

The chance to love and be loved



With February and Valentines Day, many of our thoughts can turn to romance. This month in the Kerby News, we take a look at the trials, tribulations and important benefits that go into pursuing relationships later in life.

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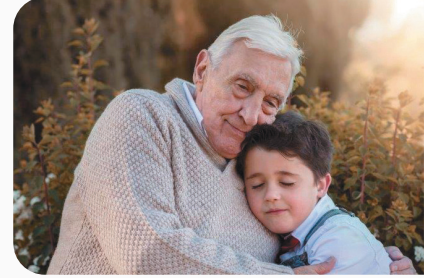
To the Manor Village Residents and their Loved-Ones for sending the following goodwill wishes and blessing our skilled staff for their day to day assistance and care.

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 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 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."

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Larry Mathieson, CEO

What will 2021 bring?

Larry Mathieson
Kerby Centre CEO

What will 2021 bring? For the most part, I want to believe things will be much better in 2021 than they were in 2020. American inventor Charles Kettering said, "My interest is in the future because I am going to spend the rest

of my life there."

I don't have a crystal ball and I know I can't predict what the rest of the year will be like. However, the skeptical part of me worries about what the future will bring.

My colleagues in the non-profit sector are worried, as 20 per cent of nonprofit leaders in Alberta believe their organization will not be solvent next year and they are at risk of not surviving to provide service in 2022. Many small and large businesses have had their challenges in 2020 and most are looking forward to the rest of 2021 with optimism.

Many of our mem-

bers worry about their future and what they should be doing to plan for the upcoming decade. Kerby will continue to provide more offerings to help you consider your options. In 2021 we will offer more courses and events to help you answer some of your questions about the future.

We are working with our partners to create more offerings to inform about investing, retirement options in a post-COVID environment and how to plan for your health and the questions you may have about that.

We have an upcoming Zoom event

on wills, power of attorney, and personal directives.

Our online events with a health focus have been well attended, and if you weren't able to attend them at the time, we are posting them on our Kerby YouTube channel so you can benefit from them now.

Most of the offerings will be streamed or offered on Zoom, however, we are hoping at some point in 2021 we will be able to once again offer a lot more of these courses and events live and in person because we'd truly like to see you face to face once again.

FEBRUARY 2021

KERBY CENTRE'S MISSION:

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

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Our incredible volunteers



Richard Parker
Kerby Centre President

I was recently looking through some back issues of *Kerby News* and started reading the Volunteer Spotlight that appears each month. It got me thinking about the important role of volunteers in our Community.

Kerby Centre had over 800 people providing tens of thousands of hours of volunteer service to us last year. Some were new volunteers who responded to our request for help with distributing food and other resources to isolated seniors. Others are long-term volunteers who have helped us out in many different roles for years. Without these folks, we would not be able to deliver the quality and range of services

and activities that we do.

While there are a variety of definitions of the word volunteer the one I like best to describe our volunteers is "To do charitable or helpful work without pay."

At Kerby Centre, we have people who do a wide range of tasks including:

Distributing Masks for Covid 19, preparing Tax returns, delivering Groceries and Frozen meals, checking in regularly with isolated seniors, Teaching English as a second language, Helping produce Kerby News, Food Rescue, Knitting/Crafting Volunteers, Group Facilitators, Group Volunteers, Clinic Workers in the Wellness Centre

These volunteer roles offer many options for social interaction both within the Kerby Centre and out in the community.

Kerby Centre's volunteers range from teenagers to centenarians. They have a myriad of skills, interests and backgrounds. Some have never worked outside the home, while others have retired from careers in a wide range of industries and businesses.

When asked why they volunteer at Kerby our Spotlights Volunteers said:

"It provides an opportunity to use my skills to help others"

"I like the friendly environment and camaraderie of the people I work with"

"I like meeting and helping older adults"

"I enjoy meeting people from a wide range of backgrounds"

"It provides an opportunity to learn new things"

"It gets me out in the Community in a useful role"

"I was looking for something positive to do after I had retired"

If you think you might like to get involved in helping others by volunteering, I am sure there is a way you can at Kerby. All you need is the enthusiasm and willingness to help others. For more details on the opportunities at Kerby please contact Aditi Sharma at aditi@kerbycentre.com or phone 403-234-6570.

And allow me an incredible, heartfelt thank you to all of our existing volunteers. Kerby Centre could not run without you.

Richard Parker
President

Program offers health self-management for Albertans

By Andrew McCutcheon

Kerby News

For older adults looking for help managing their chronic illnesses, pain, nutrition or many other different health concepts, Alberta Health Services has a program perfect for the COVID-19 era.

Originally started in the 1990s, the Alberta Healthy Living Program (AHLP) aims to support long-lasting and self-managed skills for the wellness of Albertans across the province, which makes it perfectly accessible for those looking to improve their health in the midst of this period of isolation.

“It started with a physician in Calgary with a vision for providing self-management skills outside of acute care settings,”



Photos courtesy of Alberta Healthy Living Program. The program aims to help Albertans self-manage and self-direct care for a variety of chronic conditions and diseases. Everything from celiac, to diabetes; arthritis to respiratory conditions, all with the help of a number of professionals.

said Deanna Thome, a facilitator and coordinator for AHLP.

The program has expanded outside of its original target demographic, those with respiratory conditions, and now serves a diverse set of conditions, with a team that includes physiother-

apists, nutrition services, social workers and kinesiologists.

“We define self-management the ability for a person to make decisions to manage the health of their chronic conditions,” Thome said.

“Across the province, the zone has unique and individual services, depending on the resources available to them.”

These program streams include province-wide nutrition programs, exercise programming, and interactive workshops for chronic diseases or chronic pain.

Thome noted that this is particularly important for older adults, who’s risk for chronic diseases or conditions increases with age.

This is made even more important for older adults who are at additional risk of ramifications that come with being infected with COVID-19, as they may not be able to engage with as many in-person activities that they might have previously used to self-manage their conditions.

“The fact that right now with the senior population, movement is important,” Thome said. “A lot of seniors during the pandemic

are sitting more and exercising less, putting them at a higher risk, adverse to chronic health conditions.”

This is where the AHLP “Wellness Journey” comes into play. Developed during the height of the pandemic, it’s a holistic program with physical activity forming its backbone, and completely patient-driven.

“We want patients to feel heard and they are in the driver’s seat,” Thome said. “We’re just holding the compass.”

A variety of professionals can help patients prioritize what health steps are most important to them, whether it’s improving their balance, being able to walk their pets a few extra blocks or the ability to do laundry. “[The program follows] the patient through their wellness journey,” Thome said.

“It also links the patient up to the other services available... clinicians, consults, other health education or self-management workshops, at a pace the patient can follow every step of the way.”

From its inception, the program was also developed as an entirely virtual experience.

This not only removes barriers of access due to the pan-

demic, Thome said, but also for those who may have physical barriers such as living in a more rural location, attend in-person classes, or even those have anxiety about leaving their home.

Thome said it’s been a rewarding experience to be able to develop something so specific and beneficial to the health priorities of Albertans during this pandemic.

“It’s been extremely exciting to build and maintain this level of culture ... before and during the pandemic, our capacity ... demonstrated the versatility of the program,” she said. “It’s given us a unique perspective, now that the pandemic has hit us and it has brought people together in a very different way.”

For those interested in what the AHLP has to offer, they can visit www.ahs.com/ahlp or call 403 - 943 - 2584.

Those who are interested in the Wellness Journey program must be referred, but it can be done through either their health provider or through a self-referral, which can be accessed at the aforementioned phone number.



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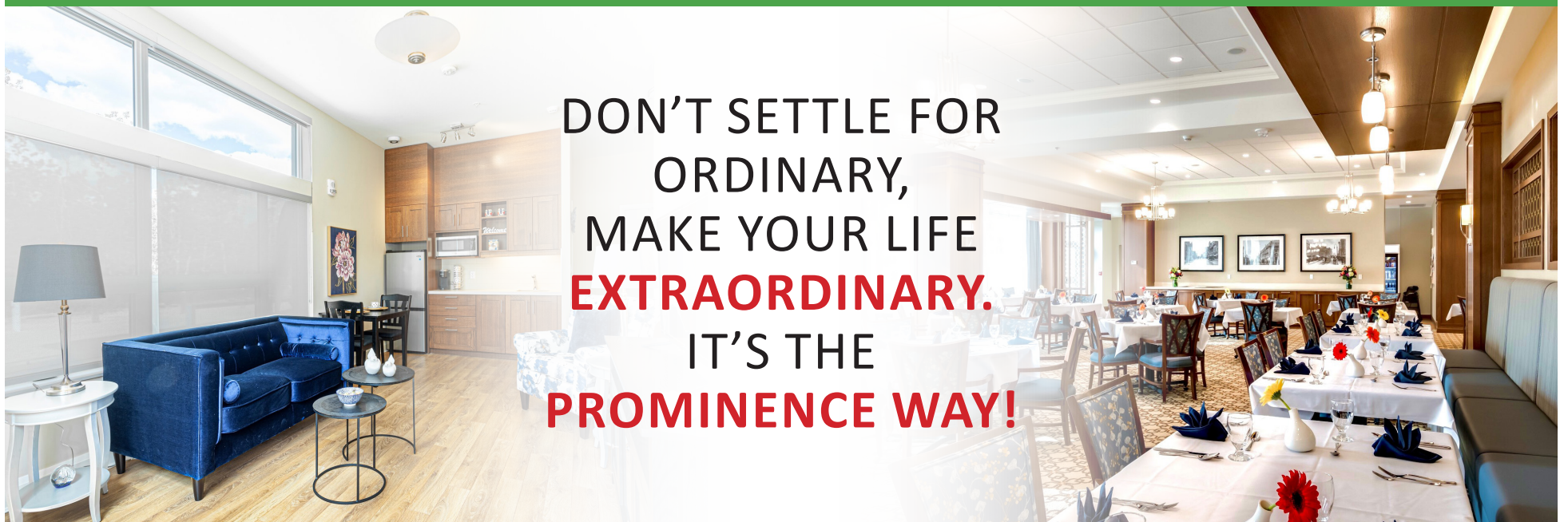
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Making the most of your grocery budget



Photo courtesy of NeonBrand, via Unsplash.com

By Angie Friesen
Kerby News wellness columnist

With the New Year, comes a new budget for our household. Last year, I wrote about my goal of reducing our annual household grocery bill in comparison to 2019 and I'm happy to say that, in 2020, I was close to being \$550 under our projected budget! With inflation and the cost of groceries continuing to rise, I would like to share how I achieved that goal.

Every Sunday afternoon, I get into the habit of creating a meal plan for the entire week. I know of some individuals who meal plan for two weeks, but I found that focusing on 1 week at a time allowed our family to use produce faster before it went bad, and I still had fridge space to get a good visual on what we had on hand.

Whatever length of meal plan you choose, when you have a plan in place it will likely save you time and money in the long run. I also will often keep a running list of several weeks worth of meal plans that I can always visit if I'm stuck for ideas.

Another great resource for meal planning is digital or print grocery store flyers.

You can meal plan based on items on sale, and go from there.

Make a list and stick to it

I would also recommend perhaps adding on a bonus meal idea or two, just in case if your plans change during the week, then you have the flexibility of having a "backup meal" if need be. In my cupboard, a "backup meal" can be as simple as pasta and pasta sauce, a couple cans of tuna or even soup. Usually my "back up meal" is versatile, and often non-perishable so it can be easy stored and used when needed.

When you meal plan, you are also limited your trips to the grocery store, which studies have suggested that you will likely spend less money going once a week, versus doing several trips throughout the week. In 2019, I would often go to the grocery store a handful of times a week usually just for one or two items, only to leave the store with a basketful. With 2020, I intentionally did my best to limit my trips to the grocery store not only to protect my health, but also to protect my pocketbook.

Making due with what you've got

If the store is out of stock on an item that you need, is there something it can be easily replaced with? Can you do without or is it something perhaps you can make on your own? I recall a time where I thought I had cocktail sauce on hand for shrimp, but didn't have time to run to the grocery store.

A quick search on the computer I found a super easy recipe that I was able to make it myself in less than five mins and no extra trip to the grocery store. Making due with what you've got, can make a masterpiece from leftovers which can generate a huge savings in time and money.

For instance, a roast beef dinner leftovers can be turned into a stir fry, a sandwich, soup or a shepherd's pie. There have been times where I've turned to my computer search engine and typed: "What can I do with leftover (blank)" and often several recipe ideas will pop up on my screen.

Some recipe websites like www.allrecipes.com

allow you to search up recipes in their data base when you enter certain ingredients you have on hand. There's even a new show on Netflix called "Best Leftovers Ever!" where contestants compete to create new dishes from leftovers they are given. Culinary inspiration can be found almost anywhere.

Make the most of loyalty programs

There are many free and paid loyalty programs, I have experience with both. Although one thing to note, it's never a good deal if something you buy on sale — or for extra loyalty points — if it is going to go to waste.

This reminds me of an episode of The Golden Girls where Sophia gets a membership at a wholesale club to return home with 500 cans of tuna, just because it was such a great deal. At one store that I frequently shop at, I did some research on their paid VIP grocery program, and since joining in September, I get free grocery pick up and have already cashed out \$200 in grocery points.

In 2020 I did more curbside pickup with my groceries, and each time without the VIP program would cost me \$3 – 5 each visit. Over the course of the year, I calculated what I would pay in pick up/delivery fees would be far more than what the membership cost, so I made the choice to give it a try.

Even with the free program that I was previous on, I still earned points that I would cash out several times a year towards grocery purchases. All of it helped.

With the curbside pickup option at my grocery store, all of my ordering was also done online. This also prevented me from "browsing" in person and making extra unnecessary purchases. When I shopped online I was able to stick to my list.

It's not a purely flawless system, sometimes substitutions are made (which you can approve/disapprove upon pick up) and there has been one time where an item was missed, but honestly, that too can happen when shopping in person as well.

Hope these suggestions help and I wish you all the very best in your grocery savings for 2021.

Peter & Debra Molzan

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Linus and his blanket

David Darnielle
Kerby News mental health columnist

The holidays are now long past and we're full steam ahead into 2021.

I know I'm not the only one that's happy to see 2020 gone and done with, but the holidays always leave trace thoughts with me long after they've past. This year, the thoughts stuck with me are not about COVID or politics, but rather of a small group of schoolchildren: the Peanuts gang.

I always give the Charlie Brown Christmas special a watch, partly for nostalgia and partly over the warm fuzzies that it always manages to give me, but this year

especially I thought of Linus and his favourite blanket.

While others might see it as a punchline, I always thought it was an interesting choice for the character that's often seen as the voice of reason. Linus is the one who comes to the microphone and speaks words to power about the true meaning of Christmas during my favourite special.

Not to mention he's quite handy with that blanket of his when he wants to be.

But when he's without it? He falls to pieces.

He's still the same wise beyond-his-years young boy, but the blanket represents comfort, security and a place of self. It's of

no surprise that the objects of security are often our childhood blankets. Where else did we hide and find safety when the darkness of the world seemed overbearing

"I still see folks walk through their day-to-day with their own, personal but hidden, security blankets."

in the frightening nightmares of our childhood?

However, although we may feel we've put childish things away, all too often I still see folks walk through their day-to-day with their own, personal but hidden, security blankets.

For me it is my mustache.

I've had it for as long as I remember; it's a creature comfort and a leftover

from being considered a babyface for too many years.

It's simple but meaningful. To me, it represents — forgive the pun — growth, and to a different extent, maturity.

But we all have our security blankets. Think of your



"As long as we never forget that, there's nothing wrong with embracing our creature comforts."

wrong with a well-applied face of make up, or our daily cup of designer coffee or — even most remarkably — a well-trimmed mustache.

But I think, like Linus and his blanket, it's important to remember that the person behind the suit, behind the make-up and behind the coffee, is the one who's managed to handle the hard times. It's you who's made it through, it's you who has cracked the tough nuts of life and it is you who has remained steadfast in the face of pain, adversity and grief.

As long as we never forget that, there's nothing wrong with embracing our creature comforts; the tools that help us go through our day-to-day and keep our anxieties at bay.

But just consider for one day facing the world as you are, with the bright shining strength of your own backbone and personality looking directly, without shade, at everything the world might throw at you.

I may have to do that myself one day and finally shave off my upper-lip warmer.

But easier said than done. Maybe when it finally warms up in spring.

The blanket represents comfort, security and a place of self.



Illustrations by Becca Lowe



WHAT ARE SENIORS GREATEST FEARS

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A decade of healthy aging

Andrew McCutcheon
Kerby News Editor

Healthy aging is something we all strive for, and the United Nations has affirmed a resolution supporting the concept internationally, declaring the next ten years the “decade of healthy aging.”

The UN states they will seek to change how society thinks, feels and acts when it comes to aging and growing older, aiming to support health care services, the participation of older adults in their communities and providing access to long term care.

“Today’s announcement of the UN Decade of Healthy Aging sends a clear signal that it is only by working as one ... we will be able to not only add years to life, but also life to years,” said Dr Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization.

“By adopting a UN-wide approach in support of healthy ageing, we will be able to galvanize international action to improve the lives of older people, their families and communities,

both during the COVID-19 pandemic, and beyond,” added Dr Etienne Krug, Director of the Department of Social Determinants of Health at WHO.

The UN resolution expresses concern over, despite our knowledge that the population is aging at a rapid and expanding pace, the world is not prepared to provide for the rights and needs of older adults.

The rate at which the population will age over the next few decades is staggering: the UN states that between 2015 and 2050, the amount of people over the age of 60 will increase from 12 to 22 per cent: nearly double.

Aging populations do not only affect health systems within society, but also the labour market, economic stability and the demand for services that include education, housing and long-term care.

The UN resolution called for the World Health Organization to lead the implementation of the decade of healthy aging in collaboration with other international groups.



Photo courtesy of Dreamstime.com

Governments, non-profits, media and the entirety of civil society is being encouraged to actively support the decade’s goals.

“[This] is the culmination of many years of collaboration with partners across the world,” said Alana Officer, who leads WHO’s Demographic Change and Healthy Ageing team. “But it also represents a new beginning. If we are to be successful in delivering the

change envisaged under the Decade, we need new ways of working”.

Quick Facts:

Between 2015 and 2050, the proportion of the world’s population over 60 years will nearly double from 12% to 22%.

By 2020, the number of people aged 60 years and older will outnumber children younger than 5 years.

In 2050, 80% of older people will be living in low- and middle-income countries.

The pace of population ageing is much faster than in the past.

All countries face major challenges to ensure that their health and social systems are ready to make the most of this demographic shift.

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Friendships and modern living



Photo by Matthew Bennet, via Unsplash.com

By Barbara Ellis
Kerby News Columnist

Friends are very special people. Over time, they weave themselves into our lives and become our other family. Sometimes they only stay for a short time, and sometimes they remain in our lives for years, even decades. Friends complete us. During my life, my friends have helped me through good times and bad.

Through our conversations, I have been introduced to different points of view, to see things from a different perspective. Doesn't mean I always agreed, but I stopped being one dimensional and could accept new ideas and new ways of doing things

In our confinement, friends have become especially important to us so keeping in touch is essential. I miss the face to face contact, miss touching them,

and especially miss hugging them. We have to reassure one another by phone until things get back to normal. Will it ever be back to what it was? Probably not, but it will be our family and friends who will help us through it.

I have caller ID and I when I see who is calling, I get a feeling of delight as I pick up the receiver to say hello. My telephone conversations have become longer and more relaxed than they used to be. After all, when we have finished talking, I have nowhere to go. We talk about mundane things, the weather, how we are spending our day, what we are making for supper and so on. Not a lot going on except grocery shopping, doctors appointments and the occasional solitary walk around the block. I am finding that I am getting to know and appreciate my friends more. I am learning more about them, a sort of sharing of confidences, and most importantly, they are keeping me from getting depressed in my solitary existence.

Soon, hopefully, I will be able to go and see a special friend, my hairdresser. It will be great to get my hair cut. Good thing too as I am once again turning into a shaggy senior. She is not only a good friend, but she does her best to keeps me looking neat and well-groomed. She is an important part of my life and I always enjoy the hour I spend sitting in her chair.

One detrimental happening in my world of con-

finement is my eating habit. Unfortunately, I have been sitting too much, eating too much and not walking enough. I walk the halls in my building, but it is not the same as walking with a group of friends and enjoying the outdoors. Hopefully when spring arrives our group will once again resume our weekly walks in Calgary's wonderful parks.

Over the years, I have had so many wonderful people come in and out of my life. Because my father moved us not only from county to county, but continent to continent, I have friends in many places. Last year I lost a friend whom I met in 1946, that is 74 years. Now I am not saying that we were in touch throughout all those years, no, we lost touch but through a truly incredible circumstance, we met again in 1992. That story is for another day. The most important thing is that our friendship was rekindled and we were able to talk about old times and enjoy each others company.

My friends and I have faced many things together. Sometimes tragedies and other times much joy and laughter. Happy hours spent on the telephone and giggling over boys in our early teens. In our twenties, sharing the joy of planning our weddings and then the excitement of looking forward to the arrival of babies

In my 40s, I met a wonderful lady at work and she and I shared a special bond. Every morning we met for breakfast and did the

Albertan crossword puzzle before going to work. At least every other Sundays we drove to the mountains for breakfast. Sometimes our drive was quiet as we were deep in our own thoughts, but other times our words flowed like the Bow River. Either way, we were happy in each other's company. She is gone now, but my memory of our shared times together lives on.

This technology of being able to connect with anyone all over the world is a blessing in my life. I am able to connect with my family in Hungary and with my friends in Australia. The other morning while I was doing a jigsaw puzzle on my computer the Skype bell rang and to my delight, it was Judy calling. She lives in Perth, Western Australia and before she headed off to bed, she decided to give me a call. She wished me a good evening and I wished her good morning because when we talk, she is ending her day, while I am beginning mine.

We have come a long way since telephone party lines, or the small screen on our black and white TVs set, not to mention with only one channel to watch. Telephones and computers are a wonderful way to communicate. I am very grateful that Skype not only lets me talk to but to also see my friends. Either way, telephone or Skype, I appreciate all my friends near and far, now more than ever, they are my lifeline.



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Women less likely to die from COVID-19 than men

By Gillian Rutherford
Folio by University of Alberta

Female COVID-19 patients face less severe disease complications and a lower risk of dying than male patients thanks to hormones and chromosomes that contribute to a stronger immune response, according to new research from a University of Alberta-led team.

“The highlight of our study is how the sex differences in COVID-19 are linked to ACE2,” said senior author Gavin Oudit, professor of medicine in the Faculty of Medicine & Dentistry, Canada Research Chair in Heart Failure and director of the Heart Function Clinic at the Mazankowski Alberta Heart Institute.

ACE2 is the enzyme that acts as the receptor allowing SARS-CoV-2 to enter the body, but it is also key in protecting against cardiovascular, lung and kidney diseases.

“Because of their chromosomes, women have two copies of the ACE2 gene and men have only one copy,” Oudit said. “This does not seem to make women more susceptible to COVID-19 infection, but it does protect them from the complications associated with the virus.”

Oudit explained that ACE2 is an X chromosome-linked gene. To avoid duplication, one X chromosome tends to be inactivated, but due to its location ACE2 escapes inactivation, meaning women have twice as many active genetic instructions to make ACE2.

Another gene that is twice as strong in women due to this X-inactivation escape is called Toll-like receptor seven, a key part of the innate im-

mune system.

“The stronger presence of Toll-like receptor seven in women explains why women’s immune systems are stronger than men’s and can tolerate virus infection better, including the common cold,” Oudit said. “The man-cold phenomenon is real.”

In the study, the researchers report that men face more severe illness and poor-

er outcomes around the world, including in Alberta. They note that women likely face more exposure to SARS-CoV-2 than men – for example, 70 per cent of health-care workers are female – but this is not reflected in their outcomes.

“Due to gender issues, women face more risk, so it’s reassuring to know that their outcomes are not any worse; in fact they

are clearly better than men’s,” Oudit said.

Research is underway to understand how manipulating ACE2 levels might help COVID-19 patients, to prevent infection by blocking the enzyme or to protect the cardiovascular system, lungs and kidneys by enhancing it.

“We need to look at the factors that are responsible for better

outcomes for everyone, taking sex differences into consideration when we test new therapies and provide COVID-19 care,” said Oudit.

The research was led by PhD candidate Anissa Viveiros and was funded by the Canadian Institutes of Health Research and Heart & Stroke Foundation.



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Calgary Horticultural Society: Gone to seed

By Deborah Maier

Kerby News
Horticulture Columnist

Finally, that gardener's itchy green thumb can get a workout. I know, it's mid-winter and it will be weeks before we garden outdoors. However, plants that require a long season to reach maturity need to be started soon. Are you ready?

February is the time to start fibrous begonias (wax begonias for example), black-eyed Susan vines, and impatiens from seed. While many vegetables, such as tomatoes and cabbage family plants, are started in mid-March. Starting with fresh seeds is a good start to growing success, but if you're like me, over the years you've acquired a collection of seed packages, some never opened. The beginning of February is the perfect time to evaluate the viability of these seeds. There should be enough time to determine if they'll germinate, and if not purchase replacements.

A germination test is easy to conduct. You need a plastic bag, piece of paper towel, water, and seeds. Label the bag with the date you start the test. Fold the paper

towel so it will fit into the bag. I like to use snack bags for these tests and pick-a-size paper towel, as they are a good size match. Wet the paper towel. It should be damp, not sopping wet. Select 10 seeds from the package and place them spread out across the paper towel. Carefully, place the seeded paper towel into the bag. Keep the bag unsealed or partially sealed as there needs to be some airflow into the bag. Most seeds don't require light to germinate, so place the seeds where you can see them to remember to check on them every few days. I place the bag seeds down, towel up, to ensure the seed are always in contact with the moist towel. When you check the seeds for germination, also ensure that the paper towel is moist. Dribble or spray in a bit of water if it is needed.

Your seed package should note when to expect germination. Typically, seeds germinate in 7 to 21 days. If only half your seed germinate at the end of 21 days, you can still use the seeds, but be sure to over-plant, placing five seeds where you might only use two. If more plants start than you need, thin them, keeping only the healthiest. If fewer than half the seeds germinate, replace the seeds with a new package.

You don't need to discard the sprouted seeds from your germination test. Cut a square of paper towel around the seeds and plant it with the sprout. Don't try pulling the seed off the towel as the tiny roots embedded into the towel will break off. Paper



Photos courtesy of Deborah Maier

towel is wood fibre and will just become another element in the growing medium.

So, how have my germination tests gone? I can tell you that eight-year-old marigold seeds whose open package was stuffed in a drawer lost their viability. After 21 days, zero have germinated. The basil seeds that I bought last year are doing great. Nine of the ten seeds sprouted after seven days. I've potted up the sprouts from the germination test.

A seed is a living thing. Most seeds are good for at least a couple of years, if stored properly. Properly means that they are stored in a cool, dry location, ideally at

a steady temperature, and away from sunlight. Moisture, sunlight, and temperature changes are all triggers for germination. Once a seed starts the germination process, if it doesn't have all the conditions to grow, it will die. If humidity levels drop too low and moisture is pulled from the seed, it will dry out and no longer be viable. So, how should you store seeds? Date your seed packages clearly. Place opened seed packages in a sealable plastic bag. Each seed package should have its own bag. Place the sealed seed package containing bag into an airtight container, such as a canning jar. Label the jar with what

it contains and storage date. Tuck the jar into a space at the back of the fridge or a cool, dark, place in the basement. Make a note in your garden journal about what seeds are in the jar and where they are stored. Put a note on your calendar to alert you of the stored seeds when you start your garden plans for the next growing season. Only open the jar when you are ready to conduct a germination test or plant. It's time to scratch that itchy green thumb—Come Grow with Us!

To learn more about the Calgary Horticultural Society and gardening in Calgary, visit calhort.org.



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By Stephen Ditchburn
Rainbow Elders
Columnist

Around 1,752 years ago in Rome this month, a young man had his head chopped off because of his belief system.

This fellow was a priest who quite enjoyed ministering to the faithful of a whole new religion called Christianity which was spreading throughout the Mediterranean.

Since it was new, it wasn't clearly understood and as a result was feared and shrouded in mystery with all sorts of rumours thrown in as well.

Sometimes these Christians were thrown to the lions in the coliseum, which must have discouraged possible believers and conversions.

Anyway, this unfortunate fellow was named Valentinus and he rejected the traditional worshipping of various deities and gods of the Ancient Romans.

This truly angered Claudius II, the Roman emperor at the time, who took it upon himself to have Valentinus executed.

Valentine was buried in a Christian cemetery north of Rome on February 14.

He was considered by Christians to be a martyr and made him a saint with February 14 chosen as his feast day. He is the patron saint of such varied things as epilepsy, plague, beekeepers but most famously is associated with love.

It seems that humans have always enjoying persecuting, harming, mistreating, killing and enslaving each other, especially those who think or look differently.

Despite the advanced engineering skills and accomplishments of the ancient Romans, human rights were not a passionate concept around the dinner table. It would seem that even today many folks take it upon themselves to inflict misery and pain on others. Are bullying and hatred everywhere humans are found?

LGBTQ+ folk know all about being intimidated, scorned, verbally abused and bashed about.

Being gay is tough. Some people believe that it's a choice - but who on earth would want to choose a lifestyle in which you risk being harassed, shunned, ostracized, condemned and things much worse?

Oh, wouldn't it be nice to enjoy a society where everyone can be whoever they want to be? A society in which it is no one's business or concern who I walk down the street with or where I go.

A society in which skin colour made no difference, nor did gender or values and beliefs.

These days it seems we've become even more divided with anti-maskers (No vaccine for you!) and conspiracy theorists spewing fear everywhere.

Who needs people believing they are better than others and or that they have some sort of special entitlement? This is not Ancient Rome.

So during this so-called month of romance and love it's reassuring to know that at least in this corner of the world we are all free to follow our hearts and live in dignity.

Some fellow citizens, for whatever reason, seem to want to destroy the quality of our lives let us not allow them to do so. The struggle for our human rights will always continue and we must never give up.

Oh, and one more thing before I forget, why is Rome called Roma in Italian but Rome in English? Who decided that we should drop the "a" at the end of Roma? I mean, it's not a hard word to pronounce. Surely we can handle an extra syllable?

I've always wondered about that.

Stay safe and well and look after each other, not just during these weird times, but always.

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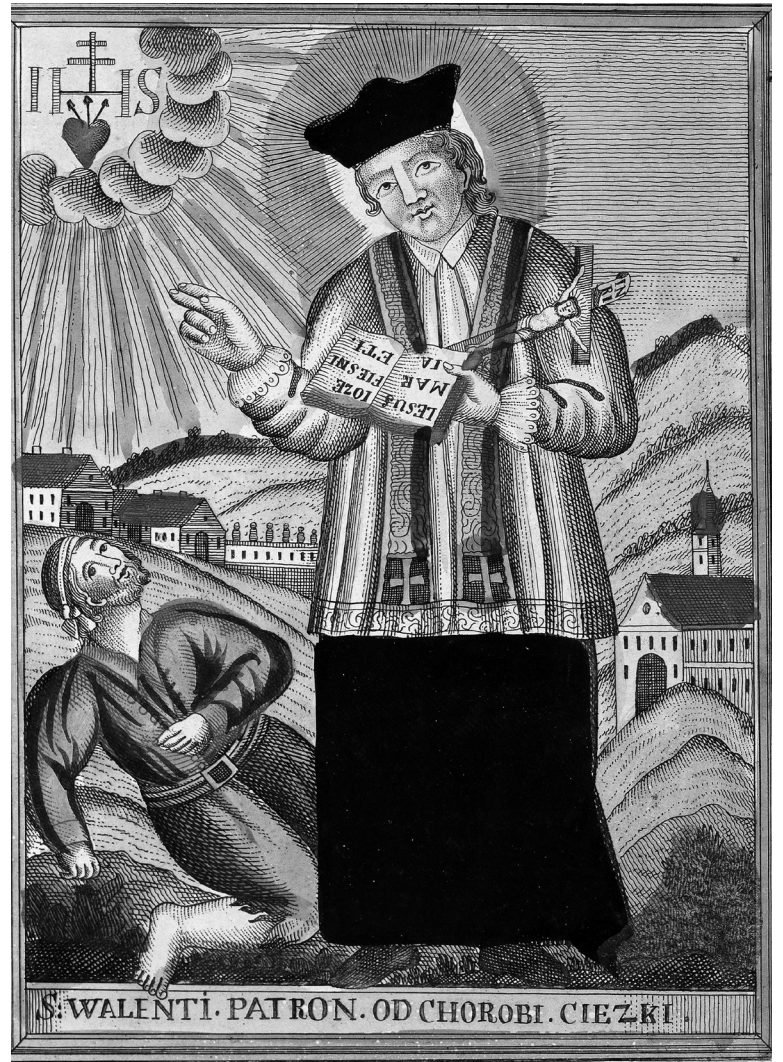
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Saint Valentine, Coloured etching. Via Wikimedia Commons.

Get those bird feeders up and enjoy the show



Photo by Jacek Dylag, via Unsplash.com

By Geoff Carpentier.

Environmental columnist,
via Troy Media.

The last few days have been really exciting bird-wise as hawks, ducks, geese, loons and many small passerines (e.g. kinglets, sparrows and finches) are on the move.

Winter is here whether we like it or not and those hardy northern birds have decided it's time to migrate. North winds and cool nights have caused an influx of tens of thousands of birds into our area.

Throughout much of eastern Canada and the United States, evening grosbeaks (which have been virtually absent for several years) are here in good numbers. The other day, 58 stopped in my yard to feed.

Redpolls (another small finch) arrived in late October to join the pine siskins and goldfinches that were already here. Blackbird flocks are sometimes huge here in the fall – I've recently seen 750 grackles in a single flock. Juncos and white-throated, song, fox, American tree and white-crowned sparrows are here in great numbers as well.

All this means that if you haven't already, you should get your feeders out and filled. But before you do, here are a few tips:

Clean your feeders with a light bleach and water. Once they're totally dry (and don't smell like chlorine), fill them and put them up.

How many feeders should you put out? It's up to you but be aware that one type of feeder doesn't serve all birds – different birds have different feeding preferences and like different foods.

Use any seed mix you like. I favour different mixes that include as little millet as

possible and as much sunflower as you can afford. I find the smaller black sunflower is favoured by more birds but they certainly will eat the larger sunflower seed as well. I add mixed seed to

an all-round treat that most birds like. On the ground I spread rolled/cracked corn as the sparrows, doves and cardinals thrive on it and it's very inexpensive. Finches like Niger seeds in tubular feeders. And don't forget the woodpeckers – put out suet blocks to serve their palate.

Choose a spot that gives you a clear line of sight to your feeder(s) so you can enjoy watching the birds.

Place your feeders so they're not under dense cover as predators will sneak up on them and take some for dinner. Placing them in the open, one to two metres from heavy cover, allows the birds to flee to safety but is just far enough that squirrels have trouble leaping onto them from ad-

jacent branches. Set them no less than 1.3 metres off the ground, again so squirrels can't jump up on them.

Feeding birds are rarely at ease and so flush easily and often. Don't place feeders between one and two metres of the house as the birds may fly into your windows and perish. It's okay to have window-ledge or window-mounted feeders as the birds are right beside the window and if they fly off suddenly, they can't gain enough momentum to hurt themselves should they hit the window.

If you have large areas of glass, hang something on the inside (e.g. light curtains or blinds) to prevent bird strikes. Also consider installing patterns on your

windows to protect birds (visit <https://flap.org/> for some great tips and ideas).

If you have a cat, please keep it indoors. And no, cats do not need to be outside – they do just fine if kept indoors. Many municipalities have bylaws that make it unlawful to let your cats roam at large. This is an important consideration since billions (yes, billions) of birds, mammals, reptiles and amphibians are killed annually by family and feral cats in North America. I hope all municipalities pass these bylaws as the impact to native species is so devastating and unnecessary!

Okay, you're ready. The feeders are up and the birds are here – so let's sit back and enjoy the show!



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The chance to be loved



Photo by Lucas Cleutjens, via Unsplash.com

By Andrew McCutcheon
Kerby News

With the approach of Valentine's Day, many will turn their thoughts towards love and relationships during this annual observance of romance.

For some, it may be a more bitter observance than the stores filled with cards and chocolate might have you think. But those people are not alone.

Everyone on earth, regardless of background or gender, wants a life full of happiness and ease; part of this life would include someone with which to share it.

But it's never too late to pursue romance and to find someone with which to enjoy all that life has to offer. While other opportunities may be out of one's reach — climbing Mount Everest, becoming an Olympic athlete or walking the length of the Great Wall — every single person is capable of opening their hearts and seeking companionship.

That doesn't make the prospect any less frightening than a trip up a Nepalese peak, however. That's why this February, *Kerby News* is here to delve

into the questions and anxieties surrounding romance, heartbreak and grief all for this annual Valentine's Day observance.

Finding new relationships

Meeting a potential new relationship involves going out there and being present with other folks who share the same interests, hopes and dreams, and roughly the same age cohort as oneself.

However, it's understandable that one would not be necessarily as interested in such a prospect with the current advent of COVID-19; so take this advice with a grain of salt as we all cross our fingers for quick and effective vaccination in the future!

There are many different social clubs within Calgary and across Alberta that cater to older adults.

Heading to one of the events hosted by these groups, whether they be live music, a hot meal or a simple game of cribbage, will be

the start of many new friendships and connections, which are the first part of potentially finding a new mate.

It's best not to go out with the intention of finding a partner, however. The aim is to start being brave, positive and social in one's life first and foremost.

Multiple studies have shown that socialization is paramount to health for older adults. By getting out and removing the negative effects of isolation in your life, you'll start to see the sort of benefits that can make you appealing to a potential partner: greater self-esteem, a positive outlook for the future and even better physical health to boot.

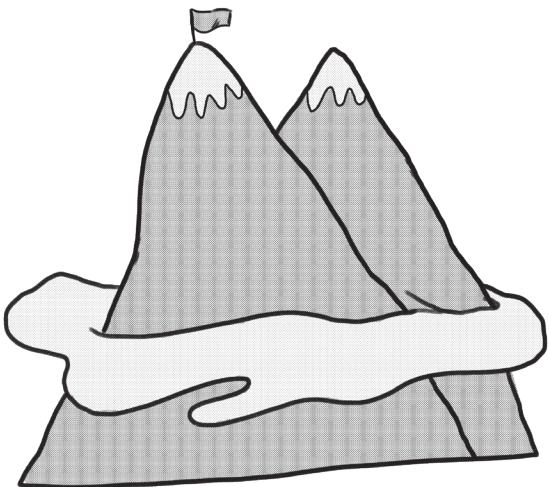
If you're wanting to dive headlong into the dating pool, however, there is a bevy of sites online that cater specifically for older adults.

Most major dating sites such as match.com or eHarmony.com allow one to sort by age bracket, to view other profiles and individuals

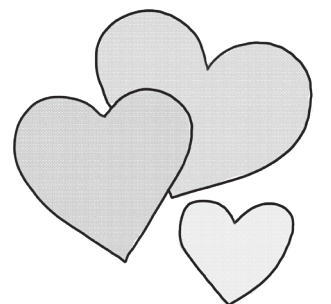
who may be relevant to your interests. If you're not as technically savvy, it's easy to ask a close friend, adult child or other trusted person with help setting up an account.

There's absolutely no shame or stigma in using online dating as a way to meet potential partners. Although in the past there might have been negative connotations, a 2017 study in the United States shows that it is now the most common way that adults meet each other romantically that lead to eventual marriage.

That being said, there are those that would use these sites



Illustrations by Becca Lowe



for nefarious purposes to prey on folks who are simply trying to lead their best lives.

Scammers and con artists may be present on these sites. They will use honeyed words and romantic gestures to attempt to lead their marks on, and then from there attempt to steal everything from their personal information to their savings.

That doesn't mean you should be afraid, however. Rather there are some smart steps you can take to protect yourself while online.

Watch for clues and discrepancies in conversation. If you read something odd in a message that tickles your protective instincts, don't be afraid to pull on that thread or ask the other person on the end of the keyboard for clarification.

Never give out important personal details. While this might be obvious for things like your social insurance number, even things like your address could potentially be used by scammers. Be thoughtful in what you share with those you're speaking to online.

When the conversation gets to be more serious, it's fine to ask for a quick face-to-face call to ensure the per-

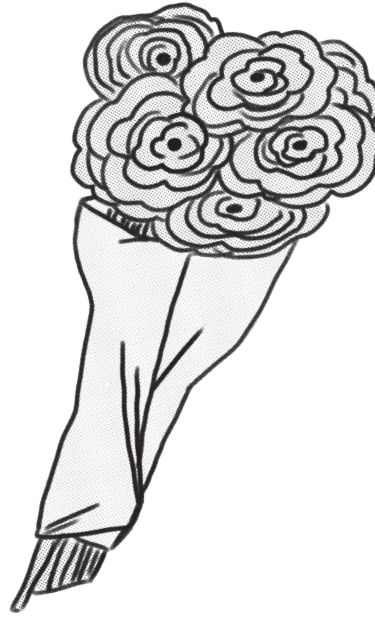
son you're talking to is as they present themselves. Those who duck and dodge such a request might be doing so for a reason.

When the time for first meeting does come, make sure it's in a public place with lots of people: a coffeeshop or a restaurant for lunch. Let friends or family know where you're going and who you'll be spending time with.

If you're ever feeling unsafe or that your personal details are being pried into, it's alright to step away from the computer, yourself. Ask a trusted friend or adult child whether or not they think things are "on the level" and you can be sure that there isn't any embarrassment in needing help. Those who care about you want what's best for you, and this includes ensuring that your quest for romance doesn't include being scammed by some evil-doer.

There are other common mistakes when entering the dating pool that folks of all ages can make that don't involve online scammers, too.

Make sure you know why you're doing something before you take the plunge. Be thoughtful for your reasons for wanting to do this, but at the same time don't



take everything too seriously. Although you might be on a "quest for love" remember to laugh at your own mistakes as often as you make them. This road is a winding, bumping path and there will be pitfalls. Brushing oneself off and moving on is a form of resilience and it's just as important as having a nice photo or a winning smile when it comes to finding the one.

And most important: don't rush into things before you're ready. Being worried about "time running out" or similar anxieties can

cause folks to do things they might not normally. Patience will net you far more success in the long run.

However, there are a variety of reasons that one might have for not being ready. And these are just as unique and important to older adults.

Grieving the loss of a partner

The loss of a partner can take many forms, and none of them are easy to understand or grieve.

As older adults are staying healthier than ever before, divorce at later stages of life is becoming a more common phenomenon. When we or our partner of many years decides that they are no longer committed to something that was incredibly important for so long, the feelings can be intense.

Regardless if it was one person or if both partners that amicably decided to end things, there are still feelings of grief: you grieve for the years you have spent and the years in the future you will no longer have. And it is okay to grieve.

The days and months following a late-life divorce will be filled with choices. While it may not always be easy or simple to make those choices — and stating that it's easier written than done is the understatement of the century — one must always attempt to make the conscious choice to survive, to heal and to move past it.

Avoid labelling yourself, post-divorce. Thinking yourself as a "divorcee" removes so much more of your identity that is important. You might be a parent, a sibling, a caregiver, a friend, or any number of positions or identities that are so important to the people around you.

Different and similar at the same time is the physical loss of one's spouse later in life.

This is an entirely different side of grief that, while more common, is not easier in any of the awful shapes it takes.

Here, you may feel numb, shocked and filled with emotions that feel impossible to

contain. It's all too easy to sink into a deep, unwavering depression.

Regardless of the "why" you might be feeling grief in relation to the loss of a partner, it's important to remember that there is a "how" in moving forward.

One of the first things is to tell your physician or family doctor. Grief is a full-body condition and the health ramifications are many. They can also advise on how to proceed forward in terms of counselling or bereavement support.

Seeking these — and other types of support — is extremely important. Grief is difficult to manage at the best of times; doing so alone is harder than anyone should have to face. Support groups, religious communities, family and friends should all be on your list.

Managing your social circle will be different as well. If previously you attended events that were comprised of couples, it's fair to tell your friends how you feel and how you may need to avoid 'couple' centric get-togethers. Focus on seeing good friends one-on-one, instead.

Expanding your social circle in this way will also open you up in the future to a new relationship, if you so choose. No one can make that choice for you, except you. It's a natural, human desire to want to be intimate and close with others, and once the grieving process has abated, you can begin to consider branching out.

This amount of time is different for everyone. It may be years until some folks feel ready. Know that you're not "moving on" from the person you were previously with. The memories and times you shared together will always be with you.

Rather, you are "moving forward," towards a life that is continually filled with wellness, happiness; the chance to be loved and to love in return.

And in the end, that's just what all people want the chance for in this world.

Happy Valentines Day.



AI could lead to faster, better analysis of donated blood



Photo by National Cancer Institute, via Unsplash.com

By Laura Vega

Folio by University of Alberta

Machine learning could change the way donated blood is evaluated for quality and selected for transfusion to patients, thanks to an international study that analyzed changes in the shape of red blood cells from stored samples.

The study, published in the journal *Proceedings of the National Academy of Sciences*, was a collaboration of experts in five countries and 12 academic

institutions, including the University of Alberta.

“This project is an excellent example of how we are using our world-class expertise in precision health to contribute to the interdisciplinary work required to make fundamental changes in blood diagnostics,” said Jason Acker, professor in the Department of Laboratory Medicine & Pathology and one of the lead authors of the study.

Acker, also a senior scientist at Canadian Blood Services’ Centre for Innovation and a member of

the Women and Children’s Health Research Institute, has decades of experience in the assessment of donated blood products.

“Canadian Blood Services is responsible for managing the blood supply in all provinces and territories except Quebec, and we’re chiefly concerned about the quality of the products. One of the things we routinely evaluate is the form of the cells, which we’ve been monitoring for 20 years using very traditional methods,” he explained.

The shape of things to come

When blood is taken outside the body and separated to be stored, red blood cells start changing their shape as they age, which eventually affects their ability to function and carry oxygen through the body’s tissues when they’re transfused. The red cell products can only be stored for 42 days, so they need to be monitored closely.

Currently, donated red blood cells are evaluated by placing a drop of blood on a glass slide and looking at the cells, classifying them based on their shape from a sample of 100 cells. A morphology index is calculated, which is a score of the average shape of the sample cells.

“It’s very time-consuming. We’re only looking at 100 cells, and it’s very subjective. One technician may give a score of 70, while another may give a score of 80,” said Acker. “It’s really important that we get it right, because we’re trying to monitor the progress of a product that will actually be transfused into Canadians.”

Looking to develop a faster and more accurate procedure to monitor the donated blood, Acker and his colleagues tapped into the potential of artificial intelligence. They used imaging flow cytometry – technology available at a few of the academic institutions involved, including the U of A – to capture images of tens of thousands of cells from a droplet of blood and create a large database for analysis.

With these images, the team was able to automate the traditional expert assessment by training a computer with example images of healthy and unhealthy red blood cell shapes. The automated process analyzed more than 100 blood samples – which usually takes months for a team of technicians – in just one day.

In addition to successfully replicating the traditional process, the researchers wanted to address the discrepancies between experts’ evaluations of the shapes of the cells.

“We said, ‘What happens if we don’t tell the computer what a sphere is?’ And we basically let it look at a variety of different parameters. That’s the nice thing about machine learning – it looks at things that we as humans would not even think about, and it generates data on that,” said Acker.

“The computer actually did a better job than we could, and it was able to pick up subtle differences in a way that we can’t as humans. It’s not surprising that the red cells don’t just go from one shape to another. This computer showed that there’s actually a gradual progression of shape in samples from blood products, and it’s able to better classify these changes. It radically changes the speed at which we can make these assessments of blood product quality.”

The successful outcome of the experiment provided the research team with algorithms that help show how machine learning can be used to classify the quality of red cells faster and more precisely. These algorithms are now used to study other factors that can affect the quality of donated blood products.

“This will help us identify donor factors such as age and gender, blood product manufacturing processes and storage conditions that we can focus on to make sure that we’re getting safe products to patients,” said Acker.

Opening doors to personalized transfusions

Among the other factors being identified, the technology was able to distinguish subpopulations of cells within the same blood product, which could help health professionals spot potential health issues faster and discover risk factors of certain products going to a specific patient.

Acker’s research is focused on learning whether there are potential risks of a patient receiving blood from a donor of the opposite sex, one example that would help categorize products and apply transfusions beyond the traditional classifications.

“We already match for different blood groups. We also select specific blood products for treatment of babies or for other patient groups,” explained Acker. “But what this research is leading us to is the fact that we have the ability to be much more precise in how we match blood donors and recipients based on specific characteristics of blood cells. Through this study we have developed machine learning tools that are going to help inform how this change in clinical practice evolves.”

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Manager of Information Resources

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Eat your fruits and veggies for the sake of your immunity



Photo by Anna Pelzer, via Unsplash.com

By Sylvain Charlebois

Contributing columnist by Troy Media

According to the United Nations, 2021 is the International Year of Fruits and Vegetables. Many couldn't care less about a proclamation from a global agency that has been criticized over the years as being inner-looking and out of touch.

Some of this criticism is certainly warranted but depending on the topic, these campaigns can bring a healthy load of success and change.

The year 2016 was the International Year of Pulses. At the time, consumers were starting to mentally correlate food choices with environmental stewardship. Context helped shine some light on Canada's most overlooked crop: pulses.

Slowly, Canada's becoming a super vegetable protein powerhouse and consumers are buying in. In 2020, plant-based sales grew 31 per cent in Canada, even amid the pandemic.

The focus on fruits and vegetables this year can assist the UN's ambitions to advocate for the importance of healthy diets and lifestyles through sustainable food systems.

Our fight with COVID-19 went from keeping safe to achieving immunity in the last month or so.

Collective immunity has been top of mind for many people, given our acute focus on how vaccines are being rolled out.

The best medicine, virus or not, is sound nutrition. One of the major pieces to building a strong immunity system is eating more fruits and vegetables. If one country needs to be reminded of that, it's certainly Canada.

In 2021, despite volatile prices, 41 per cent of Canadians intend to increase their consumption of fruits and vegetables. Last year, it was 46 per cent. Canadians did buy more fruits and vegetables at retail in 2020, but they have bought more of other food categories as well.

According to NielsenIQ, vegetable sales in Canada have risen seven per cent in volume and 13 per cent in dollars since vegetables became more expensive. Fruit unit sales were up five per cent and seven per cent in dollars.

Restaurants aren't a significant market for fruits, so lower percentages there aren't surprising. In volume, Quebec, Ontario and British Columbia all saw sales up in volume by eight per cent for vegetables and six per cent for fruits. The lowest increase for both categories was in the Maritimes, at two per cent for vegetables and only one per cent for fruits. Those figures

are disappointingly low.

Most products experienced tremendous growth in retail sales in 2020. Tomatoes were the most popular produce in 2020, as sales grew almost 28 per cent in dollars. Since some people were still looking for convenience, bagged vegetables grew 25.8 per cent in the last 52 weeks.

In fruits, oranges saw the biggest increase in sales at 21.9 per cent, followed by cherries and lemons.

Dollar sales of both celery and peaches dropped in 2020 but this is likely because these products' price points were much lower than in 2019.

Highly-publicized recalls also have impacted some categories in the last year, mainly for peaches and lettuce. Numbers suggest onions dodged a bullet in 2020 as they too were subject to a recall.

But given what happened to the food-service industry in the last 10 months, these numbers may just be a mirage.

People cooked more often at home and that required more produce being bought at the grocery store. Unit sales for tomatoes, for example, only grew six per cent. Almost one Canadian in five started a home garden in 2020 and many grew tomatoes, but still. In general, the numbers aren't impressively high with many restaurants

while.

As suggested by Canada's Food Guide, fruits and vegetables are vital components for achieving quality of life and a stronger immune system amid the pandemic.

Also, recalls and highly volatile retail prices spook consumers all the time, which is why many consider produce the most vulnerable section of the grocery store.

Declaring 2021 the International Year of Fruits and Vegetables is both timely and important. As more governments investigate food autonomy as a priority in the post-COVID era, building awareness of the value of consuming produce will be parallel.

Building capacity through controlled-environment agriculture in Canada can only make our produce supply chains less vulnerable to macro-factors like currency and bacterial outbreaks.

We also desperately need to take care of our immune systems, and as soon as possible. Reminding us of the importance of eating enough produce benefits everyone.

Dr. Sylvain Charlebois is senior director of the agri-food analytics lab and a professor in food distribution and policy at Dalhousie University.

closing.

Figures from NielsenIQ suggest we may not be buying and eating more produce, as our minds may have yet to focus on healthy eating. Since March 2020, it has all been about baking, snacking and indulging to simply overlook the awfulness of the pandemic, if only for a

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Your brain needs exercise: Exercising your brain now leads to benefits later in life



Photo by Natalia Y, via Unsplash.com

By Lesli Christianson-Kellow
Kerby News Columnist

I sustained a concussion about 5 years ago, which challenged me and led to some big changes in my life. Before my concussion,

I took my brain for granted. It was only because of my concussion, and the months of recuperation, that I began to realize how much a person can do to contribute to a healthy brain. The actions we take to support our

brain's health - mental exercises, cognitive challenges, and social interaction build up and result in a brain's cognitive reserves.

Now, I'm not a doctor, but I will share with you some of the interesting things that I have come to learn about brain health.

The first thing I learned is about neuroplasticity. Neuroplasticity is the brain's ability to continue learning and growing throughout your life. It means your brain is able to adapt and change according to your experiences. Scientists used to think that the brain stopped learning and growing after a certain age. For example, it was thought that it was impossible to learn a second language as an adult. This is just not true anymore. According to a study out of d'Annunzio University of Chieti, Italy, a second language learning program, even late in life, can be considered a non-pharmacological treatment able to counteract cognitive aging along with the onset of dementia.

We now know that our brains have neuroplasticity and we can learn new concepts as older adults. Learning new skills takes repetition - lots of it. Think of repetition as the multiple attempts needed to create a neuron connection from one part of your brain to another, basically making a new pathway. Learning a new language also stimulates a variety of cognitive abilities such as working memory, inductive reasoning, sound discrimination, speech segmentation, task switching,

rule learning, and semantic memory. (<https://www.frontiersin.org/>)

Learning a second language as an adult takes time, determination and practice. It doesn't happen in a day, or a week, or a month. We may not catch on as quickly as a young person, but it is within our brain's ability to make new pathways, so we know it is possible to learn anything, even a second language.

I took modern Greek classes for a year, prior to a trip to Greece. I was in a class of students half my age, all who were Greek themselves and spoke Greek. The other students were in the class just to brush up on their Greek grammar. I was learning Greek from scratch. Believe me, I was intimidated. Each week, on Tuesday evenings at 7 p.m., I would show up to class. Each week, my teacher, Aleka, would ask me questions in Greek and my mind would go completely blank. Each week, the rest of the class would talk to each other in Greek, while I could barely remember how to say 'yes'. Then, around the three month mark, I showed up for class, Aleka asked me how I was in Greek - and a small miracle happened. I understood the words she spoke to me and a Greek response formulated in my brain. Almost spontaneously the correct Greek words came out of my mouth. After weeks of repetition a neural pathway had finally been created in my brain.

When we learn a second language during adulthood:

we apply neuroprotective effects, strengthen brain networks, and enhance cognitive reserve.

What is cognitive reserve? In basic terms, cognitive reserve is the thinking ability that is built up in our brain. This reserve is built up through mental activities, cognitive challenges, social interaction, and even unexpected life events, all of which can create new connections or stimulate existing connections. All of these situations require extra effort on the part of your brain, which can contribute to your brain's cognitive reserves.

Why do we want cognitive reserve? There is research that indicates that people with more cognitive reserves may be better able to fend off or delay symptoms of degenerative brain changes. Changes that come along with brain diseases or dementia.

So, if you've ever wanted to learn a second language, why not give it a shot? What do you have to lose? There's certainly a lot to gain. And remember, any progress made with learning a new language is slow and steady. Your brain will benefit just from the novelty of thinking differently. As with anything new, be patient, your brain needs time to absorb new information, once it does, you'll know you've succeeded in creating a new pathway.

As Abraham Lincoln once said, "I walk slowly, but I never backward."



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Coffee cake: The ideal companion for your coffee

Both the coffee cake and the lemon poppy seed loaf are excellent on their own, but they really shine when accompanied by a hot cup of strong coffee on a chilly morning!

Sour Cream Coffee Cake

- | | |
|--|-------------------------------|
| 1 cup unsalted butter, room temperature, plus more for pan | 1 Tbsp. ground cinnamon |
| 2 cups all-purpose flour, plus more for pan | 2½ cups sugar, divided |
| 1 Tbsp. baking powder | 2 large eggs, beaten to blend |
| ¼ tsp. kosher salt | 2 cups sour cream |
| 1½ cups shelled pecans, coarsely chopped | 1 Tbsp. vanilla extract |

PREPARATION

Place a rack in middle of oven; preheat to 350°. Butter and flour Bundt pan. Sift baking powder, salt, and 2 cups flour into a medium bowl.

Mix pecans, cinnamon, and ½ cup sugar in another medium bowl.

Using an electric mixer on medium-high speed, beat remaining 2 cups sugar and 1 cup butter in a large bowl until incorporated and smooth. Add eggs, beating well to combine and scraping down bowl, then beat in sour cream and vanilla.

Reduce mixer speed to low and beat flour mixture into butter mixture, increasing speed to medium-low if needed, until just blended. Do not overbeat.

Scrape half of batter into prepared pan. Sprinkle evenly with half of pecan mixture. Spread remaining batter over; smooth top, then sprinkle with remaining pecan mixture.

Bake cake until a tester inserted into the center comes out clean, 50–55 minutes. Let cool 20–30 minutes. Invert onto a platter and serve warm.



Excerpted from The Silver Palate Cookbook by Sheila Lukins & Julee Rosso (Workman Publishing). Copyright © 1979. Photo By Chelsea Kyle.

Lemon poppy seed loaf

- | | |
|---|---|
| LOAF | 1/3 cup (80ml) vegetable oil |
| 2 cups (250g) all-purpose flour (spoon & leveled) | 1/3 cup (80g) sour cream at room temperature |
| 4 teaspoons poppy seeds | 2/3 cup (160ml) whole milk, at room temperature |
| 1 teaspoon baking soda | 3 Tablespoons (45ml) lemon juice |
| 1/2 teaspoon baking powder | 1 Tablespoon lemon zest |
| 1/4 teaspoon salt | GLAZE |
| 1 large egg, at room temperature | 1/2 cup (60g) confectioners' sugar |
| 3/4 cup (150g) granulated sugar | 1 Tablespoon (15ml) lemon juice |



Recipe courtesy of Sallysbakingaddiction.com

PREPARATION

Preheat oven to 350°F (177°C). Spray a 9x5 inch loaf pan with nonstick spray.

Whisk the flour, poppy seeds, baking soda, baking powder, and salt together in a large bowl. In a medium bowl, whisk the egg and granulated sugar together until combined. Whisk in the oil, sour cream, milk, lemon juice, and lemon zest. Pour the wet ingredients into the dry ingredients, then whisk to completely combine. Avoid over-mixing; a few small lumps are OK.

Pour/spread the batter evenly into prepared loaf pan. Bake the bread for 50 minutes to 1 hour, covering loosely with foil about halfway through to help the loaf bake evenly. Poke the center of the bread with a toothpick. If it comes out clean, the bread is done. Oven times will vary between ovens. My bread usually takes 55 minutes.

Cool bread completely in the pan set on a wire rack. *Feel free to drizzle with glaze (next step) while the bread is still warm. The glaze seeps down into the warm bread this way, adding extra moisture.*

Make the glaze: *This doesn't yield a lot of glaze— just a light layer. Feel free to double the glaze if you want more.* Whisk the confectioners' sugar and lemon juice together. Drizzle over bread while it's still warm in the loaf pan or after it cools.

Slice and serve. Cover and store leftover plain or glazed bread at room temperature for 2 days or in the refrigerator for up to 1 week.

Senior Scene

Good Companions 50 Plus

Join Good Companions 50 Plus for online fitness and wellness every weekday morning at 11:00 a.m.

We offer a variety of programs to stimulate the body and mind including Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Tai Chi.

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Kerby Centre Bread Market

Kerby Centre offers the chance for older adults to get some delicious and fresh baked items twice-weekly every month.

The event will be ongoing throughout February: every Tuesday and Friday at Kerby Centre, located at the gymnasium entrance until further notice, from 10:30 a.m. to 12:30 p.m.

Come help support our food rescue program!

Food Banks Alberta

With stricter COVID-19 restrictions now in effect, Food Banks across Alberta remain an essential service, continuing to support Albertans in need. Food Banks Alberta members have seen an increase in the number of clients accessing member food banks across the province, and anticipate that the upcoming restrictions will result in further demand, in combination with the imminent holiday season.

Food Banks Alberta continues its Alberta-wide awareness campaign to let Albertans know they can safely support or access their community food banks during these uncertain times. Food Banks Alberta also strongly encourages Albertans to ask for help if they are in need of food, family essentials, pet food and more.

Find your local food bank through our interactive map or online directory at: www.foodbanksalberta.ca/open

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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

PREMIER Crossword

By Frank A. Longo

WHAT IN THE WHAT?

ACROSS

- 1 "Pet" annoyances
- 7 Dance click
- 13 Extreme right-wing doctrine
- 20 Polio vaccine developer
- 21 2008 presidential campaign coinage
- 22 Caine/Ustinov adventure film
- 23 SKILglintLET
- 25 Scorn
- 26 Poem with six stanzas
- 27 PUsmackSS
- 29 Boob tubes
- 31 Born, to Luc
- 32 Arab ruler
- 33 COSimianRE
- 44 "Certainly"
- 45 Open with a click
- 46 "Star Trek" crew woman
- 47 43rd U.S. pres.
- 49 Prairie prayer
- 50 FORchildEST
- 57 Pursues prey
- 58 ISP with a butterfly logo
- 59 Be in the hole
- 60 Like wickerwork
- 61 Hobbit enemy
- 62 Actress Lupino
- 64 Tabriz native
- 68 Thin iPod
- 69 LAcobraWN
- 73 — California (Mexican peninsula)
- 76 The Jordan River flows into it
- 77 CPR expert
- 78 Pas' counterparts
- 81 Kafka or Liszt
- 83 Freezer cubes
- 84 "I'm freezing!"
- 86 Fully grown
- 88 TUbazeMMY
- 93 Napoli's land
- 94 Retrovirus material
- 95 On — to nowhere
- 96 Member of a sorority
- 97 Kenan's sitcom mate
- 100 DEVspiritICE
- 105 "— to laugh!"
- 107 German cry of vexation
- 108 Column's counterpart
- 109 NlblastGHT
- 116 Caribbean island nation
- 122 Afternoon show
- 123 GRcreaseIT
- 125 One going in
- 126 "Hakuna —" ("The Lion King" song)
- 127 Vindicate
- 128 Little puzzles
- 129 Stage whispers
- 130 Neatens up

DOWN

- 1 Shareable PC files
- 2 Writer — Stanley Gardner
- 3 Those, to Juanita
- 4 Enormous
- 5 For grades 1-12, in brief
- 6 Factor influencing a dermatologic treatment
- 7 Blaster's stuff
- 8 Circusgoers' cries
- 9 Swiss watch brand
- 10 Spanish appetizer
- 11 "Do I need to draw you —?"
- 12 Grilled sandwiches
- 13 Went without food
- 14 Novelist Sholem
- 15 Oxford, e.g.
- 16 — latte (espresso variety)
- 17 Extreme disrepute
- 18 Doll who is Barbie's 96-Across
- 19 Bishops' headwear
- 24 Peaceful "Avatar" race
- 28 Outlaw Kelly
- 30 Gives the cold shoulder
- 33 Many, informally
- 34 "Time is — side"
- 35 "Girlfriend" boy band
- 36 Lace snarl
- 37 Has dinner at home
- 38 Less — stellar
- 39 Central area
- 40 Prior to, in poetry
- 41 — tai
- 42 Size above med.
- 43 "How icky!"
- 48 Helpful things
- 51 Nada
- 52 Little branch
- 53 One listening
- 54 Reproductive gametes
- 55 Wildcat's lair
- 56 Lead-in to cone or Caps
- 58 Reach a goal
- 63 Pappy
- 64 Elected group
- 65 U.S. Hwy., e.g.
- 66 "Caught you!"
- 67 "Rambo" setting, for short
- 69 More reasonable
- 70 Per person
- 71 Concept, in Cannes
- 72 Crackling radio noise
- 73 Very close pal, for short
- 74 Onassis or Fleischer
- 75 Jam holder
- 78 Prefix with task
- 79 Non-earthling
- 80 Gawk rudely
- 82 Pizazz
- 84 Unexciting
- 85 Winona of "Stranger Things"
- 87 Quick sprint
- 89 Casual refusal
- 90 "Anna and the King" actress — Ling
- 91 Suffix with southeast
- 92 Fate
- 93 "Caught you!"
- 97 Fate
- 98 Gas in fuel
- 99 Ray of "GoodFellas"
- 101 Westerns, in old slang
- 102 Univ., e.g.
- 103 Louise's film cohort
- 104 Over 50%
- 106 Hogs' homes
- 110 Concerning
- 111 — -do-well
- 112 "Buenos —" ("Good day," in Granada)
- 113 Prefix with tank
- 114 Enjoy a novel
- 115 Toy flown on a windy day
- 117 — Strauss
- 118 Exercised
- 119 Child's plea
- 120 "Bus Stop" playwright William
- 121 Fruit-flavored drinks
- 124 "One Mic" rapper

Sister, I am losing you

By Barbara Ellis
Kerby News Columnist

It is so hard for me to accept that you are no longer you.

To me, you have always been my big sister, one who was there for me, in good times and bad. How is it that you are now slipping away and leaving me behind?

I have heard friends talk about their loved ones who come down with this horrible disease of dementia. In fact, I have also had friends fall into this memory fog, but you.

How could this happen to you?

In my memory, you are still that beautiful young teenager who wowed all the boys with your beauty. They first fell for you because you were so beautiful but they soon realized that your beauty was not just skin deep, but came from deep within you.

You were always there to offer help to anyone who was in need, and as for me, you taught me so many things. I was your shadow, not that you wanted that, but you could not shake me, I followed you everywhere.

Life has not always been kind to us, but with the love of our parents and each other, somehow we managed to rise above difficulties.

During our 20s, our parents moved away and we were on our own. Then in my forties, you moved away looking for a better life and I found myself all alone.

Each of our meetings became very special to me and in our senior years, we grew even closer.

My favorite memories are the ones when I had you all to myself during our occasional vacations together. I loved travelling with you whether it was overseas or here in Alberta. You had such a wonderful sense of

adventure and such a quirky kind of humor.

We laughed a lot and then shed a tear or two when it was time to part. We used to sing that Carol Burnette ditty, "I'm so glad we had this time together, just to have a laugh or two, seems we just get started and soon we have to say, so long".

Yes, each time it got harder and harder to say so long. Our last physical goodbye, our last embrace, our last kiss, they are all seared into my memory. So hard to believe that was three years ago.

Shortly after I came home, things began to go bad for you.

Your first stroke was a mild one, but then it was followed

by an other. And then a third.

Sometime after that, your mind began to change, you became a little confused and forgetful. We hoped it was just a phase and it would pass. It didn't.

It was no phase.

Over the following months, our telephone conversations became shorter and shorter as you quickly progressed into your new reality. You could not recall most of our past. I tried to fire your memory by asking, "do you remember when?" but it was a losing battle.

I wished with all my being that I could wipe your memory clean and get rid of the parasitic plaques that clouded your mind.

During our tele-

phone conversations you went from being happy in one minute, to crying the next.

The hardest part for me was when your verbalization became difficult. You had such a sharp and well education mind, and I so wanted to help you form the words.

And then. And then, we could no longer communicate.

When your daughters visited, they would put the phone to your ear so I could tell you how much I loved you and missed you. It pleased me to hear the moaning sounds you made which meant that you recognized my voice.

Now you are gone. Now what?

How do I say my final goodbye to my lifelong friend, my life companion, my sister?

My mind tells me I should be happy that you are at peace, that you are no longer in pain that you are in a better place and nothing will ever harm you again.

But my heart does not agree. I do not want you gone.

You were the last person who has known me all my life so without you, my road ahead is going to be unbearably lonely.

I know that memories and photographs will have to do, but sister, they are not enough.

You are irreplaceable.

2021 Kerby Membership

Memberships are sold for the calendar year
January 1 to December 31, 2021

**For inquiries, please call 403.265.0661
and ask for the Membership desk**
Memberships can also be bought online at

Membership Application Form

Please mail to:

Kerby Centre
1133—7 Avenue SW
Calgary, Alberta
T2P 1B2

Please renew / create a new membership for:

Name _____

Address _____

City _____ Prov. _____

Postal Code _____

Telephone _____

Date of Birth _____

License Plate Number _____

(If Parking Privileges are required)

Would you like the monthly KERBY NEWS to be mailed to you? _____

EMERGENCY CONTACT: Name: _____

Emergency contact phone number: _____

Enclosed, is a cheque / money order in the amount of:

Membership Fee 2021 (\$25.00) \$ _____

Parking Privileges* (\$5.00) _____

\$ Tax Deductible Donation \$ _____

TOTAL ENCLOSED \$ _____

OR your credit card number:

Expiry: _____

* members are reminded that Parking Privileges are only for when you are in Kerby Centre WITH the vehicle that is registered above—otherwise the vehicle will be ticketed or towed

Volunteer Spotlight



Weldon Vickers

Weldon is a very dedicated and reliable volunteer who started volunteering at Kerby Centre in September 2019. Currently he is helping with the Food Rescue Program, packing and sorting breads.

In past Weldon has volunteered as a special event worker, Kitchen Worker, Kerby News mail out volunteer and for the General Craft Group.

Weldon enjoys volunteering because it keeps him busy and gives an opportunity to meet new people and make new friends.

He said—"I am impressed how Kerby Centre provided support to the isolated seniors during the pandemic."

Besides volunteering, Weldon likes to collect stamps, drawing, playing card games and spending time with his brother who he is taking care of.

So far, Weldon has contributed over **117** hours.

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

2021 Top Investment Risks

The year 2020 will long be remembered for its challenges. Global crises, like the COVID-19 pandemic, can create great investment opportunities, but can also create emotional and stressful situations that are often exploited by fraudsters looking to scam you out of your hard-earned money. As you consider your financial planning for the year ahead, it's important that you research any investment to ensure it's right for you and have the information necessary to protect yourself from the common tricks of scam artists.

To inform and help empower you to make the right investment choices and to protect yourself, the Alberta Securities Commission (ASC) released its list of the top investment risks and possible scams to look out for in 2021. This list is based on investor complaints, ongoing investigations and current enforcement trends.

Investments related to COVID-19

A common scam is a pump and dump scheme, where fraudsters promote the opportunity to invest in new products or services to (in the case of COVID-19) aid in the battle against the pandemic. In reality, their claims are false and misleading. After they have heavily promoted ("pumped")

the "opportunity" and the stock prices get artificially inflated, the fraudsters "dump" their stock at the high price, leaving investors with nothing once the truth is revealed and the price of the stock falls dramatically. When investing, do your own homework and carefully research the company and the investment. Make sure you are comfortable with the risk associated with the investment you are considering.

New and emerging industries

New and emerging trends/industries make it easier for fraudsters to build investment scams and promote them with false information. There is usually limited information surrounding emerging industries and plenty of hype and excitement for their future potential. So while the new industry may be legitimate, be wary of anyone offering you an investment that seems to have vague or confusing details and sounds too good to be true.

Great expectations

Be wary of high-risk investment opportunities, especially if they promise high returns resulting from a proposed deal involving a letter of intent. Proposed deals can fall through, so if it's being promoted as a sure thing, you should be wary. Before you in-



Photo by Michael Longmire, via Unsplash.com

vest, research the company, the deal and the parties involved. Even if it's not fraudulent, make sure you're comfortable with the risks associated with the investment.

Affinity fraud

Affinity fraud occurs when victims are introduced to scams by someone they know, such as family members, friends or co-workers. Fraudsters often target ethnic communities, religious organizations, social clubs or professional groups. They pretend to be part of the community and take advantage of the trust and

relationships that exist within. They often flaunt their success or wealth and use unsuspecting people to promote the scam to others who trust them. Even if you trust the person encouraging you to invest, protect yourself by researching the person and/or company selling the investment, and make sure they are registered to sell it.

Non-registered people selling investments

Generally anyone selling investments in Alberta must be registered with the ASC and lack of regis-

tration is a key red flag of fraud. Be sure to check the registration of any adviser or organization by visiting CheckFirst.ca; and be wary of anyone who tells you that registration isn't required for the products being offered.

Fraudulent ads to work from home as a day trader

Ads that claim you can make good money by working from home as a day trader are popping up more frequently. They say no experience is necessary and all you need to do is pay a fee for the training. However, often, the firms offering these services are not legitimate and the goal is to steal the money you paid as a "fee". It's important to remember that, to trade securities, you need to be registered. Also, trading stocks or foreign-exchange is inherently high-risk and complicated.

Protect yourself in 2021. Do your research. Keep an eye open for the red flags of fraud and report any suspicious investments to the ASC's public inquiries office. The free resources on CheckFirst.ca will help you stay informed, and the new Fraudster's Playbook "Don't be Fooled by Fraud" outlines steps that scam artists take so you can recognize and avoid them.

PLEASE JOIN US

新年快乐
HAPPY CHINESE NEW YEAR
2021
—YEAR OF THE OX—



PRESENTED BY



卡城華人耆英會
The Calgary Chinese Elderly
Citizens' Association



Kerby Centre

SPONSORED BY



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Kerby Centre & The C.C.E.C.A.
Invite You To Join Us For

**A VIRTUAL
CHINESE NEW YEAR
CELEBRATION**

TUESDAY, FEBRUARY 23rd

10:30 - 11:30 am

An Online Zoom Presentation Featuring

- * Celebrate the history & time honored traditions such as the Lion Dance
- * Enjoy video performances of traditional song and dance by the Mandarin Support Group and others
- * Learn the Art of Calligraphy and try your hand at the craft of Paper Cutting
- * Welcome Messages from Special Guests

FREE Registration at
<https://kerbyvirtualchinesenewyear.eventbrite.ca>
A zoom link will be emailed to you

CHILI NIGHT FOR A CHILLY NIGHT

Yes, it's still technically winter, and that means it's still the season for nesting inside. What better way to stay cozy on a chilly night than to turn it into a Chili Night? Below is a winning combination of a hearty Red Lentil Chili and Cornbread muffins, that are sure to keep you feeling toasty and happy!

ONE POT RED LENTIL CHILI

2 Tbsp olive or coconut oil
1 medium yellow onion, diced
1 medium red pepper, diced
1/2 tsp each sea salt and black pepper, plus more to taste.
1 small jalapeño, diced with seeds (remove seeds or reduce or omit for less heat)
4 cloves garlic
3 Tbsp chili powder blend
2 Tbsp ground cumin

1 tsp smoked paprika
2 15-ounce cans diced tomatoes
3 Tbsp tomato paste
1 3/4 cup water (plus more as needed)
3/4 cup dry red lentils thoroughly rinsed in cold water + drained
1 15-ounce can kidney beans (slightly drained)
1 15-ounce can black beans (slightly drained)
1-2 Tbsp maple syrup
1 15-ounce can corn, drained (optional)

PREPARATION

Heat a large pot over medium heat. Once hot, add oil, onion, and red pepper. Season with a healthy pinch each salt and pepper and stir. Sauté for 3-4 minutes, stirring frequently.

Add jalapeño and garlic to a mortar and pestle and crush into a rough paste (alternatively, blend in a small food processor, or finely mince). Add to the pot with onion and red pepper, and season with another pinch salt and pepper.

Add 2/3 of the chili powder, half of the cumin, paprika, diced tomatoes, tomato paste, and water, and stir to combine. Bring to a low boil over medium high heat.

Once boiling, add lentils and reduce heat to medium-low or low, so it's at a gentle simmer. You want to see bubbles, but you don't want it boiling. Cook for 15 minutes, or until lentils are mostly tender. As it's cooking you may need to add more water if the mixture is looking too dry and the lentils aren't submerged.

Next add kidney beans, black beans, 1/4 tsp each salt and pepper, and remaining cumin and chili powder, and stir to combine.

Bring to a simmer over medium heat, then reduce heat slightly to low, add corn (optional), cover, and gently simmer for 20 minutes to meld the flavors together. Stir occasionally.

Taste and adjust seasonings as needed, or add a little maple syrup to balance the heat and draw out the other flavors.

Serve immediately or store leftovers in the refrigerator up to 4 days, and in the freezer up to 1 month.



Recipe and photo courtesy of Minimalistbaker.com

Extra Corny Cornbread Muffins

Nonstick vegetable oil spray
1½ cups all-purpose flour
1¼ cups cornmeal
¼ cup plus 2 Tbsp. sugar
2½ tsp. baking powder
¾ tsp. baking soda
2¼ tsp. kosher salt

1½ tsp. freshly ground black pepper
2 cups fresh corn kernels (from about 2 cobs), divided
2 large eggs plus 1 large egg yolk
¾ cup sour cream
⅔ cup milk
½ cup (1 stick) melted unsalted butter, cooled
Flaky sea salt



Recipe by Molly Baz, Photo By Chelsie Craig. Courtesy of Bonappetit.com

PREPARATION

Preheat oven to 400°. Generously coat a standard 12-cup muffin pan with nonstick spray.

Whisk flour, cornmeal, sugar, baking powder, baking soda, kosher salt, and pepper in a large bowl. Stir in 1½ cups corn.

Lightly whisk eggs and egg yolk in a medium bowl, then whisk in sour cream, milk, and butter.

Create a well in the center of dry ingredients. Pour egg mixture into well and stir with a wooden spoon until batter is just combined.

Divide batter among prepared muffin cups. Top with remaining ½ cup corn, then sprinkle with sea salt.

Bake muffins, rotating pan halfway through, until tops are golden brown and a tester inserted into the center comes out clean, 18–20 minutes. Let cool slightly in pan. Transfer muffins to a wire rack and eat while warm or let cool completely.

Do Ahead: Muffins can be made 1 day ahead. Store in an airtight container at room temperature.

The Kerby Centre 2021 Tax Clinic: Assistance for Low-income individuals

Every year, the Kerby Centre tax clinic offers free assistance to low-income individuals filing personal tax returns, as required by Canada Revenue Agency. Even if you do not earn an income, or if you do not pay tax, it is absolutely essential that you file your tax return. This will ensure your eligibility for the GST and if you receive the Guaranteed Income Supplement (GIS) and Alberta Seniors Benefit (ASB), filing your tax return will ensure that these supplements are continued.

Who qualifies for this assistance?

The Kerby Centre tax clinic is run solely with the assistance of volunteers. For this reason, the Kerby Centre offers these services to individuals who are either disabled (currently receiving AISH income) or 55-years and over and with a gross income less than \$35,000 for a single person.

Kerby Centre can also file tax returns for couples with a combined household income of less than \$45,000.

Kerby Centre income tax volunteers are trained to do basic returns and cannot do returns that include business income, self-employment income, farm income or capital gains trade sum-

maries. Please notify the Kerby Centre receptionist at the time of booking your appointment what type of return you have so you can have the correct appointment time booked. We book 20-minute appointments per person per year of taxes to be filed.

Kerby Centre volunteers may also be able to do returns for deceased persons, if the returns are not complex. Please note: when bringing in a deceased return, the executor must accompany the return with a copy of the will and a death certificate as well as last year's return and notice of assessment. Unfortunately, we are not able to file estate tax returns.

How can you get this assistance?

There are three ways to access the Kerby Centre tax clinic services.

To have your tax return prepared and e-filed by the tax volunteer while you are with them, you must book an appointment. Kerby Centre will start booking 20-minute appointments for the Tax Clinic from Monday, Feb. 1, 2021. Appointments can be made by calling (403) 705-3246. The 2021 tax clinic will begin Monday, March 1, and will run on Mondays, Tuesdays, Wednesdays

and Thursdays from 9:00 a.m. to 3 p.m. This service continues until Thursday, April 29.

You can alternately get your tax e-filed remotely over the phone. To book an appointment call 403-705-3246.

Tax returns can also be dropped off at Kerby Centre beginning March 1. A drop-off form must be completed and will include all your important information including: date of birth, marital status, address, spouse's net income, contacts information such as a phone number, SIN number etc. Drop-off returns are prepared by the volunteers as time permits. When your tax return is completed, you will receive a phone call to notify you that your tax return is ready to be collected. Drop-offs can be left in the Kerby Centre Information Resources Office in Room 206.

What to bring with you?

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

Your necessary documents may include:

A copy of your income tax from last year

if not prepared at the Kerby Centre and your Notice of Assessment

All reporting slips (T-slips) for each type of income you receive.

Details and amounts of any foreign incomes (including foreign pensions, social security, interest or dividends)

Details of any deductible items that you may be eligible to claim: medical (yearly printouts from Pharmacy) for prescriptions, services and medical devices, premiums to private medical plans, bus passes, charitable donations etc.

Records of any tax installments paid for 2019.

Void cheque (if you are not already set up for Direct Deposit with CRA)

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

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

Use this checklist to decide if you can access the Kerby Centre tax clinic 2021:

I am and have the following:
Over the age of 55 or receiving AISH
Income for a single person is less than \$35,000 or for a couple, less than \$45,000
Tax return is simple and includes any of the following:
Simple income: CPP, OAS, GIS, ASB, Alberta Works Support Income, AISH, CPPD
Rental Income with all deductible expenses totaled and categorized
Deceased person's taxes if they are simple
If any of the following apply, you are unable to access the Tax clinic
Under the age of 55
Income for a single person is more than \$35,000 or for a couple, more than \$45,000
Tax return is complicated and includes any of the following:
Business Income, Farm Income, Capital Gains Trade Summaries
Estate tax returns or Bankruptcy returns
Deceased persons taxes if they are complicated

You are invited to our

FREE

Tax Clinic





Kerby Centre

We will do your Income Tax For free!

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

Starting March 1st to April 30th, 2021

(Monday to Thursday)

Income limit: \$35,000 per year for single or \$45,000 per year for a couple

Please note: We do not prepare tax returns for self employment, business/rental income, capital gains/ losses/bankruptcy.

We will begin booking appointments from February 1st, 2021

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

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



Illustrations by Becca Lowe.

Seniors: Tips to help you this tax season!

The Canada Revenue Agency (CRA) understands that the COVID-19 pandemic may have affected the usual ways seniors manage their taxes. Here are some tips to help prevent disruptions to your tax and benefit affairs, as well as to help you when completing your income tax and benefit return in order to ensure you receive all the benefits and credits to which you are entitled!

Sign up for direct deposit and file online to reduce delays

The CRA encourages you to sign up for direct deposit, file your income tax and benefit return online, and update your address and personal information, to get any refund faster and avoid delays. The CRA also encourages you to sign up for My Account, the fastest and easiest way to view and manage your tax and benefit information.

If you filed your return on paper last year, the CRA will automatically send you an income tax and benefit package by mail, so there is no need to leave your home to get one, reducing your potential exposure to COVID-19. File your return soon after you receive your package to get any refund for which you may be eligible for, and to help ensure that your benefit and credit payments are not interrupted.

How COVID-19 benefits affect your return

If you received the Canada Emergency Response Benefit (CERB), Canada Emergency Student Benefit (CESB), Canada Recovery Benefit (CRB), Canada Recovery Sick Benefit (CRSB), or Canada Recovery Caregiving Benefit (CRCB) payments, these are considered taxable in-

come, and you will have to enter on your return the total of the amounts you received. You will receive a T4A (for benefits issued by the CRA) and/or a T4E (for benefits issued by Service Canada) tax slip in the mail with the information you need for your return. You can view tax slips online as of February in My Account.

In addition, you may owe tax when filing your return. This will depend on your personal circumstances, and the type of COVID-19 benefits you received:

If you received the CERB or CESB, no tax was withheld when payments were issued, and you may owe tax when filing your 2020 tax return.

If you received the CRB, CRSB, or CRCB, 10% tax was withheld at source. However, this may not be all the tax you need to pay. When you complete your personal income tax return,

you may need to pay more (or less), depending on how much income you earned in 2020.

We recognize that for some individuals, repaying these benefits could present significant financial hardship. For this reason, payment arrangement parameters have been expanded to give Canadians more time and flexibility to repay based on their individual financial situations.

Get free tax help

If you have a modest income and a simple tax situation, volunteers near you may be able to complete your return for free. This year, to reduce the spread of COVID-19, volunteers may be able to complete and file your return in person, by videoconference or phone, or through a document drop-off arrangement.

Get benefits, credits, and claim

other expenses

As a senior, you may be eligible for benefits and credits when you file your return, such as the: goods and services tax / harmonized sales tax credit, Related provincial or territorial benefits and credits.

If you owe money this year, you may be able to claim credits that will lower what you owe at tax time. For example, you may be able to claim the:

Canada caregiver credit, disability tax credit, medical expense tax credit, home accessibility tax credit, age credit, pension income credit

Also, you may be able to take advantage of pension income splitting.

Do you receive the guaranteed income supplement? The supplement is a monthly benefit for old age security pension recipients who have low income and are living in Canada. If you re-

ceive the supplement, by filing your return on time you will avoid any delay in the payments for which you are eligible.

If you're a resident of Alberta, Saskatchewan, Manitoba, or Ontario, you may be eligible for the climate action incentive payment when you file your 2020 return. You could receive a larger payment if you live in a small or rural community. The incentive will first lower the taxes you might owe, then create or increase your refund.

Making sure you claim potential benefits and credits is important. It helps you pay for what you need, and puts more money in your pocket. Do your homework on the benefits and credits you may be eligible to receive so you don't miss out!

Source : cra-arc.media@cra-arc.gc.ca





Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre Is Modifying Programs As Required To Meet the Current Covid 19 Guidelines
Please visit our website www.kerbycentre.com for up to date information on our programs and services

Please Join Us For These Exciting and Informative Kerby Centre Online Health, Wellness, Information & Entertainment Presentations
Visit www.kerbycentre.com for further details



February is Heart Month

February 2nd - Libin Cardiovascular Institute's Launch of *Move To Improve*
Learn the behavioural science, the importance of 150 minutes of movement a week & fitness resources

February 13th - Wear Red Canada Day #HerHeartMatters
Join other Canadians in wearing red to build awareness for *Women's Heart Health* - Then join us on

February 18th - Women's Heart Health, Presented By Dr. Kara Nerenberg, MD, MSc, FRCPC
Join us for an informative presentation for women, and those who love them!

For further details see the ad within or visit www.kerbycentre.com or kerbynews.ca

Wednesday, February 3rd 10:00 to 11:00 am

GOOD MENTAL HEALTH HABITS FOR SENIORS

AS PART OF KERBY CENTRE'S *LIVE WELL BE WELL MENTAL WELLNESS SERIES*
Presented By Vineeta Kapoor M.Psyc, PGDGC -Manager of Information Resources

FREE Registration - <https://goodmentalhealthhabitsforseniors.eventbrite.ca>
For further details see the ad within or visit www.kerbycentre.com or kerbynews.ca

Tuesday, February 9th 10:30 - 11:30 am

LIFE WITHOUT ME? CAN'T IMAGINE SUCH A THING!

KERBY CENTRE'S 2021 SERIES OF HEALTH & WELLNESS, FINANCIAL PLANNING, INFORMATION & ENTERTAINMENT ONLINE PRESENTATIONS
WHY WE NEED TO HAVE THE DIFFICULT CONVERSATION & THE IMPORTANCE OF WILLS, POWERS OF ATTORNEY AND PERSONAL DIRECTIVES— Presented By Dr. Judy Stewart, PhD

FREE Registration - <https://Kerbypresentslifewithoutme.eventbrite.ca>
For further details see the ad within or visit www.kerbycentre.com or kerbynews.ca

Tuesday, February 23rd 10:30 - 11:30 am

Kerby Centre & The C.C.E.C.A Present A Virtual Chinese New Year Celebration



Celebrate the history & time honored traditions, enjoy video performances of traditional song & dance by the Mandarin Support Group & others, learn the Art of Calligraphy and try your hand at Paper Cutting

FREE Registration at <https://kerbyvirtualchinesenewyear.eventbrite.ca>
For further details see the ad within or visit www.kerbycentre.com or kerbynews.ca

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 virtual 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 403 705-3246

Kerby Centre FREE Pop Up Bread Market - In Partnership With COBS Bread

Drop-in to the Kerby Centre Gymnasium
1133 7th Ave SW

Between 10:30 am and 12:30 pm

Each Tuesday (February 2, 9, 16, 23)
and Friday (February 5, 12, 19, 26)

To pick up some FREE rescued baked goods, treats and other food items



KERBY EDUCATION & RECREATION FEBRUARY ZOOM CLASSES

For further details on these programs and changes to our Drop In Groups please email karis@kerbycentre.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY FITNESS 9:30 - 10:30 AM	ESL 10:00 - 11:00 AM TAI CHI 1:30 - 2:30 PM OPTIONS 45 1:30 - 2:30PM	MEN'S SHED 11:00 - 12:00 PM SEATED YOGA 1:00 - 2:00 PM	ZUMBA GOLD 10:00 AM - 11:00 AM EXPRESSIVE ARTS 1:00 - 2:30 PM	MUSCLE STRENGTH & CORE BALANCE 9:30 - 10:30 AM YOGA FOR YOU 11:00 - 12:00 PM

Options 45
Powered by Kerby Centre

A Group For Mature Jobseekers
Join Us Tuesdays
1:30 - 2:30 pm
For Our Informative Zoom Online Presentations

Feb 2nd Resources Available At the Calgary Public Library For Job Seekers
Meeting ID: 862 0697 8518 Passcode: 796576

Feb 9th Resume Writing
Participants will receive information and tips about:

- Information and guidance on writing a customized resume
- How to write resume based on the latest Canadian labor standards
- Essential components of a resume and what makes it effective

Meeting ID: 812 2528 4979 Passcode: 503654

Feb 16th Interview Etiquette
Participants will receive information and tips about:

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

Meeting ID: 874 5693 9857 Passcode: 486333

Feb 23rd Job Search Strategies
Participants will attend this workshop and learn how to:

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

Meeting ID: 811 4370 1114 Passcode: 513774

For more information phone 403 705-3219

Pensions decisions – six keys to a great retirement

You've undoubtedly thought a lot about the "shape" of your retirement – but whether your plans include traveling, volunteering, starting a new career, or a myriad of other retirement dreams, the most important thing is having sufficient finances to ensure all of them become reality. If you are a member of a pension plan, now is the time to make some important decisions that will have a strong impact on the amount and length of your pension.

1. Decide when your pension payments will begin.

If you have a defined benefit pension plan, your annual benefit may be reduced if you retire before reaching a certain age or completing a minimum service requirement. However, your plan may have a bridging benefit to offset an early retirement pension reduction that is paid from the date of early retirement up to age 65 when it will stop.

2. Decide whether or not your pension benefit transfers to your spouse when you die.

You can usually: Elect to receive a life-only pension that ends when you die. It will deliver a higher monthly benefit to you than a joint and last survivorship pension but will not provide a continuing benefit for your spouse after you die. The plan member's spouse will need to sign a waiver to take this option.

Select the joint and last survivorship option. While your monthly benefit will be lower, the "joint and last survivor" option is usually better unless your spouse has his or her own pension, Registered Retirement Savings Plan, non-registered assets and/or adequate insurance coverage.

3. Choosing the survivor benefit. Not all plans allow you to do this – check the details of your plan. In most jurisdictions, the "standard" survivor benefit is 60% of the pension that was being paid to you prior to death, however some plans will include other options such as 66 2/3%, 75% and 100% survivor benefits.

4. Do you have the option of receiving your pension benefit for a guaranteed minimum number of payments?

Some plans allow you to choose to receive monthly pension payments over a minimum term of 5, 10 or 15 years – meaning that even if you die prematurely, the benefit will continue to be paid for the period you selected.

5. Does your plan have a CPP (Canada Pension Plan) or OAS (Old Age Security) integration option?

If so, you can choose to receive an advance on your pension in the form of larger monthly payments until age 65, when CPP and OAS

benefits normally begin.

This option will result in reduced monthly payments after the age of 65.

6. Do you have the option to transfer the commuted value of your pension to a

locked-in account?

Instead of receiving a monthly lifetime pension, you transfer the commuted value of your pension to an account you control.

Among other financial decisions, these six key pen-

sion decisions will help ensure your retirement dreams will become reality. To be sure your decisions are right for you, talk to your professional advisor.

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



PLEASE JOIN US FOR THE NEXT PRESENTATION IN OUR 2021 SERIES OF
**KERBY CENTRE HEALTH & WELLNESS, FINANCIAL PLANNING,
INFORMATION & ENTERTAINMENT ONLINE PRESENTATIONS**

LIFE WITHOUT ME?

CAN'T IMAGINE SUCH A THING!

Tuesday, February 9th
10:30 am to 11:30 am

*WHY WE NEED TO HAVE THE DIFFICULT
CONVERSATION & THE IMPORTANCE OF
WILLS, POWERS OF ATTORNEY AND
PERSONAL DIRECTIVES*



Presented By Dr. Judy Stewart, PhD

FREE Registration - <https://Kerbypresentslifewithoutme.eventbrite.ca>
A Zoom link and details will be emailed to you!

Leave a Legacy of Inspiration



"I hope to be remembered as a caring and thoughtful person. I want to know that Kerby Centre's important work will continue on for years to come.

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

-Anonymous donor

Our work is possible thanks to the kindness and compassion of people like you who remember us with a gift in their will – a gift that will help create a better future for seniors.

Please choose to make a difference today

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



YES - I want to help create a caring, connected community for seniors today!

One-time donation amount: \$50 \$100 \$150 \$250 My choice: _____

Monthly donation amount:* \$15 \$25 \$50 \$100 My choice: _____

Donation in memory/in honour of _____

Payment method: Cheque Visa MasterCard

Credit card number _____

Expiry date _____

Signature _____

Planned giving is another great way to help.

I have included Kerby Centre in my will.

I would like more information about planned giving.

Send tax receipt to:

Name _____

Address _____

City _____ Province _____ Postal code _____

E-mail _____

Phone _____

All donations are gratefully received.

Donations \$20 & above will receive a donation receipt.

Kerby Centre | 1133 7 Ave SW | Calgary, AB | T2P 1B2
Donate online at www.kerbycentre.com/donate or call (403) 705-3235

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CLASSIFIED ADS

To place your ad call: 403-894-6986, 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 March issue must be received and paid by February 15.

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

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20 HOME MAINTENANCE

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11 FOOT CARE:

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

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48 Real Estate

Tired of shoveling snow and mowing lawns? Welcome to worry free Adult living at Chinook Manor. This building features amazing amenity rooms. Woodworking, fitness, billiards and recreation. Located one block north of Chinook Centre, close to public transportation and the LRT. This 3rd floor apartment

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February 13, 1921 Doris Reiffer Happy 100th Birthday!



Dear Moma, You are everything to us. You are the most beautiful part of this world. We love you with all of our hearts. Love, Marjorie, Dennis, & Linda

The Paper Mine

By Peter R. Meyer
Contributing
Essayist

Small events sometimes conceal far reaching consequences.

Studies of insect and other invertebrates by amateur observers are important in augmenting formal studies in this time of a declining insect biome.

Colonial wasps are the subject of this anecdote and advice. It starts with my backfilling of an excavation which indeed two 20-centimetre logs 15 years ago.

In early summer, a flurry of wasp activity revealed a conical excavation in the mature lawn with a two-centimeter hole. At least a liter of soil would have to have been removed by the wasps.

Two-way traffic ran through the passage, interrupted by the occasional dead or dying, or by debris falling into the hole. These obstructions would be bounced around, falling into the putative cavity or bounced to the surface.

Each emerging wasp had a three-millimetre ball of material, presumably wood pulp. The sheer number of individuals far exceeded that required to build a 20-centimeter diameter paper nest. Therefore, one has to assume the cooperative use by many

colonies working to exploit a lucrative, microbe-softened pulp source.

As they will drink if offered, I used a shallow container with a few floating leaves. They sometimes drown if secure footing is not provided.

The avoidance of being stung, one meter from the sidewalk; follow the 1-2-3 rule; close you get bumped, closer you get lightly stung, and closer yet they get the chemical trigger attracting more of the same.

The fortuitous location of this motherlode ensured its usage until freeze-up. I expect some of the individuals entombed will survive on the microbial bounty, to emerge in the spring.

For control of nest locations which are less desirable, I advise the controls be undertaken early in the season. The later you leave it, the more intractable the wasps will be.

The destruction of an established nest is sad, resulting in an extreme waste of energy. To undertake control of an early next location, simply observe for a few minutes at each possible location — sheds, crawl spaces, cavities — for probing and disappearing individuals through a single orifice or small general location.

Safely embed a

partial pyrethrin mosquito coil; position it so the smoke drifts through the area of interest. Repeat as necessary.

Pyrethrin is an effective repellent, but use to eradicate an established nest is a protracted, human-toxic effort.



IN MEMORIAM

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

- Annette Yvonne Scott
 - Brenda Dorothy Parks
 - Dorothy T Nelson
 - Florinda Dimarzo
 - Heather Brunlees
 - Hildegard Jaeger
 - Hugo Aldo Cordero Lira
 - Ian Bews
 - Jacqueline Madeline Morris
 - Jacques Mydlarski
 - Jane Hegi
 - Joan Winifred Poulsen
 - Marguerite Lichkowski
 - Monique Buyschaert
 - Sarah Theresa Roach
 - Twyla J Beamer
 - William John Henry Thijs
 - William Mcleod
 - Zdenek (Paul) Mastalir
- 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 the Kerby News.



CROSSWORD SOLUTION

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Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary

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

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