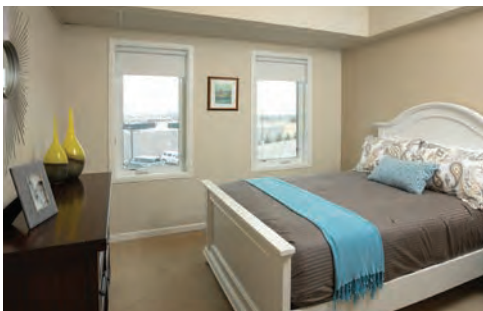
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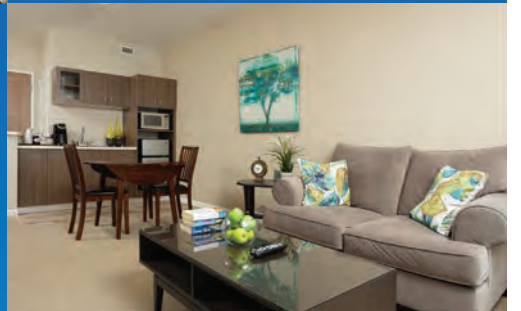


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# Recognizing Rare Disease Day

By Amy Wong

This February we have 29 days. Do you know what's so special about Feb. 29? If you guess that this is a leap year — a once every four year rarity — you're right! But, it's still not exactly what I was alluding to.

This year, Feb. 29 also has another identity. It's Rare Disease Day! Rare Disease Day normally falls on the last day of February, which happens to be February 29th this year.

You may be thinking: what a weird thing to make a day of or to celebrate. Well, the very reason to take note of such a day is to bring awareness to it. Before you started reading this, were you aware? If yes, kudos to

you for being aware. If not, well then, I am glad you are reading this, as now you know!

First started in 2008, Rare Disease Day has become an international awareness-raising campaign. Worldwide there are approximately 300 million individuals living with a rare disease.

Rare Disease Day is a day dedicated to individuals living with a rare disease, and their families. The intention is to raise awareness among policy makers, public authorities, researchers, health professionals and the general public.

In the USA, a disease is defined as rare when it affects fewer than 200,000 individuals.

Currently there are over

6,000 rare diseases identified among the previously mentioned 300 million individuals. Often these rare diseases are characterized by broad diverse symptoms that vary from person to person, even if they are suffering from the same disease.

It's important because one in 20 people, in one way or another, will be impacted by a rare disease at some point in their life. When I was gathering information I came across this quote from David Epstein, a former pharmaceutical CEO: "When a family member or a friend develops what is considered a 'rare disease,' it's not rare anymore." This phrase spoke to me and I hope it strikes a chord with you.

Despite the uncommon nature of a rare disease, once it is there, it has profound impacts on the lives of those living with it.

It also impacts the family members who care for them. Individuals with unknown or overlooked illnesses often face many challenges. It is difficult to obtain an accurate diagnosis, often because of the lack of scientific knowledge and quality information about the disease.

There are also fewer treatment options because of difficulties in accessing appropriate treatment and effective care. There is also a lack of support networks, simply due to the disease being rare, where no one has dealt with the mental health,

employment and economic impacts of said disease. The information is scarce and the research is insufficient.

So what can we do? Share and raise awareness. Awareness encourages decision makers and researchers to address the needs of those living with a rare disease.

The goal is to improve access to diagnosis, treatment, and to improve health and social care, as well as providing practical support for the individuals impacted.

Be inspired to take part in this year's campaign. Begin your support for Rare Disease Day 2020, by visiting the official website at [www.rarediseaseday.org](http://www.rarediseaseday.org) for more information. Other ways to show your support include:

- 1) Sharing your story. If you or someone close to you is impacted by a rare disease, tell your story.
- 2) Organize or participate in an event dedicated to Rare Disease Day. Remember to post pictures and videos of the event.
- 3) Get involved on social media platforms and follow the campaign via Facebook, Twitter and/or Instagram. Add the official Facebook frame and/or Twibbon to your social media profile pictures.
- 4) Use the official hashtag #RareDiseaseDay and/or tagging @rarediseaseday when sharing and posting on social media.
- 5) Show solidarity with individuals living with a rare disease in your community. Take a photo with a raised painted hand, and share it on social media using #RareDiseaseDay and tagging @rarediseaseday.
- 6) Get political. Advocate to policy-makers and key decision-makers about the important issues facing rare disease sufferers and their families.
- 7) Support the Rare Disease Day campaign to grow its impact around the world by making a donation on their website.

I urge you to get involved this Rare Disease Day in one way or another. Show your support and compassion for efforts to raise awareness, and to hopes for finding treatment and cures. Just because an illness is rare, doesn't mean it isn't there or that it doesn't happen. It happens! Just like Leap Day, it happens, though Leap Day happens only once in every four years. ▲

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## Retirees' expectations don't meet reality, poll shows

By Andrew McCutcheon

Whenever we think about the future, we have some expectations about how our lives may play out.

We might have hopes and dreams, maybe some a little bit more fantastic than others — who hasn't calculated how they'd spend their imaginary lottery winnings?

But when it comes to retirement, some Canadian retirees are saying that the realities of their post-work years haven't lined up with their expectations.

According to a poll of over 2,000 Canadians aged 50+ conducted by the Royal Bank of Canada (RBC), three notable misconceptions — between what retirement would be and what requirement ends up being — have been identified.

The first misconception is related to when one's retirement begins: many believe that they'll know the date of their retirement well in advance. Over half of the poll's respondents — 55 per cent — expected to know their retirement date

more than a full year ahead of time.

However, this full year of notice was only true for 39 per cent of retirees aged 50+, and 16 per cent had no advance notice whatsoever.

If you expect that you'll be spending your freezing winters in sunny Arizona or Nevada, that may not be the case either.

Just about a third of pre-retirees expect to be snowbirds — heading off for warmer pastures during the colder months — with 29 per cent of respondents indicating so.

However, only 18 per cent of retirees say that they follow the geese south for the winter. Spending time with family (51 per cent) and friends (48 per cent) ends up being a more popular choice than expected.

Finally, a good chunk of older adults believe that they'll continue working in some form or another over their retirement. 50 per cent of respondents indicated such, for a multitude of reasons. For some, they wanted to stay mentally or physically active in retirement, with

others saying they'd do so to stave off boredom or generate additional income for themselves and their families.

Nevertheless, only a miniscule 11 per cent of retirees said that they actually had returned to either full-time or part-time work.

Rick Lowes, vice-president of retirement strategy for RBC, said that regardless of where an individual is in their retirement process, it's never too late to start adjusting plans and expectations.

"We know that the majority of Canadians do not have a retirement plan — and those who do are more prepared and confident," Lowes said. "A plan helps you to understand all your options so you don't have to make major trade-offs to enjoy the retirement lifestyle you desire."

"Canadians are redefining retirement and there is a wide range of financial options to explore right up until the day you stop working."



## Kerby centre seeks board volunteers

Kerby Centre is a renowned organization in downtown Calgary committed to helping older adults live as well as possible, for as long as possible, in their homes and community.

We serve more than 30,000 people each year through adult services, information, programming and events. Kerby Centre is a not-for-profit organization governed by an eight-member Board of Directors elected by the general membership.

In 2020, Kerby Centre's board is seeking to add three to five Directors. As well, the Board is seeking individuals who can offer expertise on specific committees but who do not wish to become Directors. Kerby Centre has no age restriction.

The Kerby Centre Board of Directors is a governance and policy board. Board meetings are typically held every second month. As stewards for the organization, Directors provide strategic direction to staff, regularly review the organization's financial statements, and

approve the annual budget. In addition, Directors are part of the public face of the organization and occasionally represent Kerby Centre at events inside and outside of the Centre.

We are looking for candidates who have experience in areas such as:

- not-for-profit
- government relations
- human resources/ labour law
- a knowledge and passion for issues facing seniors and older adults

For more information on Kerby Centre, visit [www.kerbycentre.com](http://www.kerbycentre.com)

If you think you can make a difference, we want to hear from you. Apply by email with resume and cover letter to [careers@kerbycentre.com](mailto:careers@kerbycentre.com).

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# Managing chronic pain



Chronic pain can vary daily, but be sure to check in with your doctor if there are any marked changes or concerns with your pain. Photo courtesy of Jesper Aggergaard

By Angie Friesen

I have one thing that is always present in my day-to-day life - pain.

Chronic pain is identified as pain that lasts longer than 12 weeks despite medication or medical treatment.

Every day I work with my chronic pain, and every day it's at a different degree.

My chronic pain journey began at the age of 11. I still remember the day, sitting in the chilly doctor's office, and my doctor diagnosing me with Juvenile Arthritis in both of my hands. At that time, it was very rare to hear of children living with arthritis, as many people associated arthritis with older adults.

If it ever came up in conversation, I would sometimes hear: "You are way too young to have arthritis" or "You don't look to be in pain".

At school, there would be days when it would be painful to write with a pencil or hold a heavy book for long periods of a time, but I would try to keep my pain to myself, give my hands and wrists a simple massage and push through the rest of my day.

Fast forward to today, my body has osteoarthritis, bursitis, sciatica and spinal degeneration. Every once in a while, I still hear the echoes of people saying I'm too young or not looking to be in pain.

The thing with pain is that everyone wears it differently.

Even though we can't always change a diagnosis, there are ways that we can

work with chronic pain and I would like to share with you how I manage my pain on a daily basis.

Pain is a powerful teacher. I have learned over the years that your body is always sending you messages and it's up to us to listen to what our body is trying to say.

I always think of the famous Cherokee Proverb: "Pay attention to whispers so we won't have to listen to the screams."

Take a moment to reflect on what your body needs right now. What is it telling you?

Identifying and becoming aware of our triggers of pain is also helpful in pain management. There are many items that can bring on or even escalate pain. The most common are: stress, changes in weather, over-exerting yourself, not getting enough exercise, injury, other ailments, dehydration and even diet.

Even though we can't always control all of our triggers — such as weather — we can find solutions and make better choices, such as with diet and exercise.

It can be hard to be motivated to move your body when in pain, but movement can in fact be key in working with chronic pain. My rheumatologist often says: "Motion is lotion" and "If you don't move it, you lose it."

Movement doesn't have to be strenuous. Even small movements can ease up tightness, tension and bring a sense of freedom in your body. There are plenty of gentle options that you can do. Stretching, walking and

yoga are my personal favourites.

Make sure that whatever activity you choose to do, if the pain is feeling worse than before, your body is letting you know it's too much, and you should take a break.

Always check in with your trusted medical professional if there are changes or concerns with your pain.

I created a list of ways I can manage my pain. You can always add/adjust to your personal list at any time. It's nice to have a reference and reminder of things we can do for ourselves.

My list includes: movement or exercise, having an Epsom salt bath, taking a nap, spending time with my dog, finding a welcome distraction such as creating a craft or working on a project, gardening, writing, applying a heating pad, meditation, connecting with friends and family, getting fresh air, reading, learning something new, going for a massage and drinking more water.

I have come to realize that in my journey with pain there have been some positive outcomes. My pain has allowed me to become more in touch with myself and the needs of my body. It has also shaped me into the person that I am today.

It has allowed me to have a deeper connection, compassion and understanding for others dealing with chronic pain.


Even though my pain is constant, I do have the power to create ease for myself and my body. And you do too. ▲



## Knitting for a cause

The cold snap in January took many folks by surprise. While it's inconvenient for those who need to start their cars early and bundle up, it's a real danger for those living without shelter in Calgary. Enter Kerby Centre's Knitting for a Cause group, which meets twice a week to create a variety of helpful pieces, everything from warm mittens to soft baby clothes. Kari Stone, who runs Kerby's

education and recreation programs, dropped off a bundle of the items created by the group over the coldest week. "We're so thankful for all of our volunteers and the hard work they contribute to everything we do here at the Kerby Centre," Stone said. "It makes me smile to know that hand-made hats and gloves made their way into the hands of those that need them." ▲



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# Book Review: *New Power*

*New Power*  
by Jeremy Heimans  
and Henry Timms

Book review by  
Eleanor Cowan

Still toeing the line, tolerating discontent, and muting your complaints?

You might be under the spell of Old Power. Immobility is one of its frightening features.

Old Power can be fear-based and controlling. Its private back rooms admit only the vetted few, and its rich criminals can buy their freedom. On the other

hand, the wealthy are often big-hearted philanthropists of the first order.

While contrasting old and new kinds of power, the authors do not rule out the possibility of fraudsters in both camps.

When properly used, New Power operates like a sideways current. It has no bosses or hierarchy. Its surges of current, sparked by willing participation, are powered by enthusiasm.

Heard of the Ice-bucket Challenge? Inspired by the idea five years before his death of a degenerative disease, former college baseball player Pete Frates, adapted his version, with all proceeds donated to the ALS organization.

The authors use the acronym ACE to describe the nature of New Power: A for actionable, C for connected, and E for extensible. Worldwide participants of the ice challenge A) donated to their cause, C) created a video of their personal ice action to share online, and E) nominated four friends to accept the challenge and repeat.

In a single summer, the ALS Org. received 200 million dollars of crowd-sourced funding!

While reading, I recalled a 20th-century pre-internet accomplishment that changed history.

I thought of the activism of Rosa Parks in 1955, a skilled police detective, who was tossed off a city bus for refusing to obey the

racially segregated seating policy.

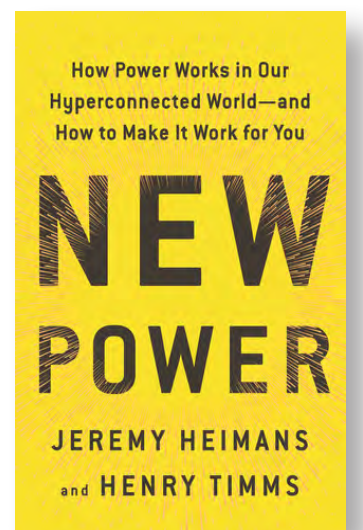
When the bus company refused to change, Rosa put the word out. She did so without the benefit of a computer or a portable phone.

Soon, thousands of laborers and city workers all over the state of Alabama quietly, without a word said, decided they'd walk to work.

The result was a complete collapse of the Montgomery bus system, including hundreds of bus driver job losses. When the company corrected its seating policy, the passengers quietly returned to be treated with the respect they'd quietly commanded.

With no TV screen or wi-fi in her world, Rosa Parks ACED it.

Read stories about a worldwide online community seeking to better the world. Read about unpaid science enthusiasts who offered their solutions to a serious problem baffling trained experts at the Johnson Space Station in the U.S. These scientists desperately sought a way to forecast dangerous solar storms. They called out to the public for help. Lo and behold, a retired radio frequency engineer from N.H., Bruce Cragin, heard their cry. He submitted his idea, which allowed for 24 hours' notice of a solar storm with 75 per cent accuracy. Because humble experts welcomed his input, the problem was



solved.

The authors state that "Today, the most resonant ideas are not those that get flashed on-screen at the highest number of viewers, but ... those that insist that normal people matter..."

It requires humility to put New Power's goal ahead of personal pride. One NASA scientist says he now uses YouTube to check out data and new ideas, often from those far less educated than himself. Doctors are also connecting with those who suffer the same baffling symptoms as their patients and finding astonishing cures.

Still, author Timms cautions that he'd want his root canal done by the most skilled dentist. He wouldn't crowd-source for a less expensive practitioner, but he would read the free YELP reviews posted by community members who care about holding the bar high for each other. A 5-star review on a public site carries tremendous weight in the business world today, far more than a paid-for ad claiming excellence.

Fred Rogers, the beloved host of Mr. Roger's Neighbourhood Children's TV program, often told his favorite story, one that characterizes New Power.

During the Seattle Special Olympics for physically and mentally challenged children, nine little runners began a hundred-yard race. Suddenly, one child tumbled to the ground. With no hesitation, the eight other kids stopped running and gathered to comfort the fallen child. Then, they all linked arms and walked together to the finish line. The stadium crowd cheered for a long, long time.

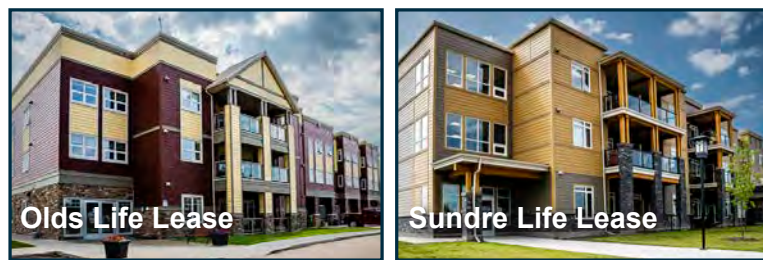
The authors of New Power have simply re-wrapped ancient wisdom for a hyperconnected world. ▲

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# Self-advocacy in your health

By Brenda Barclay

Once you have downsized and relocated to your new space. Do not feel like you're trapped there and do not have any options. Try not to become disillusioned or acquire a defeatist attitude of "it doesn't matter."

Your new space should feel like a home to you. You should be happy there, and if you're not, you may have made a mistake. Everyone makes mistakes; it's not a crime to admit it.

Just close that door and look for someplace that is better suited for you. Moving is not an ideal option, but it's better than daily grumbling and staying in a place that makes you unhappy.

Location should not be a consideration, but having your own trusted and dependable doctor and pharmacist should remain a constant. Health issues change: having your own pharmacist at a pharmacy who knows you, your health issues, concerns, and what medications — whether prescription or over-the-counter (OTC) — you

are taking is very important in keeping you healthy.

Your pharmacist will have immediate access to the drugs you are taking and will be able to identify any possible drug interactions.

Some prescription drugs must be taken first thing in the morning or on an empty stomach, and some vitamin and mineral supplements need to be taken much later to make both prescription and OTC drugs work most effectively. Some prescription drugs must be taken with food, and again, OTC drugs should be taken a couple of hours later. Regardless, you should avoid grapefruit juice since it interferes with a variety of drugs.

Drug interactions can occur if prescription drug protocols are not followed. If you have any questions as to what the name of a prescription drug is, why you are taking it, who ordered it, or when and how it should be taken, ask your pharmacist. They will be able to answer these questions for you.

Remember, a pharmacist is only a telephone call

away and they are a valuable source of information. Your pharmacist will be an advocate for you and they are able to deal with your health issues and concerns.

Prescription drugs may be provided to you in blister packs separating the drug to make it easier for you to take. If you have a number of blister packs, do not take all the drugs all at one time for the day. Follow the protocols given when taking the drugs.

If you require a refill, your pharmacist can arrange this for you as well as potentially having the drug delivered to you if you can't make it to pick it up.

If prescription drugs have to be provided, do not have them given as a convenience. Don't be afraid to ask the name of each prescription drug, why you are taking it and when and how it should be taken. Don't spread medications over multiple pharmacies as it is too easy for the pharmacist to miss something when reviewing your prescription and there will be no record of the OTC drugs you are taking or the pre-

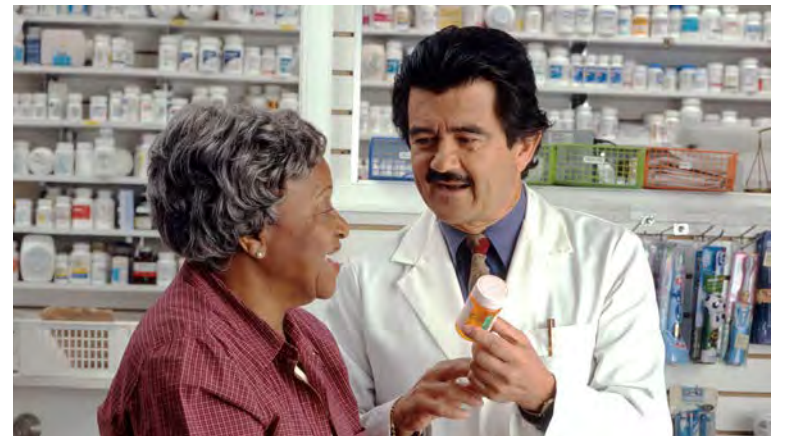


Photo courtesy of National Cancer Institute

scriptions dispensed by your doctor.

Another valuable resource is having your own doctor, who once again, knows you and your particular situation. Your doctor will be aware of your health issues and concerns, and will be able to assess your health and provide the necessary referrals to specialists to coordinate your health care needs.

Your doctor will arrange for any diagnostic imaging, as well as blood, urine or ECG, as deemed necessary. If you are unable for any reason to make it to a medical laboratory, your doctor

can also try to arrange for a mobile lab to come to you to conduct the required tests.

Information from the referrals will be forwarded to your doctor for review and consideration so your doctor is fully aware and will be able to work with specialists, pharmacists, diagnostics and laboratories to ensure you receive the best care possible. Your doctor should review the referrals and test results with you and provide you with the information. If further referrals are required, then your doctor will be able to order them and coordinate your health care. ▲

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# Cruising the Caribbean

Story and photos by Jerry Cvach.

Page layout and design by Winifred Ribeiro.



Cruise ships moored in Antigua.



Pitons on St. Lucia.

Our friends know how much we try to avoid group vacations. Typically we stay on terra firma and travel by car on our own. But it's hardly possible to keep hopping from island to island by ferry and taking rental cars to drive around in an archipelago as large as the Caribbean. Yet it is a desirable winter destination and not just because of the weather. The islands are picturesque, interesting and multi-

national. Well, multi-national to a point. English language and the mighty US dollar are universally used in concession to the almighty Tourism industry.

Otherwise, much is different — different cultures, local customs, many dialects and which side of the road to drive on, make up the charm of the area. It is far easier to take your hotel with you and leave the sailing, driving, organization and catering to others. In other words "cruise". Even though we are hardy travellers, we still occasionally allow ourselves to be utterly pampered. How deliciously decadent!

We chose to retrace the trip we took on a small ship with only 100 passengers in 1993, with Renaissance Cruise Line, now defunct. Today a small cruise ship is 900 passengers while 2,000 to 3,000 passengers is the norm!

Inasmuch as we aren't as knowledgeable about cruising as true aficionados, Viking Cruises impressed us the most. First, their ships are smaller than their competitors'. Second, they even include drinks with meals in their prices, and introductory excursions on all the islands, so that the cost of the vacation doesn't balloon as you go. Of course, there are always opportunities to take optional excursions, and make purchases in duty-free shops and so on.

Excellent food is the company's hallmark, and the wine and beer included in the price is good quality. On the ship, the meals are served in several restaurants. Food is evenly good in all ven-

ues, the difference being only in required attire. The theory is that eating a burger while wearing a proper shirt tastes better than steak while wearing blue jeans and running shoes, although I digress. It's time-consuming to dine in style, so a quick buffet may be your choice if you're in a hurry.

In spite of their beauty one soon realizes that most islands are fairly poor. It is noticeable when looking at houses the locals live in. The general impression is that if you are a Caribbean island it's good to have a wealthy sponsor, be a territory or part of some other country. Independence is expensive.

We started in Puerto Rico. Driving from the airport through the industrial areas and suburbs we were disappointed that San Juan looks like a city anywhere in the USA or Canada, sans snow. Then, suddenly, we were where we wanted to be, in the 17th/18th-century Spanish colonial town surrounded by the remnants of defensive walls with 19th-century forts at each end, the posh governor's palace, narrow streets and inexpensive local beer.

St. Thomas is a playground and a retirement destination for Americans. Well-built modern houses dot the countryside. Much of the fresh water has to be shipped in. As a result it costs more than beer in the stores. The highlight of the island tour was the view from a 2,100-foot mountain, in true American fashion covered by a parking lot and a large souvenir store, with a small viewing platform on one side.

The highlights are more the nature than the history — beaches, snorkelling, kayaking and such. The capital town is small, has a bric-a-brac market on the shore and a single shopping street. Supposedly there is a history of pirates hiding on the island. If the posters, T-shirts and plaster statues are to be believed, the pirates were mostly busy, slim women running around sparsely clothed. How politically incorrect!

Antigua is an independent nation and less prosperous. In the past, growing sugar cane was a mainstay of the economy until prices collapsed, combined with mill workers becoming unionized in the middle of the last century. The whole industry went bust. The main attraction in Antigua is the Nelson dockyard on the south side of the island. It was run for three years by Admiral Horatio Nelson before he became famous, lost his arm, took a mistress, Lady Hamilton, defeated the Spanish Armada at Trafalgar, became Sir and lost his life, all in a very short time span.

The eponymous dockyard is remarkably well preserved, with most of the buildings and docks restored. The port is strategically well-placed. The bays and passages are guarded by forts on the tops of the surrounding hills. Looking at the docks, one has to marvel how small these warships actually were compared to today's standards.

Although one can see buskers playing a steel drum in many places in Caribbean, the best was a band playing on the mountain-



Screw dock in Barbados, decommissioned after the WWII.

top viewpoint on a lazy Sunday afternoon on our previous visit to Antigua.

St. Lucia is indisputably an island with the best English pedigree. It's not just the driving on the left-hand side of the road. It's the white on black license plates and the "Give Way" instead of "Yield" signs. There is some semblance of zoning, as there are up-scale housing areas and separate shack areas, with industries in between. In downtown Castries, they have incredibly cluttered, small, hole-in-the-wall stores and repulsive-looking pubs filled with boisterous domino players and their kibitzers. I'm sure the booze is cheap. It's pure entrepreneurship without borders, but they attract only the locals.

Around the corner the cathedral's interior is reminiscent of a factory with its huge, thanks to God airy interior. Its walls are painstakingly decorated with love and naïveté not easily found elsewhere. It is primitive art at its best, not unlike the cathedrals in Oaxaca in Mexico or the Saint Catherine of Alexandria church built by shipyard "axe masters" in Honfleur, France.

Barbados is also English through and through. Perhaps that's correct except that their

English is definitely American. The country is neat and well-appointed, perhaps because it's presently run by a parliament dominated by women and there is a woman prime minister to boot, at least according to our female tour guide. She is the same woman who keeps "in her bedroom a transparent gecko that eats tons of mosquitos and she doesn't mind if it runs across her body at night". Sure.

The island tour took us out to the oldest church on the island, one of many denominational churches around. The church guide rained historical dates on us in such abundance, that it was hard to believe he could have memorized that many. It seems that showering tourists with dates is more designed to impress than to educate. Downtown Bridgetown is another Caribbean town overflowing with markets, stalls, bars and generally cheerful people ready to help. The parliament building is the nicest building we saw in the whole archipelago.

The word "politics" is such a good excuse but is misused in so many ways. This time the culprits were elections in Dominica. Local denizens are considered to be particularly hot-headed and their elections are



Cathedral in Castries, St. Lucia.

usually followed by rioting by sore losers. Being cautious, Viking decided to skip the island altogether and we returned to St. Lucia for an encore.

Having already had an introductory tour, we chose the Highlights of St. Lucia Tour that turned out to be a six-and-a-half-hour mad dash to see everything. With one hand on the steering wheel and the other on the gear stick, the driver navigated the narrowest, slickest and most winding roads known to man, rather nonchalantly in a game of chicken and inches! After the fact, and having survived, it was quite an adventure!

We saw the Pink Plantation house where the main attraction was pottery and a huge cauldron in the yard in which they had boiled sugar cane, while all the while I thought it was the missionaries. In any case, the cauldron was large enough for both possible uses. We took pictures of the Pitons that are two mountains rising directly from the sea resembling sharks' teeth; and visited Sulphur Springs Park, a huge attraction on the island. At the end of the excursion, we relaxed in quiet rainforest botanical gardens. During lunch, we were treated to a concert by the local band which must have had

a very traumatic youth judging by the noises they produced. All in all the return trip to St. Lucia might have been a day better spent there than on Dominica.

Basseterre on St. Kitts is one of the oldest towns in the eastern Caribbean. It is tranquility personified, possibly because we visited on Sunday, or because the island is so small. Together with the island of Nevis, it is the smallest independent country in the Americas. Despite the fact that the place is poor, it's a nice place to visit.

St. Maarten/St. Martin is half Dutch, and half French. On such a small island this arrangement makes for strange bedfellows and even stranger rules. Even though in Europe their mother countries share the Euro, they don't here. The Caribbean Guild is used on St. Maarten and the Euro on St. Martin. There are casinos on the Dutch side but citizens can gamble only six times a month, while the French can come and gamble 24/7. Cockfighting is outlawed on the Dutch side but is legal on the French side, and so on. Food might be better on St. Martin, but being passengers on a cruise ship, we didn't eat out.

The island is pretty, shopping plentiful and traffic hor-



Busker playing a metal drum.

rible. There really aren't any historical city centres either, probably because they were demolished or even worse — modernized.

The island of Tortola is much the same as the rest, but they have a wonderful ridge road with fabulous views, access to which is incredibly steep. The minibus went into the second gear only once or twice, yet it felt better to go up than to plunge down to the beaches. Nobody had warned us that it was a roller-coaster in a bus.

We saw some fairly decent primitively-painted murals on the side of the road. Henri Rousseau, it wasn't, but still worth taking photos. The beaches below were as pretty as postcards with plenty of flesh on display. One can rent any imaginable equipment such as umbrellas, chairs, lounges, and paddleboards, and buy passable rum punch at the kiosk.

All of the islands are picturesque, have plenty of beaches, mild weather and face a common enemy, hurricanes. Souvenirs on offer are without merit throughout, but jewellers proliferate. If you hope for local handicrafts, you'll be disappointed. Tourism accounts for more than half of the Gross National Product on most of the islands. Without it, they would be in real trouble, and they know it. New piers were built to accommodate larger ships since our visit 26 years ago. Something has been lost in this development since cruise ships are often the tallest buildings in town when moored, but it's surely more convenient to be able to walk out from your ship rather than to be ferried.

There are a lot of contrasts to observe. There are shacks and luxury homes, rainforests are in full bloom for most of the year, abandoned rotted-out cars on the sides of roads, and million-dollar yachts in every port. One can't count them, they have to be measured by the acres of the sea they cover, yet so few are actually ever seen sailing.

There aren't personal taxes on many islands, just high value-added sales taxes, up to 17 per cent, which pay the bills. Considering the huge percentage of purchases made by non-residents it is a great system to make us tourists pay for the services the islanders need. Who says these people aren't smart, they are geniuses! Sir Arthur Lewis from St. Lucia won a Nobel Prize in economics and I wonder if there might be some connection. ▲



Fisherman on St. Martin.



Bar in Barbados "where you will forget everything".



Antigua, Nelson dockyard.



Parliament building in Bridgetown, Barbados.



Fruit bar on Viking ship.



Sightseeing on Tortola.



# Tax season is in session

By Andrew McCutcheon

April approaches, and with it, the passage of time heralds one of the most hated seasons of the year. I'm not talking about spring, with its blooming flowers, calming rains and celebrations of warmth returning to the land: I'm writing about tax season.

The Canadian tax-filing deadline for the 2019 tax year is April 30, 2020, June 15 if you or your spouse are self-employed.

Many folks have different reactions to being reminded of this annual deadline: dread, anxiety or general malaise. It's no wonder people push it off their plates and procrastinate as much as possible.

To help alleviate those feelings of negativity and help with the process of getting all that paperwork done, Kerby News has compiled a list of tips and information to help ensure when the time comes, you'll be ready.

## Updating your information

When it comes time to do your taxes, there are multitudes of tax slips and other pieces of information that are mailed out. To ensure you'll have everything you need, you'll need to confirm your most up-to-date information with a variety of organizations.

You may have moved recently or your mailing address may have changed for other reasons: have you informed the proper institutions if this is the case? You may need to contact former employers, banks, or the provincial and federal pension plan organizations to inform them.

Most importantly: don't forget to update your address and other pertinent information with the Canada Revenue Agency (CRA) as they request notification of address changes as soon as possible.

You can do so by calling

the CRA at 1-800-959-8281 or by sending a letter to Winnipeg tax centre address: Post Office Box 14000, Station Main Winnipeg, MB, R3C 3M2. You'll need to include your social insurance number, new address and date of move — and the letter must be signed.

Other important information you should update with the CRA includes your marital status, your banking information and the number of dependents in your care.

If you're working to change your address or other important information, be sure to have paperwork or information that can be used to confirm your identity: information from your previous year's tax return, a recent bank statement or social insurance number. If you're unsure if you've made the proper changes, all it takes is a couple of phone calls to confirm all your information is current.

Not only will it save you many headaches in the long run, but it will ensure you get all the right credits that you're entitled to.

## Keep abreast of potential scams

The aforementioned anxiety about tax season is often preyed upon by would-be criminals. Various types of scams exist, but many follow a common theme: the

CRA requires payment now, quickly and you might be arrested if you don't act.

This might be through a phone call, a text message or an email. They may even go through a more pleasant method: informing you that you're entitled to a massive, additional refund, and all you'll need to provide is your banking details.

If you're feeling uncomfortable or confused by the information someone is either presenting or demanding from you, it's a sign your critical instincts are kicking in. Get off the phone, delete the email and instead, call the CRA or appropriate organization directly — again, that number is 1-800-959-8281.

Remember: the CRA will never be aggressive with you, they won't threaten you with an arrest or a visit from the police, or ask for payment through something like a prepaid credit card or gift card.

Moreover, the CRA will never communicate through text messages, collect or deposit payments through e-transfer or ask for your financial information through email.

And if you suspect you've been targeted by an attempted scam, be sure to report it — the Canadian Anti-Fraud Centre can be contacted through its website at [www.antifraudcentre.ca](http://www.antifraudcentre.ca).

ca or by telephone at 1-888-495-8501.

## Need further help?

If at the end of the day, you still have questions, concerns or a feeling of general confusion, there are always other avenues of help.

At Kerby Centre, there will be a general information session hosted in Mid-February. Bonnie McIntyre from the CRA will answer questions regarding credits, expenses, pension income splitting, disability tax credits or caregiver credits.

This event runs Feb. 12 from 10 a.m. to noon.

Kerby Centre also hosts free tax clinics, starting from March 2 to April 30. If you're 55 years or older, an AISH client and have an annual income of \$35,000 or less for a single person — or \$45,000 for a couple's combined income — you're eligible for help.

Call the Kerby Centre at 403-705-3246, and please note that the free clinic does not assist in filing tax returns for self-employment, business or rental incomes, or capital gains, losses and bankruptcy.

Additional free tax clinics also are being held around the province. To find a free tax clinic in your area, visit the CRA website and search "free tax clinics" for further information. ▲



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## On The Town

### February in Fish Creek Provincial Park

Fish Creek Community Showcase - Exhibit Runs until March 27.

Drop by the Cookhouse

at the Bow Valley Ranch in Fish Creek to see the art of Bettina Seiger.

Bettina Sieger is a recent graduate of Alberta University of the Arts, formerly known as ACAD. Bettina considers herself a Bio Artist and Environmentalist and her passion is to bring awareness to environmental concerns.

She has been studying our waterways and the effects that the toxic blue-green algae blooms or HABS have on our ecosystems and human health.

Bettina truly believes that art is meant to be shared, and her intent is to have art meet science in the hopes of bringing the public a better understanding of what is in their waterways and more importantly their drinking water.

Drop by the Cookhouse and meet the artist. To register for this free event, please visit <https://friendsoffishcreek.org/programs/fccs>

### Help the Friends Raise Funds for a Truck

The Friends of Fish Creek have developed a successful system for watering our restoration sites in Fish Creek Provincial Park, but we need to purchase our own truck to water these sites. Currently we rely on Alberta Environment and Parks staff and vehicle availability for our stewardship outings, however Park staff assistance is not always guaranteed. Many of our Watershed Stewardship Programs include Riparian Stewardship and Tree Wrapping.

Park Clean Ups require the use of a vehicle as well as other tasks throughout the year. We have raised over \$5,000 of the \$10,000 needed for the truck and we need your help to reach our goal. Please consider donating to help us raise funds for a much-needed truck.

For more information contact the Friends of Fish Creek or visit <https://friendsoffishcreek.org/programs/truck/>

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AUTOMOTIVE



# Rainbow Elders: The seven kinds of love

By Rocky Wallbaum

Valentine's Day will soon be upon us. We in Canada use the day to express our affection for each other, and remind ourselves who matters to us. I'd like to present a look at how today's world uses wisdom from ancient Greece to help us understand how many types of love exist. Notice that none of the aspects of 'love' are exclusively reserved for members of the opposite sex.

According to eHarmony, the ancient Greeks had different names for different kinds of love:

1. *Philia*: friendship, think Valentine's Day in Grade 1.

2. *Soragē*: natural affection, for your mother and father, siblings, and extended family.

3. *Philautia*: self-love, we need to love ourselves before we can fully share our love.

4. *Ludus*: flirting, with whoever each of us finds 'attractive.'

5. *Eros*: sexual and erotic love.

6. *Pragma*: committed, married love.

7. *Agape*: unconditional, divine love, the sort we find in spiritual life or with significant others.

I went to an 'all-boys' school in Grades 1 to 8, and remember some of my friends fondly, though I haven't seen anyone in decades. I never socialized with girls, except for my sister.

Like most adults today, I never lacked opportunities to practice *Philia*. I have sung in choirs since Grade 1 and I continue to love my fellow choristers; such as for the past eight years, those in the Calgary Men's Chorus.

I was fortunate to come from a large clan; my grandparents had eight kids, and almost all of them had families of two or more kids. I had cousins galore and aunts and uncles, in addition to my four brothers and lone sister.

*Soragē* is another aspect of love that I was able to experience fully. Now I am partnered with a man whose grandparents were similarly 'productive' and have a new family of multiple cousins, aunts, and uncles.

Somewhere in my early teens, I decided that I was not going to waste my time slogging through life doing something I hated.

I resolved to quit doing anything if I wasn't having fun. That might have been the solidification of my experience of *Philautia*.

*Ludus*, or flirting, starts early: often in grade school, when boys chase — or avoid — girls and vice versa.

In 2013, a Scientific American (SA) blog discussed how "flirting" — which SA says is a way to "establish a connection," and not always a sexual one — is practiced in almost all human transactions.

They define it as: "a lingering look, a coy smile, standing just a little bit too close, an accidental brush" and ask their readers to reflect on how they flirt. SA states the flirting is not exclusively for sexual reasons.

I've been working with Alberta Health Services (AHS) for several years, and as I and other advisors discuss preparing to better serve LGBTQ+ clients who will be entering care is the importance of *Eros*, and how the need for sexual expression does not stop when a person reaches a certain age.

AHS is working to change how caregivers view senior sexuality and need for intimacy. It's good to see the blinders being removed.

The ancient Greeks believed *Pragma* — think like the word "pragmatic" — referred to the companion love when individuals join (often in marriage) to 'share the load' associated with living - and, for some, raising a family. As someone who was married almost 25 years and who's been



The Greeks had seven different names for kinds of love. The rainbow has seven colours. Coincidence? Photo courtesy of Jiroe

in a relationship for over 10 years, I'd hate to think that the only thing that kept/keeps us together is pragmatism. For me, this is where *Agape* comes in. Some of us never experience unconditional love, but I have been blessed to have been able to share it with others in two long-term relationships, and with friends.

I was talking about writing this article with a fellow member of Rainbow Elders, and she said I should talk about a 'new' type of love - which I'll call *Teknofilia*. My current partner is younger than I, and certainly enjoys his video games - and apps - an email - and news feeds.

While I understand the importance of staying connected and 'in the loop,' I believe "love" is something that is between people and people are way more important than games, or news, or emails. Let's not lose that important point. In all the varieties of love I've talked about - it's the connections between people that are essential. ▲



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by Lesli Christianson-Kellow

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Enter the Blue Zones. The Blue Zones is a term trademarked by Dan Buettner, author of *The Blue Zones, 9 Lessons for Living Longer*.

In his book, Buettner studied five areas of the world where people were living longer, happier and healthier lives in relation to other areas of the world.

The Blue Zone areas include Sardinia, Italy; Ikaria, Greece; Okinawa, Japan; Loma Linda, California; and the Nicoya Peninsula in Costa Rica. These areas have the highest incidence of centenarians — those that live to be 100 years of age and up.

Buettner found that the longevity and health of people in these areas were influenced by similar factors. Some of the factors that stood out were: keeping active, eating healthy, having a social network, and having a purposeful life.

For instance, on the island of Ikaria in Greece, people move an average of every 20 minutes. This is primarily out of necessity. People walk everywhere - to the store, to friend's homes and work. The island is walkable, meaning there are walking paths easily available and places to rest if one needs to.

Ikarians grow tradi-

tional gardens of fresh vegetables and maintain their gardens for their daily meals.

Older people continue to do manual labour and work their land far longer than the rest of the world. The people of Ikaria and other Blue Zones use their bodies for work, chores and leisure activities.

Another observance was the similarities of healthy eating. The diets of those in the Blue Zones are largely plant-based. Small amounts of meat are also consumed. In Ikaria and other Blue Zone areas, all food groups are represented.

Some components of each day may include greens and vegetables, 1/2 cup - 1 cup of beans, berries, a small handful of nuts, and pure virgin olive oil. In Okinawa, it was observed that people generally eat until they are 80 per cent full, avoiding overeating.

Socializing with family and friends is a daily occurrence. Enjoying time together with people with common interests is an important part of the Blue Zone lifestyle. On top of that, there is a reverence for older people. Older people are valued and looked upon as wise leaders with life experi-

ence to share.

At the same time, older people are around to help and influence the younger generation in positive ways. This helps to create a community where everyone feels like they belong.

One of the most important attributes that people in the Blue Zones have in common is having a purpose. A reason to wake up in the morning can add years to your life. Having something to look forward to and enjoy is important at any age. Being a part of something larger than yourself and feeling purposeful staves off loneliness and depression.

In Okinawa, Japan, there is a name for this purpose, it's called *ikigai*.

The study of the centenarians that live in The Blue Zones provides us with a reminder that a long and fulfilling life is made up of small steps. It can be as easy as getting together with a friend to play crib or take a walk; to know that meals can be as simple as lentil soup and a loaf of bread shared around a table of family and friends; and most importantly, having a purpose in life can go a long way to contributing to your overall happiness. ▲

## Things to do

### Sunday Afternoon at the Opera

Sunday, February 23, 2020, 2:30 p.m. Pre-concert chat/performance at 1:45 p.m.

The Calgary Civic Symphony is joined by the Calgary Concert Opera Company for the first time in this program of some of the best known works of the Italian and German operatic repertoire.

We start our celebration of the mighty Beethoven's 250th birthday by closing this concert with the Overture and Finale of his lone opera, *Fidelio*.

Tickets range from \$16.00 to \$26.00. Event held at the Jack Singer Concert Hall.

### Inglewood Silver Threads

The 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

Members enjoy crafts, games day and two exercise programs for free.

Bingo is played every Tuesday for ten cents per card played per game. As well, our \$2.00 tea and chat lunch, monthly potluck and subsidised trips are a great way to meet new people and engage in group activities.

Members also enjoy our subsidised foot clinic every six weeks. Bingo players wanted - you do not have to be a member to play but, membership does have its privileges.

For more information please call Wendy at 403-264-1006

Registration is now

open for our 2nd Annual FUNdraiser Cruise along the Canada/New England Coast this October. Only 15 cabins reserved for this unique vacation package. Call us for details!

Join us for Lunch Bunch on Monday, Feb. 3 at noon as the Calgary Food Bank presents "Did You Know," fun facts about our very own Calgary Food Bank. Soup, sandwich and dessert included for only \$7.

Non-perishable food items will be accepted. Bring a friend and join us for appetizers and dancing with live music with the Jammers at Pub Night on Friday, Feb. 21 from 7 - 9:30 p.m.

Admission by donation. For details on all our events and programs, visit us at 2609-19th Ave SW or call 403-249-6991.

▲



# The joy of winter gardening and sowing



Plants that require a long growing period to mature may be started indoors in February and grown under lights until our spring arrives.

By Deborah Maier

February in Victoria, BC, heralds the arrival of spring with rhododendrons bursting into bloom. In Calgary, while Chinooks may blow through and provide a blast of warmth, we are notably still in the throes of winter and have definite expectations for more snow. It can, nonetheless, be the start of the gardening season.

Plants that require a long growing period to mature may be started indoors in February and grown under lights until our spring arrives. However, not ev-

eryone has the space or budget for a growing stand and lights. It is also a bit early to start plants on the windowsill, as natural light levels are low, which may cause the seedlings to grow leggy and weak. There is another option—winter sowing.

Yes, it is possible to plant seeds to grow outside. All that is required is a mini greenhouse. I don't mean the small tiered units that can be purchased; those are too big for this purpose. The greenhouse for this project is a repurposed plastic 4-litre jug. The jugs may be milk, juice or water.

To create the greenhouse from the jug, poke four or five drainage holes in the bottom with an awl or nail. Also poke a few holes, or make slits, near the top of the jug for ventilation. Open the jug, leaving the handle area as a hinge, by starting a cut from one side of the handle around the jug to the other side of the handle. Fill the jug with 10 to 15 cm of slightly damp potting soil.

Choose seed that is hardy and cold tolerant. Select from kale, beet, broccoli, cabbage, cauliflower, leek, rutabaga, spinach, Swiss chard, turnips and green

onion for vegetable options and pansies, snapdragons, dianthus, alyssum, dusty miller, viola and ornamental kale and cabbage for annual floral options. You can also choose zone 4 or harder perennial seeds. Plant the seeds according to the depth and spacing instructions on the package.

Complete the jug greenhouse by taping the jug shut with duct or other weather resistant tape. Use a couple of short pieces of tape to hold the jug together. Then, ideally, close the jug with one length of tape sealing the cut. Label the jug with a non-fading garden marker, noting what's been planted and when the seeds were sowed. Place the jugs outside.

I had meant to try the winter sowing technique for many years, and had jugs saved in my gardening supplies. Last February, I was ready to give it a try. Do you remember how cold it was? It was super cold! Several days throughout the month dropped to -30 degrees Celsius. I had everything ready but held off until the first week of March. I didn't think instantly freezing the soil in the jugs, when I took them outside, would help my odds of success.

While most online instructions recommend removing the jug lid for venting, I decided to keep the lids on. Calgary is cool and dry, especially in the early spring. I wanted to preserve the moisture and take advantage of any of the

greenhouse effect the jug generates. I could remove the lids, if I needed to, when things warmed up. I chose kale for my first winter sowing attempt, sowing four seeds per jug. I placed the jugs in a snowy but sheltered area on the east side of the house. This location has good light, some protection from temperature extremes and wouldn't be disturbed by snow shovelling or my dog's yard explorations. Come May, I was surprised to find that I had almost 100 per cent germination.

This year I'm going to try winter sowing the Calgary Zoo's Botanical Garden Seeds: Obedient Plant (*Physostegia virginiana*) and Gas Plant (*Dictamnus albus var. Purpureus*), that I purchased in December. Both plants have growing instructions that recommend sowing them outdoors in the fall. I saw these beautiful plants during the Society's summer Open Gardens tours and thought they would make a nice addition to my garden. Here's to hoping all our winter sowings are successful — come grow with us! ▲

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Photos by Deborah Maier

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**Stoney Nakoda & Canmore 2 Night Trip** Feb. 11 - 13, 2020 \$185 pp/dbl  
Price Based on Calgary Departure Mar. 17 - 17, 2020 \$ 85 pp/dbl



# Keeping it simple — from pot to plate

Page design and layout by Winifred Ribeiro

If you are time-poor, stuck in a food rut, or simply hate doing dishes, *One-Pot Vegetarian* is the book for you. Bringing together classic recipes and fresh originals, Sabrina Fauda-Rôle teaches you how to cook over 80 veggie-packed meals in just one pot.

From weeknight essentials to gatherings and celebrations, there's something for every occasion. Try the warming Tuscan soup, a speedy Spring green casserole, ready in 25 minutes, and a rather impressive Risotto primavera.

Filled with inspiration for simple, healthy, delicious meals, *One-Pot Vegetarian* contains a wide variety of ingenious recipes, perfect for any night of the week.



*One-Pot Vegetarian* © 2019 by Sabrina Fauda-Rôle  
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## BUTTERNUT SQUASH AND COCONUT SOUP

**Serves:** 6; **Preparation:** 5 minutes **Cooking:** 20 minutes

1 kg (2 lb 4 oz) butternut squash, peeled, deseeded and cut into large chunks  
1 onion, thinly sliced  
400 ml (13 fl oz) tin coconut milk  
1/2 stick of lemongrass, finely sliced  
1 litre (34 fl oz/4 cups) water  
2 pinches of salt  
1 small sprig of coriander (cilantro)  
20 cm (8 in) saucepan

Put all the ingredients into the saucepan, setting aside half the coriander.

Cook for approximately 20 minutes over a medium heat. Blend and serve with the reserved fresh coriander, snipped.

## SPAGHETTI WITH TOMATOES AND BASIL

**Serves:** 4 **Preparation:** 10 minutes **Cooking:** 15 minutes

350 g (12 oz) spaghetti  
2 garlic cloves, thinly sliced  
1 onion, thinly sliced  
400 g (14 oz) cherry tomatoes, halved  
4 tablespoons olive oil  
1 pinch of chilli powder  
2 tablespoons tomato purée (paste)  
20 basil leaves, plus extra to serve  
1 litre (34 fl oz / 4 cups) water  
1 tablespoon salt  
2 pinches of pepper  
grated Parmesan, to serve  
26 cm (10 in) casserole dish (Dutch oven)

Put all the ingredients into the casserole dish and cook for approximately 15 minutes over a medium heat, stirring regularly. Serve with the reserved fresh basil leaves and Parmesan.



## SWEET POTATO AND WHITE BEAN STEW

**Serves:** 4 **Preparation:** 10 minutes **Cooking:** 30 minutes **Resting:** 5 minutes

800 g (1 lb 12 oz) sweet potatoes, peeled and diced  
1 onion, thinly sliced  
800 g (1 lb 12 oz) tinned haricot (navy) beans, drained  
400 g (14 oz / 1 2/3 cups) passata (sieved tomatoes)  
1 garlic clove, chopped  
1 teaspoon paprika  
1 teaspoon cinnamon  
1 pinch of ground nutmeg  
1 pinch of hot chilli powder  
2 tablespoons olive oil  
250 ml (8 1/2 fl oz/1 cup) water  
1 pinch of salt  
1 pinch of pepper  
1 small sprig of coriander (cilantro)  
26 cm (10 in) casserole dish (Dutch oven)

Put all the ingredients into the casserole dish, setting aside half the coriander.

Cover and cook for approximately 30 minutes over a medium heat.

Serve with the reserved coriander, snipped.



## BEETROOT PANCAKE

**Serves:** 4 **Preparation:** 5 minutes **Cooking:** 10 minutes **Resting:** 5 minutes

1 small raw beetroot (beet), peeled (100 g / 3 1/2 oz)  
100 ml (3 1/2 fl oz / scant 1/2 cup) milk, of any variety  
100 ml (3 1/2 fl oz / scant 1/2 cup) soya-based cream  
2 tablespoons coconut oil  
1 pinch of salt  
50 g (2 oz / 1/2 cup) walnuts  
50 g (2 oz / 1/4 cup) sugar  
100 g (3 1/2 oz / scant 1 cup) plain (all-purpose) flour  
1 1/2 teaspoons baking powder  
maple syrup, to serve (optional)  
30 cm (12 in) non-stick frying pan (skillet)

Blend the beetroot with the milk, soya cream, 1 tablespoon of the coconut oil, the salt, 25 g (1 oz) walnuts and the sugar. Stir in the flour and baking powder. Heat the rest of the coconut oil in the frying pan. Pour the pancake batter into the pan and cook for 5 minutes over a low heat. Cover and leave to rest for 5 minutes.

Slide the pancake onto a plate and turn it over. Return to the pan and cook for a further 5 minutes, then add the reserved walnuts.

Serve with maple syrup, if liked.





# Being brave when it counts

By David Darnielle

When I was a kid, I was terrified of quicksand.

In all the old adventure stories and serials I'd read and listened to, there's always a moment when the hero takes one wrong move and their fate is almost sealed. They're sinking slowly into a natural death trap, where their panic and fear only exacerbates the danger they're in.

The idea of quicksand quickly invaded and found roost in the darkest recesses of my imagination: nightmares and anxieties about taking a step, going to lift my foot, and finding it frozen in place, unable to move as my form leisurely is resigned to its final resting place.

Surprisingly, quicksand has rarely been a problem over the course of my adult life.

With all the mental anguish I put myself through and the sleepless nights waking up in a cold sweat from a nightmare, you'd think I'd have found at least a couple of quicksand traps to navigate and avoid.

Maybe on the way to work, step around it disembarking the train.

Deftly springing across a pool of the murky stuff on the way to a job interview, maybe swinging from a vine like the serials I once obsessed over.

No, the perils of adult life are much more inscrutable. Despite the fact a job interview has no chance to pull me under and sink me to the depths of the earth; I've more sleepless nights over them in my adult life compared to quicksand.

It's interesting to think about what made us scared as children, compared to the anxieties we experience in day-to-day life. When we reminisce, we think of ourselves as being carefree in youth. But we all had our own fears.

Maybe you were afraid of the dark. Maybe the loud creaks of the house settling filled you with dread; the scratching of a long tree branch against the siding of a house conjuring up images of witches or vampires or ghouls.

But those fears often give way. We grow older and become anxious about tests and exams, or asking a cute person out on a

date.

Then, we grow older and again, our fears change: mortgages, the price of gas, are our children safe and happy.

In comparison, our childhood fears might seem silly or even ridiculous. However, the manner in which we face our fears is exactly the same. It's important for us to remember this.

For example, take quicksand — the object of my ire and anxiety decades ago. How do you solve that problem? Well, the first thing you'd think to do is avoid it. No one purposefully walks into quicksand. By paying attention to where you're stepping, you're sure to solve that problem before it begins, right? Now I'd have to picture young David, looking feverishly around the playground, refusing to take a step into the sandbox, lest he start to sink.

If we focus too much on the idea of our fears and use all our energy to avoid frightening situations, not only will we be drained by a mental state of constant anxiety but we'll also often miss out on exciting opportunities and challenges.

I know we all have that memory of the person we adored in High School and still kick ourselves in the butt over not talking to them, not asking them out or not leaning in for that kiss.

This is not to say we should leap without looking or considering consequences.

But there's a fine line between being reckless and being afraid. Neither will serve you. In fact, if you let yourself be consumed by your anxieties and fears, you will end up *serving them*.

We cannot avoid what we fear forever. Sometimes, we will have to face them. And what to do then, when what we've been dreading happens? Well, I think back to the hapless adventurers in quicksand. What's the worst thing you can do? Panic. Struggle. Attempt to free yourself. These actions not only will do nothing to help, but they will only hasten quicker sinking, and following that, more panic.

It becomes an endless

waltz of three steps: panic, struggle, sink; panic, struggle, sink.

Then what is an adventurer to do? The first and most important thing to do is take a deep breath. Catch it and hold it, and in that moment, things will become clearer to you.

You'll start to see different solutions and options you may not have noticed before. Maybe a nearby vine—like a close friend you can count on—just waiting to be reached

out for.

And if you don't think you have anyone you can reach out towards, look again. Our fear can create terrible blind spots, cloud our vision and make us think that we're alone.

But the world is filled with wonderful, decent human beings who have all too well felt the icy grasp of fear chill their spine. They will help you if you're brave enough to reach out.

Sometimes bravery isn't

leaping over dangerous traps or standing up to the witch outside our door. Bravery doesn't have to be confronting the darkness of our room, with only a stuffed animal to keep us company.

Sometimes bravery is in admitting that you're close to being in over your head on this adventure we call life. And sometimes reaching for the phone, grabbing for that lifeline, and asking for help is the bravest thing we can do. ▲

## Kerby's Top Five

**Ed note:** *This is a new feature, partially curated by our new CEO Larry Mathieson, that features some of the exciting achievements, stories and news coming out of Kerby Centre. There are always so many wonderful things hapening here at Kerby Centre and this is our way of letting you know!*

### Winter session ESL

The winter session of English as a Second Language began on Monday, Jan. 13.

Kari Stone of Kerby's education and recreation department has reported that we have 50 students registered so far and over the past year, have had students from over 20 countries participate.

This year we are expanding the program with ESL through Art, a course designed to encourage students to practice conversational English while learning a new skill and having a lot of fun!

### Thrive department donation

The Thrive department received a \$5,000 donation to help with the volunteer delivery of groceries that go out

to many much-deserving older adults within Calgary.

### Planning reindeer games

You might have seen this coverage of our woodshop and their hand-carved reindeer on local news or in the *Kerby News*.

The first year we did this the woodshop made 100, the second year they made 200 and this past year we made 301.

Kerby Centre has cooked up a plan with John Gagnon, who started the tradition, and the goal is to make 1,000 reindeer next year.

### A generous donation

Kerby Centre recently received a cheque for \$164,896.00 from the executor of a family member's estate.

It's an amazing gift and these sorts of donations help continue Kerby's mandate to provide the best possible quality of life for older adults in the region.

### Knitting for a Cause

We have a group called Knitting for a Cause and they meet on the 2nd and 4th Monday each month in the dining room.

We have 17 volunteers in this group and provide them with donated yarn and wool for their projects—scarves, mitts, toques, blankets and baby clothes.

Many warm articles of clothing made by this group were dropped off at various areas in the city over the cold snap in January to help keep folks warm! ▲



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Kerby Centre Presents



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9:00 a.m. to 3:00 p.m.  
April 15, 2020

Kerby Centre  
1133 7th Ave SW, Calgary







# Hugs are the best medicine out there



Photo courtesy of Anastasia Vityukova

By Barbara Ellis

I believe that a hug is one of the best medicines in this old world of ours. From my early childhood, I received wonderful hugs from my mother and especially my father. While her hugs were soft and gentle, his were stronger and playful and often ended with the ruffling of my hair.

As I grew older, my father's hugs became even stronger, almost bone-crushing. I loved them all and never tired of them. To this day, I miss them so very much and look with envy when I see a father pick up and hug his offspring.

Lois Elsa Hole, who became Alberta's 14th Lieutenant Governor, was a self-proclaimed hugger. I liked her from the very first time I saw her on TV and heard her say that she loved to hug anyone and everyone. She became known as the Queen of Hugs. Wish we had more people who would open up their arms to let the other person inside.

I think hugs are very personal and emotionally satisfying. Holding someone close in an embrace conveys warmth and affection as no other action can. It simply tells the other person they are liked and are important.

One of my most memorable hugs is the one I received from a friend I had not seen for about 25 years. On my first visit back to Sydney, Australia, I was walking through a tunnel of people at the airport, searching for one special face in the crowd. People were moving about, pushing past one another and I couldn't find the face I was hunting for.

Then I heard my name called from behind me, and

when I turned around, there he was, my childhood friend running toward me. His arms were wide open and I dropped my suitcases and ran into his arms. What a terrific hug and a most wonderful welcoming embrace. I did not want to be released and hung on as tears came to my eyes. This is a treasured moment, burned into my memory.

A hug makes me feel warm, sort of safe, with a feeling of love passing through between me and the person holding me. Hard to explain except that for me it is a feeling like no other. On more solemn occasions, a friend's embrace can be a healing thing.

I am thinking about the time I lost my parents and how much better I felt when a friend held me close and told me that she was there for me. Perhaps a hug may be even more beneficial in times of sorrow than in times of joy and laughter. Either way, I love to be hugged and I love to hug my friends.

Hugging my nieces from babyhood is also a treasured memory. How they would run to me and let me scoop them into my arms so I could hug and kiss them. Then I would enjoy their laughter as I lovingly tickled them and put them back onto the ground. Today such memories fill me with contentment and how empty my memories would be without them.

But what of a young mother and father whose child is born prematurely and cannot be touched? How incredibly sad it must be to be only allowed to look and not touch. How those parents must long to pick up and lightly hug their little one. Later what a feel-

ing of utter bliss it must be when the child recovers and can be held, hugged and loved.

Humans are not the only species to enjoy this privilege. I have seen TV programs showing other animals give hugs as a form of affection and comfort. Not very long ago a friend sent me an e-mail where the subject was animals hugging their owners. It showed dogs jumping into their owner's arms and the larger ones even knocking their owners over with their affection. I was particularly moved by one reunion. The owner had been sick and hospitalized for a long time so, when he came home, at first the dog did not recognize him.

His dog walked cautiously toward him until the moment of recognition and then the outpouring of love was overwhelming! The dog nuzzled, licked, cried and almost turned himself inside out in his frenzy. The scene ended with the dog's head resting on the man's shoulder and the man hugging and stroking his beloved pet.

Where I now live, I am not allowed to have a pet, but I fondly remember one special little cat that shared my life. She would sit in the window, watching and waiting for my return. By the time I opened the front door, she would be right there demanding to be picked up.

Once in my arms, her purring was immediate and then with paws on either side of my face, she would snuggle her little head into my neck. Didn't matter if I had been gone all day, or only an hour or so, she never tired of this routine, and I loved it and looked forward to every one of her kitty hugs. ▲

## Volunteer Spotlight



### Verna Harrow

Verna has been volunteering with the Kerby Centre since September 2014. Currently, she is volunteering in the Wise Owl Boutique as a Sales Clerk. She chooses to volunteer in the Wise Owl Boutique because Verna was fascinated by all the beautiful hand work that people do and she wanted to learn more about it. So far, Verna has contributed more than 1514 hours.

Verna retired from the Television Industry after spending nearly 44 years at both Global & CTV. She also volunteers with the Promotion Committee of the Calgary Stampede.

Verna enjoys volunteering because she likes all the people she works with at Kerby Centre. She also appreciates the programs and activities we offer to our older adults. She said, "It is a great place for the older adults to interact, make friends and get information."

Verna doesn't have a specific hobby but last year in May she took a class for rug hooking and she is thoroughly enjoying it. Verna likes to spend time with her 3 grown up kids and their family. She has 5 grandchildren.

We are delighted to have Verna as our volunteer.

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



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JOIN TEAM KERBY IN THE SCOTIABANK MARATHON CHARITY CHALLENGE AND WE'LL MAKE IT ALL COME TRUE!



Join our fundraising team today!

Race day is May 31, 2020, sign up before Feb 28th for early bird prices.

Please contact Kari at [karis@kerbycentre.com](mailto:karis@kerbycentre.com) or 403-705-3232 for full details and registration information.



# Welcome Spring in Small Steps

by Candy Watson

The three most dangerous words in the English language are ‘just in case’. In average households today the number of items ranges around 300,000. For offices there is as yet no such statistic. But, from my observations, offices usually hold twice as much stuff as is required to get the job done. It happens because people at home and the office hold onto a ridiculous number of things ‘just in case’.

Springtime arrives to remind us that we can make changes, lighten up, and go out to enjoy the world freer than we were during the wintertime. What better time to clear out, re-organize, and create better spaces for living and working.

As a Feng Shui practitioner, (pronounced fung schway), I see the negative effects of clutter on a regular basis. It can slow you down, make you feel tired all the time and generally frustrate all your attempts to make things go well.

Feng what? It is not as weird as it may sound, and

it works. Briefly, it is a do-it-yourself strategy to jump-start your life personally or in business. Sometimes you may need help from a professional but you can go a long way on your own. Feng Shui is not staging, a religion, a martial art, a dance move nor an item on a Chinese menu.

Feng Shui is about two things you already understand: your energy and your intentions, or, what you intend to do about things. Once you are aware of the basics you can make small changes that will bring about huge results in your life. You can improve your career, finances, reputation, creativity, skills, health, relationships, family life, and even travel prospects.

As an example, here is what I did for a client wanting some Feng Shui help with 3,800 sq. ft. of warehouse space he was converting to offices and studios. I turned him down. Nicely. He was years away from needing Feng Shui but I offered him the opportunity to experience the effect of Feng Shui in his office. It

had a pleasant window, was stacked like a cupboard and ‘nobody came in’, he said. I asked him a few questions, such as whether or not a tall cabinet needed to sit right beside the doorway, was the photo on his desk important, and what about the ratty couch. I gave him some simple suggestions which were quite easy to do.

Later that day he told me he had started shifting things in his office before I reached my car. The ratty couch stayed. Everyone who came by his office that day was sure he had moved the wall to make his office bigger and had painted it a brighter color. They were also pleased to come in to discuss business. Small changes, big results. That’s what Feng Shui offers.

This Spring, just start small and clear one drawer or one shelf per week, perhaps. It will feel like a breath of fresh air. Try it!

*Candy Watson is a qualified Feng Shui practitioner in Calgary  
email: candy.watson44@gmail.com*



*Simplify your world and it will feel like a breath of spring.  
Photo by Candy Watson*

## Kerby Centre Department Directory

Kerby Centre 1133 - 7th Ave S.W. Calgary [www.kerbycentre.com](http://www.kerbycentre.com)

### MAIN SWITCHBOARD 403-265-0661

**Adult Day Program 403-705-3214**  
[adp@kerbycentre.com](mailto:adp@kerbycentre.com)

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

**Diana James Wellness Centre 403-234-6566**  
[wellness@kerbycentre.com](mailto:wellness@kerbycentre.com)

Health services including footcare.

**Dining Room 403-705-3225**  
[kitchen@kerbycentre.com](mailto:kitchen@kerbycentre.com)

Serving nutritious meals to everyone. Available for catering events.

**Education & Recreation 403-705-3233**  
[program@kerbycentre.com](mailto:program@kerbycentre.com)

Information source for programs at Kerby Centre.

**Event Planner 403-705-3178**  
[events@kerbycentre.com](mailto:events@kerbycentre.com)

**Finance 403-705-3215**

**Fund Development 403-705-3235**  
[funddev@kerbycentre.com](mailto:funddev@kerbycentre.com)

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

**General Office 403-705-3249**  
[generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com)

**Housing 403-705-3231**  
[housing@kerbycentre.com](mailto:housing@kerbycentre.com)

Assists older adults in finding appropriate housing.

**Information / Resources / Taxes 403-705-3246**  
[info@kerbycentre.com](mailto:info@kerbycentre.com)

The all in one older adult information source.

**Kerby News Editor 403-705-3229**  
[editor@kerbycentre.com](mailto:editor@kerbycentre.com)

**Kerby News Sales 403-705-3238**  
[jerryj@kerbycentre.com](mailto:jerryj@kerbycentre.com)  
or 403-705-3240  
[davidy@kerbycentre.com](mailto:davidy@kerbycentre.com)

**Kerby News Classified Ads 403-705-3249**

**Kerby Rotary House 403-705-3250 (24 hour)**  
[shelter@kerbycentre.com](mailto:shelter@kerbycentre.com)

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

**Room Rentals 403-705-3177**

Information on renting rooms at Kerby Centre.  
[lauren@kerbycentre.com](mailto:lauren@kerbycentre.com)

**Options 45 403-705-3217**  
[options45@kerbycentre.com](mailto:options45@kerbycentre.com)

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

**Taxes 403-705-3246**  
[info@kerbycentre.com](mailto:info@kerbycentre.com)

Low income tax preparation.

**Thrive 403-234-6571**  
[thrive@kerbycentre.com](mailto:thrive@kerbycentre.com)

Thrive assists in navigating community resources and helping with referrals, bringing resources to the client’s home when possible. As well, Thrive volunteers will shop, deliver, and put away groceries and medication.

**Volunteer Department 403-234-6570**  
[volunteer@kerbycentre.com](mailto:volunteer@kerbycentre.com)

Volunteers are the heart of Kerby Centre.

**CEO 403-705-3251**  
[LarryM@kerbycentre.com](mailto:LarryM@kerbycentre.com)





# Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

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**

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

 **Did you know...Kerby Centre will do your Income Tax for free!?**


Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients

Starting March 2nd to April 30th, 2020 (Monday to Thursday only; No tax clinic on April 21st, 2020)

Please Note: Income limit is \$35k per year single or \$45k per couple (combined income). We do not prepare tax returns for self employment or business/rental income, capital gains/losses/bankruptcy.

**Appointment bookings will begin Feb 1, 2020. To schedule your tax appointment please call the Kerby Information Office at 403 705-3246**

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



**Feb 4 Resources at the Calgary Public Library available for job seekers**

**Feb 11 Resume Writing**  
Participants will learn:

- How to write a customized resume
- How to write a resume based on the latest Canadian Labour standards
- Essential components of a resume and what makes it effective.

**Feb 18 Interview Etiquette - Kerby Board Room**  
Participants receive information and tips about:

- Behavioral interview questions and how to handle them
- Interview do's and don'ts

**Feb 25 Job Search Strategies - Kerby Board Room**  
Participants will learn about:

- Focus on essential components of a successful job search
- Create a personal action plan for the effective use of various job search strategies

**For more information phone 403 705-3217 or email options45@kerbycentre.com**

**KERBY DAY TRIPS**

 **Bowling, Pizza & Wings At The Glencoe Club**  
Wednesday, Feb 12


**Jubilations Dinner Theatre "Pitched Perfect Golden Girls" Play**  
Second Date Added - March 10

**Hangar Flight Museum - Calgary**  
Wednesday, March 25

**Studio Bell & King Eddy**  
Thursday, April 9

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

**Next to New Sale**  
Wednesday, February 12<sup>th</sup> 2020  
Time: 10:00AM – 2:30PM  
Everything in the Store is 50% Off!!

 Kerby Centre Health Committee Presents

**Sleep and Seniors**  
By Dr. Murray Flotre

Monday, February 10th  
10:30 to 11:30 - Kerby Lounge  
Free Event - No Registration Required

**Winter Walk Day**  
February 5, 2019 - 11:00 am

Winter Walk Day encourages people across Alberta to be active outdoors in the winter. Come join in on the fun!

Please register in Rm 305 Education & Recreation or 403-705-3233.

**Interested In Seeing What Kerby Centre Is All About!?**

Join us for a **FREE** guided tour held every Thursday from 10:30 to 11:30 am. (No RSVP, just meet in the Kerby Dining Room)

Alternatively, we are happy to arrange a private tour, at your convenience. Call 403-234-6570.

**SAVE THE DATE KERBY CENTRE AGM**

Tues, April 14th  
9:00 - 11:00 am  
Kerby Centre

Connecting to Community

**Moving From Success to Significance**  
February 18<sup>th</sup>, 2020  
9:00am – 2:00pm

\$15 includes a light lunch and refreshments

*For more information and to register for this exciting new workshop, please contact Education & Recreation 403-705-3233.*

**Doing Your Taxes? - Seniors What's In It For You?**  
Wednesday, February 12th - 10:00 am - 12 pm in the Kerby Lounge

Presented by Bonnie McIntyre, Canada Revenue Agency

*Join us for an information session to learn about benefit and credit payments you may be entitled to. Learn about: GST/HST credits; Medical Expenses; Home Accessibility Tax Credit; Pension Income Splitting & More*

**Free Event - Please RSVP at 403-705-3246 or information@kerbycentre.com**

**2020 Daily Drop-in Programs and Activities (Activities In The Gym May Be Subject To Cancellation) Ed & Rec 403 705-3233**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>KNITTING FOR A CAUSE</b> DINING ROOM 10:00 AM – 12:00 PM FREE</p> <p><b>MAHJONG (RM 308)</b> 10:30 AM - 12:30 PM \$2.00</p> <p><b>RECORDER GROUP (RM 313)</b> 1:00 – 2:30 PM \$2.00</p> <p><b>CRIBBAGE (RM 308)</b> 1:00 – 3:30 PM \$2.00</p> <p><b>PICKLEBALL (Gym)</b> 3:30 - 5:00 PM \$2.00</p>	<p><b>OPTIONS 45</b> Employment Workshops (Lounge) 1:30 - 3:00 PM \$2.00</p>	<p><b>GENERAL CRAFT GROUP</b> (RM 311) 9:00 AM -12:00 PM FREE</p> <p>Join us every 3rd Wednesday of the Month for a Craft Sale 10:00am - 12:00pm</p> <p><b>KERBY CENTRE MEN'S SHED</b> 10:00 AM - 1:00PM FREE</p> <p><b>ENGLISH CONVERSATION</b> (Semi-Private Dining Room) 10:30 AM -12:00 PM \$2.00</p> <p><b>BOARD GAMES &amp; CARDS (RM 301)</b> 1:00 - 3:00 PM \$2.00</p> <p><b>WEDNESDAY DANCE</b> (Dining Room) 1:00 - 3:00 PM \$2.00</p>	<p><b>KERBY CENTRE TOUR</b> MEET IN THE DINING ROOM 10:30 AM</p> <p><b>ARTIST GROUP (RM 313)</b> 10:00 AM - 3:00 PM Mentors Available \$1.50 half day</p> <p><b>BINGO (RM 205)</b> 11:00 AM - 3:00 PM NOTE: NO BINGO JAN 2</p> <p><b>FLOOR CLURLING (GYM)</b> 2:15 - 3:30PM \$2.00</p> <p><b>PICKLEBALL (Gym)</b> 4:00 - 6:00 PM \$2.00</p>	<p><b>INFORMATION RESOURCES AT ST ANDREW'S CENTRE</b> #1 10601 SOUTHPORT RD SW 9:30 AM - 3:00 PM</p> <p><b>SPANISH CONVERSATION GROUP (RM 311)</b> 10:00 AM - 12 PM \$2.00</p> <p><b>KRAZY KARVERS WOODCARVING CLUB</b> (Woodshop RM 102) 10:00 AM - 3:00 PM \$1.25 per hr</p> <p><b>BADMINTON &amp; PING PONG (Gym)</b> 10:30 AM - 12:45 PM \$2.00</p> <p><b>MONTHLY MOVIE (Lounge)</b> 1:00 pm \$1.00</p> <p><i>Date of Monthly Movie subject to change. Please see Kerby News for exact date each month.</i></p>



## Financial Planning Today

### Topic: Wills and Estate Planning

**Location:** Kerby Centre —1133, 7th Avenue SW

**Room:** Kerby Centre Lounge

**Date:** Friday, March 20, 2020

**Time:** 1:00 pm till 3:00 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.

**Presenter:**

**Jonathan Ng** – Estate Lawyer  
**Underwood Gilholme**

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

**403-705-3235**

or [robl@kerbycentre.com](mailto:robl@kerbycentre.com)

Sponsored by:

 **TELUS** Health

## Financial Planning: The personal directive – your living will

By *Jonathan Ng*

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

The Personal Directive (“PD”) is a document where the “Maker” appoints an “Agent” to make personal care and medical decisions on the Maker’s behalf if the Maker is no longer mentally capable of making such decisions on his or her own. Mental capacity can result from dementia, stroke, and head injury, to name a few — and all are circumstances where having an Agent can greatly improve quality of life.

If a person is mentally



incapable of making personal care decisions and does not have a PD, it is possible for health care professionals to take directions from your spouse or children. Be careful. This can lead to complications when those family members: are not acting in the best interests of the incapable person, disagree among themselves with a decision, or no decision can be reached. The remedy in these circumstances is for a family member or friend to apply for a guardianship order, a process that can take several months in court and result in high legal fees. In hindsight, preparing a PD would have been the ideal solution.

A PD does not need to be prepared or signed by a lawyer, notary, or commissioner of oaths. The provincial government offers a PD online that can be printed, filled out, and signed. It is recommended that the Maker seek legal advice in the preparation of

the PD to ensure that all bases are covered.

In addition to the appointment of an Agent, the PD serves to describe your vision for quality of life and the type of health care you receive. For example, it is common for a Maker to provide wishes regarding palliative care, treatment during a persistent vegetative state, and the administration of pain-relieving medication. The PD also allows the Maker to consent to organ donation. If the Maker has minor children, he or she can use their PD to designate a person to care for their children.

The PD forms an important part of your estate plan, but like the Will and EPA, your wishes go beyond what is written on the pages. The Maker is encouraged to discuss with their Agent what the document means to them and the quality of life you wish to enjoy. ▲

### Leave a Legacy of Inspiration

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

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

- Anonymous donor



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

For Information please contact Rob Locke at [robl@kerbycentre.com](mailto:robl@kerbycentre.com)  
403-705-3235



Kerby Centre

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

Please choose to make a difference today.



You can now donate your car and support Kerby Centre!  
Are you looking for a quick and easy way to recycle or dispose of a scrap, used or junk car?

**1-877-250-4904**

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

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

Amount Enclosed \$ \_\_\_\_\_

Payment by:

Cheque  Visa  Mastercard

Credit Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_ Signature \_\_\_\_\_

Please send tax receipt to (Please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_



Kerby Centre

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

Please choose to make a difference today.

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

Contact us at 403-705-3235 or email to [funddev@kerbycentre.com](mailto:funddev@kerbycentre.com)

Charitable Registration #11897-9947-RR0001



# CLASSIFIED ADS

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



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

**CLASSIFIED RATES**  
Starting at \$18.50 (50 characters 2 lines)  
Classified deadline for March issue  
must be received and paid by February 10.

### Classified Ad Categories

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

### 10 Health

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

#### Hearing Aids

All solutions, including on-site service! Call David: 403-455-9688 or visit [www.amityhearing.ca](http://www.amityhearing.ca) for more information

### 11 Foot Care

**Alberta's Mobile Foot Care**  
The company that Albertan's trust the most. Advanced Foot Care Liane at 403-512-2429 or [www.albertasmobilefootcare.ca](http://www.albertasmobilefootcare.ca)

**Special promotion for new clients.** Call Becky @ 403-472-8885 for details. Advanced foot care nurse, specialized in diabetic foot, fungal, ingrown nails, corns and callouses.

### 12 Home Care

Stella the care helper. No job too small. Specializing in cleaning for seniors: laundry service, windows, move in/out, grocery & personal shopping 403-890-9861

Susan's HomeCare is here for all of your needs. Medical/non-medical, everything from transportation, companionship, and everything in between. We also provide end of life care. Please call 403-818-1487 for more information. Reasonable rates, insured and bonded. [susanshomecare.ca](http://susanshomecare.ca) and find us on Facebook

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

### 13 Mobility Aids

**AIRGO # 700-844** Ultra-Light Transport Chair, like new, used only 3 times \$175, **AQUASENSE 770-618** 3in1 raised toilet seat, NEW not required, \$60 Telephone 403-723-0863

Catalyst 4 wheelchair 18 X 19 in, perfect cond, incl cushion \$1900. OBO Ph: 403-560-2477

Evolution Express Walker. Like new condition. \$275. Call 403-723-3063 or text 403-804-7542

Light Transport Chair, like new used only 3 times \$175. **AQUASENSE 770-618** 3in1 raised toilet seat, NEW not required, \$60 Telephone 403-723-0863

### 20 Home Maintenance

#### GLOBAL HOME ELECTRIC

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

**JOHN'S CARPENTRY + HOME MAINTENANCE**  
Repairs/finishing/renovations Some plumbing/electrical also 35 yrs exp/good rates/refs John 403-470-9914

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

**KITCHEN and BATH-ROOM** upgrades, from floor to ceiling. Completed by Journeyman carpenter at lowest cost. Licensed, bonded, and insured. For a quote Call Kelly at, 403-650-2092

**Londonderry Painting**  
Int & ext painting. Ceilings, wallpaper, Sr. disc Free est. Howard 403-226-3456

Senior working for seniors - will do small repairs, electrical, plumbing, carpentry work. Call Jim 403-249-4180, cell 403-519-8761

Painter semi-retired  
Low rates with good job  
Call Wayne 403-804-2046

#### The Scottish Painter and Sons

Over 30 yrs. exp. in residential painting. Seniors discount. Free estimate. Written contract. Refs avail. Ph 403-875-8077 [www.thescottishpainter.ca](http://www.thescottishpainter.ca)

**Tony Peterson Eavestrough**  
Quality work, prompt service. Free estimates 5" continuous gutter install. Cleaning & Repairs Service (Since 1997)  
Call Tony 403-230-7428

### 24 Landscaping

**"THE YARDIST LTD"**  
**TREE & SPRAY SERVICE**  
Tree pruning/tree removal/fertilizing/insect & disease control. Certified arborist. Licensed. Insured. **Senior Discount. Ph: 403-242-3332**

### 26 Services

**ABC Moving - Sr discount**  
Call for a free estimate 403-383-9864

**AZPERLEGAL SERVICES**  
20+ yrs exp drafting Wills, Enduring Powers of Attorney & Personal Directives (Living Wills) at a fraction of the cost of a lawyer. I am a mobile service - I will come to you. Pls call 403-629-5702 or email [cherrington@azperlegal.com](mailto:cherrington@azperlegal.com) for appt. AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit [www.azperlegal.com](http://www.azperlegal.com)

Carpet cleaning, or garbage hauling -1 piece or whole bunch of garbage. Call Don @ 403-383-9864

#### Downsizing with Tidy Girls

Let us help you start your downsizing journey. We Sort, Dispose, Declutter, Donate, Organize, Pack, & Unpack all of your Belongings. Laurie 403-519-2214 [www.downsizing-tidygirls.com](http://www.downsizing-tidygirls.com)

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

#### !! Great Haircuts!!

Sandra's Mobile Barbering Service. Have shears will travel. 25 years experience. Will go to your home, hospital, nursing home, etc. 403-288-5591 Please leave message if no answer.

Haircare by a professional for shut-ins, AND any type of sewing needs. REASONABLE. Call Dawn at 403-276-7023

*Kerby News is the official publication of Kerby Centre*

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

New to or frustrated with computers & other technologies?

Call **The Computer Helper**, Michele Madsen, for your customized, private, in-home appt. at 587-894-9487. **In Calgary & Airdrie.**

Senior Handyman, 40 yrs exp Int & Ext renos 403-604-9058/403-390-0211

**WE FIX COMPUTERS**  
Computer repair & lessons, Great service  
Affordable rates  
403-481-8080  
[www.xentas.ca](http://www.xentas.ca)

### 30 For Sale

2 plots in Mtview Mem Gdns: Old Rugged Cross Lot #25 C1 & C2 selling for \$6500 ea, selling together; 403-804-4606

### 33 Wanted

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

Buying used firearms  
Single or complete  
Collections  
Call: 403-291-4202

Small suite/rooms required  
Becca 403-888-8854

### 45 For Rent

**Sooke BC Pacific Coast**  
Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl. \$1000/mth. 403-720-8609  
No pets, no smoking.

### 45 Real Estate

**ADULT ONLY CONDOS**  
ARE YOU an EMPTY NESTER? Have your kids left home? Is your house getting to be too large? FREE LIST of "ADULT ONLY" villas and condos. ALL PRICE RANGES & ALL AREAS  
[www.CalgaryAdultCondos.com](http://www.CalgaryAdultCondos.com)  
**No Hassle. No Obligation**  
Debra & Peter Molzan  
RE/MAX Complete Realty  
403-605-3774

#### Thinking of moving need to sell first?

Free Home Evaluation  
Find out what homes in your neighbourhood sell for. Call Debra or Peter Molzan RE/MAX Complete Realty 403-605-3774  
[www.PriceMyCalgaryHome.com](http://www.PriceMyCalgaryHome.com)  
**No Hassle - No Obligation**

### 50 Relocation Services

**AAA-Brother's Moving Co.** "Seniors deserve a break" Brent 403-383-9586

ABC MOVING specializes in relocating seniors from one place to another. \$\$ low low rates \$\$ Call Don at 403-383-9864 [www.abcmoving.ca](http://www.abcmoving.ca)

**A-SAV-ON MOVING**  
Serving Kerby clients for over 15+ years. Experienced reliable movers. **FREE ESTIMATES - SENIOR DISCOUNT 403-208-8060**

Reminder:  
Kerby News  
Classified Deadlines  
April issue - Mar 9  
May issue - April 13

**WHEN YOU USE THESE SERVICES TELL THEM YOU SAW IT ADVERTISED IN KERBY NEWS**

# A seasonal warning from Ward 11



Ward 11 Councillor  
Evan Woolley

Every year 25-30 Canadians die in ice-related incidents, and countless others fall through ice, often having a close brush with death!

Here are some helpful tips to help you stay safe:

Always stay a safe distance back from riverbanks and lakeshores to avoid accidentally falling through the ice.

Don't walk on ice-covered bodies of water, including storm ponds. It's difficult to assess the thickness of the ice and whether it can hold the weight of a person or animal.

If a person or an animal falls through the ice into water, call 9-1-1. Don't try to rescue them yourself. Encourage them to kick, pull themselves up onto the ice and roll, rather than walk, towards the shore.

When skating outdoors, only skate on open ice surfaces specifically designated for skating like City of Calgary or community rinks.

If you fall through the ice:

- Stay calm, try to keep your head out of the water and control your breathing.
- Try to pull yourself up onto the ice and onto your stomach then, roll towards the shore, where the ice may be thicker.
- If you can't get out of the water in less than 10 minutes, stop kicking and trying to pull yourself out, and anchor yourself to the ice shelf. Continue to call for help.

*If you witness a person falling through the ice stay back, do not go onto the ice. Call 9-1-1.*

*From the office of Ward 11 Councillor Evan Woolley.*





# Community Events

## FISHtival at Bow Habitat Station

Kick off Alberta's Family Fishing Weekend with FREE outdoor family fun and reduced admission to our Discovery Centre, \$5 (+tax) per person.

Please note: The Sam Livingston Fish Hatchery will be OPEN for this event! That means that you can come out and feed the fish!

Visit Investigation Stations to learn about fish and winter recreation in Alberta! Investigation stations are open from 10:00 a.m. – 4:00 p.m. Last admission to the Discovery Centre at 3:15pm.

Explore hands-on Investigation Stations, both outdoors, and discover all that Alberta has to offer!

- Marshmallow roasting and fire safety
- Snowshoeing
- Snow-loving animals at Predator-Prey
- Perfect your side-arm spin cast at outdoor Casting Practice.

## Westwinds Music Society

Westwinds Music Society is excited to present 'Winter Choral Concert'!

When: Saturday, February 1st 2020, 7pm.

Where: Deer Park United Church, 77 Deerpoint Rd SE.

See [www.westwindsmusic.org](http://www.westwindsmusic.org) for tickets, and come out and enjoy an evening of beautiful singing from our choirs!

## Youth Singers of Calgary

The Youth Singers of Calgary is thrilled to celebrate the 10th annual HEARTS OUT gala on Saturday, March 7th at the Hyatt Regency (700 Centre Street S). Join us for an elegant evening complete with dinner, drinks, auctions, dancing, live entertainment, games and prizes. HEARTS OUT is the annual fundraising gala in support of youth

in the arts, the Youth Singers of Calgary, the Performing Arts Youth Centre, and our mission to create a permanent community hub for the arts in Calgary. Tickets available at [HeartsOut.ca](http://HeartsOut.ca).

## Advance Care Planning and Personal Directive Workshop

It's always too soon until it's too late!

Planning now is the best way to ensure you have the medical treatment you want and the end-of-life care you deserve when you are suddenly unable to speak for yourself.

Learn about the importance of Advance Care Planning:

- Consider your personal values and healthcare wishes
- Develop a basis for conversations about end-of-life choices
- Realize who would and would not be an appropriate agent
- Draft your own unique plan and Personal Directive
- Hear a real-life personal story about this topic

Bring your adult kids so they can better understand your end-of-life wishes.

Kerby Centre, Lecture Room, Saturday, April 18, 1:00 - 4:00 p.m.

Space limited. RSVP [events@DyingwithDignity.ca](mailto:events@DyingwithDignity.ca) or 1-800-495-6156.

This workshop will get you started on a task that is generally put off. Why wait?

A donation is appreciated to help cover the expenses for this community services event sponsored by the Calgary Chapter of the charity Dying with Dignity Canada.

## End-of-Life Information You Need to Know

Sponsored by Dying with Dignity Canada, Calgary Chapter with presentations by Alberta Health Services.

Saturday, April 25, 2020. 1:00 – 4:00 p.m. Kerby

Centre, 1133-7th Ave SW Calgary, Lecture Room.

Goals of Care & What is a Green Sleeve? Your Green Sleeve is your health passport within Alberta Health Services. Learn how to get one, where to store it and how to use it.

RSVP [events@DyingwithDignity.ca](mailto:events@DyingwithDignity.ca) or 1-800-495-6156

A donation is appreciated to help cover the expenses for this community services event sponsored by the Calgary Chapter of the charity Dying with Dignity Canada. ▲

## SUDOKU ANSWER

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## IN MEMORIAM

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

- Brian Taylor
- David E Heiland
- Gladys Duffner
- Joanne Heerema
- Michael Szabo
- Richard Herbert Scott
- Sharon Dale Patterson
- Stanley Roger Cadman

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



## CROSSWORD SOLUTION

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## FOR DISPLAY AD INFO or TO BOOK AN AD CALL

**Jerry Jonasson**  
[JerryJ@kerbycentre.com](mailto:JerryJ@kerbycentre.com)  
 or 403-705-3238

**David Young**  
[DavidY@kerbycentre.com](mailto:DavidY@kerbycentre.com)  
 or 403-705-3240

## TO PLACE A CLASSIFIED AD

call Val: 403-705-3249 Fax: 403-705-3211  
 or e-mail: [generaloffice@kerbycentre.com](mailto:generaloffice@kerbycentre.com)

# Kerby News Business & Professional Directory

Size: 3 1/4" X 2 " Cost: \$160

## The Estate Lady

Wills, Powers of Attorney, Personal Directives  
 Estate Probate/Administration Applications

### Kimberly Wallace

Paralegal, Commissioner for Oaths  
 25+ Years' Experience

Phone: (403) 870-7923  
 Email: [estate.lady.ab@gmail.com](mailto:estate.lady.ab@gmail.com)

## House In Order Home Services

Home & vehicle maintenance and repairs, decluttering, paperwork, errands, downsizing, Help with finding other home options (lodge, nursing home, smaller home, etc.), moving, Organizing heirloom items & collectables, assistance with estate issues, applications, etc. Companionship, laundry service, cleaning, junk (stuff) removal, etc.

Licensed, Bonded, Insured

403-462-6100  
 Email: [Vynie@shaw.ca](mailto:Vynie@shaw.ca)

## HANDY HELPERS

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

Call Jim at 403-992-9274

E-mail: [HandyHelpersCalgary@gmail.com](mailto:HandyHelpersCalgary@gmail.com)  
 Website: [www.HandyHelpersCalgary.ca](http://www.HandyHelpersCalgary.ca)







## Right Home Right Time Right Place

Bethany is a leading provider of the **full spectrum of housing and care options** for seniors and adults with disabilities in central and southern Alberta. We offer the right home at the right time in the right place.

### Affordable Housing for Seniors

**Riverview Village**, located in the area of Dover, in a well-maintained park-like setting close to many amenities, including churches and shopping. We offer affordable rental suites for independent seniors. Riverview Village is comprised of three unique buildings.

- Wilkinson House offers studio and one-bedroom suites for adults 55+
- Kanerva House offers one-bedroom suites for adults 60+
- Mikkelsen House offers 139 studio, one-bedroom and two-bedroom suites that feature high ceilings and large windows with panoramic views of the city and mountains

We are pleased to offer a **new affordable meal service** that offers delicious foods, made with fresh local ingredients and prepared according to your dietary requirements. Meals are pre-ordered and delivered to your doorstep.

### A New Lease on Life!

**Sundance on the Green** is a community for independent seniors who enjoy active living. Enjoy a spacious suite through our Life Lease program. Purchase your Life Lease, offering peace-of-mind with a guaranteed buy-back. Contact us for details!

**Our Life Lease provides a 90-day buy-back of the lease agreement - no lawyers, no realtors, we do the hard work, so you don't have to!**

Amenities include:

- Spacious open-concept suites, from 800 to 1,200 square feet
- Lake access for all residents
- Shopping, restaurants, and the Lake Sundance recreation area nearby

## EXPLORE YOUR OPTIONS AT OUR OPEN HOUSES

### Riverview Village Affordable Housing

2945 26 Ave SE, Calgary  
**403.272.8615**

CALL FOR MORE INFORMATION  
OR TO BOOK A TOUR

### Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary  
**403.254.9800**

WEDNESDAY, FEBRUARY 5 & 19  
10AM to 3PM

Discover your new home today at  
**BethanySeniors.com**

**bethany**  
CREATING CARING COMMUNITIES