

Focusing our lens on autumn



Pictures are on the mind of the Kerby Editorial Staff this month, whether it's our inaugural photography contest featured on page 25 or the story of the THIRD ACTION Film Festival continuing online this season on page 26. Photo courtesy of the THIRD ACTION Film Festival.

Inside

- Kerby Centre delivers 10,000th meal page 3
- Addressing auditory issues and mask safety page 4
- Practicing self-care with "Forest Bathing" page 6
- Injecting humour into your daily routine page 18







1133 - 7th Ave. S.W.
 Calgary AB T2P 1B2
 403-265-0661
www.kerbycentre.com

PO # 0040064604



Now, staying home isn't just staying in the place they love.

It's staying safe. It's essential.

If your loved one is vulnerable and needs in-home care, we're here to help. Contact us today.

403.984.9225 • HomeInstead.com/Calgary

Home Instead
SENIOR CARE[®]

To us, it's personal.

PERSONAL CARE | MEMORY CARE | MEALS & NUTRITION
 NURSING SERVICES | MEDICATION ADMINISTRATION | MOBILE FOOT CARE



THANK YOU

THE COMMUNITY WITH HEART

To the Manor Village Residents and their Loved-Ones for sending the following goodwill wishes and blessing our skilled staff for their day to day assistance and care.

We continue to be disheartened that 79% of the deaths in Canada are elderly residents, living in Long Term Care Nursing Homes and Hospitals. Our hearts go out to their families.

Most of these vulnerable seniors were suffering from Chronic Health Conditions.

The Manor Village's Residents & Healthcare Staff Associates pray that Covid-19 will dissipate soon so seniors can enjoy the improved weather safely.

Our sincere thank you to the Manor Village Residents and their Loved-Ones for sending the following goodwill wishes and for blessing our skilled staff for their day to day assistance and care.



— Dr. M. Garth Mann: Director



From Residents and Families

"Your teams' diligence in regard to everyone's health and well-being is most appreciated."

"Thank-you to ALL Manor Village at Fish Creek Park Staff for their loyalty, dedication and hard work during this crisis."

"As a long-distance caregiver, I find great assurance in hearing the measures you are taking to protect my Mom and all of her friends at the Manor. This is awesome!! THANK YOU!!"

"Thank you so much for keeping us updated. Our parents are very precious to us and we are so glad to see that every precaution is being taken for their safety as well as the other residents and staff."

"Please know that we appreciate the sacrifices that you and your staff are making to take care of our loved ones in this challenging situation."

"Thank you for your emails, they are very informative and demonstrate the high level of care you are taking to ensure the safety and wellbeing of Staywell residents, which I appreciate very much. Thank you."

"Really appreciate the attention your staff gives to all the residents. Keep up the great work and I hope the staff stay safe and healthy. Your teams hard work goes a long way in keeping everyone well."

"I want to let you know that Mom is very happy living in Signature Park. she enjoys her sunny ground floor suite, says the food is great, and has met some lovely folks. I send my appreciation for all you and the staff are doing to maintain a healthy environment at the Manor, your regular updates are comforting."

"Thank you so much for taking all these wonderful precautions and caring for our loved ones. It is truly appreciated by both the residents and family members!"

"Appreciate you doing everything you can to protect the residence. Not an easy job...Thank you."

"Thanks to your team for all that you are doing! Rock stars!"

"Thank you for the timely updates. It's comforting to know my parents are in such capable and caring hands."

"You and all the staff at StayWell very much in my thoughts.Thanks for being there!"

"Thank you. Its a difficult time and we appreciate all the incredible work you and the staff are doing everyday."

"I want to thank you all for the frequent updates on what you are doing and the effort to keep our loved ones safe and active. Thanks again for everything the team is doing at Staywell."

"Thank you for all your staff are doing to care for and protect our loved ones during this pandemic. The stress on everyone must be immense and we appreciate all of your efforts. Thank you hardly seems sufficient."

"To all of the Staff at Varsity Manor Village. Thank you for the great job you are doing in keeping our family members cared for in these trying times. Your dedication is very much appreciated."

"To all of the Staff at Varsity Manor Village. Thank you for the great job you are doing in keeping our family members cared for in these trying times. Your dedication is very much appreciated. "

"Your team is conscientious and managing all new law implements. Keep safe and well!"

"Thanks A ton of work for you do, by keeping us updated and figuring out life for the residents. Thanks! Stay safe and staywell!"

"Thank-you so much for all you are doing to protect our parents. We really appreciate all the polices you have put in place."

"Thank you so much for your reply and for listening. I am relieved. Thanks to you and all of your staff for everything that you are doing during these extraordinary times."

"Thank you ALL for doing your best in keeping the residents safe. Please take care of yourselves as well, and if there is anything else we can do to support you and your families please reach out."

"Thank you for all the information and updates. I appreciate the communication and admire the work that everyone is doing at Staywell to stay healthy and raise spirits."

"Stay vigilant and safe! Amazing work by every single employee."

"I thank you and your Staywell team for all that you are doing and caring for our precious parents. As family members we feel we need these periodic and timely communications."

"Strong work Manor team! Thank you!!!"

"I wanted to extend gratitude to you and your team for doing a great job of caring. I can imagine that over the past month your job has become a little more stressful. Know that we fully support you efforts. You are doing an exemplary job!"

"Fantastic job all around."

"I just wanted to say thank you so much for this detailed communication. I've been in frequent contact with my father and this direct communication from you is comforting. I just wanted to say thank you for your care, concern and compassion. Hoping everyone is able to stay healthy."

"You are doing a great job in very difficult times. Our prayers are with you, the 3rd floor staff and the 3rd floor residents. We hope the best for everyone."

"Thank you. All the staff are doing a wonderful job in this stressful time."

"Thank you for the great work you, your staff and residents are doing in keeping this virus from entering Staywell and keeping the families up to date on the measures being taken."

"Thank You so much for all you do to keep residents well, engaged and comfortable. It is so comforting to know you are so aware of what needs to be done to keep everyone safe. I do not worry about Mom at all, knowing how well taken care of she is. I wish everyone calmness and continued good health during this stressful time for our world."

Thank you for trusting The Manor Village!

Send

Independent Living
Assisted Living
Memory Care
themanorvillage.com

The Manor Village at
Signature Park
1858 Sirocco Dr SW
(403) 249-7113

The Manor Village at
Garrison Woods
2400 Sorrel Mews SW
(403) 240-3636

The Manor Village at
Huntington Hills
6700 Hunterview Dr NW
(403) 275-5667

The Manor Village at
Rocky Ridge
450 Rocky Vista Gdns NW
(403) 239-6400

The Manor Village at
Varsity
40 Varsity Estates Cir NW
(403) 286-7117

The StayWell Manor at
Garrison Woods
174 Ypres Green SW
(403) 242-4688

The Manor Village at
Fish Creek Park
22 Shawnee Hill SW
(403) 392-2400

Food for thought from the Kerby Centre



BY LARRY MATHIESON
Chief Executive Officer

In addition to the regular menu each week, Chef Mike creates a “Signature Menu.”

Every day, Mike offers a daily special from this menu. When we closed the Centre to the public, it did not make much sense to keep the Dining Room open,

but Chad asked me: “What if we didn’t send the kitchen staff home but instead we keep making those signature meals and we freeze them?” Then we have volunteers deliver the meals to seniors who, we would normally serve in our other programs.

We knew how food security was an issue for seniors in Alberta and we knew this problem was being exacerbated by the pandemic.

It made sense to start doing more outreach to seniors who were shut in and vulnerable.

Normally, the money people spend in the Dining Room would pay kitchen staff wages, as well as for food and supplies, so that was a problem to solve if we wanted to deliver these free frozen meals to seniors.

Moreover, closing the Centre meant that our revenue for our stores, social enterprises and fees for classes would drop by \$40k to \$45k per month. There was not a strong business case for making frozen meals and delivering them free. But on Aug. 7, Dianne Dyer — one of our volunteers — delivered the 10,000th meal to an isolated senior.

As you might have

imagined in our best Field Of Dreams style — “If you build it they will come” — we created a new temporary program to reach out to seniors in need, delivering frozen meals was part of this program. To keep a story brief: we started making and delivering 85 meals the first week — and the support to keep reaching out overwhelmed us.

All three levels of government gave us grants and supplies to reach out to older adults. Corporations wrote cheques and sent their staff to volunteer help, allowing us to deliver to many of our users and members.

Seniors on our membership list and readers of Kerby News sent us cheques and made online donations.

We had more online donations to support outreach in April than we had during the entirety of 2019.

We will be delivering meals and making calls for a little while longer. In the upcoming months, you will hear about some new ways we will be reaching out and supporting seniors in “Our new normal”. We want to sincerely thank our

readers, members, corporate Calgary and our Government colleagues for helping us deliver 10,000 signature meals.

On the subject of all Kerby has to offer our users, Fitness with Dan started up in August. And no, not the Zoom version, but live and in-person in the Kerby gym.

You might say it’s like the back-to-school season at Kerby.

First, we will continue to provide Zoom events and classes for those of you not ready to come back to Kerby.

However, we are very excited to say that we are slowly starting to add Education and Recreation programs live in Kerby Centre.

The class sizes and format may be slightly different than you have been familiar with, as we will be taking precautions and social distancing. We will be following the advice and direction of Dr. Deena Hinshaw and Alberta Health Services to ensure the safety of our volunteers, users and staff.

Nevertheless: we cannot wait to see you back. ▲

SEPTEMBER 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.

Kerby Centre Board of Directors 2019 - 2020

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

EXECUTIVE

President: Vacant

1st Vice President: Richard Parker

Treasurer: Ken Lin

Secretary: Tara Weber

Past President: Hank Heerema

Directors

Stephanie Sterling, Peter Molzan, Russ Altman
Deborah Durda, Jacquelyn Poetker,

Chief Executive Officer: Larry Mathieson

Kerby News

Published monthly by Kerby Centre
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: Andrew McCutcheon (403) 705-3229

Fax (403) 705-3212

andrewm@kerbycentre.com

VOLUNTEERS:

Proofing:

Anita Dennis

Mailing:

Don Sharpe, Ellen Hansell, Wayne Orpe,
Peter Meyer, Anita St. Laurent,
Lolita Kiemele, Shirley Evaskevich,
Anne Prystupa, Rosa McDermott,
Gloria Higgins, John Becker

Kerby News is the official publication of Kerby Centre. Of the 30,000 copies printed monthly, 3,200 copies are mailed to its members. In addition, 26,800 copies are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

Material published in the editorial columns of the Kerby News is protected by the Canada Copyright Act and may not be copied or reproduced by any means without the written consent of the Publisher.

Although every precaution is taken to monitor advertising placed in the Kerby News; claims made by advertisers are theirs and are not necessarily endorsed by Kerby Centre. Kerby Centre reserves the right to refuse any advertising materials submitted.

NOTE: Display advertising is accepted on the condition that, in the event of a typographical error made by Kerby News, the advertiser will be issued a credit toward future advertising. If the advertisement is for a one-time event or limited time sale, the advertiser will be refunded.



Kerby Centre recently celebrated the 10,000th meal delivered since the start of our response to COVID-19.

Auditory issues and mask wearing



Although masks are beneficial, they can create difficulties for those with hearing loss. Illustration by Becca Lowe.

By Andrew McCutcheon

CALGARY CO-OPERATIVE MEMORIAL SOCIETY

CCMS is a nonprofit member owned co-operative. We arrange discounted funeral plans for our members in Calgary, Airdrie, Cochrane, Okotoks, Strathmore, High River, Medicine Hat, Lethbridge, Taber and surrounding areas. Our service providers are locally-owned and operated. Members can save on average \$2500-\$5000 on their funeral arrangements depending on the plan selected. Since being founded in 1965, we have had more than 55,000 members.

You can purchase a lifetime membership for only \$40 per adult.

For more information visit www.calgarymemorial.com, or call the CCMS at 403-248-2044 or 1-800-566-9959.



Masks are quickly becoming part of the new normal as more cities are encouraging and legislating their use to help prevent the spread of COVID-19.

However, there are some hidden drawbacks in addition to the slight discomfort and extra heat of wearing one during a hot, Calgary summer.

While masks should continue to be worn in concert with a host of other doctor-recommended behaviours to help reduce contagion, their use poses

an issue to those who have hearing loss or similar auditory-related issues.

Facial coverings and Plexiglas barriers, although a boon to reduce the spread of the virus, make it more difficult to read lips, recognize facial expressions and for sound to travel efficiently between individuals.

Hearing loss is not an insignificant issue, either. Statistics Canada results indicate that 40 per cent of adults aged 20 to 79 have at least slight hearing loss in one or both ears and that hearing loss was more prevalent in older age groups.

Adults between 60 to 79 years of age are 78 per cent more likely to have hearing loss compared with younger cohort groups.

There are recommended strategies, however, to help both those with and without hearing loss to better communicate and be more easily understood according to Carrie Scarff, a doctor with the Calgary hearing clinic Audiology Innovations.

In a video posted to the clinic's YouTube channel, Scarff outlined several methods to help alleviate and avoid potential confusion or frustration.

"It's harder to hear over technology since there are some changes to the sound that comes through as well as some timing delays and artifacts," Scarff explained. "Be sure to speak clearly

and try to speak one person at a time if you're on a group call."

When socially distancing, Scarff also recommends that you face your communication partner when you're speaking with them as conversing at length can make it more difficult for those with hearing loss.

"This can give them some visual cues to what you're saying," Scarff added.

When wearing a mask, she recommends speaking slowly, clearly and taking breaks between topics.

Masks that have a clear plastic shield over the mouth are available, but less widespread, so those with hearing loss cannot rely on their existence to ensure they can understand and be understood in turn.

Other sources have a host of recommendations as well: augmenting conversation with body language and hand gestures can add much-needed context to your words.

Individuals with hearing loss — if comfortable — can advocate for themselves and make their issues known. Asking others to speak up and speak slowly may be a cause of anxiety for some, but according to the World Health Organization, roughly 1.33 billion people across the world experience some form of hearing loss.

Advocating for oneself and making others aware of one's hearing loss can help them adjust their actions accordingly, whether it's changing their speech patterns or moving to a quieter location.

Finally, the issue of hearing aids. As many devices wrap around the ears, the addition of mask straps can make the area a trouble spot, with the potential for hearing devices to get lost.

By using a connector, commonly called an "ear saver," those with hearing loss can avoid mask straps pulling at their ears where they may already have glasses and hearing devices cluttering behind one's head. ▲

Quality Cuisine in Your Own Home

made fresh each day, delivered right to your door!

Try us today!

Prepared and delivered by the Chefs and drivers of the Manor Village Life Center in your community – lunch and/or dinners will be tasty, nutritious and fit your needs! Call **587-231-0011** or visit TasteTheDif.ca today to find out how WE ADD LIFE TO YEARS!

CONSIDER SILVERA AS YOU MAKE YOUR NEW HOME

Enjoy independent living with options for chef-inspired dining services, weekly housekeeping and Active Aging programs.

Choose from several comfortable communities throughout Calgary.

Benefit from non-profit rents based on your income, or choose from other options priced below the alternatives.

Add life to your years.



403.567.5301 placement@silvera.ca silvera.ca



Consider Shouldice – Nestled in Montgomery. Friendly and cozy, near NW parks and the Bow River.

Supportive Living (Enhanced Services)



Choose from Bridgeland options – Four vibrant communities of differing sizes to choose from. Centrally located.

**Independent Living (Optional Services)
Supportive Living (Enhanced Services)**



Move into Valleyview – Comfortable, low-cost housing and services in Southview (SE).

Supportive Living (Enhanced Services)

Practicing self-care with Forest Bathing

By Angie Friesen

As I sit down to write, I am enjoying a beautiful, hot, sunny summer day on my patio, surrounded by several huge pine trees that are well over 50 years old and a wide variety of roses, petunias and daylilies that seem to continue to bloom even in the heat.

This is my most favourite place to be — it's peaceful, relaxing and good for my soul.

Some refer to this as "Forest Bathing" or "Nature Therapy."

When I first heard of the term "Forest Bathing" several years ago, I have to admit the first image that came to mind was someone sitting in a bathtub in the middle of the forest. Forest Bathing is simply taking in the forest atmosphere using all of your senses. The concept of Forest Bathing — or, Shinrin Yoku — originates from Japan in the 1980s. Shinrin in Japanese means "forest", and Yoku means "bath."

Many cultures over the last hundreds of years have also embraced the benefits of experiencing nature, but it seems that Japan is the

first to put a name to the practice itself.

Forest Bathing doesn't necessarily have to be experienced in a forest, although it is recommended that you have the opportunity to encounter at least one tree on your journey. You can venture off to a neighbourhood park, garden or even your backyard.

It's recommended you do your best to limit any distractions, perhaps turning your cellphone off or on mute for the time being.

It's also a good idea to not be attached to any particular goals, expectations or outcomes beforehand: just being okay with whatever you will experience today is a good mindset.

You want to be sure to take your time and engage in all of your senses during your walk and at times of rest. You can ask yourself: What do I see? Perhaps wildflowers, a small chickadee or the path ahead.

What do I hear? Maybe a babbling brook, birds chirping and gentle wind blowing through the trees.

What do I smell? Consider the freshly cut grass or flowers in bloom,

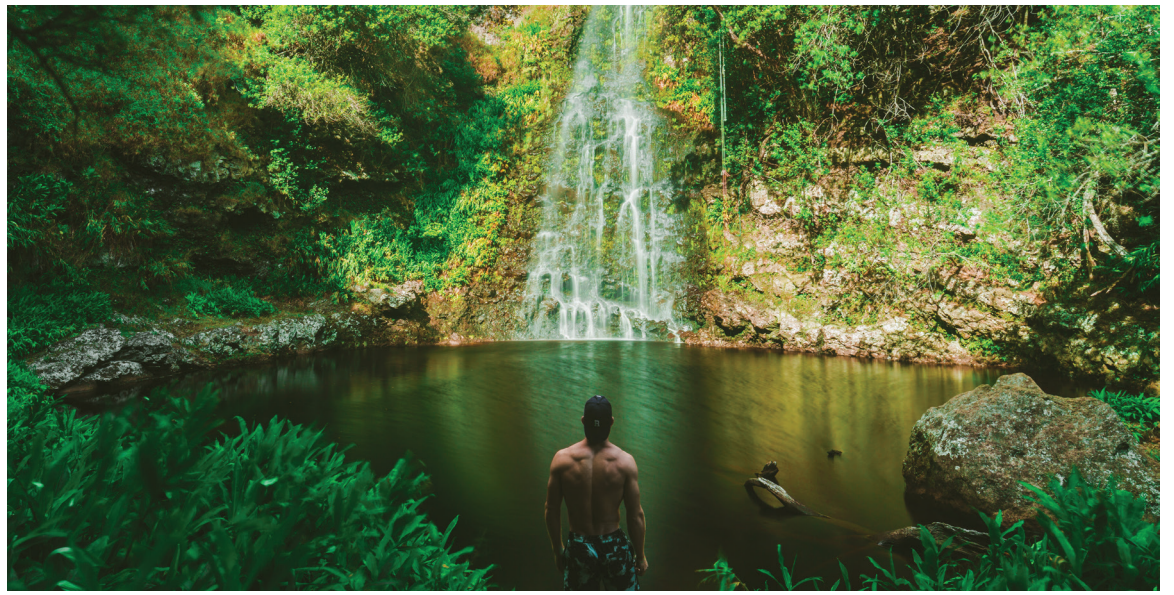


Photo courtesy of Jakob Owens, accessed on Unsplash.

What can I touch and feel? Rub your hands across the bark of a tree, cool soft moss found on a log or feel the warm sunshine on your face.

What can I taste? Bring along a refreshing drink of water, a healthy snack or even a breath of fresh air.

If you come to a place in your journey where you would like a rest, give yourself all the time that you need. Forest Bathing can also be done in any season, as there are always new experiences with each changing season. Some enjoy going out in a smaller group, while others enjoy experiencing Forest Bathing on

their own. There also is no set length of time that is best, whatever is best for you.

Surrounding yourself in nature instantly allows you to de-stress. Which in turn can boost our immune system.

It allows us to step away from the busyness of everyday life and allows us to "unplug" and recharge our batteries within.

Forest bathing can also improve your mood. Researchers have suggested that spending time in nature releases hormones that bring feelings of calm, joy and connection. Being present in nature can inspire creativ-

ity, help us to problem solve and allow us to experience a deeper appreciation of the world around us. Physically, you are also getting the benefit of getting outside to exercise. Trees help create oxygen and assist in filtering the air, so you get the added benefit of fresh clean air.

There are so many incredible city and provincial parks to discover in our beautiful province, each bringing a different experience. I hope this has inspired you to submerge yourself in the healing practice of forest bathing.

Happy exploring!

PORTABLE LIGHT WEIGHT CONCENTRATORS AVAILABLE

CALL **PEAK OXYGEN** TO DISCUSS
YOUR OXYGEN NEEDS

587-747-7699

FUNDED BY THE ALBERTA GOVERNMENT



WWW.PEAKOXYGEN.CA



LIMITED SUITES AVAILABLE

“I love Rocky Ridge Retirement because it is perfect! We are all very well taken care of. I have always said that I love it here and I really do; I couldn't have picked a better place to live! The only regret I have is that we didn't make the move earlier.”

– Alex K.



CALL NOW AND ASK ABOUT OUR MODEL SUITE VIEWING OPTIONS

403-930-4848 | 10715 ROCKY RIDGE BLVD NW | ROCKYRIDGERETIREMENT.COM

Just another one of those silly days

by Barbara Ellis

My day started off well. I woke up happy and rested, had my coffee and decided to clean house and try to organize the stuff I wanted to take to the thrift store. First I wanted to sort my VHS tapes into three piles: donate, garbage and keep.

The donate pile was easy as these were the movies I had bought. The garbage pile was also easy as these tapes contained things I recorded, such as the opening and closing of the 1988 Olympics, and then never watched. The next five tapes were a problem. Many years ago I paid good money to have some 18mm films transposed to

VHS and now they would have to be transposed again this time onto CDs. Before incurring additional costs, how wonderful it would be to play these tapes and see what is on them.

I looked up and stared at my VHS and CD player and wondered if at long last I could make it work. I remember buying this machine, how long ago was that? Probably at least 15 or more years ago, anyway, it never did work.

At the time of purchase, I asked the clerk how difficult it was to use and was told, "Oh, there's nothing to it, just plug it in." Yes, I fell for it. Bought it and took it home. Is it easy to use?

Well, after all these years, I still don't know how to make it work. The day I bought it, I spent hours trying to figure out what to plug to what, what to push to make it work, but eventually gave up in utter frustration.

After that, every once in a great while, I would try again, but I never succeeded. All I manage to do was get annoyed at my own ineptness and stupidity for falling for that, "Oh, you just plug it in" routine.

Now that I am older,

perhaps a little more computer savvy, perhaps this time I can make it work. The instructions were there in the cabinet and so I decided that I would try one more time. I flipped through the papers and separated the English version from the French, those I would not need and I would throw them into the recycle dumpster.

I put my garbage pile into a plastic bag, picked up the French instruction manuals and headed for the garage that houses the dumpsters. I threw the tapes into the garbage dumpster and flipped the manuals into the recycle one. Job one done, I headed for the door. That's when I realized that I only had the key to my apartment with me, so I was locked out. Not to worry. I would walk to the front door and ask one of my friends to let me in. Honestly, brain fogs are becoming a nuisance.

After lunch, fortified with nutrition and rehydrated by two glasses of water, I was ready to tackle the manual. I picked up the papers and to my horror realized that I had thrown away the wrong pile of papers. In fact, I was now staring at was the French version! Now what? Guess I would have to do some dumpster diving and get the English version back, but how? The dumpster is huge and deep so I would need a ladder of some sort and something to spear the papers with. I remembered that a friend of mine had one of those grabby things, well it's a stick with sort of fingers at one end and a trigger sort of thing at the top to manipulate the fingers.

Happy day, she was home and she could lend me her grabby instrument. I picked up my key fob and put it around my neck, I was not about to do a repeat performance of locking myself out.

Next to the garage where the dumpsters are kept, there is a second room where we store our Christmas decorations and the summer furniture and a step ladder. Now in possession of a ladder and the grabby thing, I was ready for the task at hand.

With great confidence,



One little VHS adventure caused a whole lot of problems. Photo courtesy of Gabriel Petry.

I unlocked the garage door, positioned the ladder in front of the dumpster, stepped up the ladder and took a look inside. Unfortunately, some people have mistaken this dumpster for the garbage one and I could see several plastic bags of garbage along with cereal boxes and newspapers. The dumpster was relatively empty and somewhat smelly but I didn't have any trouble spotting the manual. It had landed almost in the back corner and was nestled between two white bags of garbage.

I could not reach it from where I was, so I moved the ladder to the side and towards the back of the dumpster, and tried again. I reached in as far as I could, but because I am somewhat short, the manual was at least four inches beyond my reach. This was not going well.

Not at all the way I had envisioned it in my mind. I would just have to lean in further and make sure I had a firm grip of the rim with one hand, while I tried to grab the manual with the other. Didn't work. Tried again and again, almost fell in once, but no dice. Now what?

I looked around and saw two snow shovels leaning against the wall. Well, it's worth a try. I chose the yellow one over the black one because I am partial to sunshine colours. Back to the dumpster and the job at hand. First, I had to move the two bags of garbage. They resisted most strongly

at being moved from their comfortable position. It was hot and my body began to release moisture. My brow was covered with sweat - I was releasing some of the water I had drunk before coming down here. After a few minutes, don't know how many, felt like an hour, I sat down to rest. This was really stupid. Boy, during my lifetime I have done some idiotic things, and this one has to rate as one of the dumbest ever!

Enough self-incrimination. Back to my recovery mission. With a great determination of mind and body wringing wet from perspiration, I would jostle the shovel under the manual, then patiently and gently edge it up along the wall of the dumpster. Like a stubborn mule, it would slide up a little and then slip down again. I moved the steps so that I could approach the task from a slightly different angle and Glory be, after several more tries, the manual rose close to my reach and I was able to grab it.

I sat down on the top step to catch my breath and give my aching back a rest. The manual was damp and had a "scent" to it, but it was in my hands. This was all well and good, but I still don't know how to use the VHS/CD player.

One thing at a time. Fighting with that machine was for another day. For now, I'm just happy to have the manual back in my possession.

**BL Braden
Denture Clinic**

FULL SERVICE

DENTIST IN OFFICE

**609 - 14 St. NW
OFFICE NO. 168
GROUND FLOOR**

Wheelchair Accessible

**SENIORS may qualify for
special health care assistance**

403 283-1134



Luxstone Manor
403.945.4700

Our modern, well-equipped rental residence is ideal for seniors wishing to pursue an independent lifestyle close to family and friends

**AFFORDABLE
STUDIOS**
FOR SENIORS

**BOOK YOUR
TOUR TODAY!**

SMALL PETS WELCOME

Small Studio \$1600 to \$1950
Standard Studio \$2200

One Bedroom \$3255
Two Bedroom \$4305
Couple: \$4955

**Continental Breakfast in
addition to 2 meals per day**
Weekly housekeeping
Weekly linen service
24-hour access to staff
Scheduled Transportation

**Extended services are
available for an extra fee**
Bistro, Library, Games
Room and Media Lounge
and much more



Prominence Way

Retirement Community *By Signature*



"I became a resident of Prominence Way shortly after it opened a year ago. I find the community to be well designed and constructed, user friendly for both the residents and the staff. It is exceptionally well managed and the staff are caring and friendly, treating us all with compassion and respect. The food is great with special treats always available. The physical and mental activities meet our needs. One of the team's goals is to keep us safe – this has been rigidly adhered to during this pandemic restricting some of these activities. My wife Dora and I feel very fortunate to spend the last chapter of our lives in this community."

-Roy H

DON'T SETTLE FOR ORDINARY MAKE YOUR LIFE EXTRAORDINARY. IT'S THE PROMINENCE WAY!



**CALL NOW
TO BOOK A TOUR IN
OUR PRESENTATION CENTRE**

403 -727 -9400
905 Prominence Way SW
ProminenceWayRetirement.com

The steady approach of autumn



Photo Courtesy of Deborah Maier and the Calgary Horticultural Society.

by Deborah Maier

It seems like we've just begun to enjoy the garden when fall frost beckons, and we need to start putting the garden to bed. So, what does this mean? It means getting the garden ready to be tucked under a blanket of snow. Mostly, it's about tidying the garden.

If you have houseplants that you bring outside for the summer, it's time to start transitioning them to become comfortable with the indoor environment. Just as you hardened them off to outdoor conditions, it's recommended to gradually get them used to

being indoors.

Start by moving them into a shady spot during the day; then bringing them inside at night. Finally, to bring them into the house, wash the leaves with mild soap and water and rinse with clean water. Remove and replace the top inch of soil, or even clean the roots of soil completely and repot, so you don't bring any pests into the house. (Even with these measures, I would still recommend isolating these plants from your other houseplants for a couple of weeks.) Check the plants regularly to be certain that they are pest-free.

It's also time to bring in tender garden perennials and tender bulbs (dahlias, for example), that you would like to replant next year. I like to overwinter under lights in my basement: geraniums, ivy, heart-leaved ice plants, fuchsias, tomatoes, and rosemary. This year, I'm adding a bay laurel plant to the basement "garden."

For tender plants that I really want to keep, I take cuttings by the first week of September to root-up, so I'm certain to have one if we get an unexpected early frost. Every year, I plan on making the transition indoors in an orderly manner, but usually, it's a "grab the pots, there's going to be a hard frost tonight!" flurry of activity.

This overwintering practice came in very handy this spring, as I was able to use my basement garden to fill my decorative doorstep containers with plants and avoid the spring crowds at the garden centres.

Come fall, these decorative containers should be emptied and stored where they won't get damaged by winter activities. Porous clay pots, especially, should be kept in a dry location to prevent breakage by ice formation in fine cracks or the clay's pores.

The leaves and stems of any plants that have had a disease — powdery mildew for example — should be removed and placed in the garbage. Leaf debris from herbaceous perennials can be gathered and put in the

compost bin.

However, to provide winter interest and food for birds, seed heads of healthy plants may be left standing until late winter or early spring. The pruning of shrubs and roses should be left until spring to reduce the impact of winter kill.

The leaves of deciduous trees, except poplars, make an excellent mulch for a garlic bed. If you can, save dried leaves to add to the compost bin throughout the winter. Dried leaves are the brown component of a good compost mix that is frequently missing. If you are surrounded by poplar trees, it's best if you can crush the leaves when they are dry to make them fine enough to use in your compost. A suggestion that I will try this year is to use a grass trimmer in a garbage bin to pulverize the dried leaves.

If leaf storage or in-yard composting aren't options for you, then be sure to place the leaves in your green bin. Once the green bin is filled, additional leaves may be placed in paper yard-waste bags and put out with your green bin for pick up.

While it's nice to have a tidy yard at the end of the season, it shouldn't be too tidy. Leave some shelter piles of leaves, sticks, and mulch for ladybugs to overwinter in. I find that our deciduous trees lose most of their leaves within a two-week period.

I usually have two leaf-raking sessions, then let whatever else falls be and let it provide shelter for the small creatures in my yard.

As part of the winter-prep activities, it's also important to keep watering evergreen trees, shrubs, and plants until the ground starts to freeze. The lawn should be mowed and a winterized fertilizer applied. And let's not forget about bulb planting! Garlic and spring-blooming bulbs are planted in the fall.

With the outdoor chores completed, it's time to cozy-up with your garden journal, and start making plans for next year!

Sandra G. Sebree Lawyer

Serving our community for over 20 years

1909 17 Ave SW
Calgary, AB T2T 0E9

Ph. 403 • 228 • 8108
Fax. 403 • 228 • 8109

Wills & Estates

Real Estate

Free House Calls
Available



Proud supporter of the Royal Canadian Legion

email:sandrasedree@sebreeclaw.ca www.sebreeclaw.ca

Why go out to shop when we deliver for free?*

Choose from over 200 delicious frozen meals, soups and desserts with contactless delivery.

Get your FREE Menu
1-844-431-2800
HeartToHomeMeals.ca

Made for Seniors

*Some conditions may apply.





THE NEW WESTVIEW *in glamorgan*

**SECURE
YOUR
SUITE
NOW!**



Enhanced living, competitive prices

Studio from \$2,700	One-bedroom from \$3,500	Two-bedroom from \$4,500
-------------------------------	------------------------------------	------------------------------------

A comfortable, vibrant, newly renovated SW community.

Delicious, chef-inspired dining, weekly housekeeping, and healthy Active Aging programs.

A friendly place to grow. Enjoy a variety of life-enhancing activities in brand new spaces, including a new learning studio, hobby lounge, horticultural area and fitness room.

A 10-minute drive to Westhills Towne Centre, Chinook Centre, Rockyview General Hospital and many other amenities.

No age restrictions. Non-subsidized, near-market rents, lower than the for-profit alternatives.

Secure your suite now! To find out more contact Terry at 403.604.0340 or tfiell@silvera.ca silvera.ca



The “Happy Hour” of San Agustin



BY LESLI CHRISTIANSON-KELLOW

These days, joining a Zumba exercise class online has become a daily joy for 61-year-old Susan San Agustin. She can participate in classes with some of her favourite instructors from anywhere in her house - the living room, her bedroom - even outside in her backyard.

Fifteen million people

were taking Zumba classes pre-pandemic every week around the world. When the pandemic lockdown began, exercise classes and gyms were shut down, halting all exercise classes, but it didn't take long for instructors to adapt their method of teaching classes via the internet. Participants are sent a unique link when they register for a class. It's as easy as clicking on the link at the specified time to join the class. The class is taught live by the instructor and viewed on a computer, ipad or other device.

“I'm able to do Zumba almost every day because it's on zoom. I try to support the local Zumba instructors. There's about three or four and they all have different styles.” says San Agustin. “When

I take a class, I call it my ‘happy hour’.”

Having the option to participate in Zumba classes online over the last six months has helped San Agustin keep a positive outlook while also keeping fit. Taking classes online also provides a feeling of connectedness to other Zumba enthusiasts.

If you haven't heard of Zumba, it is the largest branded fitness community in the world. Founded in 1998 by Alberto Perez, an aerobics instructor in Cali, Colombia. The story goes that one day Perez forgot to bring his cassette tape of aerobic music to class, all he had was Latin dance music — salsa and merengue — so he taught the aerobics class to Latin music. It was a big hit and that was the birth of Zumba.

San Agustin tried her first Zumba class over 10 years ago. Other exercise classes were boring, (“I tried yoga, but it was too slow for me,”) but the energetic beat and variety of dance moves that Zumba offered kept San Agustin interested. She takes the modifications suggested by the instructors as needed and even does her own moves if needed. Her goal is to enjoy herself and the bonus is keeping fit and making friends.

“I love dancing, dancing is my thing. It's like you're not even exercising!” says San Agustin. “I think if I didn't do Zumba I'd feel more pain [age related]. It keeps me healthy and I feel strong. If I don't do Zumba I feel tired.”

San Agustin says that the endorphins her body produces during a Zumba class stay with her long after the class ends. It basically spills over into other areas of her life making her better equipped mentally and physically to handle daily stress.

“I met a group of ladies doing Zumba and we formed our own group. There's 12 of us that became very close because



San Agustin, 61, participates in Zumba exercise classes anywhere and everywhere. Photo courtesy of San Agustin.

of Zumba.

We all started to go to events together,” San Agustin says, “If there was something happening in the Zumba community we would all go as a group. We did an ovarian cancer walk followed by a zumba class to raise money. The events usually have a theme — like the 60s or 70s — and we all dress up. And always do Zumba, of course!”

Zumba beckoned San Agustin to the South of France for a gathering of Zumba enthusiasts from around the world. It was an all-inclusive, 5-day Zumba retreat with lots of dancing, music and community. She even got to meet the founder of Zumba himself, Alberto Perez.

“They call him ‘Beto’ and he's an amazing dancer...going to France was life changing. The love

that you get from being with like minded people... because we share the same love for Zumba is incredible. The joy that you get is so hard to explain - it's powerful.” says San Agustin.

She seeks out a Zumba group wherever she travels.

“This is my Zumba group in Hawaii, “ San Agustin says pointing to a photo of a group of about 20 dancers, “Each time I return, I do Zumba with them. In the Philippines I have a Zumba group, too, we call ourselves Zoom Buddies. We actually won first prize in a Zumba competition together.”

“Since the lockdown I don't go to parties,” says San Agustin. “With Zumba, if you like to dance, it's like going to a party every single day.” ▲

STEMP & COMPANY
 403-777-1129 • 1-800-665-4447 • www.stemp.com
William R Stemp
 LAWYER
Wills, Probate Applications, Power of Attorney
Offering 10% reduction to Kerby Centre clients.
Our service is prompt and reasonably priced
We have your best interest in mind
 Suite 233, 1100 - 8th Avenue S.W., Calgary (adjacent to Kerby Centre)
 or reception@stemp.com

NORTH HILL DENTURE CLINIC
STEVE SAILER DD
DISCOVER THE NEW OPTIONS TO A CONFIDENT YOU.
Full Cosmetic Denture Services For A Personalized Smile, Implant Retained Dentures — The New Standard Of Care.
 • Free Consultations • All Dental Plans Accepted
 • Same Day Service On Repairs/Relines
 • Alberta Health Care Program For Seniors
TAKE THIS TEST

Are your dentures?	Is your denture?	Are your gums?
<input type="checkbox"/> Loose	<input type="checkbox"/> Floating	<input type="checkbox"/> Always sore
<input type="checkbox"/> Cracked, worn	<input type="checkbox"/> Clicking	<input type="checkbox"/> Flat
<input type="checkbox"/> Over five years old	<input type="checkbox"/> Requiring adhesive	<input type="checkbox"/> Difficult to fit
<input type="checkbox"/> In your pocket	<input type="checkbox"/> Causing you to age	
<input type="checkbox"/> Missing teeth		

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

261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre
403-282-6126

MasterCard VISA GST

LIVE YOUR *best life.*

Enhanced menu with delicious new choices!

“We are so happy to live here. They are always looking for ways to make things the best they can be. The staff are fantastic, we feel safe, and the dining is great. You can choose to eat in the chef’s dining room or the pub and they just changed the menu. You could have a steak every night if you wanted!”



PROVEN SAFETY RECORD *NO* RESIDENT COVID CASES ACCROSS 15 VILLAGES

What is life like at a Golden Life Village in 2020?



“I never miss a round with the guys and when I come home I can enjoy happy hour in the pub with my friends.”



“We just took the bus for a picnic and walk in a local park, it was so nice to take advantage of the great weather.”



“Stampede was still on for us, we had a breakfast with live music, great food, and they even brought in horses!”

Large Suites · Delicious Meals · Better Price

SUITE FEATURES

- Large bright windows
- 9 foot ceilings
- Covered balconies
- Kitchen with fridge, stove & oven
- Storage room with hookups for your own washer & dryer
- Air conditioning
- Large 3 piece bathwom with built -in storage & walk-in shower

AMENITIES

- Pub / Lounge Library
- Games room
- Beauty salon
- Exercise room
- Family dining & party room
- Crafts room / Creative space
- Hobby & workshop room
- Pet care room
- Theatre

SERVICES

- Enjoy multiple unique dining experiences
- Over 12 evening meal options
- Weekly housekeeping
- 24-Hour emergency monitoring
- Entertainment & Social Activities
- Personal care available
- Shuttle bus

All inclusive living starting at \$2,450

Limited Suites Available: Call today to book a tour (587) 602-1316

North West Calgary
EVANSTON GRAND
Village

Cochrane
GRANDE AVENUE
Village

South Calgary
GRAND SETON
Village

GoldenLife IS A FAMILY COMPANY FROM CRANBROOK, BC

Grandparent guardians face variety of issues

By Andrew McCutcheon

It's not uncommon to see older adults involved in the upbringing of their grandchildren.

More than ever, though, older adults are the sole providers and guardians of their grandchildren, a situation that comes with a host of various challenges, issues and benefits.

The Calgary and Area Regional Collaborative Service Delivery (RCSD) ordered a literature review — where the most up-to-date research on a subject is collected and compiled — into the subject of custodial grandparents: those who assume the fulltime care of their grandchildren.

This review was called as there was a “strong imperative for ensuring that health, education, child welfare and disability services develop effective practice responses to better address the unique needs of custodial grand-

parents and their grandchildren,” according to the summary released by the RCSD.

The summary begins with the various issues contributing to the rise of custodial grandparents, which include the current Opioid crisis, the 2008 financial crisis, the AIDs epidemic and an increased focus on “kinship placement” wherein child welfare agencies in Canada are more likely to place children under the guardianship of family members, or kin.

The document states that “surrogate parenting of children by relatives” is something deeply rooted in the history of humanity. Grandparents provide the majority of this surrogate parenting, comprising 88 per cent of all kinship caregivers in the United States.

The reasons behind the assumption of custody are many: issues such as parental substance abuse or death, child abuse or fam-

ily violence, to poverty, unemployment or neglect.

The research suggests that grandparents are “often the only relatives who have the time and strong familial obligation to commit to the permanent care of these children” and that they are more likely to be women, older in age, experiencing higher levels of parental stress alongside more limited access to resources.

The reasoning offered that kinship caregivers often have less access to resources is that they are less like to pursue a formal avenue of guardianship, such as adoption.

Adoption requires that the parent of the child — most often an adult child of the grandparent — terminate their own parental rights. Custodial grandparents are hesitant to pursue this as it might either hurt their relationship with their own child or potentially close the door on the biological parent to regain custody of the child in the

future.

This conflict between the biological parents is cited as one of the biggest challenges for custodial grandparents, many of whom feel “caught in the middle” between their own, adult children and child protective services.

Many fear or experience harassment from the biological parents as a result of working with child protection or welfare agencies, while at the same time struggling with anger and resentment towards their own adult children.

In additional, custodial grandparents can experience resentment over having their own life plans being interrupted: a loss of freedom or lifestyle, hopes they may have had for their mid-to-late life and the issue of financial insecurity.

The raising of grandchildren itself also poses a challenge for custodial grandparents. Childcare can be an exhausting and

stressful endeavour on its own, but a high percentage of children in “skipped generation” families have special needs, mental health issues or behavioural problems.

All of this coupled with the fact that grandparents have difficulty accessing support services due to the maze of navigating benefits, stress coming alongside interaction with the authorities within service systems and underplaying the difficulties of child-rearing — lest they seem incompetent and lose custody — and it's clear that custodial grandparenting comes with a wide and expanding range of difficulties.

That's not to say it's without its benefits: many report enormous satisfaction with raising their grandchildren, with an appreciation for the joy and relief that comes alongside keeping families together.

Continued on page 31.

The
**Brenda
Strafford** Cambridge
Foundation **Manor**



WELCOME HOME TO CAMBRIDGE MANOR

Renowned for award winning care, The Brenda Strafford Foundation is proud to be opening Calgary's newest seniors' wellness community in the University District.

Enjoy a rich and full life with the comfort and security of a true aging-in-place experience, from independent and assisted living to enhanced care and memory care.

Opening
2020

The Brenda Strafford Foundation is bringing our 'people-first' approach to our innovative new seniors wellness community.

**MOVE IN THIS FALL – NOW ACCEPTING RESERVATIONS!
SHOW SUITE VIEWINGS BY APPOINTMENT ONLY.**

**253 Smith St. NW | 403-536-8675 | cambridge@theBSF.ca
Visit us online at: cambridgemanor.ca | theBSF.ca**



Sometimes the biggest changes come in the smallest packages.

Monday 9:00 am
Nov 2, 2020

1 Aspirin 81 MG
2 Metformin 500 MG
2 Multivitamin



**EasyPac is pre-sorted
by our pharmacist.
A better way to
stay healthy.**

Pharmacy At Your Door is proud to provide our new EasyPac prescription service directly to your door within hours – and delivered for free. Get all your medications and vitamins conveniently packaged together by dosage and day, plus avoid the risk and hassle of pharmacy lineups. Good things really do come in small packages!



**Pharmacy
At Your Door**
By CareRx

To sign up, simply visit
pharmacyatyourdoor.ca
or call **1-855-226-0922**

The Town That Changed Alberta

By Wendy Portfors



Photos courtesy of The Glenbow Archives and Archives Canada.

The small town of Turner Valley, just 63 kilometres southwest of Calgary, has a history steeped in the petroleum industry, with the development of Canada's first commercial oilfield that triggered Alberta's first oil boom in 1914.

This is a historical look at how it all happened:

William Stewart Herron has been referred to as the "Fa-

ther of Alberta's Petroleum Industry." Herron was an Ontario native who spent time in the Pennsylvania oilfields. In 1905, he and his wife relocated to Alberta and bought a ranch in the Okotoks area. To supplement the ranch income, he started a freight and cartage business, mainly hauling wagonloads of coal from Black Diamond, which he sold to area ranchers and people

in Okotoks. In the spring of 1911, while he was waiting for coal to be loaded, he noticed a natural gas seep coming from the banks of Sheep River. He scooped up the bubbling substance into jars and sent the specimens to the University of Pennsylvania. Results confirmed the material was "wet natural gas" which is natural gas with a high concentration of liquid naphtha. After con-

firming the quality of the gas, he hastily purchased thousands of acres of property including surface and mineral rights.

In July 1912, Herron recruited Archibald Wayne Dingman for his drilling expertise. Dingman was entrepreneurial-minded and as early as the 1890s he was invested in office and apartment buildings, commuter railways and street-car lines. He had worked in the Pennsylvania oilfields and had been involved in drilling a gas well in Edmonton. Dingman had moved to Calgary in 1906 and along with partners formed Calgary Natural Gas Company, which extracted gas from wells on the Sarcee Reserve. Dingman engaged several investors, including A.E. Cross, Senator James Lougheed and Richard B. Bennett, to incorporate Calgary Petroleum Products.

On May 14, 1914 they struck petroleum at 2,718 ft, sending a gusher into the air. The well was named Dingman #1.

When Dingman #1 blew, "oil fever" swept through Calgary. Stories of the discovery dominated the following day's front page of *The Calgary Daily Herald*. Herron and Dingman entertained hordes of people that rushed to the site in cars and horse-drawn wagons to see the well.

The Duke of Connaught — Prince Arthur, the third son of Queen Victoria, was Governor General of Canada. He and his wife, Princess Louise Margaret of Prussia insisted on seeing Turner Valley during their visit to Alberta in September of 1914. At 2:31 p.m., driller Marty Hovis opened the valve and the well erupted and the volatile gasoline fluid shot up into the air. The valve was closed at 2:34 p.m. and the princess, reportedly, rushed forward to dip her white glove into the fluid.

The discovery at Turner Valley was significant not only because it was the first major strike in western Canada but also because it was the first major oil discovery in Canada in 50 years. The economic activity spurred the establishment of the Calgary Stock Exchange. Within a few months of the Dingman strike, more than 500 companies were formed. More than \$1 million was withdrawn from Calgary banks to be invested in drilling companies. Of the hundreds of companies formed, only 50 drilled while few actually found oil. Most who invested in Turner Valley oil speculation lost their money.

A fire in 1920 destroyed

many of the buildings at the Turner Valley plant and represented the end of the first phase of Turner Valley operations. It also forced Calgary Petroleum Products to sell the facility to the Royalite Oil Company, a subsidiary of Imperial Oil. It was Royalite that ushered in the second boom period of Turner Valley.

Samuel G. Coultis was the first person hired by the newly formed Royalite Oil Company. He had a degree in chemical engineering and had gained experience in the oil industry working for the Alberta Southern Refining Company, for which he developed a type of still for producing gasoline, kerosene and two kinds of distillate. Coultis was entrusted with the design of a new gas processing plant to replace the Calgary Petroleum Products plant that had burnt down. Besides, a new absorption plant was built to strip gasoline from the wet gas, as well as a compression plant that pressurized the gas for transmission. He established Madison Laboratory which supported all aspects of Royalite's activities.

The company succeeded in getting an agreement with Canadian Western Natural Gas (CWNG) to allow its pipelines to be used to transport natural gas from Turner Valley to Calgary. Royalite built a connector pipeline from the Turner Valley plant to Okotoks and ultimately to CWNG Bow Island-to-Calgary pipeline. For the first time, Turner Valley natural gas was able to reach a large consumer base. The compression plant doubled in size in 1923.

The growth and activity in the area created an immediate and urgent need for housing in Turner Valley area. There were virtually no existing options

available in the early 1920s. Royalite built several bunkhouses for single men, near the plant known as "the Batch."

Other companies established camps for workers which offered the bare minimum necessary for housing — single rooms, communal showers and a cookhouse serving meals round the clock. The high demand for housing presented economic opportunities for entrepreneurs in both Turner Valley and Black Diamond who opened boarding houses and multi-purpose buildings that offered accommodation to workers.

The most notable of these was a two-storey structure built around 1926 and known locally as the Log Cabin. It became one of the social hubs at the Turner Valley townsite.

Most of these housing options were temporary and many workers and their families wanted more substantial housing. Mobility was essential for workers and so small shacks were built on skids to allow them to be moved. A much more stable and comfortable form of housing took root among the managers, scientists and other professionals. A planned neighbourhood, on a hill, across the Sheep River, was established in 1921 by Royalite, and the unofficial name was Snob Hill, which hints at the class divisions present at the time. The name has stuck throughout the years and there are twenty of those original homes, most since remodeled, on Royalite Way. The writer of this article lives in one of those original houses, next door to where Samuel Coultis and his family lived.

Royalite embarked on a new drilling program in September 1923 when drilling



When well Dingman #1 blew, "oil fever" swept through Calgary. Stories of the discovery dominated the following day's front page.

began on the Royalite #4 well (Dingman wells #1, 2 and 3 had been renamed Royalite #1, 2 and 3). By spring 1924, the well's pressure fell dramatically so drilling began again but reached harder limestone at 3450 ft when they were ordered to stop drilling.

The team, however, ignored the order and continued to drill and at 3750ft the drill bit became stuck. On Oct. 14, while attempting to retrieve the drill bit, the well blew in at a rate of 20 million cubic feet of natural gas a day. The gas ignited on Oct. 19 destroying the derrick. The glow from the blaze could be seen as far away as Lethbridge. The fire raged for weeks before a team of experts from Oklahoma used to steam and dynamite to extinguish the flames and prevent it from re-igniting.

Once the fire was extinguished, Royalite had to deal with the gas. Royalite #4 was the first sour gas well in Alberta. Hydrogen sulfide, identifiable by its rotten egg smell, is unstable, corrosive and explosive. To produce safe, useable

products the hydrogen sulfide has to be removed in a process called sweetening. Coultis was responsible to address this problem and in 1925 created a scrubbing operation at Turner Valley similar to a plant/process used by Union Gas Company in Ontario.

The increased production of gas at the plant exceeded existing pipeline and trucking capacity. The excess was piped into a ravine and burned in a common practice known as flaring. As the flare roared and burned bright day and night, the area became known as Hell's Half Acre.

The increased production of gas exceeded existing pipeline and trucking capacity, causing Royalite to begin building several new pipelines to the Imperial Oil refinery in Calgary. By 1928, production increased to 60 million cubic feet of gas per day. Royalite's success and profitability enabled it to begin acquiring competing companies in the area.

Many smaller companies, lacking their own transportation networks and refining

facilities, were forced to rely upon Royalite's pipelines and Imperial Oil's refinery, further entrenching Royalite and Imperial Oil in Alberta's developing oil and gas sector.

The crash of the U.S. stock market in October 1929, rocked the world and led to

The Great Depression. In Alberta, it hit at the same time wheat prices were tumbling. Samuel Coultis used his position as manager to order food at the company's expense for distribution to local residents throughout The Great Depression. While he was questioned on this practice by company officials, he was never asked to stop.

In the 1930s, the flaring of gas created a serious problem for Royalite. Years of uncontrolled flaring of natural gas had resulted in a drop in pressure throughout the Turner Valley field making it more difficult to bring oil to the surface.

In 1933, Royalite opened the first Canadian high-pressure lean oil facility. The next major discovery, known as Turner Valley Royalties #1

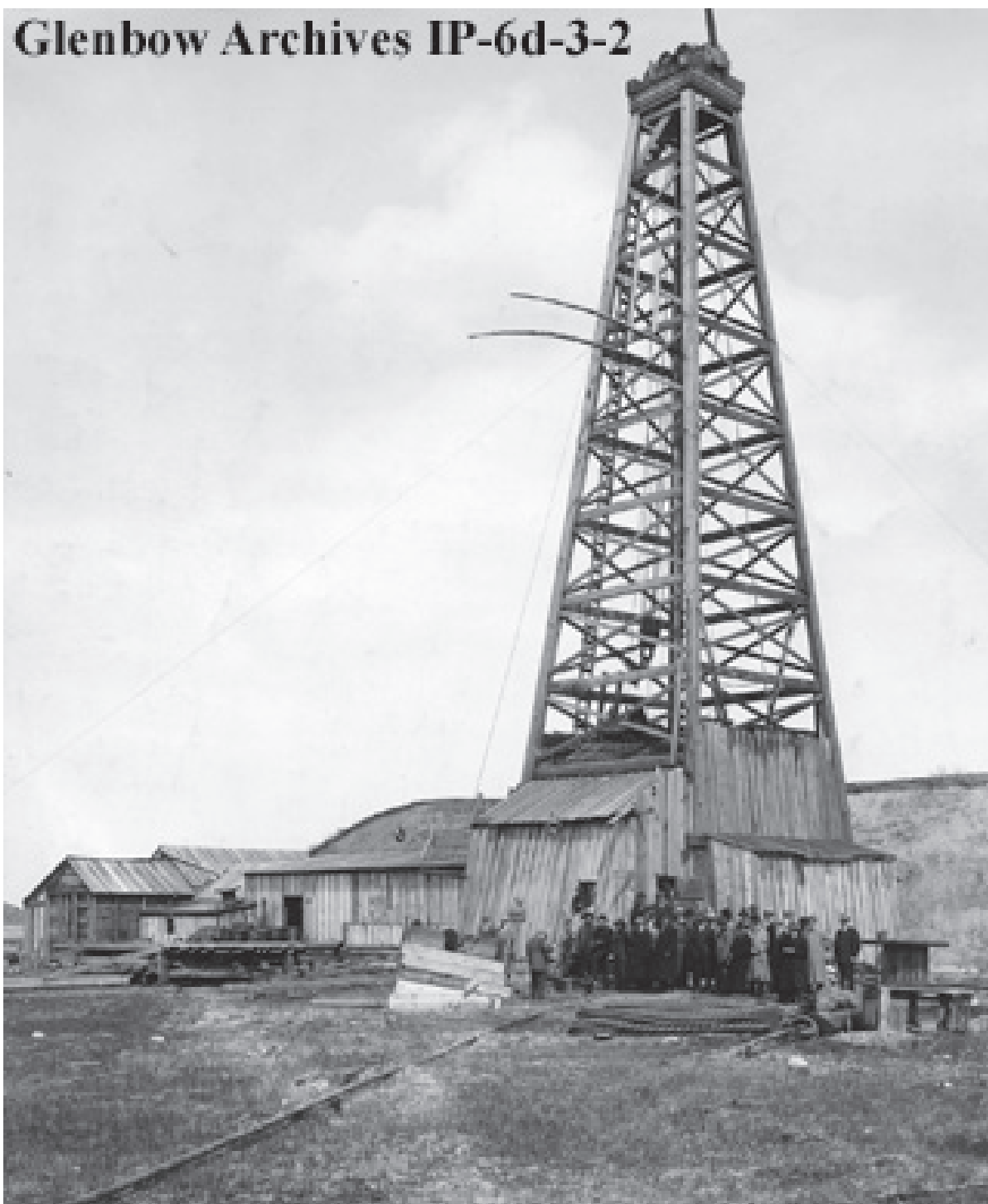
began producing oil in 1936. This new well was not a Royalite or Imperial Oil well and it was primarily an oil rather than gas well. This led to the third boom in the area triggering a drilling boom at the south end of the oilfield.

At its peak during WWII the Turner Valley oilfield produced about 10 million barrels of oil per year.

Although it was aging, the Turner Valley Gas Plant operated until 1985, nearly 70 years after it was first built.

In 1989 the Turner Valley Gas Plant was designated a Provincial Historic Resource and in 1995 it was proclaimed a National Historic Site of Canada.

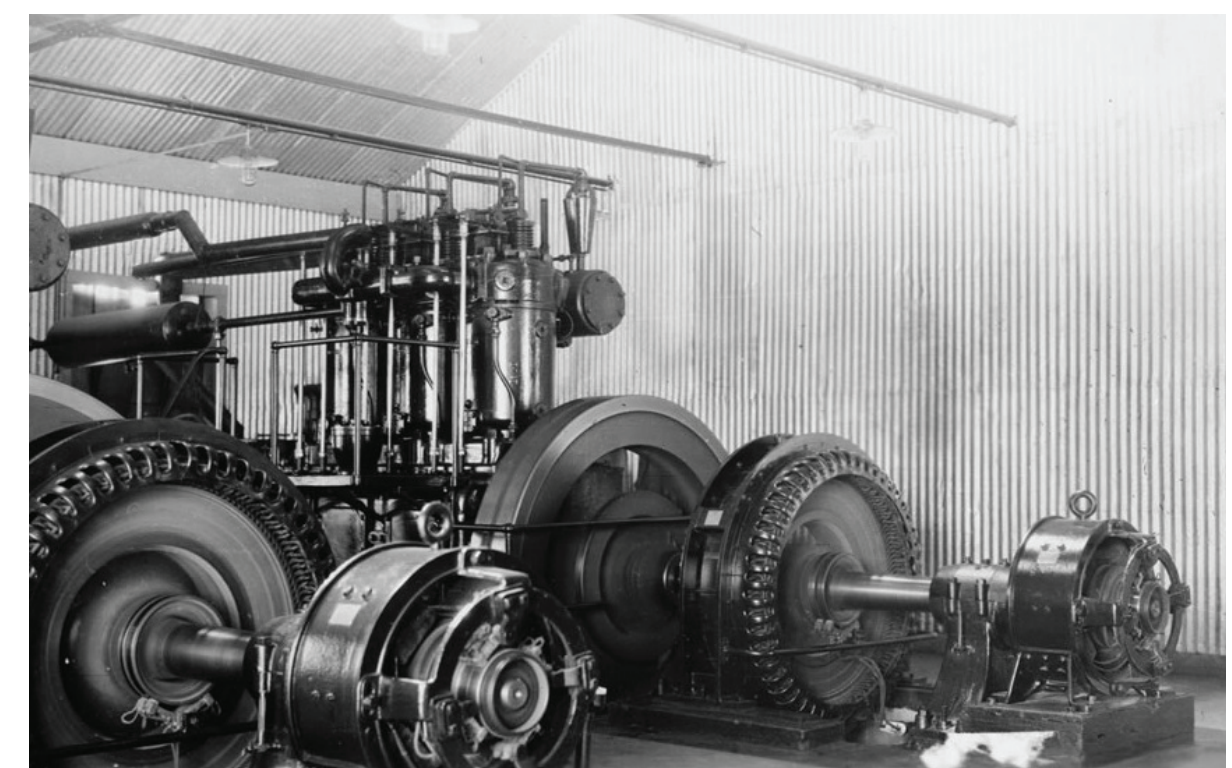
This article highlights the early years in the petroleum industry in Alberta and the importance of the Turner Valley discovery. For anyone interested in the additional history of the Turner Valley Gas Plant, the Turner Valley Oilfield Society is a great resource. This site includes videos and information on tours, unfortunately now suspended due to COVID-19. ▲



More than \$1 million was withdrawn from Calgary banks to be invested in drilling companies after the discovery of oil at Turner Valley in 1914.



The growth and activity of the new boom created an immediate and urgent need for housing in Turner Valley area.



The right time and place to be silly



Bad jokes can drive some people absolutely bananas. Photo courtesy of Diane Alkier.

by David Darnielle

I've gone on many dates in my long life and there's at least one thing that unites the majority of them.

It's definitely not what I wear. I'm not the sort of guy who needs to wear a black tie to every single outing. Then again, I don't think heading out in sneakers and sweatpants has ever been my calling.

Instead, my clothing varies from casual to formal as the situation calls. Though I don't think anyone can go wrong with a nice button-up, a pair of slacks and comfortable loafers. But regardless: I'm definitely

not here to give out fashion advice and — moreover — no one should take it from me.

So my outfits varied across the years on my dates and outings, but so did the people who joined me.

Some were romantic, others platonic. Some started as one and became the other and vice versa. Sometimes, it's just nice to get out and go to dinner or coffee with someone you've not seen in years. It's amazing how quickly the conversation turns back to old times and even though decades may have passed, it might as well have been a week since you last enjoyed their company.

So it's not my clothes and it's not the folks that join me on my outings: and it's definitely not the location. I have the places I enjoy on a regular basis but far be it from me to consider myself “a regular.”

Variety is the spice of life, so they say.

But there is one thing that I consistently do when out for a date, or a meal, or an outing.

When we arrive — this person and myself — I steadily walk over to whomever is greeting visitors, whether it be a host or Maître D or what have you.

(Upon seeing my brisk approach, most longtime friends of mine are steeling themselves for what come next. In this singular way, I am a creature of habit.)

I get the attention of the individual working the door or the entrance, greet them politely, and then in a low and absolutely serious voice, I inform them:

“Hello. My name is David. We've called ahead.”

“There should be an entire roast goose waiting for us?”

I've done this dozens, if not hundreds, of times and the reactions vary.

Between a confused smile to a concerned furrow of the brow, to a question asking me to clarify exactly what I meant.

It's at this point my partner in crime will groan

and throw their head back and I'll break out into a trademark grin as a feeling of either relief — or at worst, mild annoyance — splashes across the poor employee's face.

I am much too old to be silly, I'm sure many people think. To the wind with them.

This running joke of mine is beyond ridiculous, in both premise and execution. I don't know if in the history of the McDonalds' franchise has anyone ever called ahead for the chef to prepare an entire roast goose.

You should have seen the time I busted out this line at the Zoo.

I do it nonetheless. My friends and family have come to accept it, now, along with my other — how some might say — eccentricities. Others would call them “dad jokes.” Others more would call them “quite stupid.”

I cannot argue with either definition.

Puns and wordplay are just the tip of the iceberg though.

I remember convincing my niece and nephew of the small gremlins that live within automatic doors, with a system of pulleys and ropes to ensure the entrance opens promptly whenever we approach.

My brother and sister-in-law had several questions when their kids regaled them with the magical stories of the door gremlins.

Yes, my family have been on the receiving — and longtime suffering — end of most of these eccentricities, but to be fair, they were inherited from the same family.

I remember my father crawling up onto the roof one Christmas with sticks upon the bottoms of which he'd made the shape of reindeer hooves.

When we came outside the next morning to see the marks in the snow, my brother and I were filled with childhood wonder.

My mother wondered how he made it down from the roof alive after the non-insignificant number of nightcaps he'd had the night before.

But that memory inspired me to bring that same sense of childlike

magic, the selfsame silliness with which I attempt to bring to every interaction I have.

It's never malicious or mean, however. There's nothing to be gained by a prank that doesn't end with everyone's laughter, and I mean everyone's — especially the target of the prank.

And boy we could sure use some laughter nowadays, couldn't we?

This year has been hard. The months we usually associate with carefree frivolity have instead been tainted with anxiety, fear and crisis after crisis.

Now we head into the darker fall months, and there seems to be no end.

What will we do when the days get shorter, the nights get longer and the invading darkness is no longer just a metaphor?

We all know what to do and we've been doing a good job. We've banded together by staying apart, we've helped our neighbours and we've stayed strong — strong in a way only Albertans know.

But what will sustain our strength when the sun sets on summer and the chill of fall approaches?

We're running on fumes, so I'm sure everyone could use a gas.

Let's fill our days with harmless, healing joy.

I'd recommend knock-knock jokes if we could visit our neighbours, so maybe not.

And I've been avoiding restaurants lately, so no place to order a roast goose ahead of time.

But letting laughter — real, pure, unadulterated, silly laughter — rise from our chests and fill the silence of our homes will be the sort of exhalation and exaltation that we need.

After all, we're in the middle of a pandemic and they've always said that laughter is the best medicine.

So maybe paint a funny face on your mask when you go to the grocery store, or tell the cashier a dumb joke. Make silly faces at a red light at the folks in the car next to you.

And make sure to thank the gremlins in the automatic doors. They work hard, you know?

IS IT TIME TO DOWNSIZE??

Is Your Current Home Too Large or Too Hard To Maintain?

Call for a **FREE, NO OBLIGATION, Consultation**

- Find Out What You Need To Do To Get Ready To Sell
- Find Out What Your Current Home Is Worth
- Find Out What Housing Options are Available

Debra & Peter Molzan
Senior Real Estate Specialists



403-605-3774

www.TheMolzanTeam.com

info@TheMolzanTeam.com



Assisting Seniors & Their Families Since 1991

THANK YOU

On behalf of Verve Senior Living we want to say thank you to our amazing teams across Canada that are lovingly taking care of our residents. You are noticed and appreciated.

We would also like to extend a Thank You to all of our colleagues, and all healthcare professionals that continue to put themselves at risk to take care of those most vulnerable.



LIVE A LIFE *filled with Verve*

AS YOUR NEEDS
CHANGE
— SO WILL —
OUR SERVICE!

EXCEPTIONAL
SERVICES
— AND —
AMENITIES

ALL INCLUSIVE
PRICING
— STARTS FROM —
\$3100

ASK ABOUT OUR
TRIAL STAY
— AND —
**RESPITE
PROGRAMS**

SPECIAL MOVE IN
INCENTIVES
— WORTH —
**ASKING
ABOUT!**

OUR PROPERTIES INCLUDE:

- INDEPENDENT, ASSISTED AND PERSONALIZED CARE LIFESTYLES
 - SPACIOUS BALCONY SUITES
 - 24 HOUR HEALTHCARE STAFF
- RED SEAL CHEF INSPIRED MENUS WITH SPECIAL DIET OPTIONS, SERVED IN OUR ELEGANT DINING ROOM OR COMFORTABLE LOUNGES
- LIFE ENRICHMENT ACTIVITIES CALENDAR COVERING 8 DIMENSIONS OF WELL-BEING
- ALL THE COMFORTS OF HOME PLUS SO MUCH MORE

Weekly housekeeping | Health Centre | Scheduled bus outings | Games Room | All day dining | Breakfast Lounge | Exercise Room
Library | Hair Salon | Bistro & Pub | Activities & entertainment | Medical appointment shuttle service | 24 hour Security

INSPIRED SENIOR LIVING WITH



COME EXPERIENCE A LIFE *filled with Verve* - BOOK A TOUR AND STAY FOR LUNCH!



(403) 286-4414

11479 Valley Ridge Dr NW,
Calgary, AB T3B 5V5



(403) 253-7576

1111 Glenmore Trail SW,
Calgary, AB T2V 4C9



(403) 285-5080

285030 Luther Rose Blvd NE,
Calgary, AB T1X 1M9



(403) 258-1849

11800 Lake Fraser Dr SE,
Calgary, AB T2J 7G8

New safety methods for dementia patients



New dementia research has given rise to safety guidelines with input from caregivers. Photo courtesy of the CDC.

by Bev Betkowski

Researchers have developed a new guideline to help people with dementia stay safe if they get lost, based partly on the experiences of those who are living with the condition.

“By including people with dementia, it tells them they can

be active agents in their own care and they can keep themselves safe,” said lead author Noelannah Neubauer, an occupational therapy student in the University of Alberta’s Faculty of Rehabilitation Medicine.

“The guideline opens up the idea that people with dementia can go for

a walk as long as they have a strategy in place. It gives them some autonomy.”

The recommendations were developed to help fill in a big public information gap, she said.

“As researchers, we were getting a lot of questions from Alzheimer’s societies on how to keep people with dementia safe while they were living at home; they had no resources to refer them to.”

To find out what existed, Neubauer did a study of available literature that revealed a confusing tangle of more than 180 high- and low-tech solutions on how to keep people with dementia safe, ranging from home alarm systems to ID tags.

The researchers’ new guideline provides several measures, based on the risk levels of the people with dementia, for them to stay safe if they wander while living on their own—and many of them do live alone for various reasons, she noted.

“Many become divorced, lose friends, are estranged from families or don’t want to be a burden for their children, so don’t involve them.”

Some also fear being put into lockdown care prematurely.

“They feel they can maintain their sense of autonomy, which is hugely important for them,” said Neubauer.

The strategies suggested in the guideline were based partly on interviews with people who have dementia and reflect what they’re already doing to cope, she noted.

“It comes from their own experiences; they’ve had to come up with some of these ideas themselves.”

Three in five people with dementia will become lost at some point, and research interviews revealed the issue is a growing concern. One Ontario police department reported six to eight calls about lost older adults per day. The risk of an incident ending in tragedy is high, Neubauer added.

“There’s a 50 per cent chance of being found deceased or injured if not found within 24 hours and if the weather is cold, it turns into a matter of minutes, not hours,” she said.

Being lost in a city poses the risk of being preyed on, while rural environments have hazards such as water and bush.

Neubauer and her co-authors also created

a model as part of the study, that weighs factors that need to be considered when choosing an effective strategy to promote safe wandering.

“It gives people a customized approach. For instance, how comfortable is the person with using technology, what’s the surrounding geography of where they live, and what is their perceived risk of getting lost? This is the start of how we deal with someone that is at risk of getting lost.”

The guideline also reflects input and concerns from individuals looking after people with dementia.

“Many care partners don’t have peace of mind that they can find their loved one if they wander and get lost. But at the same time, they want them to be at home, not in a long-term care facility.”

“The guideline gives them options for strategies they can try, and the importance of being proactive. For instance, as soon as there is a diagnosis of dementia, a couple can work together to identify what strategies the person with dementia is OK using. We’ve found that person wants to be part of those discussions.”

Long-term care facilities, including assisted living places that don’t have locked units, also benefit from a specific guideline aimed at educating everyone on staff, from nurses to janitorial and kitchen workers.

“Now they can use the guideline to understand the risks and what to look for in residents who may wander and get lost,” Neubauer noted.

Alzheimer’s societies, clinicians and some police forces have begun using the guideline, with interest expressed from U.S. home care and autism groups, Neubauer added.

This article was submitted by the University of Alberta’s online publication Folio, a Troy Media content provider partner.

Suites Now Available in
Olds & Sundre



Quality of Life, Affordable & Welcoming
Life Lease Suites for Independent Seniors

Life Lease Suites are specifically designed for independent seniors who desire the flexibility and freedom to come and go as they please, with the security and comfort of knowing their needs will be met as their lifestyle and health change over time.

Sharing many amenities with the attached Lodge, our unique Life Lease Suites include one and two-bedroom suites that are larger than the lodge units and include full kitchens equipped with 5 appliances and storage room.




Is a MVSH Life Lease Suite Right for You?

To request an information package, please contact:
Sam Smalldon, CAO
Mountain View Seniors’ Housing
Phone: +1-403-556-2957
Cell: +1-403-586-2702
E-mail: sam.smalldon@mvsh.ca

www.mvsh.ca



Why do I need to keep my dog on a leash in Fish Creek?

Calgary is a dog-loving city. You may have one or more dogs, have had a dog in the past, or are considering adopting a new furry family member.

For thousands of years, dogs and humans have existed together and enjoyed a mutually beneficial relationship. In an urban setting like Calgary, dogs are used less for work and more for companionship, and home security – even the smallest of dogs can sound the alarm at the first indication of an unwelcome guest. Dogs are truly cherished family members, and like people, each dog has a unique personality.

Fish Creek Provincial Park is a vast urban green space that experiences over 4 million visits each year, a number that is sure to increase as the city continues to grow. Dog walking is one of the most popular activities in the park, and the extensive pathway system is perfect for going on long walks with your four-legged best

friend.

Dogs love Fish Creek for the bustling activity, the open spaces and waterways, the smells, the friendly people and the other dogs.

We know that dogs love running freely, and pet owners want their dogs to be happy! However, off-leash dogs can be at risk in wild spaces like Fish Creek Provincial Park for several different reasons:

They can surprise or disturb wildlife, inviting potential conflict or injury to your pet. They could be kicked by a protective deer, sprayed by a skunk or be quilled by a porcupine, all of which could lead to costly vet bills, or worse.

A small or medium-sized off-leash dog can look like a tasty meal for a coyote, whereas an on-leash dog may encourage the coyote to look elsewhere. And since Fish Creek is a natural wildlife corridor that funnels wildlife from Alberta's eastern slopes, run-ins with a bear or cougar are also possible,

bringing risk to everyone.

Off-leash dogs can give chase or attack wildlife or harass and injure park wildlife.

There are also different natural hazards that might put your off-leash friend at risk, such as gopher holes and thorny bushes, not to mention hazards associated with busy park trails, pathways and roadways, which can pose a significant threat to a wandering off-leash dog.

Many park visitors may not know that it is illegal to have dogs off leash in Alberta's provincial parks - such as Fish Creek - while others may be aware of the regulation and simply choose not to follow it.

Off-leash dogs represent one of the most common provincial park infractions, and the Friends of Fish Creek increasingly hear stories from park visitors about dogs running wild or visitors being approached by unwelcome dogs.

There have even been reports of dog owners

responding rudely when asked about keeping their dog on leash. Fines for not having your dog on a leash or not picking up after your dog range from \$115 to \$2,000.

Keeping your dog on a leash is also an act of respect for other park users, who may not appreciate being approached or jumped on by a dog. Some people are fearful or uncomfortable around dogs, or may be allergic to them, and while most people feel their pets are well-trained and gentle, that is not always the case.

Invasive plant species can also be further spread throughout our park by being transported on the fur of an off-leash dog, further compounding the issue we already have with invasive plants.

This will not happen if you keep your dog on-leash and stay to the park's pathways. And while we are on the subject of dogs, please be sure to pick up after your pet, and properly dispose of their waste in garbage bins.

We have learned that one of peoples' biggest "pet" peeves is when people leave dog waste bags along the park pathways. And while most people would agree that this is unsightly, there is also an associated safety risk, as dog waste can act as an attractant to large carnivores, such as bears.

Many officially-designated off-leash dog parks exist in our city, and these are the best and safest places for dogs to run wild, play fetch and socialize with others in their special dog way! A list of off-leash areas can be found at <https://www.calgary.ca/csps/parks/locations/off-leash-area-locations.html>

Thank you for keeping your dog on a leash less than six feet in length in Fish Creek Provincial Park, as this is the best way to protect them and others! Consider sharing your awareness of responsible pet ownership with others when you visit.

Published on behalf of The Friends of Fish Creek.

It's our mission to serve your needs

As a member of the Covenant Family with its 150-year history in Alberta, Evanston Summit shares the same mission of service. We have listened to what Calgary seniors are seeking in a retirement lifestyle and designed spacious apartments in a beautiful building with great dining and recreation services. More importantly, we do so in an atmosphere of faith and fellowship. We would love to welcome you to our home.

We're now welcoming in-person tours and new move-ins.

Call Carrie at **587-355-2031** to book a tour or visit us online at **EvanstonSummit.ca**.



**Covenant Living
Evanston Summit**

150 EvansPark Manor NW, Calgary
587-355-2031

EvanstonSummit.ca

Mask bylaw: Frequently Asked Questions

From the office of Calgary City Councillor Ward Sutherland" additional answers to questions raised regarding the recent mask bylaw.

Should the decision of mandatory face coverings be the Province's responsibility?

• The Province of Alberta would be in the best position to mandate the wearing of face coverings or masks by the general public. However, the Chief Medical Officer of Health for Alberta has indicated that mandatory face coverings could be a policy implemented by local governments based on local circumstances.

• Since the province has not yet enacted a mandate, Council has the authority through the Municipal Government Act to enact bylaws with respect to safety, health and welfare of people and the protection of people and property along with enacting bylaws related to businesses.

Why this approach of mandating face coverings, why not continued education?

• The City continues to education Calgarians on the three critical measures to help prevent the spread of COVID-19. Even with continued education and strong recommendation from all orders of government, only 35 per cent of Calgarians report 'always' wearing face coverings in public or confined spaces. This is lower than the desired critical mass of 80 percent of citizen that

are regularly wearing face coverings that is required to contain community spread.

Are Calgarians supportive of this measure?

• 74 per cent of Calgarians either strongly or somewhat support making face masks/coverings mandatory. The approach is intended to keep businesses open and to help mitigate a potential resurgence.

Why now?

• Right now is the ideal time to take action, as the Government of Alberta is reporting increasing numbers of COVID-19 cases across the province daily.

• The wearing of face coverings is an additional measure that can be taken to help mitigate a potential resurgence as being experienced in other parts of the world.

• The World Health Organization, Centers for Disease Control and Prevention, the Public Health Agency of Canada and Alberta Health all indicate that the highest risk activities are those that take place indoors and in spaces where people spend extended periods of time in close proximity with poor air circulation. In a few short months, we will see additional challenges as cooler weather limits our ability to gather and engage in activities outside.

• The bylaw mandating the wearing of face coverings will not only restore confidence in the community who don't feel safe when those around them are

not wearing masks, it also serves as a visual reminder that the pandemic continues to remain a health risk.

• As mentioned by Dr Bhardwaj on July 20, when we began considering this bylaw it was expected that

the summer would be when Calgary would experience lower incidence of COVID transmission, with people on vacation and outdoors.

However, with the latest numbers coming in over the course of the past week and

a half, The City of Calgary supports the direction from Dr. Bhardwaj and Chief Sampson to implement this bylaw as soon as possible.

Continued on next page

CROSSWORD PUZZLE

PREMIER CROSSWORD/ By Frank A. Longo **BACKWARD WORD-BUILDING**

- ACROSS**
- 1 Really ruffle
 - 6 Bozo
 - 9 They may fly at half-mast
 - 14 "— Mia" (Abba hit)
 - 19 São —
 - 20 Sway to and —
 - 21 TV's Greene or Michaels
 - 22 Ovine sign
 - 23 S
 - 26 Asinine
 - 27 "— Dick"
 - 28 — -Ball
 - 29 2007 Disney princess
 - 31 Add a letter before that to spell ...
 - 37 Above, to bards
 - 38 "How dumb of me!"
 - 39 Fearless
 - 40 Orbit, e.g.
 - 42 Foliage unit
 - 44 In the manner of
 - 45 "The Zoo Story" playwright Edward
 - 50 Bozo
 - 52 Add a letter before that to spell ...
 - 57 Close amigo
 - 59 Really ruffle
 - 60 Wet-weather headgear
 - 61 Hay fever explosion
 - 62 Former Israeli PM Golda
 - 64 Big fusses
 - 66 Capitol's top
 - 67 Add a letter before that to spell ...
 - 71 "I know! Pick me!"
 - 74 Novelist Jaffe
 - 75 Two before X
 - 76 Deadly
 - 80 Fruity, sourish dessert
 - 82 The Cowboys, on a sports ticker
 - 83 Falsify
 - 85 Add a letter before that to spell ...
 - 89 Pear, apple and quince
 - 90 Main artery
 - 91 Essen "a"
 - 92 He married Lucy
 - 94 Moor growth
 - 95 Tennis great Jennifer
 - 99 Young — (toddlers)
 - 101 '60s Pontiac muscle car
 - 102 Add a letter before that to spell ...
 - 109 Alveolar trill, as in Spanish speech
 - 110 Tofu source, to Brits
 - 111 Long stretch
 - 112 Perfect little kid
 - 113 Add a letter before that to spell ...
 - 120 Gettysburg victor George
 - 121 C-3PO, e.g
 - 122 Stanley Cup gp.
 - 123 In snazzy clothes
 - 124 Media biggie
 - 125 Tabby cries
 - 126 Dems' rival
 - 127 Bergen dummy Mortimer
 - 12 Wildebeest
 - 13 Composer Prokofiev
 - 14 En — (as one)
 - 15 1989 Disney princess
 - 16 Metric "thousandth"
 - 17 — Yello (soft drink)
 - 18 Thus far
 - 24 Germ killer in a can
 - 25 Connery of film
 - 30 "— be an honor"
 - 31 Subjects
 - 32 In direct confrontation
 - 33 "Trauma: Life in —" (old TLC series)
 - 34 Guzzled, e.g.
 - 35 Ill-gotten gains
 - 36 Shimmery gem
 - 41 Bride-to-be's clothing drawer
 - 43 Lumberjack, at times
 - 45 Nickname of Onassis
 - 46 Phyllis' last name on the old sitcom "Phyllis"
 - 47 — -chic (hippie-inspired fashion)
 - 48 Mild cheese
 - 49 Italy's Villa d'—
 - 51 Brand of tea
 - 53 Jacob of social reform
 - 54 Part of ETA
 - 55 "No —!" ("Sure thing!")
 - 56 Studio tripods
 - 58 Old-time actress Dolores
 - 63 Water quality org.
 - 64 Onetime ring king
 - 65 Longtime soap actress Hall
 - 68 Movie mogul Marcus
 - 69 Bird beak
 - 70 Tonto player Johnny
 - 71 Gymnast Korbut
 - 72 Seat of Hawaii County
 - 73 Sharif of "Che!"
 - 77 Uniform liquid suspension
 - 78 Zend- — (Zoroastrian scripture)
 - 79 Rent check collector
 - 81 Org. with putters
 - 82 Levi's fabric
 - 84 Subject
 - 86 Univ. division
 - 87 Hidden mike
 - 88 Uplifting spiritually
 - 93 Like King Atahualpa
 - 95 Movie dancer Charisse
 - 96 Aviation branch of the military
 - 97 Great traits
 - 98 Traffic noise
 - 100 Yarn units
 - 102 Intense ache
 - 103 Real introvert
 - 104 Tank slime
 - 105 Vehicles near igloos
 - 106 Tennis great Monica
 - 107 Cantina chip
 - 108 Grown gal
 - 114 Boot part
 - 115 "Vice" ailer
 - 116 Dejected
 - 117 Swiss peak
 - 118 Env. insert
 - 119 Guitarist Barrett

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19					20			21					22						
23					24			25					26						
		27					28					29	30						
31	32					33				34	35	36							
37				38				39											
40			41		42		43			44				45	46	47	48	49	
50					51		52			53	54			55	56				
57					58				59				60						
61							62	63				64	65				66		
			67				68				69					70			
71	72	73			74				75				76			77	78	79	
80					81				82			83	84						
85							86	87			88			89					
90								91				92		93		94			
					95	96				97	98			99		100		101	
102	103	104	105	106								107				108			
109										110				111					
112							113	114	115	116				117				118	119
120							121						122			123			
124							125						126			127			

SUDOKU PUZZLE

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

ANSWER ON PAGE 31

SOLUTION ON PAGE 31

What is considered a public premise?

- People will be expected to wear a face covering in any part of an enclosed space to which the public can readily access. The bylaw excludes premises for which there is an enrolment or membership requirement such as schools and educational institutions.

- The rule of thumb is, if the public does not have access to it, it will be exempt under the bylaw.

Will businesses be responsible for making sure people are complying with the bylaw?

- The bylaw will require businesses to display a prescribed sign at a location that is visible to a person immediately upon entering the public premises or public vehicle.

- The business is not expected to evict a customer or refuse service to people who are not complying with the bylaw.

What is the compliance responsibility for citizens?

- Calgarians must wear a face covering in a public indoor space or a public vehicle, unless the person is separated from others by an installed screen, shield or other barrier (e.g. plexi glass).

Will individuals need to wear a face covering if physical distancing can be achieved?

- Yes. Physical distancing in indoor public spaces is inconsistent and unpredictable and part of why this temporary bylaw is necessary. Who will be responsible for enforcement?

- The focus of this bylaw is on education first, with enforcement as a last resort option to be deployed only as needed. The approach is largely around communication and education for the public to better understand that wearing face coverings is the right thing to do.

- Shared enforcement responsibilities are between Community Peace Officers, the Calgary Police Service, Livery Inspectors and Calgary Transit Peace Officers.

Who all are exempt from the bylaw?

- The bylaw will not apply to very young children under 2 years of age; people

with an underlying medical condition or disability which inhibits their ability to wear a face covering; people who are unable to place, use or remove a face covering safety without assistance; people who are eating or drinking at a public premises that offers food or beverage services; people engaging in athletic or fitness activity and people who are caregivers for or accompanying a person with a disability, where wearing a face covering would hinder the accommodation.

- Proof of exceptions will not be required.

How is enforcement in businesses possible for people who have exceptions?

- Employers, operators

or proprietors are not expected to enforce this bylaw.

The bylaw was drafted to minimize the chance of conflict and provide a safe environment for all.

- Those exempt will not be required to provide proof of exemption.

Would it be correct to assume public meetings, such as condo board meetings, would be exempt from the bylaw?

- A meeting such as a condo board meeting would not be included in the definition of a public premises, as members of the public would not have access, therefore participants would not be required under the bylaw to wear face coverings.

Are vehicle for-hire companies like Uber and cab companies included in the transportation that must follow the bylaw?

- Passengers of Transportation Network Companies (TNCs) and taxis require a face covering as both are defined under the bylaw as a public vehicle. In the bylaw, a 'public vehicle' includes a bus, LRT vehicle, taxi and any vehicle that is used to transport members of the public for a fee. Drivers that are separated from their passengers by an installed screen, shield or other barrier or not required to wear face coverings.

Are there any instances where masks would need to be worn in an outdoor

setting in Calgary? If so, where?

- The bylaw only applies to enclosed spaces, but face coverings are strongly recommended in outdoor settings where it is difficult or impossible to maintain physical distance.

Does this bylaw apply to gym/sports centre/fitness studios in Calgary?

- People actively engaging in athletic or fitness activities in gyms, sports centres and fitness studios would be exempt from the bylaw. However, if the facility is accessible to the public, people who are not engaging in such activities would have to wear a face covering.



Contact Us to Book a Tour and Learn More About Our Private Choice Seniors Care and Specialized Dementia Care Services at Wentworth Manor

Private Choice Seniors Care Services Carefully Designed for Peace of Mind

Located in beautiful Christie Park, Wentworth Manor offers spacious and enhanced private rooms in a safe and caring home-like setting.

Our compassionate staff provide exceptional nursing and clinical care, plus a full range of health and wellness services and amenities designed for convenience and peace of mind.



Independent Living | Assisted Living | Long Term Care
Specialized Dementia Care | Short Term Respite Care

Make yourself at home in our newly renovated private suites. Enjoy the convenience of on-site services and amenities to optimize your well-being and enrich your life!



The
Brenda
Strafford Wentworth
Foundation Manor

The health and wellness of our people and our community is always our top priority. At this time unfortunately we are unable to offer tours due to COVID-19 restrictions. However, we still welcome your inquiries, and we continue to welcome new residents who choose to make Wentworth Manor their new home.

5715 14th Ave SW
Calgary, AB T3H 3M2

wentworthmanor.ca
403.242.5005

Travel-inspired vegetable-forward pescatarian-friendly recipes

Recipes compiled by Winifred Ribeiro

On any given day, you'll find food and travel writer Diala Canelo travelling around the world, walking the streets of her favourite cities—including Barcelona, Paris, Melbourne, Mexico City, Florence, and Santo Domingo, where she grew up near the sea—places that inspire her flavourful and nourishing cooking.

Diala's Kitchen is a collection of 100 recipes influenced by local flavours, fresh ingredients, and a passion for healthy meals made from scratch. They are inspired, both by home and travel, and are simply prepared, healthy, bold and flavourful vegetable-forward, and pescatarian-friendly. Food-lovers can cook and enjoy these with family and friends, and will find they take you to all the corners of the world, while animating your kitchen with lively flavours.



Dominican Pumpkin Soup

If I had to choose my favourite Dominican dish, it would be, without a doubt, Dominican pumpkin soup. What makes this soup different from any other pumpkin or butternut squash soup is that it is spiced with cilantro and green onions—ingredients that instantly transport me back home.

Serves 4

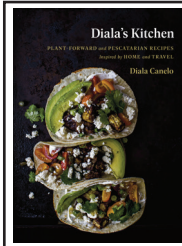
6 cups (1.5 L) vegetable stock
6 cups (1.5 L) peeled and cubed pumpkin or butternut squash
2 tablespoons (30 mL) extra-virgin olive oil
1 1/2 Spanish onions, chopped
5 green onions (white and light green parts only), chopped
4 cloves garlic, finely minced

1 1/2 cups (375 mL) tightly packed fresh cilantro leaves, divided, more for serving
1 teaspoon (5 mL) sea salt
1 teaspoon (5 mL) freshly ground pepper
1/2 cup (125 mL) finely grated Parmesan cheese, more for serving
1/2 cup (125 mL) raw pepitas, toasted

1. In a large pot, bring the vegetable stock to a boil over medium-high heat. Add the pumpkin and boil until fork-tender, about 18 minutes.
2. Meanwhile, in a large frying pan, heat the olive oil over medium heat. Add the Spanish onions, green onions, garlic, 1/2 cup (125 mL) of the cilantro, salt, and pepper. Cook, stirring frequently, until the onions are translucent and slightly browned, about 7 minutes. Remove from the heat.
3. Carefully ladle the cooked pumpkin with the vegetable stock into a high-speed blender. Add the onion mixture. (You will likely have to do this in a couple of batches.) Blend on high speed until smooth. Pour the soup back into the pot.
4. Stir the remaining 1 cup (250 mL) cilantro into the soup and simmer over medium heat until fragrant, about 10 minutes. Add the Parmesan and stir until melted.
5. Ladle the soup into bowls and top with more Parmesan, cilantro, and the pepitas. Store in a covered container in the fridge for up to 4 days or in the freezer for up to 1 month.

Manly Beach Lemongrass Shrimp

Manly Beach, is a ferry ride away from Sydney, Australia. One night at the pier, I stopped at one of the restaurants facing the water and had the loveliest meal: a salad of edible flowers, pear, and arugula followed by plump shrimp seasoned with lemongrass and a few Thai chilies. The shrimp were grilled to perfection and the aromatic lemongrass was a feast to my senses, I put my own spin on those lemongrass shrimp, adding nutty sesame oil, green onions, and mango to the mix.



Excerpted from *Diala's Kitchen* by Diala Canelo.

Copyright © 2020 by Diala Canelo.

Published by Penguin an imprint of Penguin Canada, a division of Penguin Random House Canada Limited.

Reproduced by arrangement with the Publisher.

All rights reserved.



Roasted Acorn Squash with Farro and Pistachios

This roasted acorn squash stuffed with farro and pistachios is inspired by the vegetarian meals I had from Chez Panisse and the Zuni Café while visiting San Francisco. Both restaurants have made iconic dishes admired for the simplicity of bringing the freshest produce to the table, making it the star ingredient. This was originally based on the farm-to-table movement principle that everything tastes better when grown locally.

Serves 4

1 cup (250 mL) farro
3 cups (750 mL) water
2 teaspoons (10 mL) sea salt, divided
2 medium acorn squash, cut in half crosswise and seeds removed
3 tablespoons (45 mL) extra-virgin olive oil, divided
1 tablespoon (15 mL) pure maple syrup
1/2 cup (125 mL) finely diced red onion
3 cloves garlic, finely minced

Leaves of 2 thyme sprigs
1 sweet red pepper, finely diced
2 green onions (white and light green parts only), thinly sliced
2 cups (500 mL) thinly sliced cremini mushrooms
1/4 teaspoon (1 mL) freshly cracked pepper
Zest and juice of 1 lemon
1 cup (250 mL) raw pistachios, toasted

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Rinse and drain the farro. In a large pot, bring the farro, water, and 1 1/2 teaspoons (7 mL) of the salt to a boil. Reduce the heat to medium-low and simmer until the farro is just tender, about 35 minutes. Drain off any excess water and transfer the farro to a large bowl.
3. Using a sharp knife, trim the ends of the squash halves so they can stand upright. Place cut side up on the prepared baking sheet. Brush the top and insides of the squash with 2 tablespoons (30 mL) of the olive oil and the maple syrup. Sprinkle with 1/4 teaspoon (1 mL) of the salt. Roast until the squash is tender and golden brown, 18 to 20 minutes. Let cool for 5 minutes.
4. Meanwhile, in a medium frying pan, heat the remaining 1 tablespoon (15 mL) olive oil over medium heat. Add the red onion and cook, stirring often, until soft and translucent, about 5 minutes.
5. Stir in the garlic and cook for 30 seconds. Stir in the thyme, red pepper, green onions, mushrooms, the remaining 1/4 teaspoon (1 mL) salt, and pepper. Cook for 2 minutes, until the vegetables are tender but not entirely soft.
6. Add the vegetables, lemon zest and juice, and pistachios to the farro and stir to combine. Divide the farro and vegetable mixture equally among the squash halves and serve.

Serves 4

1 pound (450 g) large shell-on shrimp, deveined
3 cloves garlic, finely chopped
Juice of 1 lemon
2 tablespoons (30 mL) toasted sesame oil
1 tablespoon (15 mL) lemongrass paste or grated fresh lemongrass (white part only)
1/4 teaspoon (1 mL) sea salt

1 cup (250 mL) diced fresh mango
1/2 cup (125 mL) tightly packed fresh cilantro leaves, more for garnish
2 green onions (white and light green parts only), chopped
2 Thai chili peppers, thinly sliced + 2 whole Thai chili peppers for garnish and more heat (optional)
1 tablespoon (15 mL) extra-virgin olive oil

1. Place the shrimp in a medium bowl. Add the garlic, lemon juice, sesame oil, lemongrass paste, and salt. Mix to coat the shrimp. Let marinate for 20 minutes.
2. Meanwhile, in a small bowl, combine the mango, cilantro, green onions, and sliced chilies.
3. In a large frying pan, heat the olive oil over medium-high heat. Add the shrimp (discard the marinade), without overcrowding the pan, and cook until the shrimp turn pink, about 2 minutes per side. (You might have to cook the shrimp in 2 batches.)
4. Transfer the cooked shrimp to a platter. Top with the mango salsa. Scatter whole chilies on top, if using.

Tip: You can find lemongrass paste next to the fresh herbs in the grocery store. The paste is super-flavourful and eliminates having to peel and grate the lemongrass stalk — a great shortcut on busy days.

KerbyNews.ca presents: fall photography contest!



This is a photo taken several years ago in autumn by very own our editor, Andrew McCutcheon. He's quite proud of the picture, but he knows the talented readers of Kerby Centre will blow him away with their talented and skilled entries!.



Calling all photographers, regardless of experience and skill: *The Kerby News* is sponsoring a new Kerby Centre photography contest with incredible prizes.

Anyone can submit their work to be potentially featured on the front page of *The Kerby News* December 2020 issue! This winner — along with two additional runners-up — will also have their photo displayed on the landing page of

KerbyNews.ca, and receive a free membership to the Kerby Centre for 2021.

All submissions will be featured in a section in our December Issue along with a featured column on our KerbyNews.ca website. The website features all the stories we love bringing to our subscribers every month in an easy-to-read format on desktops or mobile devices, that can be shared easily across social media platforms.

Those interested can either send their photos or any questions regarding the contest to andrewm@kerbycentre.com or contact our editor at 403-705-3229 for information regarding an alternate submission format.

The theme for this inaugural photo contest is: **Autumn in Alberta**. Photos shot in landscape are preferred.



Bowbridge Manor

3139 Bowwood Dr. N.W. Calgary, AB
403-288-4014

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



Kerby Centre Invites You To Join Us For A Month Long Series of **FREE** Online Presentations To Learn All You Need To Know About

Infectious Disease, Immunization and Staying Healthy in Mind & Body

Powered By **SANOPI PASTEUR**

Empowering Life Through Preventative Health	Empowered Eating For Immunity	Maintaining Mental Health In Isolation	Covid 19 Outlook Impact of Infectious Disease On Older Adults And Immunization	Lung Health And Respiratory Infections
<p><i>National Day of Older Persons</i></p> <p>October 1st 10:30 to 11:30 am</p> <p>Dr. Dionne Neame MD, Bch, BSc, FRCPC, FAAP Country Medical Chair Sanofi Canada</p> <p>Free Register at https://empoweringlife.evenbrite.ca</p>	<p>October 6th 10:30 to 11:30 am</p> <p>Megan Barefoot Bsc, C.H.N.C Certified Holistic Nutrition Consultant, NoShoes Nutrition</p> <p>Free Register at https://empoweredeating.evenbrite.ca</p>	<p>October 13th 10:30 to 11:30 am</p> <p>Padmaja Genesh BSC, MBBS, BA (Gerontology) BF - CMT, Learning Specialist – Alzheimer Society of Calgary</p> <p>Free Register at https://kerbymentalhealth.evenbrite.ca</p>	<p>October 19th 10:00 to 11:30 am</p> <p>Dr. Jia Hu AHS Medical Officer of Health</p> <p>Dr. Mary Szabo MD, Family Physician</p> <p>Anjli Acharya BSc. Pharm, RPH, CTH</p> <p>Followed By A Panel Discussion</p> <p>Free Register at https://diseaseandimmunization.evenbrite.ca</p>	<p>October 30th 10:30 to 11:30 am</p> <p>Leading Respirologists Present</p> <p>Respiratory Infections And How Infectious Disease & Pre-existing Conditions Affect Your Lung Health</p> <p>Free Register at https://respiratoryhealth.evenbrite.ca</p>

Lights! Camera! THIRD ACTION Film Fest!

By Andrew McCutcheon

A good movie is a lot like a well-lived life.

There's a strong beginning with the hope of a happy ending, with maybe some conflicts thrown in along the way but every conflict ends up helping our leading men and women learn about what's truly important in life.

For the Calgary THIRD ACTION Film Festival, their third act was beset by conflicts before it had even begun: namely, how to host an entire film festival dedicated to celebrating ageing and older adults

in the midst of a massive international pandemic.

But just like the stars we see on the silver screen, the festival has managed to turn the head on a last minute conflict to earn a much happier twist ending, long before the credits start to roll.

"I am so excited," said Mitzi Murray, executive director and secretary of the board that operates THIRD ACTION. "As painful as COVID has been, there have been a lot of silver linings."

It was always the intention of the festival to bring the experience — a multitude of films celebrating and telling the

stories of older adults, alongside panels and Q+A events with the filmmakers themselves — to a wider audience across Canada.

With the advent of the COVID pandemic, these plans were accelerated as the possibilities for a wider audience became realized.

"The software we're going to be using online with this 'new normal' allows us to have a smaller live audience inside a theatre, do our live introductions, stream the movie and then offer a live Q and A," Murray explained.

"We definitely don't want to be similar to Netflix, to just stream video for an extended period.

"We're a film festival... we're replicating the experience as best we can online."

The decision to go online was made after a period of surveying audience- and festival-goers in July, where the festival asked potential participants — many of themselves older adults, and therefore a priority population when it comes to COVID safety — what precautions would be required for them to feel comfortable with attendance.

"Our audience is predominantly 56 and up, so their requests were very detailed with high levels of precaution," Murray said. "So we made the decision to go online."

Going online comes with its own challenges and pitfalls, but Murray said she's confident and embracing the possibilities wholeheartedly.

"The stereotype of older adults not being tech-savvy is just that, a stereotype," she said. "They are becoming incredibly tech-savvy and we need to start marketing towards them."

In addition to having a broadcast of the various film introductions and after-show Q and As, Murray said the organi-

zation is taking care to be extremely adaptable and accessible.

"All our films will be subtitled or closed captioned as we're trying to work towards being as accessible as possible., engaging with the disability community at this time."

"We've been changing since the very first festival and only heading into festival number three, so we're far from a steady state," Mitzi said. "We're still implementing and learning with each festival how to make it better."

And so, with a bit of hard work, remaining adaptable in the face of adversity and some ingenuity, the festival is going into its own third act with the story headed towards a happy ending by the time the credits roll.

The festival runs from Oct. 23 to 25. Tickets, passes and the lineup of films will be made available mid-to-late September, with more information available on thirdactionfilmfest.ca

Making the best of your movie experience

"Just because you're stuck at home or choose to view at home, doesn't mean it can't be an event," said Mitzi Murray of the THIRD ACTION Film Festival. "It's an event and we wanted to bring the audience together, not just the act of turning on the TV."

Here are some tips straight from the festival itself to turn your home film watching into a theatre level experience, engaging all of the senses.

Sight

The screen is the most important part. If you don't have one, you can't watch the films. The big thing is the lighting around your viewing area. If the room has windows, consider dark-out curtains or hanging a heavy blanket. Remove

all reflections as best you can.

Sound

There is nothing worse than not knowing what is going on. If you are on a computer or tablet make sure you have some good headphones or earbuds ready to go. If you are watching on a TV make sure your volume is in working order through whichever streaming service or device you are using (ie. apple TV box or HDMI cable from your computer to your TV). How close is your laundry room? Maybe hold off on the laundry during showtime. Boisterous dog or hungry cat? Make sure they have been fed and the dog been out for a pee before showtime.

Touch

What does your seating arrangement look like? Shuffle that La-z-boy recliner into a better location in the room. Grab your self some pillows. Make sure you remember your favorite blanket to snuggle into since it will be the end of October.

Smell

It's all about the popcorn! Even if you don't want to eat it, just having the smell in your viewing space will get you into the right mood. Always under-cook your popcorn. Burnt popcorn smell just doesn't work, and is very hard to get rid of it at the last minute.

Taste

Make sure you have your favorite movie treats ready to go. If purchased a few days earlier, hide them until showtime. You don't want anyone partaking early, and leaving your snack bucket empty.

How about ordering in? Since you are at home you can bring in whatever you want to your personal theater.

Volunteer Spotlight



Claire Botkin

Claire is a very dedicated and hard working volunteer who started volunteering at Kerby Centre in April 2020. She is helping Kerby Centre by making hand made masks to Kerby Clients and staff.

She was one of a few hundred volunteers making masks with the Mask Makers YYC group, so this was a good opportunity for her to pass on what she learned from that group.

Claire have occasionally dropped into the Wednesday afternoon dances at the Kerby Centre where her husband Dave plays with the band.

She mentioned – "I believe Kerby Centre enhances many people's lives and is a good organization to support. It's good to see people socializing in a comfortable environment."

Claire likes making masks and always enjoys doing art projects (drawing, sketching, watercolor painting), sewing and finding ways to reuse and recycle.

So far, Claire has contributed over **200.00** hours.

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

Cancer comfort foods

Recipes compiled by Winifred Ribeiro

From two experts in cancer care cooking comes an informative, inspiring, and empowering guide that will educate cancer patients and their caregivers about the healing power of food. Within the pages of this indispensable guide, certified nutritionists Sarah Grossman and Tamara Green provide easy-to-understand, research-based nutritional information on the science behind how food relates to your health and the effects of cancer, and offers strategies to prepare your body, life, and kitchen for treatment. With nearly 100 stress-free, healthy, freezer-friendly, and flavorful recipes specially designed to relieve the specific symptoms and side effects of cancer and its therapies (including loss of appetite, sore mouth, altered taste buds, nausea, and more) and to strengthen your body once in recovery,

The Living Kitchen will give you comfort in knowing that your body will be nourished and supported during (and even after) cancer treatment.



Stewed Coconut, Tomato and Chickpeas

A stew is the perfect dish to cook when you need something filling, quick, and comforting. This is a great recipe to freeze and reheat after a day at the hospital, when you need a warming meal to pick you up. Tomatoes and coconut are a classic duo and when married with South Asian spices, a really tasty stew comes to life. Chickpeas, carrots, and sweet potatoes thicken the dish and add to the already gorgeous orange-reddish color. Garnish with cilantro and spinach for an extra oomph of freshness.

Makes 4 servings | **Freezes** 2— 3 months | **Prep time** 10 minutes | **Cook Time:** 35 minutes

2 tsp virgin coconut oil
1/2 cup diced yellow onion
3 cloves garlic, minced
1 tsp minced peeled ginger root
2 tsp turmeric
1 tsp coriander
1/2 tsp cinnamon
1/2 tsp sea salt
Pinch of pepper

1 sweet potato, peeled and diced into 1-inch cubes
2 carrots, peeled and cut into 1/2-inch-thick circles
15 oz can chickpeas, drained and rinsed, or 1 1/2 cups cooked chickpeas
14.5 oz can diced tomatoes
1/2 cup full-fat coconut milk
2 cups baby spinach
1/4 cup chopped fresh cilantro

- Place a medium-sized pot on the stove over medium heat. Add the coconut oil and sauté the onions for 3 minutes. Then add the garlic, ginger, turmeric, coriander, cinnamon, salt, and pepper and sauté for another minute.
- Add the sweet potatoes, carrots, and chickpeas and toss around so they get coated in the spices.
- Pour in the diced tomatoes and coconut milk.
- Bring to a boil, cover, and allow to simmer for 30 minutes. You don't need to stir it; just let it do its thing.
- At the 30-minute mark, drop the spinach into the pot and turn off the heat.
- Serve hot, garnished with fresh cilantro. If you like, serve over quinoa, rice, or millet.
- Place in an airtight container in the fridge for up to 5 days or in the freezer for 2–3 months.

Optional: 1 cup cooked quinoa, millet, or rice. We like to pair this with a grain, although it's not necessary. Quinoa, brown rice, or millet work remarkably well. Cook these grains separately at the same time as the stew so they can be ready together.

Sweet Potato and Mustard Turkey Burgers

Hands down, these burgers are one of our most popular recipes. They're moist and juicy and have a savory flavor that comes from a secret ingredient: a hefty amount of mustard. Half a cup may seem like a lot of mustard, but believe us, it's what makes these burgers outstanding. We use sweet potato instead of the more traditional flour or breadcrumbs, adding extra fiber.



Excerpted from *The Living Kitchen* by Tamara Green and Sarah Grossman Copyright © 2020. Published by Appetite by Random House®, a division of Penguin Random House Canada Limited. Reproduced by arrangement with the publisher. All rights reserved.



Saag Coconut Chicken

Saag is a traditional Indian curry dish of mustard greens, spinach, and other leafy greens. Although our recipe is a departure from the classic dish you'd find in Indian restaurants, it's still creamy, sweet, and swoon-worthy. Plus, it's gentle on the stomach and all the spices we use have healing properties. The aroma of simmering coconut milk with fragrant spices is enough to make you want to eat the whole pot. If you're not usually a fan of Indian flavors, this dish will change your mind.

Makes 2 – 4 servings | **Freezes** 2 – 3 months | **Prep time** 10 minutes | **Cook Time:** 1 hour

1 Tbsp + 1 tsp virgin coconut oil or ghee, divided
1/2 cup diced yellow onion
3 cloves garlic, minced
2 tsp minced peeled ginger root
1 tsp turmeric
1 tsp cumin
1 tsp coriander

1 tsp garam masala
1/2 tsp sea salt
Pinch of pepper
2 cups spinach, coarsely chopped
1 cup kale, de-stemmed and coarsely chopped
1/3 cup fresh cilantro, chopped
14 oz can full-fat coconut milk
4–6 chicken thighs

- Heat 1 tablespoon of coconut oil in a wide pan over medium heat. Add the onions and sauté for 5 minutes. Add the garlic, ginger, spices, salt, and pepper and sauté for another minute. Add the spinach, kale, and cilantro, and stir, making sure that all the greens are coated in the spices. Pour in the coconut milk.
- Simmer for 5 minutes. Take off the heat, then carefully purée in a food processor, until the mixture is perfectly smooth. If you don't have a food processor, use a regular blender, or even a hand blender.
- Without washing out the pan, add 1 teaspoon of coconut oil to the pan and sear the chicken for 5 minutes per side. Add the blended green mixture back to the pan, cover, and simmer for 30 minutes, or until the chicken is cooked through and has an internal temperature of 165°F or higher.
- We like to serve this with cooked brown rice, and topped with some sprouts, but it's also filling enough to enjoy on its own, without grains.
- Store in an airtight container in the fridge, separately from the rice, for 4 days or in the freezer for 2–3 months.

NUTRITION NOTE: Leafy greens support the liver in detoxifying carcinogens. They provide fiber as well as minerals, vitamins, and phytonutrients to protect cells. If you're turned off by the color green, you can leave the saag unblended for a golden-colored curry with the same amount of nutritious green goodness.

Makes 4 – 6 burgers | **Freezes** 3 – 4 months | **Prep time** 15 minutes | **Cook Time:** 25 minutes

1/2 cup grated yellow onion
1 cup grated peeled sweet potatoes
1 lb ground turkey
1/2 cup finely chopped fresh parsley

1/3 cup spinach, finely chopped
1/2 cup whole-grain mustard
1/2 tsp sea salt
Pinch of pepper

- Preheat the oven to 375°F and line a baking sheet with parchment paper.
- Use the grating attachment on your food processor and grate the onions and sweet potato. You can also do this by hand, with a box grater.
- Mix all the ingredients together in a large bowl until everything is well combined.
- Measure 1/4 – 1/2 cup of the burger meat and shape into a patty. Place on the baking sheet and repeat.
- Bake in the oven for 25–30 minutes, or until the top begins to get slightly golden. You can flip the burgers halfway through the cooking time if you want even caramelization on both sides, although we always skip this step.
- These burgers can be stored in an airtight container in the refrigerator for 4 days. You can also make a big batch and keep them in the freezer for 3–4 months for a quick meal option.

NUTRITION NOTE: We prefer to bake our burgers rather than barbecue or pan-fry them because baking is the safest cooking method, creating the least amount of carcinogens.



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre Is Welcoming You Back, By Appointment!

For up-to-date information, or to book an appointment for available programs & services please call 403-265-0661 or

Save The Date As Kerby Centre Presents An October Health & Wellness Series of Presentations Powered by Sanofi Pasteur

Join us for a variety of presentations featuring renowned medical professionals to help you learn all you need to know about infectious disease, immunization and staying healthy in mind & body!

For Details See The Event Ad Within

SAVE THE DATE FOR OUR ACTIVE AGING WEEK SCAVENGER HUNT October 5th - 9th, 2020

To register, or for further detail, please contact Education & Recreation at 403 705-3233

Join Us For Our Free Kerby Centre Online Health & Wellness Series

Visit www.kerbycentre.com for further details

Join us for an online Zoom presentation in celebration of

Alberta's 115th Birthday
And
Alberta's Arts & Culture Month



Rob Lennard, known across Alberta as The History Wrangler is the Historian and Director of Education & Outreach at the Historic Bow Valley Ranche at Fish Creek Provincial Park.

The History Wrangler is an award-winning Author and Singer/Songwriter. His historical credentials include: the 2019 City of Calgary Award for Heritage from the City of Calgary, The Alberta Centennial Medal and Heritage Awareness Award, the Vice Regal Commendation from the Lieutenant Governor of Alberta and the Sovereign Medal from the Governor General of Canada.

He has performed in 5 Grandstand shows and for Alberta Premiers, International dignitaries and British Royalty. His passion and insatiable appetite for Alberta history and his motto is Alberta History Rocks!!!

Tuesday, September 1st, 2020

The High Noon History Show

Featuring
Alberta's History Wrangler
Rob Lennard

Enjoy an entertaining hour and "fun fact" filled look at Alberta's rich history, heritage and culture

11:30 am to 12:30 pm

Kerby Centre



FREE - Register at Eventbrite <https://kerbypresentshighnoon.eventbrite.ca>

A Zoom invitation link and easy instructions to join will be emailed to you. (Please be sure to check your Spam file) Only registered guests will be permitted. For further information, email colleenc@kerbycentre.com

A Group For Mature Jobseekers



Join Us For Our Informative Zoom Online Presentations

- Sept 1st Job Search Strategies
Focus on essential components of a successful job search and create a personal action plan for the effective use of various job search strategies
Meeting ID: 810 2144 8155 Passcode: 247946
 - Sept 8th Transferable Skills
How to identify transferable skills; market the skills you already have to get a desired job; sell the skills beyond your education and experience; networking and how it can help in the job search
Meeting ID: 845 4471 2258 Passcode: 053996
 - Sept 15th Resume & Cover Letters
Information and guidance on writing a customized resume and cover letter. Learn essential components of an effective resume
Meeting ID: 860 7099 6487 Passcode: 350473
 - Sept 22nd Dress For Success
What to wear to a job interview. Look professional & make the right 1st impression
Meeting ID: 845 1415 8190 Passcode: 296744
 - Sept 29th Interview Skills
Learn behavioral interview questions, how to handle them & interview do's & don'ts
Meeting ID: 861 2102 1400 Passcode: 474950
- For more information phone 403 705-3219

Do you still need to file your Income Tax !?

Kerby Centre is offering in person tax preparation service for seniors 55+ and AISH clients, strictly by appointment.

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

To schedule your tax appointment call the Kerby Information Office at 403 705-3219



Tuesday
September 15th
10:30 to 11:30 am

Fall is right around the corner. Join us to learn environmentally safe ways to sanitize your home and prepare for the winter with

12 Steps To a Greener Home
Presented By Breanna Sayles,
Program Specialist, Green Calgary



FREE REGISTRATION on Eventbrite
<https://kerbypresentsagreenerhome.eventbrite.ca>

Tuesday
September 22nd
10:30 to 11:30 am



Maintaining Optimal Dental Health As We Age

Learn how good dental health affects our overall health and to keep that beautiful smile as we age

Presented by Dr Peter Hoang

FREE REGISTRATION on Eventbrite
<https://kerbypresentsdentalhealth.eventbrite.ca>

KERBY EDUCATION & RECREATION SEPTEMBER ZOOM CLASSES

For further details on these programs and changes to our Drop In Groups please contact Education & Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MONDAY FITNESS 10:00 - 11:00 AM</p> <p>SPANISH CONVERSATION 1:00 - 2:00 PM</p>	<p>ESL 10:00 - 11:00 AM</p> <p>INDIGENOUS STUDIES DISCUSSION GROUP 12:30 PM - 1:00 PM</p> <p>TAI CHI 1:00 - 2:00 PM</p> <p>OPTIONS 45 1:30 - 2:15 PM</p>	<p>MEN'S SHED 11:00 - 12:00 PM</p> <p>SEATED YOGA 1:00 - 2:00 PM</p>	<p>ZUMBA 10:00 - 11:00 AM</p> <p>EXPRESSIVE ARTS 1:00—2:30 PM</p>	<p>MUSCLE STRENGTH & CORE BALANCE 9:30 - 10:30 AM</p> <p>YOGA FOR YOU 11:00 - 12:00 PM</p>

Kerby Rotary Shelter

Help us break the cycle of elder abuse



Did you know that Kerby Rotary Shelter has been a safe place for seniors experiencing elder abuse since May, 1999. For more than 20 years, we've helped vulnerable seniors break the cycle of abuse and get a fresh start.

What does a stay at Kerby Rotary Shelter look like?

So far in 2020, we've provided 1,653 safe nights for seniors fleeing elder abuse.

If someone is experiencing abuse, they can call our Elder Abuse Resource Line or someone like a nurse, social worker or family member can call for them.

After a personal assessment and intake, they're welcomed into the shelter where they can stay for up to three months. During this time, they work hand-in-hand with their caseworker to focus on areas like finances, housing, nutrition, addiction, employment, self care and life skills.

Part way through their stay a client can sign up to become a Peer Mentor, connecting with new residents and helping them learn about the shelter.

Once they've completed their program goals, found

suitable housing and are ready to transition back into the community, our former residents continue to receive our support for up to a year.

Every senior who enters our elder abuse shelter gets customized care and support. Some of our clients don't speak English, some are struggling with addiction and some have low cognitive capacity. But no matter their circumstances, all seniors coming to the shelter receive the care and support they need to get back on their feet.

"When I first came to the shelter I was so scared and nervous but I didn't know where else to turn. I had never been away from my husband [abuser] since I got married and now here I was feeling more alone than I ever had in my life. Sometimes I thought about going back to him. After about a month of being at the shelter, I learned that I could trust the staff and trust that the building was safe and that he [abuser] could not get to me. The staff is by far the best part about being at the shelter! They have connected me with counselling, accompanied me to court to file for my divorce when I was too afraid to go alone, as well as helped me with budgeting, learning how to use my phone/iPad and a lot more. Now I'm waiting to hear that my housing applications are approved and then I will leave this place and really be on my own! Moving from here will be very hard because I see the staff as my big brothers/sisters. You people have cared for me more than my own family has since I left my husband, and this connec-

tion will be devastating to lose. I hope we can stay in touch--actually, I know we will because I will have the outreach worker to call if ever I need someone to talk with. I know I will be ok because I have changed since

being here. I feel stronger than I ever have in my life. Thank you for helping me to feel strong.

— Current shelter client, July 2020

You can support seniors ex-

periencing elder abuse by donating at www.kerbycentre.com/donate.

Identifying information has been changed to protect the confidentiality of the clients.

Amazing Things Donors Made Possible

Kerby Centre can do so much more because of you!
Here's what we've done with your support during the coronavirus pandemic:

- Prepared and delivered **10,000 free comfort meals** to vulnerable and isolated seniors.
- Provided **700+ grocery deliveries** and supportive visits to homebound seniors.
- Made more than **17,300 wellness calls** to isolated older adults in our community.
- Delivered more than **1,500 face masks** to seniors at their homes.
- Provided **2,751 safe and supportive nights** to older adults fleeing abuse.

THANK YOU!

To help vulnerable seniors donate at www.kerbycentre.com/donate

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
\$ _____

Monthly Pledge
\$ _____

Payment by:

Cheque Visa Mastercard

Credit Card Number _____

Expiry Date _____ Signature _____

Please send tax receipt to (Please print)

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____

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: 403-705-3229, Fax: 403-705-3211
or e-mail: andrewm@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 October issue must be received and paid by Sept. 11.

45 Real Estate

50 Relocation Services

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

10 Health

11 Foot Care

Special promotion for new clients.

Call Becky @ 403-472-8885 for details.

Advanced foot care Nurse, specialized in diabetic foot, fungal, ingrown nails, corns, and callouses.

Alberta's Mobile Foot Care

The company that Albertans trust the most. Advanced Foot Care Liane at 403-512-2429 or www.albertasmobilefoot-care.ca

12 Home Care

Susan's HomeCare is here For all of your needs. Medi-Cal/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

13 Mobility Aids

Your classified ad could be here!

20 Home Maintenance

Quality Painting

Responsible & senior Friendly over 25 yrs exp on Residential painting Sr. disc. Reliable personal service Reasonable rates free est Call Les 403-863-0212.

The Scottish Painter and Sons

Over 30 yrs. Exp. In residential painting. Seniors discount. Free estimate. Written contract. Refs avail. Ph 403-875-8077 www.thescottishpainter.ca

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

Tony Peterson Eavestrough

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

Millenium Contracted Ltd

For all your exterior home repairs/replacements. Int & Ext painting, roofing, siding, soffit, fascia, eavestroughs. etc. Please check the full details on our website: millenniumcontracting.ca or ph Shawn at 403-703-9132. I am a Kerby Centre member & a general contractor in Calgary for over 33 years.

Londonderry Painting

Int & ext painting. Ceilings, Wallpaper, Sr. Disc. Free est. Howard 403-226-3456

Senior working for seniors Will do small repairs, electrical, plumbing carpentry Work. Call Jim 403-249 4180. Cell 403-519-8761.

Silver Fox Painting and Small Repairs

Call Heather 403-710-308 Refs available

24 Landscaping

Action Lawn Care

Fall Clean-up Lawn Care, eavestrough cleaning & hedge trimming 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

Corinne's Mobile Hair Service. Perms cuts & style 39 yrs exp 403-589-2069

Mobile massage at your own home.

Registered massage therapist. Call or text Alex 587-437-3546

We fix computers Local computer repairs & lessons. Affordable rates Free diagnostics, no travel fees, great service.

www.xentas.ca 403-481-8080.

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

Mature man will build or Repair wooden fences & decks, smaller jobs only. Call Richard 403-289-5760 or rwheatley@shaw.ca

Downsizing with Tidy Girls

Let us help you start your Downsizing journey. We Sort, Dispose, Declutter, Donate, Organize & Unpack all of your Belongings. Laurie 403-519-2214. www.downsizing-tidygirls.com

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

AZPERLEGAL SERVICES

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

30 For Sale

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

2 plots in Mtnview Mem Grd The Last Supper Garden, lot 222B1 @ B2. Selling pair for \$6,000. 403-255-7436.

33 Wanted

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

45 For Rent

Sooke BC Pacific Coast Vancouver Island near Victoria small town/rural atmosphere but with all amenities. Bright 1 bdrm five appls fully equipped elec heat superb mountain/water view all incl. \$1,000/mth. 403-720-8609 No pets, no smoking.

Reminder: Kerby News Classified Deadlines

October Issue — Sept. 11
November Issue — Oct. 9
December Issue — Nov. 13

FOR RESULTS ADVERTISE IN KERBY NEWS

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

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

Seniors Scene

Good Companions 50 Plus Club

Good Companions 50 Plus Club is now open on Tuesdays and Thursdays from 10 a.m. - 3 p.m.

We are pleased to offer unique and fun activities to give you the opportunity to meet up with your friends in a safe environment following all safety protocols including safe distancing.

Join us for Creative Corner where we will be painting bird houses in September.

We also offer bingo, flour curling and Drumfit! Call us at 403-249-6991 for details and to pre-register. We also offer virtual programming five days per week which is free and includes Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Coffee Chat. Please visit our website at www.gc50plus.org to learn about services and programs offered. We hope you can join us!

We don't stop playing because we grow old; we grow old because we stop playing
George Bernard Shaw

Navigating the issues of grandparent guardianship

Con't from pg. 18

There are also marked benefits for the grandchild as well: evidence shows that children feel happier, more valued and cared for, with better physical, mental and behavioural health outcomes.

Kids are less likely to run away, change schools or re-enter care.

The existence of these benefits, though, do not erase the many difficulties that come alongside custodial grandparenting.

The summary of the literature review conducted by RCSD includes recommendations for best practices to help alleviate these difficulties and further help custodial grandparents through the process.

These recommendations include addressing the emotional well-being

of the grandparent in addition to the grandchild, better train social service practitioners to help grandparents navigate the rocky relationships with their adult children and increase access to support groups, medical and legal services, welfare programs and recreational programs for children.

The document also recommends social service practitioners combat the various stigma and stereotypes associated with kinship guardians, including harmful ideas that “the apple doesn’t fall far from the tree.”

Overall, one of the biggest recommendations is that practitioners move from a “one-size-fits-all” response to develop support systems that are relevant and account for the wide variation in the health, mental health and

circumstances of custodial grandparents.”

“The systems involved in the Calgary and Area RCSD have an opportunity to work together to better meet the needs of this population, thereby strengthening families and enhancing child outcomes.”



Photo courtesy of Nikoline Arns, accessed on unsplash.

ADVERTISERS' INDEX SEPTEMBER 2020

Bill Stemp..... 12	Luxstone Manor..... 8
B.L. Braden Denture Clinic... 8	Manor Village 2, 3
Bethany Care..... 32	Molzan Real Estate 18
Bowbridge Manor..... 25	Mountain View Seniors 20
Calgary Co-op Memorial 4	North Hill Denture..... 12
Cambridge Manor 12	Peak Medical Group 6
Centric Health 15	Prominence Way..... 9
Dynovac Plus Security 31	Rocky Ridge 7
Evanston Summit 21	Sandra Seabee 10
Golden Life..... 13	Silvera for Seniors..... 5, 11
Handy Helpers 31	The Estate Lady 31
Heart to Home 10	Verve Senior Living..... 19
Home Instead.....FP	Wentworth Manor..... 23

SUDOKU ANSWER

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

PUZZLE ON PAGE 22

CROSSWORD SOLUTION

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

PUZZLE ON PAGE 22

IN MEMORIAM

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

Abraham Zeisler
Alexander Ratsoy
Catherine W Kelloway
Diane Alee MacDonald
Farhang (Matt) Mohtadi
George Nielsen
Henry Matviw
Irvine Steve Almadi
Jack Bizot
Jeno Fottler
John Reed
Katherine Ethel Popowich
Lorri-Anne Karchewski
Reginald Lloyd Salter
Richard Krickler
Sheila Hittel
Valerie Diane Wallace
William Franklin Lunger

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 is FREE because of the companies and people who advertise in the publication. Whenever possible please support these companies, businesses and individuals that support us.

Every advertiser is important to Kerby News — we appreciate every one of you for making a difference to seniors by advertising in Kerby News.

Thank You

FOR DISPLAY AD INFO or TO BOOK AN AD CALL

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

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

TO PLACE A CLASSIFIED AD
 call Val: 403-705-3249 Fax: 403-705-3211
 or e-mail: generaloffice@kerbycentre.com

Kerby News Business & Professional Directory

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

HANDY HELPERS

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

Call Jim at 403-992-9274

E-mail: HandyHelpersCalgary@gmail.com
 Website: www.HandyHelpersCalgary.ca

Seniors' Discounts

The Estate Lady

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

Kimberly Wallace
 Paralegal, Commissioner for Oaths
 25+ Years' Experience

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

FAULTY ALARM SYSTEM?

Is your security system going haywire or not working at all? It doesn't matter how old, who manufactured it or who installed it.

If your alarm needs some TLC or a complete overhaul. Our technicians have been providing, dependable and cost-effective alarm services to the Calgary area since 1983.

Dynovac Plus Security 403-262-1980



Right Home Right Time Right Place

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

Affordable Housing for Seniors

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

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

We are pleased to offer an **affordable meal service** that offers delicious foods, pre-ordered and delivered to your doorstep. As well as a **NEW online grocery service** for tenants.

A New Lease on Life!

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

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

Amenities include:

- Spacious open-concept suites, from 800 to 1,200 square feet
- Lake Sundance access for all residents
- Shopping, restaurants and the Fish Creek Provincial Park on your doorstep

Explore Your Options Today...

Riverview Village Affordable Housing

2945 26 Ave SE, Calgary

Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary

For more information or to make an appointment to view a suite, call:

Riverview Village **403.272.8615**

403.254.9800 Sundance on the Green

Discover your new home at
BethanySeniors.com

