

Making much needed deliveries



Whether it's answering questions, setting folks up with our grocery delivery program, or arranging volunteers to make social calls to those in isolation, Kerby Centre is working hard for the well-being of those in isolation. Pictured is Mark Paul (Kerby Centre Maintenance Manager) loading prepared meals for delivery to seniors in need. The details of every bit of help Kerby Centre and its community is currently organizing can be read on page four.
Photo by Winifred Ribeiro.

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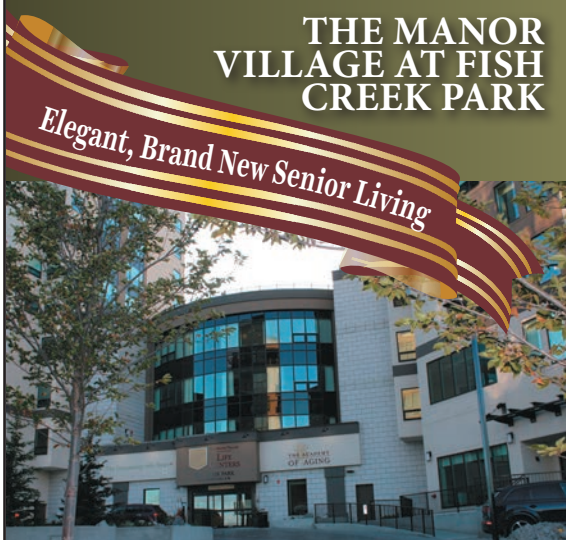
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BY ZANE NOVAK
President of Kerby Centre

Finding the positive when necessary

Do you every feel that you are receiving an overload of news, but that you are missing the crucial information that is the most important in helping you make decisions? That is definitely how I am feeling during these days of pandemic and news that seems to be on only one topic. It makes writing this President's Message a bit challenging. What was so important a few months

ago is no longer even in our daily thoughts or conversation. And the things that we automatically took for granted are now luxuries, or not even an option.

We truly are living in unprecedented times. Nothing is as we would have imagined it, but that does not necessarily mean it is all bad. I truly try to always find a positive in any situation, as without it I probably would not have survived through many of the challenges I have faced over the years.

There have been many moments of reassurance, inspiration, beauty and hope. Every evening at 7:00 p.m., everyone goes out on their patio or front step and yells and cheers and from a very safe distance, says hi to their neighbours. I think that is so amazing, I have my alarm set to be sure that I am not in the middle of a phone call or some other distraction and inadvertently miss it.

It has also challenged us to view and do things

far differently than before. How we shop, how we socialize, how we view our neighbours, our reliance on others and hopefully our appreciation of others. At the Kerby we are learning and adapting to these new parameters. How do we run an organization that is all about socialization and community, in an era of isolation? As many of our readers and members would know, we are not open to the public, but our phone lines are open and being answered to assist. We have received an unprecedented amount of people requesting to volunteer, and this is fantastic.

Our long running grocery delivery program, Thrive, has never been more in demand. Our kitchen is creating frozen full meals that can be ordered and delivered curbside. We are working with partners to develop new programs. Several of our regular programs are available remotely.

We are also in near

daily communication with all three levels of government. All are stakeholders in Kerby, and they clearly realize that our programming and services reach the most critical demographic or our community especially in a situation such as this. Kerby Centre is identified as a Critical Service Provider under CEMA guidelines so our input is often part of the narrative for the City of Calgary.

I want to emphasize that the Kerby Centre is still here, active and an integral part of your community. You can call us or contact us through our website should you have questions or concerns. Our volunteers are happy to contact you regularly to talk if you so wish. Call us to become a part of our regular contact list, discuss what is happening, break up the loneliness we are all feeling, offer us suggestions on how we can bring our programming or services to the community. ▲

MAY 2020

KERBY CENTRE'S MISSION:

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

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1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
(403) 265-0661 • Fax (403) 705-3212
www.kerbycentre.com

e-mail: editor@kerbycentre.com

Publisher: Larry Mathieson, Keith Callbeck

Editor: Andrew McCutcheon

Production Manager: Winifred Ribeiro

Sales Consultants

& Distribution: Jerry Jonasson (403) 705-3238

jerryj@kerbycentre.com

David Young (403) 705-3240

davidy@kerbycentre.com

Classified Ads: Valerie Ying (403) 705-3249

Fax (403) 705-3212

generaloffice@kerbycentre.com

Typesetter: Riggs Zyrille Vergara

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Editorial Assistant: Margaret McGruther

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A breadth of volunteers



BY LAWRENCE MATHIESON
Chief Executive Officer

Part of me thinks it might be strange at this time to suggest anything good can come out of a pandemic. If you are reading this, it's likely you are in the demographic which is most at risk from this virus. However, seniors are definitely stepping up to support Albertans through this crisis.

Doug Watson — who is the CEO for Propellus (formerly Volunteer Calgary) — has sent me a few emails through the crisis. They are finding a large increase in the number of Calgaryans who want to volunteer to help people who are at risk during COVID-19. He also tells me that the demographic that has grown most on their volunteer rosters is those over 65.

I am humbled and very grateful how our members and users of Kerby's services are stepping up in big ways

to help us help older adults in our city. It's been amazing how our Kerby community has come forward with their time and talent to help us.

In addition to being proud of our volunteers and our board members for their efforts during this time, I am blown away at how responsive and innovative our staff team has been in shifting our efforts from a centre-based service to an outreach-based service.

Thrive is a grocery/prescription delivery service and early during this crisis we removed the income testing criterion and added two additional staff members to this program so we could respond to the additional needs.

Our Food Services staff normally would be making breakfast and lunch in the cafeteria for folks visiting the centre meetings or classes. With the center closed we didn't really have anything for the food services team to do. However, we asked ourselves: what if we didn't lay them off, but instead have Chef Mike keep making his daily signature meal, freezing and then delivering them to our members and users who are isolated in their homes. We knew during this time we needed to bring a sense of our Kerby community to our members if they couldn't come to the Centre.

Our volunteer team

has also developed a new program that I am very excited about. Since we closed our doors on March 16, our team has been calling out to all of our members and users to do check ins. We made sure that every single person for whom we had a number ended up with someone checking in on them, even making sure they had a way to get groceries or prescriptions.

Our staff were calling literally thousands of seniors each week. Many seniors described how lonely and isolated they felt. Many asked if we could call them back and check in again. Our volunteer team thought: "Wow! We have about 400 volunteers who usually volunteer in Kerby Centre! For sure we have folks who would gladly make these calls."

As of publication of this issue of the Kerby News, we have eight volunteers who are our "Social Calling Volunteers." They've been placed with seniors who've requested check-in calls once or twice a week. Our volunteer team also me they have many more volunteers who are interested and in the queue to be screened and placed to do social calls as well.

I continue to be blown away with every passing sunrise. Thank you all for you time and your donations during this challenging time for all Albertans. ▲

Kerby community steps up to help



Kerby Centre and its volunteer community is still working to support well-being, whether it's online recreation classes or making social phone calls to check in on isolated folks. Pictured above are Patty Wozak (Kerby Centre Information Resources) and Kari Stone (Kerby Centre Education and Recreation). Photos by Andrew McCutcheon (right) and Winifred Ribeiro (left).

by Andrew McCutcheon

Over the days that made up the slow descent into self-isolation, social distancing and “essential work only” Kerby Centre may have closed its doors, but its essential work continues.

Under health recommendations from the province, the centre was closed to the public with just a skeleton crew of workers inside. However, across the city of Calgary, working remotely from wherever they could, the Kerby community answered the call to help those who need it most during this pandemic.

There was still so much that needed to be done, even with the doors closed. Thrive, Kerby’s grocery delivery program, expanded in leaps and bounds following the provincial recommendation of social distancing. There were so many older folks — possibly scared and isolated — without easy access to the necessities of life. And only so many employees and volunteers still ready and willing to help make that necessary delivers.

The volunteer response

Kerby Centre’s volun-

teer coordinator, Lauren Riley, sent out the call online: and the response was truly incredible.

“At first, we put out a posting on our volunteer connector and I had to take it down because we had so many people respond,” Riley said. “It’s been amazing. 160 people reached out to us so far.”

These folks included everyone from pre-med students getting volunteer hours to older folks themselves who found themselves with a breadth of free time and wanting to assist.

“Most of them are brand

new, it’s their first time volunteering with the Kerby centre,” Riley said. “Most of the people that reach out volunteer with other organizations, but are now looking for something to do.”

“Folks who have lost their jobs or work has slowed down so looking for something to do.”

With the amount of volunteer applications rolling in, Kerby also reached out to other organizations to connect them with potential volunteers. Around two dozen people were referred to the Calgary Chinese Community Service

Association and the Greater Forest Lawn Society.

Thrive’s grocery delivery continued to expand, consistently breaking Kerby records. From there, Kerby Centre kept figuring out new and innovative ways to keep assisting isolated folks in Calgary.

Kerby’s dining room staff also had all the necessary ingredients on hand to help out: tons of food items and a breadth of time on their hands.

Chef Mike started to make homemade meals to be delivered to clients of Kerby’s Adult Day Program. This expanded to getting fresh dinners sent to clients of the Thrive grocery program as well. At the time of publication, over 1,000 meals had been delivered.

But food can only nourish the body and isolated people in Calgary needed something to help nourish their minds and souls. Kerby Centre ended up arranging social phone calls to older adults in Calgary, checking in on folks and giving them the much-needed chance to chat. Volunteers ring up folks once or twice a week, and hearing another happy voice on the end of the line has helped the mental and social well-being of Calgarians in these turbulent times.



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Continued on page 8



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by David Darnielle

It's important to have a small vice.

Nothing heavy. I'm

not talking about sinking headlong into something that's going to badly affect your health or your well-being.

But it's nice to have something small to fall back on every so often, especially when times are tough. And boy have they been tough lately.

My great-grandmother lived to be 93 and enjoyed herself a glass of cognac on the daily. My own mother had an affinity for wine and my father for the occasional cigar.

I'm not much one for sweets, but I know many like to engage in an errant cupcake or cookie every now and then. And as long as you're not sitting down with the entire cake, I can't strike folks for doing that.

As for myself, however, I occasionally enjoy some loose tobacco in my pipe. I'm not what you'd call a smoker by any stretch, but sitting on the veranda with my pipe has become my own, personal vice. I don't engage it in daily, or even weekly, but when the sun is up and the air no longer has that frosty chill from winter, there's nothing nicer to sit outside with the wind and the chirping birds to engage in a petite bad habit.

This is how I recently met my neighbour for the first time.

With the way the world is, you'd think it was odd that this would be the time to finally put a name to the sound of a silently shutting door or the occasional nod of acknowledgement in the hallway.

But I'd moved into this

new complex just recently in the fall and hadn't officially met her until we — and the rest of the entire world — were all told the same thing: six feet or two meters away, no shaking hands or unnecessary contact. While my own health is better than most, I know better than to ignore the advice of doctors and experts and have been dutifully following their recommendations.

But it was a chilly afternoon when I found myself out on the porch — engaging in that previously mentioned bad habit — and my neighbour came out to not only enjoy some sun, but also to fulfil a vice of her own.

We smiled at one another from the distance and I offered my lighter to her, reflexively, before realizing that it would be best not to share any items, let alone get close enough to hand it to her.

She sensed my reservations and laughed, and we bonded quickly over the mutual circumstance.

It seems crisis makes for quick, close friends, even at a distance.

We found out over a short conversation details about one another: our hometowns were far from here in southern Alberta, but quite close to one another's.

She has some back problems and the young farmer in me quickly puffed out his chest and offered to carry groceries and move furniture whenever needed by her, until we both remember that. Well. The current state of the world would necessitate a rain check for those offered good deeds. We exchanged names and smiles and went back into our homes, the sun soon to set but our days brightened.

Since then we've exchanged a short correspondence. Notes left on each other's welcome mats; baked goods hung from door handles; a gift of some toys for my adorably grumpy cat who needed some deserved entertainment for dealing with my now housebound self so constantly.

And it is here that I realize that even at a distance, we're never too far from friends.

It is people like my neighbour who will keep us well and safe and sane through these troubles, and the rest of the troubles that life may bring in the future.

That, and the occasional vice.

A pipe, after all, is much more enjoyable alongside a new friend.

Even if they might be six feet away ▲

I would rather be here than over there

*Thank you for nurses on the front line
One of these wonderful people is mine
For humour and caring to my handsome son
E-mailing back and forth is lots of fun
My sweet friend Inez, my telephone buddy
Understanding all this can get quite muddy
Doctor Phil instructing those sad and alone
Working long hours from his kitchen at home.*

*Life is so fragile, handle with care
We need to pray for those everywhere
This too will pass, we'll come out much stronger
Even though right now our days seem longer*

*No use crying, no use sweating
Hiding our heads, so no more fretting
Be grateful, be thankful, for hanging in there
Miss my hairdresser, for my lovely white hair*

*Kerby's been great, taxes they do
No more worries for me and for you
Doing their best helping us seniors
Thank Kerby folks, now buy me some wieners.*

*Grandmas are kind, we do our best
To wash hands, wear gloves, keep to the test
Go home, stay home, to all everywhere
I would rather be here than over there.*

Editor's note:

Although Kerby News doesn't often publish poetry, we here at Kerby Centre enjoyed this poem especially during these times of crisis. It was written and submitted by Dianne Mullins

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Families: sticking together

Through thick or thin families hold each other near. Even in this time of social distancing, our Covenant family lifts each other up and provides support, acceptance, and care throughout Alberta. Here in Calgary our four communities—**Evanston Summit, Holy Cross Manor, St. Marguerite Manor, and St. Teresa Place**—continue a 155-year strong Catholic tradition of compassionate, responsive service.

At Evanston Summit, our vibrant community supports seniors to live independently, with choice, comfort, and friends. And, just like a family, we look out for each other through all of life's ups and downs.

As we take heed of public health protocols, we keep our family close and thank our team for their goodwill and positivity. We are deeply grateful to all those in our Covenant family and beyond who are doing their very best to keep people safe, care for those who are not well, and create space for healing.

More than ever, now is when we stick together
—in hope, in spirit, in community.



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Kerby community steps up to help



Kerby Centre's grocery delivery program has expanded immensely in the days following the pandemic declaration. Photo courtesy of Neon Brand, accessed on Unsplash.

con't from pg. 4

Keeping older adults informed and connected

Having the necessary

information in times of turbulence is important, but it's just as necessary to keep spirits up with stories of joy and success.

This article you're reading and the rest of this issue is not only filled with important articles that will inform of the situation, but also provide a much-needed relief of stories of human interest: a breath of fresh air when it seems like the news continues to seemingly be a slew of frightening and confusing messages.

"We're so thankful to our advertisers, without whom the Kerby News would not exist," said Larry Mathieson, CEO of

Kerby Centre.

"This publication is exactly what folks across Calgary and the whole of Alberta need right now and we know it's essential to peoples' continued well-being."

In addition to our print version, Kerby News is happy to announce we're launching a dedicated website for the Kerby News to continue adapting and innovating to match the needs of its audience, and it wouldn't have been possible without the enormous help of the Calgary Foundation.

A study by Statistics Canada discovered that online use by adults 65 years and older increased steadily from 32.2 per cent to 68.2 per cent from 2007 to 2016.

In order to match that need, the dedicated website for the Kerby News will contain all of the important information needed for older adults, in addition to the interesting stories, tales and perspectives our audience has grown to appreciate.

We've a backlog of over 35 years of content — over 15,000 pages worth — much of which is still relevant and important as the day it was printed and which will soon begin to populate www.kerbynews.ca.

This won't affect our print run: the physical copies of Kerby News will still be on stands and mailed out per usual, with over 30,000 copies reaching folks across Calgary and southern Alberta: something that's especially important in these days of isolation and crisis.

"Calgarians have been faced with crises before and have always stepped up to respond with their time and skills. Every day, I'm blown away by the commitment, the enthusiasm and the dedication of people in this city," Mathieson said.

Recreation: online!

In addition to the Kerby News going online, recreation and education manager Kari Stone has worked tirelessly to ensure older adults and Kerby members have the chance to blow off some steam during this time of social isolation.

Instructors and classes have gone online to deal with the pesky problem of getting folks all in one room. Everything from zumba and yoga to stretch the body and get the blood pumping, to arts and creativity to help process the feelings of anxiety that many are experiencing.

Through online cooperative platforms like Zoom, participants can get set up with an instructor and get socialization in alongside some recreational activities: even if technology isn't their strongest suit!

"For some, it has been a bit of a challenge working with the new technology," Stone said. "A number of participants found that with a bit of determination, patience and support, they have been able to access the classes."

"Getting that sense of connection and community, being able to see others and bring joy into peoples homes, that's the most rewarding part of getting this organized."

Help is still needed

This pandemic has everyone tightening their belts financially and while Kerby Centre is committed to continuing its' work contributing to the well-being of older adults in the community, it wouldn't be possible without support.

Donors, sponsors and advertisers are the backbone that help Kerby organize the aid it provides.

If you're looking to help support Kerby financially, it's as easy as accessing an online GoFundMe. Any

amount helps and will go directly into the ever expanding Thrive program, getting groceries into the hands of older adults.

You can find it www.gofundme.com/f/covid19-helping-seniors

Kerby Centre also continues to operate a shelter for those fleeing elder abuse. The shelter is currently collecting iPads to give residents much needed something to do while they practice social distancing and isolation. Although the Centre's doors are closed, donations can be dropped off and further information on Kerby's Thrive program or general Kerby Centre information can be reached by calling the main switchboard at 403-265-0661.

Volunteer feedback

Our volunteers continue to spend long hours doing the best they can to support the well-being of folks across Calgary and beyond.

We're so thankful for their work and our volunteers appreciate the ability to give back to their communities.


Don't take our word for it, however. Here is some of the anonymous feedback received from our very own volunteers over the past weeks:

"Volunteering for the Kerby Centre during this time is a great and simple way for me to feel like I'm giving back a little more! Thank you again for the opportunity."

"I was very impressed with the process regarding this outreach program. From communication with yourself to picking up the meals to the delivery and the very detailed information provided. Given the difficulty of remaining physically distance and ensuring that everything is sanitized, what I experienced was top notch."

"I am thrilled to be a part of your team of volunteers. It is a wonderful and safe way for someone of my vintage to help out. This small contribution is good for my sanity. It's hard to watch everyone else make an effort and just sit at home. I have always loved to work with seniors so this is a very perfect fit for me." ▲

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8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
Health advice (including dementia advice) from a registered nurse.	Crisis support and urgent social work response (including if you are concerned about a senior at risk in the community).
3-1-1 City of Calgary (24-Hour)	403-943-1500 Access Mental Health
Information on all City of Calgary services. www.calgary.ca	Non-urgent advice on navigating the addiction and mental health system.
2-1-1 Community Resources (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
Information and referrals for community and social services. www.ab.211.ca	Confidential information and support, or to report a suspected case of elder abuse.

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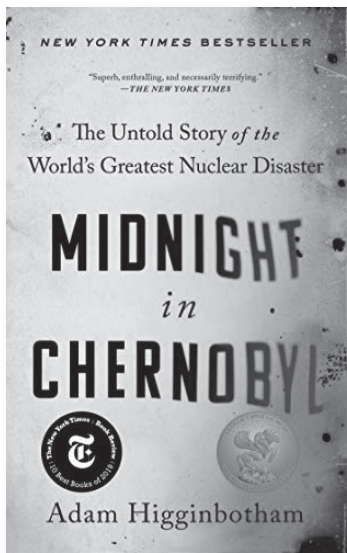


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Book Review: *Midnight in Chernobyl*



"Midnight in Chernobyl"
by Adam Higginbotham

Book review by
Eleanor Cowan

No amount of social distancing, face masks, or protective gloves could have given an atom's worth of defense from the air-borne waves of deadly radiation bursting from nuclear Reactor #4 thirty-four years ago, at midnight, April 26, 1986. Chernobyl remains the most toxic land on Earth.

Until the disastrous explosion, this Olympian-sized nuclear cauldron provided electricity for Ukraine (then part of the USSR). Its constant maintenance by

7,000 operatives necessitated the building of the city of Pripyat, with beautiful apartments, schools, a hospital (with a busy maternity ward) lush gardens, a theatre, an arts center, a swimming pool, summer camps, and farms. What an opportunity for the happy families of workers who valued such a lovely living standard.

Imagine then, the distress of the bullied staff at Reactor 4 criticized for failing to meet given job completion dates. Reprisals included the swift removal of their jobs, apartments, family stability, Communist Party cards, reputations, and sometimes their lives.

From the outset of its hasty construction in 1977, corners were cut. For example, when top-quality materials were not available in time to meet the strict deadlines imposed, third-rate supplies were used.

The author details a decades-long practice of prioritizing efficiency over quality.

The maximum dose of radiation permitted a Soviet soldier for even a short time was 51 'roentgen' of radiation per hour. Just before the explosion, sensing a problem, a Senior Officer and his aide drove their armoured

vehicle close to Reactor 4. Within seconds their dosimeter measured a stunning 2,080 roentgen. Screaming in terror, the two men sped from the Atomic Energy Station, the site of a nuclear disaster that brought down the USSR and hurt millions of people.

The morning after the explosion, 49,400 citizens of Pripyat awakened to their routines of breakfast, work, and school. Orders for silence and secrecy were already in place — although some directors had quietly hastened their families far from Pripyat — most residents remained oblivious of the invisible poison that, with every breath, invaded their bodies. Prime Minister William Gladstone aptly remarked when his bill for Irish Home Rule was defeated in April 1886, exactly one hundred years earlier, "Justice delayed is justice denied."

A malevolent story of chronic co-dependency, Higginbotham's research documented power-mongers who prioritized personal prestige over the people they promised to serve. It also chronicles those who obeyed orders, despite what they knew. After the explosion, pride kept the USSR from seeking valuable advice from nuclear specialists all over the world. Instead, among the many desperate and ineffective cleanup efforts, thousands of innocent soldiers shoveled poisonous graphite in 10-minute shifts, obeying commands that imperiled their lives.

Why did so many op-

eratives sign off on faulty inspection reports? Competition with the US and other countries? The USSR strove to be the first among nations.

Pride and Power, then, rained ruin on unsuspecting populations as near and as far as the wind blew around Ukraine, Belarus, Russia, Kyiv, Sweden, France, Finland, and the Northern Hemisphere.

Of little importance to those who ruled were the fates of heroic workers who vainly sought to harness the fatal explosion effect. Nurses and doctors at Hospital # 6 were made to sign non-disclosure agreements, stifling the fact that the hearts, lungs, and organs of courageous engineers, firefighters, and rescuers melted inside their bodies. One traumatized nurse who revealed this fact to the spouse of one of the engineers, then begged that her disclosure be kept secret.

The disintegration of bones, babies born with intellectual and physical handicaps, tens of thousands of radiation-induced cancers, radioactive animals and cattle slaughtered, and fertile farmlands forever abandoned — meant little to those in charge.

Unapologetic and unremorseful, a narcissistic government denied any responsibility before rounding up the usual suspects to punish in grand courtroom fashion.

As always, in every history, there were the courageous resistors who, well before the explosion, wrote passionate letters of warning to multiple authorities in

Moscow. Repeatedly, they described the dangers inherent in a reactor riddled with faults and antiquated instrumentation. These scientists soon found themselves fired, jailed, reassigned to remote regions, or worse.

In a happy ironic twist, banished far from Chernobyl for his whistleblowing, the demotion of one engineer saved his life. When the worst happened, he and his family were safe.

The explosion of Reactor #4 released 400 times as much radiation as the bomb dropped on Hiroshima by the US — but let there be no finger-pointing. Every nation on Earth has its covert co-conspirators of destruction, a fact the author underscores.

Over and over, as I read, the word 'oversight' occurred to me.

In one sense, the word can mean an unintentional failure to notice or do something.

In another, it can mean the action of honest management and supervision by quality control experts, principled professionals who can't be bought, bullied, or deterred from honesty.

As I turned the last page of this story of an apocalypse, I felt thankful for research writers and journalists like Adam Higginbotham whose deliberate and thorough activism encourages the regular inspection not only of our buildings but of our lives.

The radioactive damage of Chernobyl will persist on Earth for 30,000 years. ▲

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Publisher's notice

During this unprecedented time, we at Kerby News are committed to bringing you the quality stories and information you have come to expect through our decades of publishing.

We are proud to announce that the Kerby News website has now launched at www.KerbyNews.ca. As well as featuring a digital version of the monthly newspaper, the site will feature stories and articles from our vast archive in a shareable format.

We thank the Calgary Foundation Community

Grants which made this site, and the up-coming re-launch of Kerby Centre's website, possible.

You may notice small changes to the paper for the next few months. The current financial climate has required us to reduce costs to ensure we can continue to bring you the newspaper each month.

We mail copies to thousands of members each month, as well as emailing the digital version to thousands more.

At present, we are able to continue to mail copies to our members. Should

circumstances change, such as a lockdown or a lack of access to our building, that mailing may be disrupted.

To stay connected to Kerby News and Kerby Centre by email, please join our email list at www.kerbycentre.com.

Thank you for your support of Kerby News.

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A birthday celebration in quarantine

by Angie Friesen

This year my birthday was unlike any other birthday I have ever had. To be honest, I really didn't know what to expect and I tried my best to keep my expectations low given the current COVID-19 situation unfolding in the world. I found that some of the best things I received were the gift of words: words of love, encouragement and support. They all arrived in a variety of ways.

I had a beautiful card arrive in the mail from my in-laws, the hand-written note inside I felt was carefully crafted and well thought out. Seeing the extra time and effort put into the card made my heart happy. My Mother-in-Law's birthday is only a few days before mine, and she fully understood how this birthday would feel different after just going through one herself.

A friend (who also shares a birthday with me) did a special doorstep delivery of bubble bath and dafodils. I was able to have a

conversation from my front step while she stayed in her van parked on the street. It was really wonderful getting the chance to see and talk with her from afar.

I had a phone call from my Mom and Step-Dad, along with text message and social media greetings from friends and family members. I felt very loved hearing and seeing the well-wishes throughout the day.

The most powerful gift I received came from my 11-year-old daughter's card. In it, she wrote: "Thank you for being there for me when I'm feeling sad and making the best out of every situation." I got a glimpse of how my daughter sees me and it also confirms that she knows I'm there for her and she knows I'm trying the very best I can each day. What a beautiful gift to receive.

Going forward, if I find myself feeling down, overwhelmed or anxious, I will reflect: "How can I make the best out of this situation?"

I'm trying to be the person my daughter sees me

as being. Sometimes the answer is as simple as having a nap, reading a book, turning off social media or the news, spending time gardening and often I find the best thing that brings me joy is helping someone else out.

Creative celebrations are still continuing around the world while still practicing the art of social distancing. A friend celebrated her daughter's "Sweet 16" with a "Surprise Drive-By-Parade" in front of their home, complete with a visit from the local Fire Department.

Another friend wanted to make her parents anniversary special drove to their home, and had them appear from their upper balcony from their condo and their granddaughter serenaded them with her ukulele and a sweet song. Even actor John Krasinski celebrated "Virtual Prom 2020" on his positive news only web series: "Some Good News." It allowed High School grads an opportunity to still celebrate their prom in the comfort and safety of their



There's always ways to find light and joy in the world, even if it's just a small birthday celebration. Photo retrieved from Unsplash, photography by Caterina Berger

homes.

We are becoming creative and still being connected in the process.

I've also seen a variety of other celebrations occurring as well. People singing from balconies around the world, having a "theme day" or event and meeting either from a safe approved distance or meeting through live video stream (Facetime, Skype and Zoom are good

examples of this).

There are many different ways to stay connected and share love than ever before. When the world heals and we get through this I feel sharing in-person celebrations with friends and family will feel more special and have a deeper meaning than ever before.

Even though we are apart we can still connect and celebrate. ▲



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Calgary's Rail Line to the Past

Story and photos by Tim Johnston

Page design and layout by Winifred Ribeiro



The "Twins" arrive below the Highfield industrial area on the former CN mainline into Calgary.



A boxcar is spotted at the Westrock plant. The empty boxcars at the left will be included in the train that returns to Sarcee Yard.



7077 and 7078 head for their last pickup at a plastics factory.



With an empty covered hopper in tow, the locomotives head back to collect the empty boxcars at Westrock.

Last summer while wandering the city looking for things to photograph, I came across two Canadian National (CN) locomotives at work in Calgary's Highfield industrial area. Numbered 7077 and 7078, the locomotives had been manufactured in 1957 at the Electro Motive Division factory of General Motors in London, Ontario. In their early years, the 1,800 horsepower generated by

their V-16 engines would have qualified them as lead units on the railway's mainline trains. Today's modern locomotive engines produce 4,500 horsepower. That's why these 60-plus-year-old machines now find themselves doing yard work and spotting cars on local sidings.

To reach the Highfield area, the locomotives had come from CN's Sarcee Yard, located parallel to 50th Avenue SE, and

travelled southwest on a rail line that used a set of linked bridges to cross the irrigation canal, the mainline Canadian Pacific Railway (CP) tracks and Ogden Road. Turning northwest, the rails crossed the Bow River on a 1912-era bridge, Deerfoot Trail on a much newer structure, and Highfield Boulevard on yet another bridge. From there, the locomotives began their assignments, first collecting a loaded gondola car from a scrap met-

al dealer and moving it further north along the rails that end just south of Blackfoot Trail. Uncoupled from the gondola, the engines reversed and climbed up a fairly steep grade to reach the plateau upon which the Highfield district is located.

With camera at the ready, I followed the engines as they topped the grade and then headed west, paralleling 42 Avenue SE. They turned north on the CN right-of-way between 9th and

10th Streets to drop off a boxcar and collect three empties. A final stop was made just north of 34th Avenue to couple on to an empty covered hopper car.

Accompanying this story are photographs that show the return of the engines back down the hill and the assembly of the train of cars to be returned to Sarcee yard. I had witnessed a creative dance with locomotives and railcars, directed by the CN train crew, that had helped keep the wheels of Highfield commerce rolling.

As the train departed, I wondered why so much infrastructure was in place to service just a few businesses with a handful of railcars. A visit to the Calgary City Archives was about to provide some answers.

At the beginning of the 20th-century, railroad construction was one of Canada's foremost industrial activities. Three major railway companies vied for access to the broad Canadian prairies and Canada's west coast as well as to markets in Eastern Canada and the United States. The Canadian Pacific Railway

was the first to reach Calgary on its route to Vancouver. Shortly after, the Grand Trunk Pacific (GTP) and the Alberta Midland Railway (AMR) arrived in Calgary and established their own rail yards and depots in the young city. Alberta Midland was owned by the Canadian Northern Railway (CNoR) and had used bond guarantees from the Alberta government to establish a provincial railroad company.

AMR then constructed a line to Calgary from the CNoR transcontinental line that passed through Vegreville on its way to Edmonton and then on to Vancouver.

Routing in the city for the Grand Trunk Pacific started where the CN tracks currently enter the western boundary of Sarcee Yard. Curving in a broad loop to the north, the rails crossed the irrigation canal and the Bow River on bridges that are still in use. Swinging in a large arc to the northwest and west, the tracks followed the south bank of the Bow River to the Elbow River where another bridge took the

rails into what is now Fort Calgary. There, a rail yard and station were constructed.

Entering Calgary south of the GTP, the Alberta Midland crossed the Canadian Pacific tracks and the Bow River on the very bridges that the CN crew had used to bring their train to the Highfield area. Continuing north from the truncated line where I had observed the train being assembled, the rails turned west just behind what is now Crossroads Market. Further west, the rails crossed Macleod Trail and ended in Lindsay Park where AMR established its Calgary train yard. A final bridge carried double tracks north across the Elbow River to access St. Mary's Parish Hall, purchased by the AMR for use as passenger terminal, freight depot and general office.

At the turn of the last century, our nation held high hopes for its future. Immigrant families poured into the country, many brought here through the encouragement and support of the railways. By 1915, however, with war underway in Europe, immigration all but ceased and money from European lenders had dried up.

The expense of maintaining duplicated main lines and over-extended branch lines placed all three national railways in perilous financial straits. A Royal Commission was established to determine options for dealing with the railroads in which the government was part owner or had the most significant investment.

Tabled in the House of Commons in May 1915, the report of the Commission recommended the "immediate nationalization of all the railways of Canada, except the American lines and the Canadian Pacific Railway." One of the report's recommendations was adopted in August of that year when the government took over ownership of the Canadian Northern Railway and its subsidiary companies such as Alberta Midland Railway.

The Grand Trunk Pacific and its related companies were folded into what had become known as Canadian Government Railways in 1919. By 1923, the enormous rail system created by the amalgamation of so many separate companies officially became Canadian National Railways.

As Canadian National, the line to Lindsay Park and St Mary's Parish Hall continued in service until 1971 when the station was closed and the yard was moved to the Sarcee location.

Rails were removed back to the south side of Blackfoot Trail where they terminate today. CN removed the yard and station from the Grand Trunk Pacific from the current Fort Calgary area and terminated that rail line near today's Inglewood Bird Sanctuary. CN now uses these rails to access a private railcar main-



With couplers and air lines safely engaged, the train gets underway.



To return safely to the yard, the crew moves the locomotives to the leading end of the train of cars.

nance facility and to interchange railcars with Canadian Pacific.

The short piece of rail where I had watched a CN crew assemble their little train is all that remains of a chapter of Calgary's railroad history. The branch lines built from northern main lines to Calgary by Canadian Northern and Grand Trunk Pacific opened additional land for settlement and provided competition for the dominant Canadian Pacific Railroad. Over this very length of rail, passenger trains had

once come and gone to and from other parts of Canada. Freight trains had moved manufactured goods into the city and shipped agricultural products to markets elsewhere.

But time and progress change things. The Lindsay Park rail yard, once so vital to our city, was moved to the Sarcee location. CN's container terminal, located northeast of the city at Conrich, has now displaced much of the activity there. The old rail yard, now part of Erlton

community, is a beautiful residential neighborhood, close to downtown, and hosts the Repsol Sports Centre, one of Calgary's fabulous recreational assets.

The little CN train was a joy to photograph and its two old locomotives that I call the "Twins" have served the company well and could conceivably have operated into Lindsay Park yard in their prime. Turns out they are also teachers, prompting me to learn more about Calgary's evolving railroad history.



The CN crew control the locomotives with belt packs that are wirelessly linked to the locomotive controls.



Heading downgrade to the old main line.



Almost home, the train approaches Sarcee yard.

U of C research to battle against COVID

by Andrew McCutcheon

The fight against COVID-19 continues and the University of Calgary is participating through multiple research projects to help win the war against the viral pandemic.

University to develop pharmaceuticals to treat COVID

The development of new drugs to help treat the COVID-19 virus have received federal funding at the University of Calgary.

Dr. Kenneth Ng and Dr. Chang-Chun Ling from the University's biological sci-

ences and chemistry departments received a \$416,000 operating grant from the Canadian Institutes of Health Research (CIHR) to work on creating more effective antiviral inhibitors.

This was in response to a funding competition announced in 2019 aimed at a rapid response to the emerging spread of the newly mutated virus, with a total of \$54.2 in investment across 99 grants.

"Our goal is to make something that targets the coronavirus very specifically, with minimal negative side effects," Ng said.

Their research focuses

on taking existing, promising work to form the basis to create new pharmaceuticals. By using the results of a drug called Remdesivir — which was originally created to fight the Ebola virus — Ling said the process of creating new and effective treatments for COVID-19 will be accelerated.

Using pre-existing drugs is effective as they've already gone through the process of validation and quality assurance, ruling out potentially detrimental side effects while taking aim at the virus itself.

"We're hoping that the modified compounds we're

aiming to synthesize will match specific features of the COVID-19 RNA polymerase like a key in a lock and give us that selectivity," Ling explains.

Remdesivir is also currently being tested in clinical trials in China and the United States for COVID-19 treatment.

U of C joins national clinical trials for COVID treatment

Those battling COVID-19 may have a new weapon in their fight against the virus with the help of a new national clinical trial.

Researchers across

Canada and at the University of Calgary are investigating whether a century-old treatment could be a tool to confront those struggling with recovery from the global pandemic.

Dr. Davinder Sidhu is leading the research project at Foothills Medical Centre, aiming to discover whether injecting anti-body rich blood plasma from recovered individuals can aid infected and symptomatic patients.

"We are moving quickly to get everything in place," says Sidhu, a pathologist and clinical associate professor in the departments of Medicine and Pathology and Laboratory Medicine at the Cumming School of Medicine. "The study involves patients who are 16 years old or older, who are admitted to hospital and receiving supplemental oxygen for respiratory complications due to COVID-19 infection.

"Blood plasma samples from recovered patients will be collected and distributed by Canadian Blood Services and Hema-Quebec, but the very idea of using plasma as a treatment dates back decades ago.

The process has been utilized during epidemics across history, ranging from the Spanish Flu of 1918 to the H1N1 pandemic of 2009. It's proven in the past to be effective in terms of prevention and treatment until a proper vaccine can be created.

The study's success hinges on the willingness of donors who've already recovered from the COVID-19 virus, however. There is a 28-day waiting period for donors to make sure the infection has been cleared throughout their person. Clinical trials will begin in May with University's across Canada contributing: partners in Ottawa, Quebec and British Columbia will be assisting in addition to Alberta. There is expected to be 1,000 clinical subjects in over 25 locations across Canada participating.

"No previous studies of plasma to treat COVID-19 have been as large as this one," says Sidhu. "We expect this is going to provide a lot of important information about the use of plasma from an infected patient as a treatment for COVID-19." ▲



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Memories that make your taste buds stand on end



BY LESLI
CHRISTIANSON-KELLOW

Hopefully, you are not what you eat, otherwise, I am at least 25 per cent dough.

With a heritage largely from Eastern Europe I grew up eating all things doughy — perogies (tiny pillows filled with cheese and drenched in cream), nalishniki (tiny crepes filled with cheese and drenched cream), and perishke (tiny buns filled with cheese and drenched in cream) just to name a few. For part of my childhood, I resembled a little dough girl: press my tummy and I would giggle.

Once I got older, I scaled back on the dough. But I will always look forward to eating the foods of my childhood. The foods we ate when we were kids are ingrained deeply in our memories. Food experiences are some of the strongest

memories we hold.

Some foods we need to merely think about and instantly our minds recall in detail the distinct flavours. Not only the flavours but the place, the people and the emotions of that time. Sort of like the restaurant critic in the movie Ratatouille.

There is a scene in Ratatouille where the main character, Remy, creates a simple ratatouille — vegetable stew — for Anton Ego, a grouchy restaurant critic. With one spoonful of ratatouille, Anton has a flashback to his youth. He is hurt and crying; his mother talks softly to him and then lovingly serves him a bowl of ratatouille, and as he begins to eat it he feels safe and loved.

The emotion we feel around food is so strong because it involves all our senses: taste, touch, sight, smell, and sound. These sensory influences make our memories more likely to be remembered. Memories around food can be both pleasant and unpleasant.

My grandma was known for canning vast amounts of dill pickles each summer. The repetitive process of tightly packing the small cucumbers into mason jars, along with dill, garlic, and a sachet of pickling spices, then filling the jars with pickling vinegar is ingrained in my mind.

During one of these canning sessions, my grandma offered me ‘sour salt’, which

she must have used while pickling or to flavour her borscht. I popped a marble size chunk of the sour salt in my mouth thinking it was a chunk of sugar. Immediately my mouth began to water with the tartness. Although not at all pleasant, it wasn’t completely unpleasant. I tried to keep the chunk in my mouth, but quickly spit it out because it was just too tart and I began to drool. A strong memory of my taste buds going crazy tangled up with my grandma toiling over her jars and jars of pickles.

Both of my grandmothers would have been ahead of the food trends that are becoming mainstream these days. They were both great cooks, who cooked with wholesome foods that were often in limited supply. They would have shown the chefs on the Food Network a thing or two about what to do with a meagre supply of food and a large family to feed. Some years ago, it became trendy to eat only foods within a 100-mile radius. My grandmas often cooked with ingredients grown, foraged and traded within a five-mile radius, in all four seasons.

Summertime spent with my grandparents on their acreage, near Smoky Lake, gave me an education in gardening and food foraging. Early mornings were spent traipsing through dense forests around Smoky Lake. If we weren’t



Peishke, tiny buns filled with cheese and drenched in cream. Photo courtesy of Lesli Christianson-Kellow

looking for wild blueberries then we were scouring the bottom of the forest floor for wild mushrooms. We all became experts at spotting mushrooms because we knew if we found some, that my grandma would prepare them for that night’s dinner.

As part of dinner preparation, my grandma would take me out to her oversize vegetable garden. Depending on the day there would be broad beans, swiss chard or maybe cauliflower ready to pick. Rows and rows of potatoes, beets, carrots, green onions and sweet peas.

To this day, there is something absolutely ‘Grandma’s garden’ about the sweetness of freshly shelled peas...and the sharp, earthy smell of garden cucumbers. I used to just pull peas and cukes off the vine and

munch away while laughing at the Shetland ponies nipping at each other in the adjoining pasture.

And the tomatoes! I am transported back to a summer’s day in my grandma’s garden when I bite into a tomato from my garden. I am a 7-year-old little girl, sitting on an overturned galvanized pail savouring sun-warmed, juicy tomatoes that my grandma picked for me just moments before. I’m watching my grandma as she gathers beets and onions from her garden, and the ponies are playing and neighing. To this day my taste buds stand on end when I eat a tomato fresh from my garden.

Little did I know back then, that those joyful moments among the wild blueberries and rows of sweet peas and carrots would last a lifetime.▲

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We could all use a



strange thing everyone was talking about, peculiarly named after a Mexican cervasa? This scary, unknown threat called coronavirus or COVID-19 as some folk were calling it?

If you'd told me that groups of more than ten will be banned in our free society, or that all sports would cease and restaurants, pubs, shops would be forced to close I would have wondered what you had put on your corn flakes that morning.

I would have laughed if you'd told me that all schools would be closed, people would be told to work from home, millions would be unemployed and we'd be wearing masks and gloves to pop out for milk.

I never would have

imagined us here in Canada, this modern land of abundance, ever having empty shelves in supermarkets, places in which there would be position markers — stay two metres away! — and arrows on the floors because the aisles were now one way. And, really, suggesting that I'd have to line up to get into Walmart or Dollarama: what? Are you bonkers?

The numbers seem to be flying in every minute in the news and on the internet. The number of new deaths here, in Alberta, in Canada and around the world or the number of new cases and total numbers of everything from everywhere.

There are now predictions regarding when this whole thing will peak and

some folk are even suggesting when we will be able to resume our normal lives, whatever they may be.

Rainbow Elders Calgary is a support group for LGBTQ+ seniors. Sadly, like everyone else, we have not been able to get together for our usual Friday afternoon meetings at Kerby Centre.

We've tried to connect with each other using the video conferencing program called Zoom. We've had limited success with it but will not give up!

During this unprecedented time, many of us are feeling sad and lonely. We are realising just how much we need each other; how much we long to be with our friends and families or how we could all use a big hug.

Our mental health and well-being are suffering these days, so perhaps it's time to brighten the day a bit with a bit of music and a laugh or two. With everyone stuck at home and with oodles of free time, many great things have been posted on the internet. To help guide you we've placed a few of these memorable, inspiring or funny videos on a special page of our website at <https://tinyurl.com/yc-zlw59s> (or follow the link at CalgaryRainbowElders.ca).

Turn on "Full Screen" for an amazing collaboration between the Calgary Philharmonic Orchestra and the Edmonton Symphony as they perform together but in isolation from their own home. Sound of Music fans, you're in luck and you'll love the COVID-19 version of "Do Re Me."

Some excellent videos feature Cyndi Lauper's "True Colours," a song which has become an anthem in the LGBTQ+ world and "Hallelujah" is performed by a virtual choir in South Africa.

I don't think I have ever quoted the Queen, but she summed things up very well in early April in her speech to Great Britain, the Commonwealth and the world:

"We should take comfort that while we may have more still to endure, better days will return: we will be with our friends again; we will be with our families again; we will meet again."

So from everyone at Rainbow Elders Calgary, take care and stay safe. We will get through this together. ▲

By Stephen Ditchburn
Rainbow Elders

In the good ol' days of way back when — which were just a handful of months ago — I

would have looked at you a bit strangely if you had mentioned social distancing to me or told me that you were going into self-isolation.

And what was this



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Importance of seed depth



The comparison between a seed that's planted at a proper depth (right) is stark to one that isn't (left). Photo courtesy of Deborah Maier

by Deborah Maier
Calgary Horticulture Society.

It always amazes me how a teeny, tiny seed can initiate the growth of a large plant or fruit. Pumpkins seeds, one of the larger garden seeds, can produce huge fruit. An Atlantic Giant pumpkin seed — which, if nurtured properly, can produce a massive 500 kg behemoth pumpkin — is the same size as a jack-o-lantern pumpkin seed.

Whether our seeds produce the results we anticipate depends on giving them a proper start, then providing appropriate care during the growing season.

A common seed-starting error is planting too deep. Many plants naturally self-seed by dropping their seeds on the soil's surface. Those seeds don't usually become covered with a deep dollop of earth. At most, these seeds will become lightly covered by wind-blown soil particles or minor nearby disturbances. Why, then, do we want to push seeds deep into our planting medium?

Often, it's a misguided perception that if some is good, then more is better. We want to be sure that the seed will take and that the root will be well anchored in the soil.

Most seeds have this process down pat: when the seed germinates, it usually sends roots down into the soil first. After the roots are established, then the seed starts to grow its above-ground stem.

Using the carrot as an example, there is no green growth below the soil. Typically the top of the edible portion of the carrot is just under or even exposed at the surface.

Until the roots and leaves are established, all the initial growing needs are met by seed. If a seed is planted too deeply, it may not be exposed to the light conditions it needs to germinate and will either sit dormant until the conditions are ideal, or it will become unviable. If it germinates, it may spend all its energy before the shoot reaches the surface and die. If it doesn't fail, it may be set-back significantly in its development compared to a plant whose seed was planted at the correct depth.

To demonstrate the impact of planting too deep, I started bean seeds. The basics were the same: seeds from the same package, same soil mix, identical pots, same lighting. The only difference was one set of seeds was planted to the correct depth (2.5 cm) and the other was pushed deep into the pot (8 cm).

Six days later, the seeds had sent out roots. The properly planted seeds had a better root system as they had more room to grow. By eight days, the properly planted seeds were starting to unfurl shoots. By 12 days, the properly planted beans had their first leaves. The stems of the seeds planted too deeply were still trying to unfurl at the bottom of the pot. Finally, a week later, a shoot of one of the too deeply planted seeds made it to the surface of their pot. By then the properly planted seeds already had healthy-looking plants.

The next common mistake gardeners make is planting seeds too closely together. Going back to carrots: if you have fingerling carrots at the end of the season, regardless of which variety

you've planted, crowded growing is the likely culprit. To grow large carrots, the plants need to be spaced 10 cm apart. They can be sown closer together, but then they must be thinned once they are big enough to get a good finger grip on the tops. For this first round of thinning leave 2 to 4 cm between plants. A week or two later, harvest every other baby carrot. Repeat the thinning cycle until there is 10 cm between the plants, so the remaining carrots can achieve their full-size.

To get the desired harvest, a gardener needs to be a bit ruthless—thinning plants that are growing too closely together and pinching excess leafy growth on plants, such as tomatoes, so the plant can enjoy optimum nutrition and focus energy on the harvestable portion of the plant.

While my examples focused on vegetables, the same requirement for proper seeding depth and spacing holds true for ornamental plants. If you want to have beautiful flowering plants, seed to the correct depth, ensure there is enough room for the roots to spread out and remove spent blossoms to encourage more blooms.

Regardless of what you're planting, read the seed package for seeding depth and spacing requirements. Good seed companies will also include tips for success such as whether the seed needs to be covered, needs light or a specific temperature to germinate.

For other gardening information, visit calhort.org the Society's website. We are offering programs and courses online now that we are unable to meet in person.

Come grow with us! ▲

Keeping safe the vulnerable and elderly

By Doug Firby

I hadn't really thought of moving to Norway until the last week, when I began to pay attention to how that country cares for its elderly citizens.

While North Americans warehouse aging people, who have spent lifetimes contributing to society, there are cultures around the world that take a completely different approach. And Norway, it turns out, is at the top of the list.

As a baby boomer entering that unsavoury age, I find the prospect of more thoughtful care for older people pretty appealing.

Of the many jarring social dysfunctions laid bare by the COVID-19 pandemic, one of the most scandalous is the way Canada has allowed old and vulnerable people to be cast aside — out of sight and out of mind. They're shunted to nursing homes where underpaid staff slave in sometimes filthy, and now dangerous, conditions trying to give whatever comfort they can to people who face the bleakest of prospects for their remaining days.

The extent of this negligence was laid bare in a recent CBC news report that found that only nine of 626 homes in Ontario received resident quality inspections (RQIs) in 2019. Because

RQIs are random and unannounced, they tend to get a truer picture of what's going on in a facility.

Instead, now most inspections in that province are driven by a complaint or a "critical incident" — in both cases, giving the homes a chance to clean up before inspectors arrive. As I write this, 114 long-term care facilities in Ontario have reported outbreaks of COVID-19.

There are equally concerning stories coming out of Quebec and other provinces, including my home province of Alberta. Across Canada, almost half of the more than 1,000-plus COVID-19-related deaths have occurred in nursing homes, including one just five kilometres from my home in Calgary.

By the time you read this, it will almost certainly be worse.

It truly doesn't have to be this way. There's research to back it up. In a study published in 2018, the Research Network on an

Aging Society ranked 18 countries on the Aging Society Index. (Canada was not ranked in this study.) It ranked Norway tops, following closely by Sweden. Other high performers included the U.S., Netherlands, Japan, Ireland and Denmark.

Continued on page 23

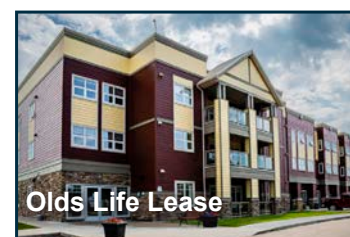
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A message from Joe Ceci, MLA for Calgary-Buffalo

Dear Neighbours,

This is a difficult time for all of us, and my thoughts are with those who have lost loved ones to the COVID-19 pandemic. We should never forget that we can bring the economy back to life, but we can't bring people back to life.

Despite all the challenges, I take comfort in the way our community has come together to face this crisis. From people who gather to sing outside seniors' homes, to children who place their artwork in their windows, to the people who step outside every day at 7 p.m. to cheer for our healthcare workers, we

are showing that physical distancing does not mean emotional distancing.

Businesses have been hit hard by the COVID-19 pandemic, but many of them have taken extraordinary initiatives to adapt to the crisis. Annex Brewing Company now manufactures hand sanitizer. Calgary Co-op has given all hourly frontline employees a raise of \$2.50 per hour, supporting the grocery store workers we are all relying on right now.

Others are adapting their existing business models to the new normal. Shelf Life Books, Pages Kensington, and Owl's Nest Books are all offering free book deliveries

in Calgary. You can have kitchen knives delivered by Knifewear and beer delivered by Cold Garden, Annex, High Line, Inner City, Village and many more. Rather than stage in-person performances, Verb Theatre debuted their Blue Light Festival across a range of social media platforms. Even

during COVID-19, the show must go on!

While I am thrilled to see this entrepreneurial spirit, I know that many business models simply can't be adapted to the present crisis. The Governments of Canada and Alberta are offering a number of initiatives to assist these businesses. I also

know that many seniors are especially vulnerable at this time. Please don't hesitate to contact my office if you require assistance with accessing provincial support: Calgary.Buffalo@assembly.ab.ca

With best wishes,
Joe Ceci.

CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo


GAME TIME

- | | | | |
|---|--------------------------------|---|---|
| ACROSS | DOWN | DOWN | DOWN |
| 1 Ford dud | 1 High trains | 37 Black tea | 84 Imitates |
| 6 Like a poetic lament | 2 Medico | 40 User of a certain weeding tool | 85 Day- — colors |
| 13 Reggae land | 3 Office gizmo | 41 Perp nabber | 86 Mac rivals |
| 20 Mucho | 4 — Unidos de América | 42 Most spacious | 87 Ad — |
| 21 Sailing event | 5 Espresso quaffs | 43 With 52-Down, retort to "No you're not!" | 88 NHL's Bobby |
| 22 Warded off | 6 Blunder | 44 Mined matter | 89 French "king" |
| 23 Game in which groups of items are named | 7 Lower limb | 46 Stipend, say | 91 Sail holder |
| 25 Game utilizing five dice | 8 Vain person | 47 Prefix with thermal | 92 Help do bad |
| 26 Liver spread | 9 Country star | 50 "No —!" ("Sure!") | 95 Mil. figures |
| 27 Part of TGIF | Brooks | 51 Owns | 98 Small guns |
| 28 "That's show —!" | 10 Inflammation suffix | 52 See 43-Down | 99 Demonstrate |
| 30 Singer Elliot | 11 Polished off | 54 Arctic coats | 100 Nintendo system |
| 31 Game of bluffing and trivia | 12 North African city citadel | 55 Frisbee, e.g. | 101 Autumn mo. |
| 35 Enraged | 13 Rap star married to Beyoncé | 56 Mark permanently | 103 Fast car, e.g. |
| 36 Tax doc. pro | 14 Film director | 57 Bay Area city | 104 "Yippee!" |
| 38 Filled cookies | DuVernay | 58 Light cigars | 105 Meditative martial art |
| 39 Autumn mo. | 15 "Doesn't excite me" | 59 Baseball great Lou | 106 One-named singer of the 1994 hit "You Gotta Be" |
| 40 Game involving picking fruit from trees | 16 Elaborately decorated auto | 60 Faith faction | 109 Baseball |
| 45 Boomers' children | 17 Chichén — (Mayan ruins) | 63 Sick | 110 Nero's lang. |
| 46 Seal herd | 18 OK grades | 64 Brit. monarch beginning in '52 | 111 Conks |
| 47 Part of TGIF | 19 Citrus drinks | 66 "Caught ya!" | 112 — unto itself |
| 48 Glimpse | 24 Suffix with profit | 68 — -dieu (kneeler) | 113 Sit in neutral |
| 49 Atop, in poetry | 29 Sacred cow | 69 Inquires | 114 — of March |
| 50 Game having a cross-shaped playing area | 31 Be a pugilist | 71 "Bolero" star | 115 Mark permanently |
| 53 Suggest | 32 "— you in?" | 74 Pottery need | 118 Safari truck, in brief |
| 55 Catch sight of | 33 Portal | 77 Strange | 119 Suffix with Wisconsin |
| 59 Big arteries | 34 "T.N.T." band | 78 "— Beso" | 121 NYSE event |
| 61 Sports squad | 35 Center | 81 Tripoli is its capital | 122 Bray starter |
| 62 Writer | 36 Chuckle | 83 Is inclined | 123 Letter #19 |
| 63 Mensa figs. | | | 124 Lyrical poem |
| 65 Brunch, e.g. | | | 125 Letter #20 |
| 67 TV host Kelly | | | |
| 70 Game containing 100 tiles | | | |
| 72 Apt word for this puzzle's theme, found by using the three letters that appear nowhere else in this entire puzzle's grid | | | |
| 73 Game based on jumping and capturing | | | |
| 75 Burn a little | | | |
| 76 Eclectic mix | | | |
| 78 Greek vowel | | | |
| 79 Certain eye surgery | | | |
| 80 Notified | | | |
| 82 Dogs' jinglers | | | |
| 86 Glues | | | |
| 87 Indianan, informally | | | |
| 90 Game featuring war negotiation | | | |
| 93 Pt. of PLO | | | |
| 94 Male buds | | | |
| 96 Zodiac cat | | | |
| 97 "Six-pack" | | | |
| 98 Mass seats | | | |
| 102 Game whose players try to get rid of all their cards | | | |
| 105 Taoism's Lao- — | | | |
| 106 "The land of cotton" | | | |
| 107 Acorn tree | | | |
| 108 Lean- — (simple huts) | | | |
| 109 Game entailing sinking vessels | | | |
| 111 Actor Scott | | | |
| 114 Lead-in to propyl | | | |
| 115 — Lanka | | | |
| 116 — Spumante | | | |
| 117 Game with an unmatched penalty card | | | |
| 120 Game using rebounding automatons, as originally named | | | |
| 126 Painter's mixing board | | | |
| 127 Geronimo's people | | | |
| 128 Slur over | | | |
| 129 Veers | | | |
| 130 Toy terriers, for short | | | |
| 131 Lauder of cosmetics | | | |

SUDOKU PUZZLE

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

ANSWER ON PAGE 23



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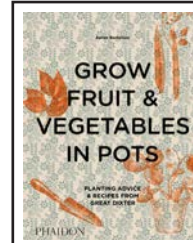
SOLUTION ON PAGE 23

From pot to plate

Recipes compiled by Winifred Ribeiro



Intimidated by the idea of starting your own container garden — and what to do with it once it grows? *Grow Fruit & Vegetables in Pots* provides clear, practical information on growing fruit and vegetables in containers, whether that be a window box or a terracotta pot on a balcony. Aaron Bertelsen of the acclaimed English garden at Great Dixter will guide you through what to grow, which pots to use, give personal tips on varieties to choose, and advice on cultivation and care. Featuring more than 50 delicious recipes, Bertelsen shows that lack of space is no barrier to growing what you want to eat, and proves that harvesting and cooking food you have grown yourself is a total pleasure, with dishes that showcase a few perfectly chosen - and personally grown — ingredients. This may inspire you to start planting a few herbs and vegetables yourself.



Excerpted from
*Grow Fruit &
Vegetables in Pots* ©
Planting Advice
& Recipes from
Great Dixter

By Aaron Bertelsen

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CREAMED CHICKEN

This recipe was born one summer weekend when my friend Elizabeth Metcalfe was visiting. After a day of swimming and working up our appetites, we went out into the garden to pick vegetables and herbs for supper and made up this recipe. This is a perfect example of how a few simple ingredients can combine to create something that is far greater than the sum of its parts. The important thing is to allow plenty of time first to brown the chicken, and then for the cream and wine to reduce, as this will really intensify the flavour of the herbs. Use a good heavy pan that can sit on the stove and go into the oven. I like to serve this with green vegetables and some new potatoes, so that I can crush them into the cream.

SERVES: 4

PREPARATION: 20 minutes

COOKING: 1 1/2 hours

1 tablespoon olive oil
25 g/1 oz (2 tablespoons) butter
8 chicken thighs
300 ml/10 1/2 fl oz (1 1/4 cups) double (heavy) cream
600 ml/1 pint (2 1/2 cups) white wine
salt and pepper

handful green herbs (parsley, tarragon, chervil and lovage will all work beautifully, but if using lovage, go easy as the flavour is so strong), coarsely chopped, plus extra to garnish
thyme sprig

Heat the oil and butter in a heavy ovenproof frying pan or skillet over medium heat. Add the chicken thighs, skin-side down, and pan-fry for about 15 minutes, turning them once, until they are well browned all over, otherwise your finished dish will look pale and sickly. Place the herbs on top of the chicken and then pour over the cream and wine. Season with salt and pepper. Bake in the oven, uncovered, for 1 hour — it's important to do this without a lid so the sauce can reduce; the finished sauce should have a custard-like consistency. Serve garnished with extra chopped green herbs.



BASIL PAVLOVA

This pavlova recipe from my friend Isabelle Smith is a wonderful variation on the classic theme. Basil is a great partner for summer fruit and also turns the meringue the most delicate pale green.

SERVES: 12

PREPARATION: 20 minutes, plus cooling

COOKING: 1 hour

400 g/14 oz (2 cups) caster (superfine) sugar
25 g/1 oz (1 cup) basil leaves
7 egg whites
pinch of cream of tartar
2 teaspoons cornflour (cornstarch)
2 teaspoons white wine vinegar
300 g/11 oz (2 cups) summer berries (use fresh currants, raspberries, Alpine strawberries or whatever you have to hand)

250 g/9 oz (1 cup) mascarpone cheese
300 ml/10 1/2 fl oz (1 1/4 cups) double (heavy) cream
2 tablespoons Grand Marnier, or more, to taste
1 tablespoon icing (confectioners') sugar

Preheat the oven to 150°C/300°F. Line 2 baking sheets with baking (parchment) paper and mark each one with a 20-cm/8-inch circle. Flip the paper over so that the pencil marks are on the underside. Put the caster (superfine) sugar and basil into a food processor and process until the basil is reduced to fine specks and the sugar has turned light green. In a large bowl, whisk the egg whites with the cream of tartar until soft peaks form. Add 350 g/12 oz (1 3/4 cups) of the basil sugar mixture to the egg whites, 1 tablespoon at a time, until the mixture is stiff and glossy. Whisk in the cornflour (cornstarch) and vinegar. Once all the sugar is incorporated, you should have a beautiful pale green meringue mixture. Divide the mixture between the prepared baking sheets and spread out within the marked lines to form discs. Bake for 1 hour, or until the meringue is firm and slightly golden on top. Then, without opening the door, turn off the oven and let the pavlova cool inside. Meanwhile, put the berries in a bowl and stir in the remaining 50 g/2 oz (1/4 cup) of the basil sugar mixture. Let macerate while the pavlova is cooling in the oven. Just before serving, put the mascarpone into a bowl and whisk briefly until softened. Add the cream, Grand Marnier and icing (confectioners') sugar and whisk together until soft peaks form. Once the meringues are cooled, carefully lift them off the baking paper. Place 1 disc onto a serving plate and spoon over the mascarpone cream, swirling it out to the edges. Spoon over some of the berries and top with the second meringue disc. Top with the remaining berries



LETTUCE SOUP

This is a wonderful way of using up the outer leaves and ribs of lettuce that might not otherwise make it into the salad bowl. It is also very flexible — use rocket (arugula), spinach, parsley, chervil or whatever salad leaves (greens) and herbs you have to hand, or any combination of them that appeals. This is a great simple lunch but also makes an elegant starter (appetizer) — it would be perfect before a fish dish.

SERVES: 4

PREPARATION: 10 minutes

COOKING: 30 minutes

40 g/1 1/2 oz (3 tablespoons) butter
1 onion, finely chopped
1 potato (about 200 g/7 oz), peeled and diced
600 ml/1 pint (2 1/2 cups) vegetable or chicken stock (broth)

4 handfuls (about 300 g/11 oz) lettuce (or mixed salad leaves/ greens and herbs, such as basil, parsley, chervil, rocket/arugula), washed, dried and coarsely chopped
salt and pepper
freshly picked herbs, to garnish

Melt the butter in a heavy pan. Add the onion and cook gently over low heat until thoroughly softened — about 8 minutes. Don't skimp on this step — the onion must be mellow and sweet or it will fight with the relatively delicate flavours of the salad leaves (greens) and herbs. Add the potato, season with salt and pepper and stir to coat in the melted butter. Add the stock (broth), bring up to a simmer, cover and cook until the potato is soft — about 15 minutes. Add the lettuce (and herbs, if using), bring the soup back to a simmer and cook for 1 minute, or until all wilted down. Use an immersion blender to blend the soup until smooth. Season to taste with salt and pepper. Ladle the soup into warmed soup plates and garnish with freshly picked herbs.

Beneath the mask of Vietnam

By Mary Valentich

Four Canadian women who had travelled extensively over the years, found themselves, masked and ready for adventure in Vietnam, leaving Canada on Feb. 10. We had almost cancelled, due to the emergence of Covid-19 in mid-January, but Vietnam was deemed low-risk and we hated to lose the benefits of the considerable planning done by one of our party who had lived in Vietnam in the late 1990s/early 2000s and was familiar with where we might go and what we might enjoy.

We had never travelled together before and three of us knew little about Vietnam, except for an

awareness of the extended war involving the north and south, the latter being aided by the Americans for many years.

We had watched the terrific Ken Burns television series on the Vietnam war, but the names of places still meant little to three of us. I do have very good Canadian Vietnamese friends who had arrived in the early 1970s.

I had always wanted to learn more about Vietnamese culture to understand how and why these people were so kind and loving, given everything that the country had endured during the extended war.

Despite the warnings and dire predictions of kin and friends, we had pre-

pared for departure, armed with masks — surgical and even dust types — and small bottles of antiseptic cleaners for washing our hands, the airplane seat arms, headrests and screens.

But could we stop touching our faces? One mask, a gift from a friend, took the form of a clear plastic visor from the mouth upward. I was informed that I looked like something from the Star Trek movie.

No matter. I also had found the only possibly effective masks, the N95 type, in my garage. My late partner had purchased them for our last set of flights together in 2005 when we went to a conference in Montreal. He was afflicted with multiple myeloma and vulnerable concerning infections.

Having lost the device that keeps the mask attached firmly on one's face, I had affixed black and white ribbons with our son's name on them, so that I could tie them on quite firmly. With my N95 mask on, I felt I was still travelling with Jim and our son, Stuart, as we had many times in the past. Otherwise, I wore one of the blue coloured masks with ear elastics. They looked more comfortable but tended to hurt your ears.

On the 2005 trip, Jim and I were the only ones wearing masks on the planes; we felt conspicuous but safer; I was certain I would not to be alone this time. However, at the Calgary airport, I saw only one female passenger wearing a mask. This protective behaviour had not caught on. I didn't have much time to ponder the matter when the AC agent made a call to all passengers travelling to Taipei, Taiwan. That was my second flight! Horrified, I wondered what was happening.

Before Feb. 10, we had learned that for a day or two, Vietnam, had temporarily closed its borders to planes from Taiwan. In wavering tones, the agent announced that passengers who were booked from Taipei to the Philippines had to re-book for next day flights elsewhere as The Philippines had blocked air travel from Taiwan. A close call, but I had missed that bullet.

On our three flights, from Calgary to Vancouver, Vancouver to Taiwan, Taiwan to Hanoi, personnel on and off the planes were wearing blue masks. On the

planes, the number of passengers wearing a variety of masks increased with each flight, so that almost all persons arriving in Hanoi, were masked.

I wondered if I would be able to continue this preventive measure. I found the mask uncomfortable: it rubbed my face and pulled my ears. It heated quickly, even interfering with one's vision, especially if a person was wearing glasses, as the mask often jutted up under the lower part of the rim.

Worse, as far as I was concerned, it interfered with one's communication. I could start to use my eyes for dramatic effect but to understand the other, I needed to see their face. Were they laughing? Being sarcastic? Thoughtful? Sad? Angry? I needed to see the entire face for cues regarding what the other was saying and possibly feeling.

Without visual access to another's face to grasp the emotional significance of their words, I felt disempowered. My responses to others felt skewed and uncertain.

I found myself exaggerating my smiles under my mask, hoping that the smile would be evident in my eyes and in the crinkles of my face that were visible near my eyes. Non-verbal communication sans face also seemed less effective. Plus the other speaker had to enunciate clearly; muffled words coming from under a mask were difficult to discern. However, the fact that all airline, hotel and retail personnel and many members of the public were wearing masks made one feel safer...as if we were all in this together. In some museums, masks were handed out to persons. The mask focused one; maybe we touched counters, handrails and products less.

Plus, I didn't cough on others!

The trip continued and we did much: overnight trains, trekking through rice fields, meeting a water buffalo face to face, boat trips and swimming briefly in chilly water in Halong Bar, climbing numerous steps up a mountain to view fields in Cambodia, riding down a winding road on a motorbike, driven by a woman who loved to accelerate on the straightways, viewing countless colourful and

ornate temples in a country where 70 per cent had no official religion.

It was a fantastic whirlwind trip — and the mask around my neck or on my face was forever a part of the overall experience. I was more fastidious than my travel companions, mostly in crowded situations which were not that plentiful as the absence of Chinese tourists made most of the tourist sites relatively empty. I hated the thought that we were benefitting from Covid-19, but that was the reality.

We did joke in a black humour fashion: in one dormitory-style hotel room, with 5 white-sheeted beds in a row and sets of bright pot lights in the high ceiling, we wondered if we were in quarantine and didn't know it!

In a market I purchased several colourful cloth masks to bring back as souvenir gifts for the grandchildren and friends so that they would be prepared should masks become the norm not only for international travel but even in Canada.

At the end of my trip to Saigon, I thought of purchasing a few more. In one market was told they were 40,000 đồng, under \$3.00 Canadian. When I laughed, the salesperson asked: "why I laughed?" I replied, "Because they were only 10,000 đồng (under a dollar) in markets in smaller northern towns". The salesperson smiled and quipped: "From China!"

My entrepreneurial self recognized a great opportunity for the production of glamorous or glitzy fashion masks, but I have never operationalized my great money-making ideas, like Frisbees to sell in Europe in 1972 when Jim and I played on beaches, with Europeans watching in fascination, never having seen Frisbees before.

I wondered if masks would become a familiar sight in Canada. They seemed essential in Vietnam. I hope that the world unites in finding remedies to protect all persons from catching this virus. I also thank Vietnam for its preventive measures, like closing schools in February; taking temperatures at performances at the Saigon Opera House; making sanitizers available everywhere, and providing up-to-date information to help keep everyone safe. ▲

Volunteer Spotlight



Polly Colpitts

Just one year ago, Polly became a member of Kerby Centre and also signed up to volunteer with the Thrive Program to shop for and deliver groceries. She felt this was a worthwhile service to participate in. Polly said- "I have found our clients to be so appreciative! What a warm fuzzy! As I really enjoy food, this program fits for me! Good food plus good company equals a good time!"

Later in the year, Polly decided to volunteer one day a week in our Education and Recreation Department as well. She likes the stories and information that is shared in this Department. Along with volunteering in these departments, Polly also helps us with our special events.

Polly added – "Being at Kerby Centre makes me realize how fortunate we are to have a place with amazing people, programs and resources! I am grateful."

Besides volunteering, Polly spends time playing Pickle ball and going for long walks. Polly always look forward to curling during the winter season. Last but by no means least, she relishes time spent with her BSE (Best Son Ever)!

So far, Polly has contributed more than **208.5** hours.

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

Financial Planning: Pump-and-Dump Dangers: Investing in Current Events & Crises

Now more than ever, Albertans are feeling vulnerable. With growing economic uncertainty stemming from a highly volatile stock market and the ongoing global crisis impacting jobs, retirements savings and daily life, Albertans of all ages are looking for a solution to their financial strain. Unfortunately, fraudsters utilize this fear along with emerging industries, global events and major crises to profit from victims. To further their agenda, they may play upon those most vulnerable, including Albertans suffering from isolation, loneliness or fear.

One particular scam that fraudsters use to capitalize on these types of events or crises is a pump-and-dump scheme. This investment scheme works by the fraudster taking advantage of a global event or breaking news to lure in investors with overwhelmingly positive — and usually false — claims about a company or product and the guarantees of high returns. This company is usually a small publically traded “shell” company with limited or untrue publically available information that the fraudster already has many shares in. As more investors purchase stock in the company, the more inflated, or “pumped up,” the price of the stock becomes. Before the hype around the company fades, the fraudster will sell or “dump” all their stock for a substantial payout and, by doing so, rapidly deflate the price of the stock resulting in the remaining investors losing all their money.

While it may seem hard to recognize a pump-and-dump scheme, the following are key red flags to watch for:

• **The facts surrounding the investment**

Fraudsters will often pump up the price of company stocks with incorrect or false information through hyped-up news releases, social media or paid promotional campaigns. Remember to do your research and don't rely solely on the information provided by the company as it could be untrue. Always read the fine print for any email promotion or online ad, as it will state that it is a paid promotion and that the third party promoter is not responsible if it is a scam. And during any global health crisis be cautious of claims that focus on vaccines and health-related products and services that are not coming from reputable health organizations.

• **Exclusive opportunities in-person**

Has a new friend or acquaintance come to you with the promise of an investment opportunity too good to pass up? Fraudsters target everyone including those in social groups, community associations and seniors groups. While it may seem like your new acquaintance is looking to help you out, that shouldn't stop you from researching the investment before giving your money away. You may also want to call the Alberta Securities Commission and explain the investment to them. While they cannot tell you what to invest in, they can identify red flags related to your investment.

• **The history of the company**

There are legitimate companies out there, but you need to look past what they

are currently promoting and understand their history to make sure the opportunity is real. For instance, you may find a small pharmaceutical company that is creating buzz around its up and coming vaccine, but only six months ago was in the cannabis industry. Or the company has no visible history, which is a key red flag that it may be a shell company used for pump-and-dump schemes.

It's easy to get carried away with the newest opportunity, especially when concerned about your financial future. But remember: when investing in any company, always research the investment and keep in mind that fraudsters often exploit the latest crisis and people's vulnerability to promote pump-and-dump schemes. During this time of uncertainty, stay safe — and that includes watching out for your financial health. ▲

THRIVE PROGRAM Over 65?

Thrive Department at Kerby Centre can shop for & deliver your groceries

If you are a senior who cannot leave your home for groceries or medications, please contact the Kerby Centre Thrive Program.

We are opening the program to any senior regardless of income, including those in self-isolation.

Shopping is done by volunteers at any Calgary Co-op location. Calgary Co-op kindly applies a 5% discount to our clients on regular priced items as we cannot use an individual client's Co-op number.

We charge a \$4 delivery fee on top of the grocery bill.

Client can phone in their order, if phoning please have order ready before calling. We ask that you order at least 8 items per order.

With respect to our volunteers, we limit weight and size of items on the order

Clients have a variety of options for payment which we can discuss with you when you are placing your order.

**IF YOU NEED HELP,
CALL**

**Hours: 8am – 4pm Mon-Fri
403-234-6571
or 403-705-3222**

Leave a Legacy of Inspiration

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



Kerby Centre

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

Please choose to make a difference today.

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

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

Amount Enclosed \$ _____

Payment by:

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Kerby Centre

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

Please choose to make a difference today.

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

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

Charitable Registration #11897-9947-RR0001

Classified Ads

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

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

Classified Rates
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for June issue: must be received and paid by May 11.



Classified Ad Categories

- 10 Health - none
- 11 Foot Care
- 12 Home Care
- 13 Mobility Aids - none
- 20 Home Maintenance
- 24 Landscaping
- 26 Services
- 30 For Sale
- 33 Wanted- none
- 45 For Rent
- 48 Real Estate
- 50 Relocation Services

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

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 and find us on Facebook

20 Home Maintenance

All types of electrical work, new, old, trouble shooting & renos Senior discount 403-239-5918/403-870-8687

Quality Painting

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

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Kerby News is available online www.kerbycentre.com

Tony Peterson Eavestrough

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24 Landscaping

Action Lawncare Spring Cleanup NW only - aerate, power rake, dethatch, eaves clean, hedge trim, fertilize, 403-651-3900

"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

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

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New to or frustrated with computers & other technologies?

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30 For Sale

2 plots in Mview Mem Gdns The Last Supper Garden, lot 225B1 & B2, selling pair for \$6000 403-255-7436

Double niche in Mview Mem Gdns. \$6000 + transfer fee. Ph: 403-460-6136

For sale in Mview Mem Gdns - Garden of the Apostles Lot 386, C1 & C2. Ph 403-273-6645
Leave message OBO

Single depth plot (#314) located in the Garden of the Last Supper at Mountain View Memorial Gardens in SE Calgary. Asking \$2,000.00 Please contact ggbandw@telus.net or 403-541-1808 for more information

45 For Rent

Dirt cheap: hardwood, balcony, \$795/mth 403-229-0819

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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

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50 Relocation Services

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

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Staying safe in the sunshine season

by Andrew McCutcheon

With the weather warming and the sun shining, it's tempting to throw caution to the wind just to experience the joys of the coming summer.

But social distancing and self-isolation are still in effect. The City of Calgary wants citizens to enjoy all the outdoors has to offer while still continuing to take heed of the dangers that come alongside it in a current pandemic.

"Our City parks and greenspaces are an amazing resource for Calgarians right now. We want to keep them open and we can do that as long as we're all being responsible," says Kyle Ripley, Director of Parks. "Get outside, stay 6 feet away from others, and we'll

see you in our parks."

Recommendations include:

- Keep a physical distance, ensuring that there's at least six feet, or two metres, between yourself and others
- If you're heading to a park, don't drive. Parking lots, with their tight, congested spaces, can increase the risk of viral transmission.
- If the area you're accessing is busy and already filled with enough people that maintaining physical distance would be an issue, it's recommended that you leave and head to a less crowded area. This could include heading to neighbourhood parks and pathways, enjoying green spaces closer to your home.
- Normal dog rules apply: be responsible and

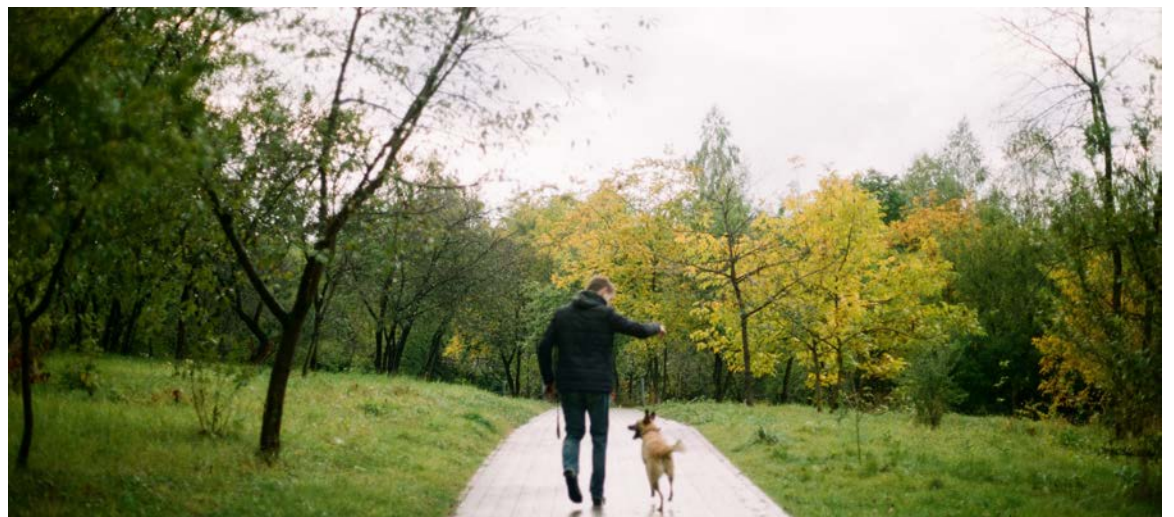


Photo accessed on Unsplash.

clean up after your animals. Keep your distance from others' furry friends as well: don't pet other people's dogs and don't let folks come pet your own critter.

To ensure that proper social distancing is happening in the public spaces, Parks staff and bylaw officers will be patrolling in areas to ed-

ucate those visiting on using the spaces in a safe and responsible manner.

And while it's not an option for everyone, the City recommends enjoying one's own backyard if possible, relaxing with a book or firing up the barbeque.

If you're going to use a backyard fire pit however,

be mindful and kind to your neighbours and remember that large gatherings should be avoided.

With a few proper things kept in mind, there's no reason why getting some of that delicious vitamin D should cause folks to break self-isolation and physical distancing. ▲

Keeping safe the vulnerable and elderly

Con't from pg. 17

Quality scores were determined by measuring productivity and engagement, well-being, equality, social cohesion, and seniors' physical and financial security.

Of that list, perhaps the most surprising finding was the United States. John Rowe, a geriatrician and public policy expert at Columbia University and lead author of the paper, attributed the high score to the fact that many seniors in the U.S. still have to work, which raises their productivity and engagement score, and "Work is good for your brain and your body."

Many Americans work into their senior years because they have no choice. The paper found that more than 20 per cent of Americans older than 60 are at risk for poverty, compared to 12.5 per cent in the rest of the Organization for Economic Co-operation and Development (OECD) countries.

Not so in Norway. It leapt ahead of other countries in its care for seniors about eight years ago, when it began a series of reforms to the way it delivered health care. It introduced a policy that encouraged getting people out of hospital and nursing home beds as quickly as possible.

That meant it had to build the supports that would enable frail elderly people, including those with dementia, to live more independently. It's estimated that about half of the 70,000 Norwegians with dementia are living in their own homes.

That took a large up-front investment and, as we know, Norway has an abundance of cash thanks to its energy rev-

enue-fuelled sovereign wealth fund.

The country used some of its wealth to offer grants and low-interest loans to renovate houses and to build new facilities.

It also established a "housing bank" that subsidizes the purchase of electronic devices, such as an electronic mattress sensor that turns on a light when a person gets up, or calls an alarm if they don't get back to bed in a reasonable time. Such tools make it easier for the elderly and infirm to live at home.

The housing bank also supports the construction of "sheltered housing" for people with dementia.

The concept, borrowed from Sweden, allows people who can't take care of themselves to live in small groups, with trained staff to support them.

But caring for our elderly is not just a matter of investing in the proper infrastructure. It's also a question of attitude. It seems that North Americans are inclined to think that old people are no longer useful, as though when they stopped working full time they no longer had much to contribute to society.

How wrong such an attitude is.

Consider attitudes of cultures in other parts of the world.

Confucian principle of filial piety – a show of respect for the elderly, parents and ancestors – remains strong. Singapore and China both have laws mandating families to care for their oldest members.

In Greece, "old man" is considered a term of endearment.

And in India, there's a tradition in which young people are taught to touch the feet of elders as a show of respect.

People who have lived seven, eight or more decades have a lot of life experience. They have a sense of historical perspective the rest of us don't. And, yes, some have even developed their fair share of wisdom in those years.

An associate of mine recently said "the world is on pause" during the pandemic. Let's take this time to reflect on the way we treat our elderly citizens, ask ourselves if we can do better, and work

on ways to make their lives – and, in turn, our own – richer as a result.

Veteran political commentator Doug Firby is president of Troy Media

Digital Solutions and publisher of Troy Media.

Posted with permission of Troy Media

CROSSWORD SOLUTION

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

David Young
DavidY@kerbycentre.com
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SUDOKU ANSWER

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IN MEMORIAM

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

- Armando L Mendoza
- Audrey Maude Call
- Dan Mar Rasmussen
- Elise Max
- Leonard A Steeves
- Linda Katherine Murray
- Nellie Gray Kulcsar
- Olive (Jo) Currie
- Steve Leon Ozar
- Vincent Allen Briggs

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.



Kerby News Business and Professional Directory

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

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