

Our inaugural photo contest winner!



Kerby News announced its inaugural photo contest a few months ago and entries have been flooding in ever since. This amazing waterside shot in Glenmore was taken by our winner Karin Hossack. This photo and many more are featured on pages 16 to 19.

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THE COMMUNITY WITH HEART

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

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

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

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

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



— Dr. M. Garth Mann: Director



From Residents and Families

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Fantastic job all around."

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

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

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

"Thank You 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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Message from the CEO: Kerby's outreach and support



Larry Mathieson, CEO

After my call to our members last month about membership renewal this year, many of you called me or messaged saying you would be supporting Kerby Centre with your membership. I want to thank all of you for your support this year.

In my phone call, I asked you not to think of your membership as a dis-

count on a course or program this year but to think of it as a way to help us to continue to provide outreach and support to seniors who are isolated due to COVID-19. I cannot thank you enough, you have no idea how many envelopes arrived at Kerby with a cheque for membership and an extra cheque for senior's outreach support.

Kerby, like many non-profits, has been hit hard by the economy and the pandemic, so without these gifts we would not be able to keep reaching out to seniors. I have read all of your messages on our online giving portal with your donations to the shelter or our COVID-19 outreach.

Your messages about

the frozen meals, our Zoom programs or classes and our support calls are well received and absolutely appreciated.

As the reported COVID cases are again high, we are once again ramping up to provide more outreach support. It is our pleasure to be able to bring Kerby to you, as it seems that for a few more weeks we will not be running programs in Kerby.

Watch our website and our social media, my team is working on a few very interesting collaborations with other charitable organizations in the Calgary area to provide more outreach in more creative ways to seniors in Calgary and Alberta.

Some of these collaborations will be with senior's organizations who you might expect us to work with-but some will be with organizations that might surprise you.

These collaborative partnerships will enable us to bring Kerby to seniors isolated at home, but to do it in a way that is more cost-effective than if we did it ourselves.

In addition, some of the ideas our staff have developed with our partners in other organizations are just so ingenious — I really cannot wait for you to hear about them.

Until next month: stay strong my friends and stay safe.

JANUARY 2021

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

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A challenge from the president

The board of directors joins me in wishing you a happy new year.

Rather than the typical message, this month we decided to bring you this fun activity.

I hope it brings you a bit of joy.

Yours truly,
Richard Parker,
Kerby Centre board president

REBUS puzzles, also known as Dingbats, are visual word games from which a well-

known phrase or saying has to be identified from an obscured representation. It's similar to what was used in the television program "Catchphrase." See how many of the following you can manage to solve.

<p>PROMISE</p> <p>#1</p>	<p>CHAIRS</p> <p>#2</p>
<p>GROUND LONDON</p> <p>#3</p>	<p>MACT</p> <p>#4</p>
<p>SEEING</p> <p>#5</p>	<p>CCCCCCC</p> <p>#6</p>
<p>LIFE ALWAYS LOOK</p> <p>#7</p>	<p>MACBETH</p> <p>WORD WORD WORD WORD WORD WORD WORD WORD WORD WORD WORD WORD WORD WORD WORD WORD</p> <p>#8</p>

ANSWERS ON PAGE 23

Me and Auld Lang Syne

By David Darnielle

Should auld acquaintance be forgot
And never brought to mind?

What in gods name does that even mean?

The tune and melody are familiar to most who celebrate the New Year, having heard the tune to Auld Lang Syne growing up for decades as the ball drops on Dec. 31 ringing in the next 365 days, but very few people know its actual origin. I count myself among them.

New Years is synonymous with new beginnings and Auld Lang Syne tends to deal with an oft-forgotten piece of the celebrations: the

past and what's happened over the previous 12 months.

I know more than a few folks who'd like to put the events of 2020 behind them. That is a group of people I also count myself among.

But unlike others, I don't make resolutions anymore.

Whether it's to lose weight or quit a bad habit, I've had enough failed resolutions to know that it's a losing game at the end of the day.

I've come to realize that if I need a new calendar to try to change sometime important in my own life, that it's not the calendar that's important: it's me.

And if something is worth doing, then it's worth

doing at any point in the year, regardless if Dick Clark and his host of celebrity friends are in Times Square.

I've had enough failed resolutions to know that it's a losing game at the end of the day.

So resolutions are not

my bag. But I do tend to mark the start of a New Year in my own, personal way to improve my life and I mark it with an act of forgiveness.

It's not the kind of forgiveness you might imagine.

Yes, maybe the fellow at the coffee shop didn't deserve my whispered curses and ire to myself as I drove away, realizing my black coffee was filled with cream and sugar. I'd never deign to say it to his face, of course, but the grumbling by myself in my vehicle as I sipped a syrupy sweet Italian something-or-other instead of my regular black coffee was in some ways legendary. Yes, this and every other perceived slight over the year obviously deserves my forgiveness.

But what about larger, more important battles that might have happened?

Relationships — whether they be friends, lovers or family — are important. To have and to hold them means admitting when one was wrong and finding an accord, rebuilding a bridge that might have been broken through misunderstanding or hastily said words.

But I want you to know, dear reader, that the pressure to forgive isn't always proper. It is quite alright to leave a bridge broken.

This may seem fatalistic, I admit. But I believe I am not entirely wrong.

If there is a person in your life who has caused irreparable harm, you are under no obligation to forgive and forget. To explain,

please allow me a brief detour.

I remember listening to a powerful radio interview this past year. It was between two men, one of whom was the host and the other, a poet and author.

They discussed the poet's background, which included his step-father; a described monster-of-a-man who made the writer's childhood and early adulthood a living hell of abuse, both physical and otherwise.

Near the end of this interview, the host ended up asking the man whether or not he forgave his stepfather.

"No," he said. "I don't."

It might seem toxic or even harmful to hold onto those feelings of anger or resentment, but attempting to placate them over a self-imposed desire for closure or purity of mind forces us to jump through hoops. We can even re-harm ourselves if we open up, allowing the possibility for people who should stay far away to re-enter our lives.

What I am trying to say is this: when I talk about forgiveness, I don't necessarily mean forgiving others.

I mean to say: forgive

I mean to say: forgive yourself.

yourself.

When it comes to the end of the year and you pour over the mistakes, foibles and follies over the previous months, you may think on the anxieties and hurt you have caused yourself.

If you're as prone to beating yourself up as I am, take note. And put down the boxing gloves already.

Don't forget what you learned. Those are lessons and wisdom that you've earned by making mistakes and coming back in one piece. But you have to let go of these hot coals you grasp so tightly.

If you carry them on from year-to-year, all you'll end up getting is burned.

So let them go, like a tightly held breath clutched deep in your chest. Don't forget to breath. And once more, with feeling:

"Should auld acquaintance be forgot,
and never brought to mind..."



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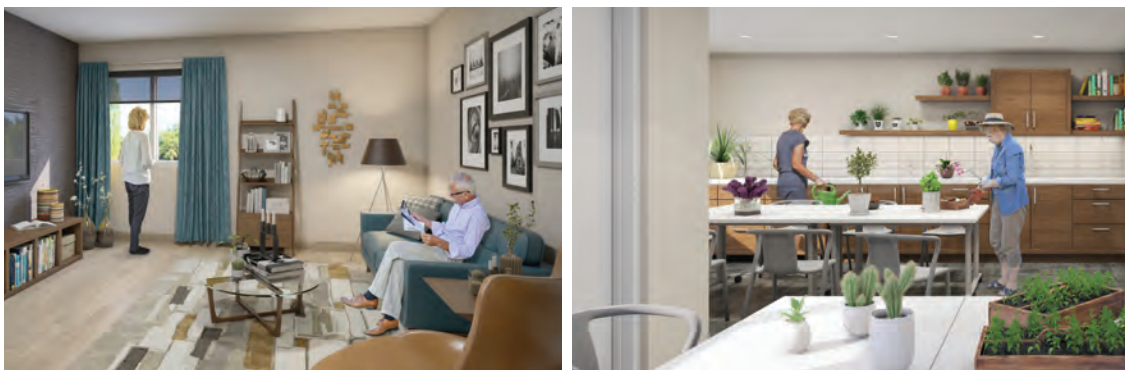
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WESTVIEW

BY SILVERA

Pinball Wizardry

By Angie Friesen

My love of pinball all began with Sesame Street.

While each episode featured a number and letter of the day, there would be a fun pinball animation for each episode featuring the numbers two to 12 — it wasn't noted why the number 1 didn't get a featured segment of its own.

The song "Pinball Number Count" was sung by The Pointer Sisters accompanied by a steel drum solo by Andy Narell. I was mesmerized by each adventure that steel ball

would take and the story that would be told.

There seems to be overlapping history on where and when pinball originated. In Europe, in the 1600s, a variety of pub games — similar to lawn bowling or croquet — were played that have a similar pinball feel to them. Bagatelle, Devil Among the Tailors and Skittles are just a few examples.

Each European country had its own variation of the game and some of these games are still played today. Last year,

I had John in the Kerby Centre Woodworking Department build my husband a Skittles game board, top and pin pieces from instructions I found online from the 1960s.

I did all of the finishing and learned how to create a smooth glossy surface for the top to successfully spin, increasing the chance of it staying in motion longer - which in turn increases your chance of knocking over more pins in "rooms".

In the 1930s manufacturers started creating versions of "marble/pin" games. The first-ever mechanical machine was 1931 Gottlieb's "Baffle Ball."

In time, games would be transformed by adding on additional features like bumpers, flippers, lights, bells and score wheels. EM (Electromechanical) machines were gaining popularity. Most machines produced from the 1940's - mid 1970s are EM pinball machines. (I am the proud owner of 2 EM pinball machines). In the late 70s - early 90s SS (Solid State/Computerized Pinball Machines) were being created, followed by DMD (Dot Matrix Display/More advanced computer system/graphics).

Now you even have the option of Virtual Pinball machines.

Pinball was banned throughout several American cities from the mid-1940s to mid-1970s. At the time it was considered to be a game of chance, not skill; which was viewed as a form of gambling.

Lawmakers and leaders at the time believed pinball to have connections to the mafia. It was also suggested that pinball would have a negative influence on children for taking their money and encouraging gambling at a young age.

During this time, thousands of machines were destroyed by sledgehammers in police raids and many machines went into hiding. It was still legal to privately own a machine in your home. Some businesses operated secret underground pinball games during that time. In April 1976, in a Manhattan courtroom, Roger Sharpe



Photo courtesy of author.

(Writer for New York Times and GQ was the star witness for the AMOA — Amusement and Music Operators Association) testified before the court that pinball was, in fact, a game of skill and not just chance.

He set out to prove that patience, hand/eye coordination and reflexes are all essential in gameplay. In the court, he had two pinball machines set up to demonstrate his point. To prove his point, he stated that in his next play his goal was to get the ball to travel down the middle lane of the playing field (which was not an easy task for this particular game).

He successfully made the shot, proving his point, and was victorious in winning the case and having the ban on pinball overturned. Roger Sharpe is often referred to as the "Babe Ruth of Pinball".

1975 Williams' "Big Ben" is the first machine that I purchased a few years ago. The previous owner was downsizing and wanted to ensure it was going to a good home.

She told me the story of how she and her husband opened up a cafe in Calgary in the 1980s and after a few years had to make the hard choice to close up shop. She had purchased the machine for her cafe and loved how much joy it brought to her customers as well as her chil-

dren and made the choice to keep it in her home for the next 35 years for her children and grandchildren to play.

I made a promise to her that I would take good care of it and it would get plenty of love in our home. I spent the next few months learning about the care and maintenance of pinball machines. I did some minor paint touch-ups, cleaned and waxed the playing field and replaced all the rubber rings. It looked as good as new. It always brings me joy hearing the ball roll across the playing field and hearing the dings, rings and fun sounds of gameplay.

A few weeks ago, I got the chance to give another machine a home. My Uncle's friend had 1967 Gottlieb's "Sing Along" stored in her garage over the last 20 years. My Uncle knew that I would be thrilled to fix it up and give it a new life and that has been my current project.

It has brought me so much joy learning, building and fixing up something so rich in history. Many times, when I'm working away at my machine, I have the song "Pinball Wizard" by The Who stuck in my head. I love breathing new life into vintage items. I have enjoyed seeing friends and family experience the nostalgia and fun that pinball has to offer.

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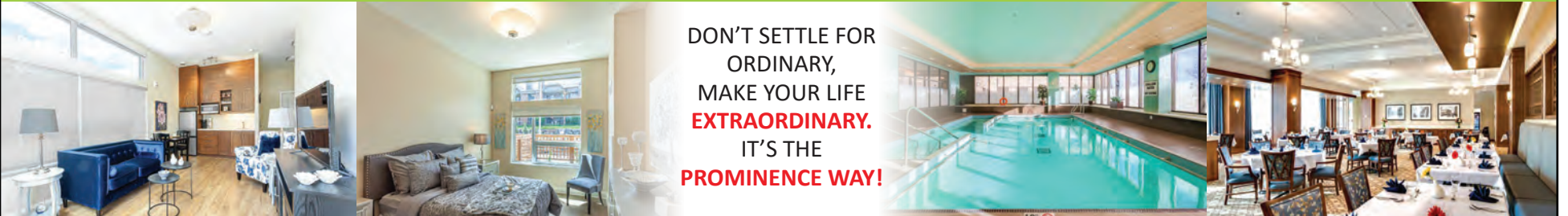
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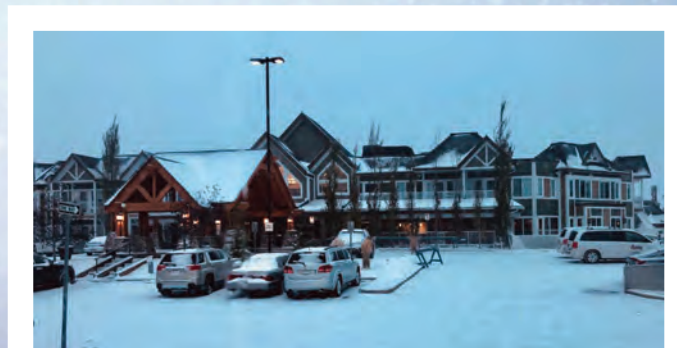


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Of resolutions and positive thinking

By Stephen Ditchburn
Rainbow Elders Calgary

I don't usually make New Year's resolutions. After all, everyone says I'm just perfect the way I am. Well, my mother says that (sometimes). Anyway, as I was saying, I don't usually make New Year resolutions but if I did, I think I'd probably try and somehow focus on being more positive and learn to let any negativity directed to me simply be like water off a duck's back.

One evening, not too long ago, my wonderful housemate asked me to make him

some muffins. Now, I'm not a marvellous muffin maker, but nonetheless, I did my best. Being ultra-picky as he is, he wanted some with rose water and walnuts and some with just walnuts and others with walnuts and chocolate, although it had to be melted chocolate, not chunky chocolate chips. I was only making a dozen and was up for the challenge.

When they were done, I was pretty proud and pleased with my tray of little masterpieces. "Here!" I said happily. His first reaction? "Needs more sugar."

After that, I heard some comments like mmm, yummy, delicious and the like. But all I really remember is the negative initial reaction and how sad I felt. It's completely put me off making muffins.

When I was teaching, it didn't matter how many wonderful things parents had to say to me during parent-student-teacher conferences, it was always the one negative remark that stood out and upset me.

It may have been warranted (You don't give enough homework!) but with the way, my mind works one negative com-

ment outweighs a hundred positive ones and leaves me very discouraged.

Aware of this power of negative comments,

I always tried to express delight with a student's work, no matter how disastrous it was!

"Oh, Bobby! What lovely paper you've used! And you've got your name at the top of the page! Well done!"

"Oh, Bobby! What lovely paper you've used! And you've got your name at the top of the page! Well done!"

I knew there'd be moments for constructive criticism later. Discouraging people, young and old, doesn't seem to be very worthwhile.

During the summer we managed to paint the kitchen cabinets at long last. They're great; a lovely deep forest green. When a friend dropped by all I remember her saying was, "Green?!"

Green belongs outside! I'd never have green in my house."

Continued on page 11.

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Volunteer Spotlight



Donna Rapp

Donna is a very dedicated and helpful volunteer who started volunteering at Kerby Centre in April 2020 during the pandemic for the meal delivery programs. Currently Donna is helping with the food rescue program, pop-up bread markets and making client phone calls.

When asked why she joined Kerby Centre, Donna said – "Kerby recognized elderly community members who were finding it challenging, unsafe and expensive to get groceries. I was worried for these folks too. As a new retiree with a car, I knew this was where I could provide value during a very difficult time. In addition, I discovered that the seniors really appreciated the human connection."

She further mentioned – "I'm incredibly impressed not only with Kerby's programs but with their volunteer operations. Kerby has an exceptional reputation, and is nimble and responsive to the needs of their community. I spent 40 years in non-profit communications and community development, so I know. The staff are a joy. Everyone is positive, kind, organized and considerate. My fellow volunteers are also good, caring people. It is like a second family."

Besides volunteering, Donna has many other passions including photography, hiking, camping, snowshoeing and adventure travel. Donna has visited the mountain gorillas of Uganda and trekked through Nepal (to name a few!). She is also the Board President of Further Education Society of Alberta, who provide literacy and learning programs for vulnerable community members and a long time patron of live theatre, music and arts.

So far, Donna has contributed over **50.00** hours.

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‘Lungs in a box’ could ease organ shortage



Darren Freed presents the EVOSS device that made 12 successful lung transplants possible in 2019. (Photo: University Hospital Foundation)

By Laura Vega, with files from Shelby Soke

A University of Alberta-led trial has demonstrated the potential of the Ex-Vivo Organ Support System (EVOSS) device to in-

crease life-saving opportunities for patients waiting for a lung transplant.

The study, published in Nature Communications, confirmed the efficacy of

the device in using negative pressure ventilation ex situ lung perfusion (NPV-ESLP) to assess and reclaim donor lungs that were initially deemed unusable for transplantation based on poor lung function.

EVOSS, invented and developed by U of A medical researchers, is making strides in the mission to solve two of the biggest issues in organ transplantation – the low number of healthy organs available and the limited window of time to get a donated organ to a patient. The need for viable lungs for transplants is expected to increase in the future, due to a significant number of patients developing pulmonary fibrosis as a result of COVID-19.

U of A surgeons Darren Freed and Jayan Nagendran developed the EVOSS, a platform that uses negative-pressure ventilation to replicate the way our chest cavity expands and contracts with each breath. By mimicking the natural process of breathing, it ventilates donated lungs in an ex vivo (“out of the living”) organ perfusion device, which constantly supplies the lungs with blood and oxygen and keeps them warm, similar to the conditions inside the body.

Freed, director of research for the Alberta Transplant Institute, said the negative pressure model has been shown to reduce injuries

to the lungs and improve the ability to repair damage. It may also lead to an increase in the number and quality of organs available for transplant.

Currently, organs are stored on ice while being transported, which often results in organ damage. The only thing physicians can do to minimize the risk of damage is reduce the time between when the organ is harvested and when it is transplanted.

Lungs can be kept from six to eight hours on ice, but up to 48 hours on the EVOSS device. This additional time also allows for organs to be assessed and repaired, which increases the number of viable organs available.

According to Freed, the idea of continuous perfusion of organs for transplantation isn’t a new one, but in the last 10 to 15 years there has been a push to improve organ preservation rates.

“The U of A has a very large transplant volume, and there is a very strong transplant science academic community here,” said Freed. “The science of ex vivo perfusion is still in its infancy in a lot of ways, so we need to continue to study and be diligent, which is why multidisciplinary research like what we do here is so critical to realizing the full potential of ex vivo organ donation.”

The research team is also working on insert-

ing this technology into portable devices capable of transporting any type of donated organ.

“Not only is it an opportunity to improve the quality of donor organs around the world, but it’s an Alberta-specific problem that we are addressing due to our unique geography,” said Nagendran, director of research for the U of A’s Division of Cardiac Surgery and surgical director of lung transplantation for the University of Alberta Hospital.

The University of Alberta Hospital has the largest geographic catchment area in the world for a single transplant centre, covering more than six million square km.

“We are frequently facing difficulties because an organ has been out of the body for a long time, in spite of trying to get it here as soon as possible,” said Nagendran, who performed the first ex vivo perfusion lung transplant in Alberta in 2013 and brought the first portable ex vivo lung perfusion device to the U of A as part of a worldwide clinical trial. “It’s one of the reasons why innovation is at the heart of what we do in Edmonton.”

“I don’t think that it’s a stretch to say that the future of transplantation is ex vivo organ perfusion,” said Freed. “There will be a time in the near future when 90 per cent of all organs are transplanted having been perfused out of the body.”

The EVOSS project was possible thanks to an investment of more than \$1 million from the University Hospital Foundation and Alberta Transplant Innovation Fund (ATIF), a partnership between the government of Alberta Ministry of Jobs, Economy and Innovation, Astellas Pharma Canada Inc., and the University Hospital Foundation. The research was additionally supported through the Canadian Donation and Transplantation Research Program and the Alberta Transplant Institute, both led out of the U of A.

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Paying things forward in the New Year

Con't from pg. 8.

Now I wasn't expecting an avalanche of compliments from her or anyone and maybe she said nice things after that, but it's initial negativity I recall. I know I need to 'let it go' as they say, however, it's not all that easy. I just wish I wasn't so darn sensitive!

So in light of those and other experiences, I think it'd be mighty fine if I could always be supportive and encouraging. Negative comments and remarks do no good and are only disheartening. After all, a wise person once said, "If you don't have anything good to say, then say nothing."

"Pay it Forward" is a wonderful film that I often showed my junior high students.

As part of a school assignment to change the world for the better, a young boy, much to the chagrin of his parents, takes kindly to a homeless man and allows him to sleep in their garage.

The movie's message is: Wouldn't it be great if everyone could do a favour or help someone out? In return, rather than paying back the deed with money, time or resources, they simply pay the favour forward by doing a favour or task for someone else. I love that idea.

It seems we are all so bombarded with negativity every day.

The news, the traffic, the weather, the neighbour's dog barking at a squirrel, these all add stress to our lives. One day I'd love to anonymously pay for the person behind me be at Timmie's or Starbucks. I'm not yet sure exactly how to do that and still remain anonymous, especially since I don't usually go to Timmie's nor Starbucks, but I'm sure that gesture would really make a difference in someone's day and put a smile on anyone's sad face.

Maybe in turn, they'd pay it forward do something generous to another person. Wouldn't that be nice?

I am honoured to be the co-chair of Rainbow Elders Calgary, a support group for LGBTQ+ senior Calgarians. On behalf of all of us, I wish you and your families and loved ones nothing but good health and happiness.

It may sound crazy, but let's all try to keep on smiling and singing and dancing. Maybe it'll catch on! Happy New Year!



Photo courtesy of Nagatoshi Shimamura, accessed on Unsplash.com.



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How financially fit are you?



Photograph by William Iven, via Unsplash.com

Provided by Alberta Security Commission

The New Year has arrived and while health and fitness resolutions easily come to mind, have you considered how financially fit you are? Undue stress from your finances can have a negative impact on your health and wellbeing, but there are several actions you can take right now. Check out our tips to help set out your 2021 financial goals on the right foot!

1. Review and refresh.

Blue Monday gets its name for a reason. The

holiday cheer has worn off and your first post-holiday credit card statements have arrived. Check what you spent against your budget and make a plan. The New Year is a fresh start and you can take this opportunity to assess your budget, revise your financial goals and create a plan to repay any debt. CheckFirst offers a wide variety of calculators, quizzes and worksheets that can help you evaluate and set your 2021 budget no matter where you're starting.

2. Don't let new goals overwhelm you.

If you're setting out with new investment goals in 2021, don't let them consume you. It can be easy to get lost in the sea of investment options, unfamiliar language and complex mathematical equations by yourself. If you're looking for a crash course in investing that's taught in plain language and easy to digest, consider the wealth of resources, quizzes and videos at CheckFirst.ca so you pick the right investments for you and your financial goals.

3. Find the right fit.

The root cause of fi-

ancial stress can often be linked to a lack of information. If you aren't working with a financial adviser, take some time to consider it. A relationship with the right financial adviser can help make you a more informed investor who is comfortable with their investment decisions. Before you work with anyone new, always be sure to check their registration and ask key questions to make sure they are right for you. With few exceptions, securities industry professionals are required to be registered with the securities regulator in the jurisdiction where they conduct business. Registration helps protect investors because securities regulators will only register firms and individuals if they are properly qualified, helping you to rest easy.

4. Break up with bad relationships.

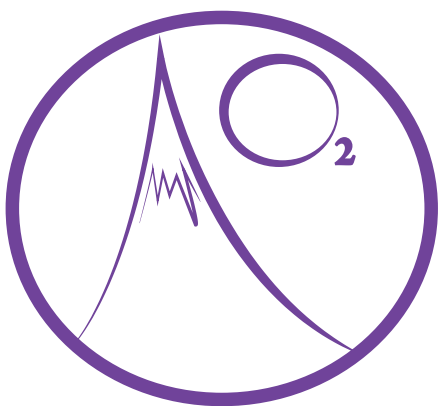
Another big source of stress can stem from distrust in your investments or financial advisers. This year, once you've evaluated your finances and goals, don't be

afraid to end relationships that aren't working for you. If an investment, financial partner or financial adviser isn't providing what you need to feel comfortable and successful, don't be afraid to speak up. Remember, they're supposed to work for you.

5. Nothing is set in stone.

While goals can help you clearly define where you want to be, the path to get there isn't cut and dried. Don't be afraid to pivot on your financial plan, or change direction throughout the course of 2021 as needed. Your finances should be arranged so as to help you achieve your goals. If something is bringing you undue stress, now is the time to change it!

As you embark on your financial journey in 2021 don't forget to visit CheckFirst.ca for free, unbiased resources. Wherever you are in your investment journey, CheckFirst is your go-to website for financial knowledge and investing wisely.



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Hello 2021; New Year — Old Resolutions

By Barbara Ellis

Here I go again: another new year but same old resolutions. It's time to clean house and get rid of things I have hung on to for far too long. It's time to reduce the clothes in my closet, things I haven't worn for years, and can't fit into anymore; time to get rid of the books I have kept and will never read again; time to also get rid of my CDs that are gathering dust and I no longer play.

Yes, here I go again, full of enthusiasm with a will to match. Probably best to start with my storage locker in the basement.

The first box I open contains letters, old letters, some from my parents and grandfather. I will never throw away my parent's letters because for me it would almost be like sacrilege, so for now, I will put them aside and re-read them later.

What about my grandfather's letters which are written in Hungarian? He used a fountain pen and had beautiful penmanship so I won't have too much trouble reading them. Yes, I will read them before I throw them away, I owe him that much. All these letters will have to go, someday, but not today.

Next, I open a binder that has protected and stored the first stories I tried to write. In the same binder, I find the beginnings of a book I attempted to write but never finished. Well, these papers will certainly have to be shredded, but not today.

The first green storage bin I lift off the shelf is titled Christmas decorations. While I have not put up a tree in a very long time, I am reluctant to throw away all my tree ornaments, the music

boxes and the beautiful star that crowned my tree.

Maybe next Christmas I can add these to the decorations we put up on my floor. It would certainly add sparkle to the festive season. Yes, I will sort through all these and give them away, but not today.

Next, the green bin stores several milk glass vases and candy dishes that once belonged to my mother. Milk glass was very popular in the 60s and 70s but now no one wants them, anyway, I am not ready to recycle my mother's treasures. Maybe next year, but not today.

At the bottom of the bin, I find a big brown envelope and as I tilt it, the contents spill out onto my lap. Oh, for heaven's sake! Photos of Aunt Gizi taken in the garden of her house. Well, she wasn't exactly family, but my sister and I adopted her and she loved that we called her "Aunt."

Her house sat on the shores of Rose Bay, in Sydney, and I have such happy memories of our visits with her. We loved spending time with her listening to her stories while we gorged on the fabulous cakes and cookies she baked for us. Now, there is no one I can share these photos and memories with, so, they too will have to be shredded, but not today.

Next, I open a shoe box and smile as I look at the doll resting inside. "Hello Daisy, long time no see," I hear myself say out loud. This little doll is very, very old. She was a used doll when she was given to me back in 1947. At that time, we were living in Switzerland and I became very ill with Rheumatic Fever which confined to my bed for over a month.



Photo courtesy of Barbara Ellis

As I look down at this little figure, I remember the many hours I would talk to her, pretend to be her teacher and tried to teach her all the things I learned in school. She would sit very patiently, with that cute smile on her face, listening attentively to my childish games. Daisy helped me endure those long lonely hours of confinement.

At night, I placed her in her little bed that sat on the end table next to my bed, I would tuck her in and kiss her goodnight.

I loved this little doll very much and I gently pat her tiny body, still attired in her originally knitted pink undergarment, bonnet and dress. I smile as I touch the capital D proudly embroidered on her chest. Her body is made of hard

plastic and time has not been kind to her left arm and I know I am responsible for the damage.

I was probably careless and maybe I held her too tightly, in any case, her left arm is shattered and lies next to her body in multiple pieces. This little one will never be whole again, and getting an arm to replace the damaged one, would be impossible. I should put an end to her life, her very long and well-travelled life. She moved from continent to continent with me, and now she rests here in retirement with me. Yes, she will have to go, but not today.

Next, I pick up a plastic bag which contains a stuffed Panda Bear I bought at the Calgary Zoo in 1988. Apart from one

ear that had been chewed and mutilated by my cat, this bright-eyed Panda is in good shape.

I hold it to my body, squeeze it a little, close my eyes and allow myself to be transported back in time. It is such a happy memory that warm and sunny day when my niece Colleen and I visited the Zoo. We stood watching those black and white curiosities relaxing and eating their dinner. Yes, I will have to throw the Panda away, but not today.

I close my locker. Nothing accomplished. This is harder than I thought it was going to be. Not easy this business of throwing away my past. Perhaps I will do better upstairs with the clothes in my closet.

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Calgary Horticultural Society: The garden wish book

By Deborah Maier

Do you remember the Sears Wish Book? The arrival of the current issues of garden seed and plant catalogues is just as exciting! There's the breathless anticipation of what new and wonderful things are contained inside—eager to crack the catalogue open but wanting the moment to just be right—to give it the attention it deserves. Then there's the initial flip through the pages ... with the oohs and aahs for the photos of the spectacular new varieties of plants. And just as there was for the Wish Book, there's the compilation of items to be added to the wish list. Then, just like the childhood toy list, the list is ranked and wishes reordered to put the most desired at the top.

Online catalogues are nice, but there is something about the printed version that makes it extra special. Curling up in a comfortable armchair to flip through the pages is so pleasurable. After the first look, out come the sticky flags. They make it easy to tag a page and the item of interest. In the past, I would remove the flags from the items that don't make the cut. This year, I'm going to put the full list on my computer and make it part of my garden plan.

Using a spreadsheet or table, each plant can be added with its desired planting location. Instead of just focussing on the "want" for ranking, purpose can be included. I can use the information to develop specific areas of the garden, and if I run out of budget before plants, I have an organized list for next year.

Looking and planning with catalogues in-hand doesn't eliminate shopping locally. The catalogues are great for inspiration and building plant wish lists. Keep in mind that shipped plants are often bare root. Bare root means that you will receive a clean root of the plant in a bag with a bit of moisture holding wood chips, peat moss, moss, or other packaging. Typically, the stem is cut down to a few centimetres. Mail ordered trees and shrubs are usually much smaller than what can be purchased at a local garden centre as they need to fit the postal size constraints and not be damaged during shipping. So, if you want instant impact in the yard, acquiring the plant from the garden centre is the way to go. Putting what you want in

a plan, and on paper to take with you when shopping at a garden centre, helps prevent being lured to purchase "eye candy" plants that won't meet your needs.

Some plants, though, should be ordered. Many of the companies that send catalogues also develop plants. Their new releases, which will be boldly tagged, won't be available anywhere else, so if it's the plant you want, then ordering from the supplier is the only way to acquire it.

While the growing interest in starting plants from seeds has resulted in making a wider assortment of seeds available at garden centres, finding something unusual is more likely in a catalogue. There are also more options for the quantity that you can purchase. Instead of getting

a few seeds in an envelope, catalogues often have purchase options by count or weight—which are usually more economical if you want to purchase a lot of a specific seed. Many seeds have a long shelf-life if they are kept cool and dry.

January is a great time to start on a garden plan. Check what seeds you have, peruse the garden catalogues for inspiration, and make a list. Include what plant for where, and when and where to purchase, as well as when to plant. It's not too late to request a "wish book" catalogue. We may be in the heart of winter, but spring is just around the corner.

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



Photo courtesy of Deborah Maier



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Kerby News Photo Contest: Autumn in Alberta Winners



Photograph by Karin Hossack

What an incredible year! 2020 feels like it's had more downs than ups, but one bright side of the past 12 months has been the advent of our inaugural *KerbyNews.ca* photo contest.

When we were planning on hosting this contest to promote photographers of all skills and experience, we really had no idea how many folks would enter. Unsurprisingly, running online contests were not something covered at journalism school.

We felt so wonderfully fortunate to see the outpouring of support and interest in recent months for not only our contest, but the *Kerby*

News and our new website *KerbyNews.ca*.

While the *Kerby News* isn't going anywhere, we're so happy to be able to offer it on the go in a digital format, where you can read our stories online at your convenience or even flip through an electronic one-to-one copy of the paper.

In this year of uncertainty, it feels amazing to know our readers and audience continue to support *Kerby News* in the most important way: by sharing with us their own stories and by reading us every single month.

Now for the unfortunate part: we only had so much room in order to print some of our fa-

vorites! We dedicated four pages to some of the one's we liked most and we still have dozens of entries we wanted to show off.

If you don't see your photo in this gallery, don't fret! We'll be putting up several online galleries at *KerbyNews.ca* over the holidays and New Year, so keep checking back! We're so utterly pleased with the turn-out; and with that, let's get to our three big winners! They will be contacted soon enough to be awarded their prize: a 2021 Membership to the *Kerby Centre*.

3rd Place: Taking up our bronze medal spot is a wonderful country scene as depicted by the lens of John Cabo.

Amazing colours and gorgeous tones make this picture pop. The photograph being heavier on the left side gives weight to the negative space on the right and allows the viewer to experience the full range of depth. It is a beautifully proportioned piece and well deserving of this spot.

2nd Place: In silver, we have a winding highway as shown in a photography taken by Joan Reidhardt. It feels as though we could take a step forward through the picture and have the road rising to meet our feet, winding between the tall shapes and slopes of the mountain, with trees offsetting and framing the main subject beautifully.

1st Place: And our

grand prize goes to Karin Hossack and her overcast shot of a gorgeous water scene. Great directional lines follow the bank and allow the viewer to move through the picture at a perfect pace, ensuring every inch of the scene is taken in piece by piece. The contrast between the stark orange colours of fall leaves with the muted blues of the water make for an amazing arrangement we are so utterly proud to have on our first cover of 2021.

Thanks again to everyone who participated, all those featured and keep an eye out for future photography events conducted through *Kerby News* and *KerbyNews.ca*.

Photo Contest Finalists



Photograph by **Joan Reidhardt**



Photograph by **John Cabo**

Honourable Mentions



Photograph by Gracie Watson



Photograph by Ken Wright



Photograph by Neville Headley



Photograph by Jeanne Gonnason



Photograph by Len Chan



Photograph by Heather Pelletier



Photograph by Randy Bradshaw



Photograph by Ken Wright



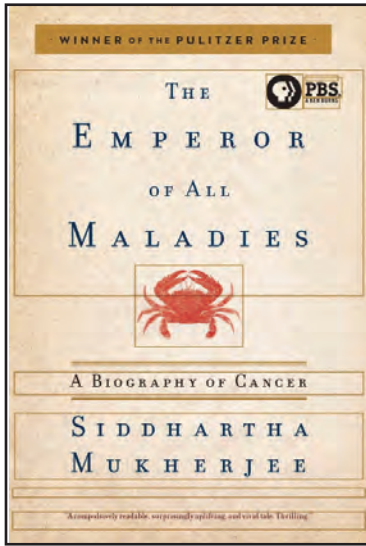
Photograph by Nory Aguilar



Photograph by Marlene Mullinger

Thank you **to everyone who participated in Kerby News' inaugural photo contest!**

Book review: *The Emperor of All Maladies*



"The Emperor of All Maladies"

by Siddhartha Mukherjee

Book Review

by Eleanor Cowan

At my Concordia University clinic, 30 years ago, my doctor suggested I take a routine test. Soon after, I was operated on for life-threatening pre-cancerous endometriosis.

Now, three decades later and in this engaging story-filled history book, I am thrilled to discover the orig-

inator of the test that saved my pre-cancer cells from becoming full-blown cancer. In the 1920s, Dr. George Papanicolaou immigrated from Greece and took a job selling carpets at Gimbel's before finally landing a research post at Cornell.

Despite years of criticism about his cancer cell research, in 1928 Papanicolaou discovered a test that could preview cervical cancer before it became full-blown. His test was dismissed by doctors who advocated for more aggressive surgical inspections over a mere smear on a piece of glass. Undeterred by the criticism of his peers, by 1950 Papanicolaou's 'Pap Test' had "pushed the clock of cancer detection forward by two decades and changed the spectrum of cervical cancer from predominantly incurable to predominantly curable."

This book tells dozens of such stories of

dedicated researchers who spent their lives to offer one small forward piece to cancer's inscrutability.

In these pages, along with brilliant and dedicated scientists and oncologists, I also met the magnificent cancer cure activist, Mary Lasker. It dawned upon me that it was she who inspired my mother, and her friend, Mabel Krug, both gifted fund-raisers, to organize the first Canadian Cancer Society in Fergus, Ontario in 1959.

My mother once told me that our word choices tell who we are. She said that our vocabulary is the surest predictor of our behavior. Indeed, in these pages, Mukherjee underscores this truth. Highly placed doctors decided to 'wage a war' on cancer, battle it, and annihilate the enemy. A magic bullet must be forged. Such words and images determined a patriarchal approach to cancer research.

Finding a cure was about the annihilation of the enemy in aggressive top-down battles. This serrated vertical emphasis translated to massive surgeries, and gross excisions that caused patients to die not of the cause, but the cure.

I wondered why I hadn't yet read about sugar, or glucose, the one substance that feeds cancer. I flipped to the index. No listings. I carried on to read the documented proof that the tobacco industry purposefully contrived to produce a chemically soaked cigarette so addictive that even if a smoker wanted to stop smoking, it would be, for many, impossible to do so.

I remarked that language changed as Mukherjee detailed the onset of a more just society, one that treats every contributor with respect. Egalitarian vocabulary inspired a new spirit of inquiry

about the cancer cells we all carry in our bodies. Instead of attacking tumors with electric saws, knives, and sharp tools, there arose a desire to befriend cancer, to enquire about its secrets, to cooperate instead of to compete, to include rather than scoff at the insights of ordinary people, such as gardeners, journalists, and sociologists who study and analyze the effects of chronic stress, and to interpret the messages this illness communicates.

This detailed history of those who, since ancient times, have studied the shape-shifting traits of cancer's cellular structure that continue to elude us, suggests to me that everyone has a part to play in healing this illness.

The Emperor of All Maladies: A Biography of Cancer is an engaging, well-written, historical, and educational study.

Looking Forward

There's a new year ahead. While 2020 may not have gone as expected, we can dream – and plan – for good times ahead. Take charge of your future with a move to Evanston Summit. Beautiful apartments, great food, new friends and lots to keep you busy. Don't spend 2021 wishing things were different. Take charge of your life!

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Building quality of life into spaces for people with ‘invisible’ disabilities

By Geoff McMaster

When designing spaces for people living with disabilities, there’s more to consider than whether they’re physically accessible.

A greater challenge is making sure the environments we work and live in accommodate ‘invisible’ or ‘hidden’ disabilities – a long list of conditions that range from hearing impairment to autism to anxiety disorders.

Understanding the space requirements of those varied needs is a highly specialized skill set, and one of the leading practitioners in Alberta is pursuing a trailblazing doctorate on the subject in the University of Alberta’s Department of Human Ecology.

Lara Pinchbeck’s doctoral thesis expands on a master’s thesis under the supervision of design anthropologist Megan Strickfaden that took a close look at how universal design principles accommodate “stories of lived experience.”

“My dream is to be an adviser for designers, and to be able to give them knowledge to make sure we have as many places that are as accessible as possible,” said Pinchbeck.

“There’s a lot of information available about how to make a space accessible for people with mobility challenges, but when you look at invisible disability – say somebody with a brain injury” – targeted design expertise is thin on the ground, she said.

Take someone who is easily overwhelmed by auditory stimulation, for example. “It may be that there’s so much reverberation in that space, you’re using up too much brain capacity to focus on what’s happening.”

The noise factor needs to be accounted for in design and adjusted when necessary, said Pinchbeck. But ideally those tweaks never happen in isolation. And the process works best when a full range of lived experiences of those with disabilities is considered from the beginning, before it’s too late to change things.

That means working directly with clients who will use the space, finding out as much as possible about who they are and what they need.

“We’re looking at all of the factors that impact someone’s ability to be who they are.

“Taking a piecemeal approach doesn’t work,” she added. “When we just say, ‘We’ll make sure that this building is accessible for this group of people,’ it turns out it’s not accessible for another group. Think of it more like a necklace – you need to have all of the pearls strung properly.”

Before returning to university to build up her knowledge base, Pinchbeck worked for a number of years in the architecture industry, pondering the design flaws she saw around her.

She now has a consulting business, called Lara Pinchbeck Research and Design.

“In order to get more industry credibility, I thought I would get the ‘Dr.’ in front of my name,” she said. “I want to continue bridging that connection between the academic world and practising professionals, and bring the value of evidence deep into the field.”

Of late she consulted for a company called ABE Factors, which conducts accessibility and building code assessments with an eye to perfecting industry standards. Pinchbeck infused more of what she calls the “soft side” of design into their mainly technical approach.

She is also certified as a professional accessibility assessor through the Rick Hansen Foundation. “I did this to fulfil my graduate professional development requirements and found it also fulfilled my professional interests,” she noted.

One of Pinchbeck’s current projects as part of Strickfaden’s research team involves helping to design a residence for seniors with dementia. In addition to providing information to the designers, she and her colleagues will train residence staff on how to best use the space to improve quality of life.

For those with dementia, some key principles of design provide space for contrasts or shades of difference in their lives so every day isn’t the same, said Pinchbeck. It’s important to allow for a variety of activities, especially of the sensory variety.

“Music is a really obvious one that we know a lot about,” she said. “But if we match music with, say, going outside on a fall



Lara Pinchbeck (left) conducts an art workshop with older adults in congregate living facilities as part of a project to document their experiences of aging. As a doctoral student and consultant, Pinchbeck aims to improve understanding of universal design principles that can lead to better quality of life for people with disabilities.

evening, sitting around the campfire singing songs – that’s a whole bunch of different sensory stimulation.”

The COVID-19 pandemic has also introduced a new set of problems to the equation, said Pinchbeck. How, for example, do you design space to combat isolation?

“What do we do in order to alleviate the ill effects of that social isolation as a result of the physical isolation?”



According to Pinchbeck, whatever the situation, designing for disability means listening with sensitive ears and responding with concrete action.

“We want to be able to

really get to know who folks are who use these spaces,” she said. “What I’ve learned is that space itself is not the end product – it’s a tool to get us the end product. And the end product is quality of life.”

Folio, a Troy Media content provider partner, is the University of Alberta’s online publication.


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Living with Neuropathy and Chronic Pain

Thursday, January 7th
2:00 pm to 3:00 pm

Presented by
Linda Petiot and Sylvia Donley
Calgary Neuropathy Association



Learn about Neuropathy, its causes, effects and self-management techniques to help with the associated symptoms including chronic pain.
Self-management is our mantra, through it we hope people feel empowered and take an active part in living

FREE Registration - <https://kerbypresentsneuropathyandpain.eventbrite.ca>

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Maximize your financial security with information about available government benefits and programs for seniors, how they may affect your taxes and new Covid 19 Recovery Benefits you may be eligible for

Wednesday, January 20th
10:00 am to 11:30 am

Presented By
Lisa Despas, Citizen Services Specialist, Service Canada
& Bonnie McIntyre, Outreach Officer, Western Region,
Canada Revenue Agency

FREE Registration - <https://kerbypresentsbenefitsandprograms.eventbrite.ca>

Seniors Scene

Good Companions 50 Plus Club

Happy New Year from Good Companions 50 Plus Club! Please visit our website at www.gc50plus.org to learn more about services and programs offered. Our online programming starts up again the week of Jan. 11 so please do not hesitate to contact us at 403-249-6991 to receive the links to join us!

Every weekday morning at 11 am, we offer virtual options to stimulate the mind and body including Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Tai Chi. We are located at 2609-19 Avenue S.W. Hope to see you soon!

January in Fish Creek The Fish Creek Community Terrace

The Friends would like to express our thanks to everyone who dedicated a brick along the 25th Anniversary brick pathway in front of the Cookhouse. There are close to 300 bricks here, that are engraved with the names of community members and positive messages to park

visitors. People have dedicated bricks to show their support for Fish Creek, and to commemorate milestones like weddings, anniversaries, new family members, or memorials for those who have passed on.

Now that all of the bricks are installed along the pathway, we have begun planning the next area - the Fish Creek Community Terrace. The terrace will be installed in front of the Cookhouse near the kiosk and all who visit our office or pass by will see the bricks. Every brick tells a story and we invite you to leave a lasting legacy in Fish Creek Provincial Park by dedicating a brick along the Fish Creek Community Terrace. If you have a local business, consider having a brick inscribed for your business, it's great advertising in a very busy area and you will receive a tax receipt. Inscriptions can have 2 lines of text with 16 characters per line, and simple shapes like hearts and circles can be accomplished. Bricks are only \$250 and you will receive a tax receipt for your contribution. For more information, contact the Friends or visit <https://friendsoffishcreek.org/brick>

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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

PREMIER Crossword

By Frank A. Longo

GROUP DYNAMICS

ACROSS

- 1 Actress Seyfried
- 7 Buffets, e.g.
- 12 More dismal
- 20 Kind of tire or saw
- 21 Kate's TV housemate
- 22 Back wheel pin
- 23 "Sunshine of Your Love" band sitting in for another band?
- 25 Satellite dish precursors
- 26 In the know
- 27 Onassis' nickname
- 28 Condition of the "Dust in the Wind" band?
- 30 "Rocket Man" singer John
- 33 Qualified
- 36 Permit
- 37 Despite that
- 38 Plea to hear a song from the "New World Man" band?
- 41 Tiny setback
- 46 Livid
- 47 "A Horse With No Name" band doing a webcast?
- 52 Crib sleeper
- 55 Prefix with life or west
- 58 Quarterback Manning
- 59 Kind of clam
- 60 Tooth doctors' org.
- 61 Composer Franz — Haydn
- 63 Wide receiver Carter
- 66 Urban haze
- 67 "More Than a Feeling" band performing for 24 hours straight?
- 71 "Woe — you!"
- 73 Ancient
- 74 Puts back on, as weight
- 75 Christie's Hercule
- 78 Grass houses
- 79 Maestro directing the "Drops of Jupiter" band?
- 81 Recipe directive
- 83 Small, agile deer
- 84 Fake fat brand
- 85 Year, in Brazil
- 86 "The" or "an"
- 89 Prefix with realist
- 92 Summer hrs. in D.C.
- 93 Infamous "Impaler"
- 94 "Beth" band's last utterance at the end of a concert?
- 98 Greek letter
- 100 Kleenex sheet
- 101 "These Dreams" band's musical beat?
- 107 Recipe directive
- 110 Hosp. areas
- 112 Nagging pain
- 113 Brutish sort
- 114 "If You Leave Me Now" band playing the same tune over and over?
- 120 Granola tidbit

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132											133									
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- 122 Slip up
- 123 "Be well"
- 124 Smoke generator used by the "Make It With You" band?
- 129 Scrooge's first name
- 130 Lofty nest
- 131 Hardy's bud
- 132 High anxiety
- 133 Salon tinters
- 134 Top points
- 24 Neighbor of Saudi Arabia
- 29 Classic soft drink brand
- 31 "Yowza!"
- 32 Gun rights gp.
- 34 Meadow
- 35 J.D. Salinger title girl
- 39 "Drums Along the Mohawk" novelist Walter D. —
- 40 — Aviv
- 42 "Mama" Elliot
- 43 Folding bed
- 44 French "a"
- 45 Malleable
- 48 Having a lot of, as a nutrient
- 49 Undying
- 50 Prefix with realist
- 51 Unit of work
- 52 See 9-Down
- 53 As sick as —
- 54 Batters' successes
- 56 Belief suffix
- 57 Cherished by
- 61 Abrupt shock
- 62 "— Jacques"
- 64 Veg-o-Matic company
- 65 Boot part
- 68 Sightseer
- 69 Tennis' Andre
- 70 Mai —
- 71 Revision issuer
- 72 Verb go-with
- 76 Actress Chaplin
- 77 Stomped (on)
- 80 Toon Flanders
- 81 Hefty's Cinch —
- 82 Bi- plus one
- 83 Classic autos
- 87 Film special FX
- 88 — Alamos
- 90 "Disgusting!"
- 91 Zeus' mother
- 93 "— con Dios" ("Go with God")
- 95 Hamilton and Burr, notably
- 96 Roman tyrant
- 97 Tic- — -toe
- 99 "Know — enemy"
- 102 — Scholar
- 103 Athletic group
- 104 Belonging to them
- 105 Kind of wasp
- 106 Edible mushrooms
- 107 Wasn't idle
- 108 Abu —
- 109 Flood barriers
- 111 In the worst way, informally
- 115 Euro fraction
- 116 Laptop brand
- 117 Stare intently
- 118 Tram loads
- 119 Hunted beast
- 121 Soft mineral
- 125 Afore
- 126 Atmosphere
- 127 "Wheels"
- 128 Color grade

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DINGBATS PUZZLE ANSWERS

#1	Broken Promise
#2	Musical Chairs
#3	London Underground
#4	Half Mast
#5	Seeing Double
#6	Seven Seas
#7	Always look on the bright side of life
#8	Play on Words

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January 1 to December 31, 2021

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Emergency contact phone number: _____

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COVID and End-of-Life Planning



Photo courtesy of Alvaro Serrano, via Unsplash.com.

By Kerrie Hale,
Volunteer, Dying
With Dignity Canada
Calgary Chapter

The COVID pandemic has turned out to be a “call to action” for end-of-life planning. News reports suggest that requests for wills have gone up dramatically. More people are discussing their end-of-life preferences with loved ones and are preparing Personal Directives. This is a great improvement on our society’s usual head-in-the-sands approach to death. In that sense, COVID has done us a favour by forcing people to consider what they would prefer the end of their life to look like and how they can help to ensure – to the extent possible - that it ends up that way.

Medical Assistance in Dying (MAID) is unlikely to be a suitable measure in cases of COVID because of the disease’s potentially rapid progression and due to the need to be mentally competent to request MAID. Being placed on a ventilator often requires patients to be put into a medically induced coma due to the discomfort of the tube being inserted into the throat. And even prior to being put on a ventilator, you may be so ill that you have to rely on others to make decisions for you.

But greater consid-

eration of end-of-life issues as a result of the pandemic means there will be more interest, going forward, in MAID as a general end-of-life option. In January 2020, the federal government launched an online consultation to hear Canadians’ opinions on MAID. The responses were unparalleled: over 300,000 people completed the questionnaire, ten times more than the average of 30,000 responses for consultations on issues like prostitution or marijuana. This level of interest was BEFORE the pandemic. Imagine what it would look like now!

Bill C-14, Canada’s assisted dying legislation, was passed in June, 2016. The bill gave Canadians with incurable and intolerable suffering the constitutional right to a medically assisted death. But there were, and are, stringent conditions that must be satisfied. Bill C-7, which is currently before Parliament, would remove some of these barriers. A particularly cruel requirement under the current legislation is that patients must be mentally competent not only in order to request MAID but also immediately prior to receiving it. The fear of losing capacity has resulted in several cases of people requesting MAID well before they want it.

Another amendment proposed by Bill C-7 will remove the requirement that natural death be “reasonably foreseeable”. If passed, Bill C-7 will allow people who are chronically ill and suffering intolerably – but whose deaths are not imminent – to request MAID. Significant – some might say excessive - safeguards ensure that approval for such requests will not be easy to achieve. However, it is a step forward.

These changes are important but there is still much to be done. Bill C-7 will not allow mental illness on its own to be sufficient grounds for accessing MAID and it will still prohibit access to MAID by mature minors. Finally, advance requests - whereby a competent person makes a request for assisted dying to be honoured later, after they lose the ability to make medical decisions for themselves - will still not be permitted. Thus, people with capacity-eroding conditions, such as dementia, are denied their right to MAID. This is despite overwhelming public support for advance requests. In an Ipsos survey conducted on behalf of Dying With Dignity Canada in January 2020, 82% of respondents were in favour of advance requests where the patient has been diagnosed with dementia.

Dying With Dignity Canada was founded 40 years ago. Since then, the history of assisted dying in Canada has been a prime example of democracy in action and the power of the public’s dedication to a cause. People across the country were already raising their voices and as society’s awareness of end-of-life issues increases during the COVID

pandemic, demands for more choice will become even louder. This promises to be a landmark period in Canada’s history of compassionate end-of-life choice.

Editor’s note: The views expressed in this piece belong to the author of origin and do not necessarily reflect those of Kerby Centre.

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SATISFYING VEGETARIAN MEALS

January is a great time to mix it up and try new things! This month, try these hearty and healthy vegetarian meals featuring chickpeas, one of the most versatile plant-based proteins. These quick and easy dinners will leave you satisfied and you won't miss the meat, I promise!

Brothy Pasta with Chickpeas

3 Tbsp. extra-virgin olive oil, plus more for drizzling
1 small onion, finely chopped
Kosher salt
3 garlic cloves, thinly sliced
1 sprig rosemary
¼ tsp. crushed red pepper flakes

1 (15-oz.) can chickpeas, drained, rinsed
1 cup whole peeled tomatoes, crushed by hand
6 oz. orecchiette or other short pasta
2 Tbsp. finely chopped parsley
3 Tbsp. finely grated Parmesan, plus more for serving
Freshly ground black pepper



PREPARATION

Heat 3 Tbsp. oil in a large saucepan over medium. Add onion and season with salt. Cook, stirring occasionally, until onion is beginning to soften, about 5 minutes. Add garlic and cook, stirring occasionally, until onion and garlic are very tender and just beginning to brown around the edges, about 5 minutes. Add rosemary and red pepper flakes and cook, stirring, until fragrant, about 30 seconds. Add chickpeas and tomatoes and cook, stirring occasionally, until tomatoes are slightly thickened, 6–8 minutes.

Add pasta and 4 cups water to saucepan. Increase heat to medium-high, bring to a simmer, and cook, stirring occasionally to prevent pasta from sticking, until pasta is al dente, 13–16 minutes, depending on shape. Stir in parsley and 3 Tbsp. Parmesan; season with salt. Pluck out and discard rosemary sprig.

Ladle pasta and broth into bowls. Drizzle with more oil, season with lots of black pepper, and top with more Parmesan.

Recipe by Andy Baraghani, Photo By Chelsea Kyle.
Courtesy of Bonappetit.com

One-Pot Curried Cauliflower with Couscous and Chickpeas

3 tablespoons virgin coconut oil, room temperature
1 large head cauliflower, coarsely chopped
1 medium red onion, thinly sliced
3 large garlic cloves, coarsely chopped
2 teaspoons curry powder
2 teaspoons kosher salt
1 ¼ teaspoons ground cumin
3 cups low-sodium vegetable broth

1 (15.5-ounce) can chickpeas, drained, rinsed
1 cup pearled couscous
½ cup split red lentils
2 limes, divided
½ cup Greek-style plain full or low-fat yogurt
5 ounces baby spinach
¼ cup sliced almonds (for serving; optional)

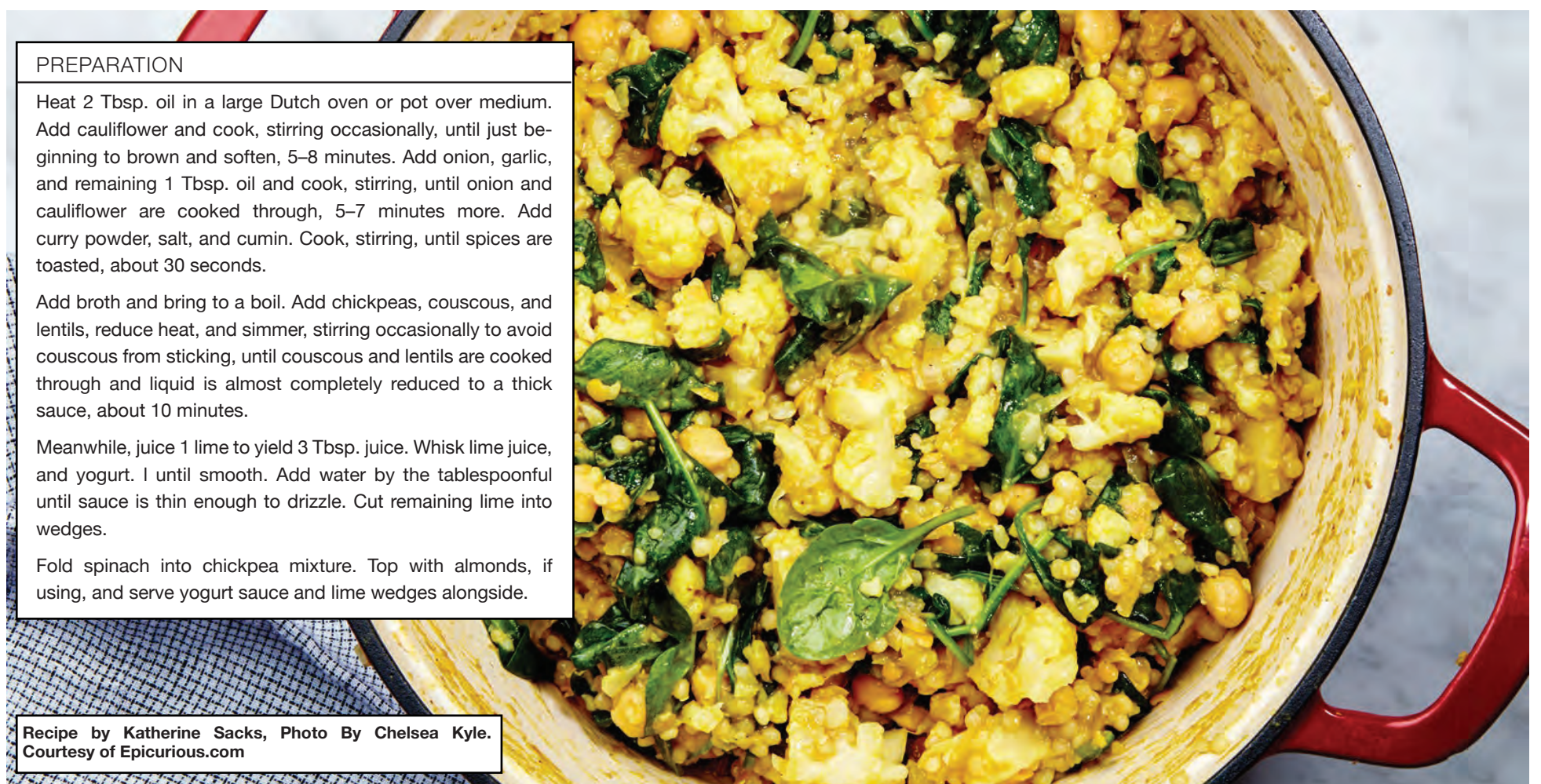
PREPARATION

Heat 2 Tbsp. oil in a large Dutch oven or pot over medium. Add cauliflower and cook, stirring occasionally, until just beginning to brown and soften, 5–8 minutes. Add onion, garlic, and remaining 1 Tbsp. oil and cook, stirring, until onion and cauliflower are cooked through, 5–7 minutes more. Add curry powder, salt, and cumin. Cook, stirring, until spices are toasted, about 30 seconds.

Add broth and bring to a boil. Add chickpeas, couscous, and lentils, reduce heat, and simmer, stirring occasionally to avoid couscous from sticking, until couscous and lentils are cooked through and liquid is almost completely reduced to a thick sauce, about 10 minutes.

Meanwhile, juice 1 lime to yield 3 Tbsp. juice. Whisk lime juice, and yogurt. I until smooth. Add water by the tablespoonful until sauce is thin enough to drizzle. Cut remaining lime into wedges.

Fold spinach into chickpea mixture. Top with almonds, if using, and serve yogurt sauce and lime wedges alongside.



Recipe by Katherine Sacks, Photo By Chelsea Kyle.
Courtesy of Epicurious.com

Fighting off COVID-19 boredom



Books with homemade bookends carved from soapstone Photo courtesy of Jaroslav Maria.

By Jaroslav Maria

In these “Covidy” times we have learned that the logic has been suspended, the rules made at the top reign. Everyone wants to limit the spreading of the viruses, but we the people have been left out in the cold. Authorities assume that we aren’t smart, educated and disciplined enough to allow us and businesses to set practical rules to fit our specific conditions within agreed on principles.

The other day I dropped off my car in a shop to have my slow leaking front tire fixed. To pass time I went across the street to a coffee place for a latte. Overnight the COVID-19 rules changed again. It is no longer allowed to sit down

inside, although they have abundance of room for tables and chairs be spaced properly for social distancing. Tables were pushed to the side, chairs shoved under them and professionally printed tent sign warnings placed on each. The whole place looks cavernous and even more uninviting than it has always been.

For the octogenarians, like me, our neighborhood Starbucks provides one iron bench outside to sit on. In a subzero temperature that is the worst possible material to use and amounts to a cruel and unusual punishment. Steel sucks all the warmth out of a person. It is a race between being done in by coronavirus and freezing to death.

We manage the best we

can within the imposed limitations. For months now almost all life enjoyments have been suspended. We just loiter around aimlessly like zombies. There is so little left to do and what is still allowed is made patently unpleasant putting normally tolerant population on edge, tempers are flaring.

Restrictions on commercial entertainment are hard on the young people who are so dependent on it. They have not been brought up creating their own amusement, like we, the generations before electronics and mass entertainment, were. It was a good thing! Our playing required to develop simple skills and imagination. We grew up with toys that were rudimentary or we made our own. Children imagination is extraordinary and all it needs is a little encouragement. In our family we built a puppet theatre, made forts from cushions and read books that opened the whole new enchanted worlds for us.

We lived in a 19th century apartment building. The sitting room in our flat was large and accessible only from another room through a big sliding door. The parquet floor was covered with a hand woven Persian area rug, by then already quite worn from traffic. Against the long wall opposite to the sliding door wall stood two large bookcases at each end with a sofa in between. A round coffee table was

covered by a hooked lace under glass. On the short wall in the back was an elegant liquor cabinet firmly affixed to the wall as its front opened down and out to form a bar. When opened a red light came on illuminating the wine, liquor and cognac “Napoleon” glasses placed on a shelf above the bottles with booze. It was magical and definitely posh, creating an atmosphere. While reading Rowley’s *When the Rains Came* I could visualize a barman in a white jacket and bow tie mixing Singapore Slings or gins and tonics.

The furniture was custom built from avant-garde designs by architects inspired by the likes of Ludwig Mies van der Rohe. It was a reminder of better times in our parents’ lives. It felt out of place in the otherwise Biedermeier era flat, opulent with tall ceilings and discreet shadows in the corners. The modern furniture clashed with the four turn of the century easy chairs called “fotels”, the stuffed armchairs bulky and decadently comfortable, an upright Petrof piano and the glass cabinet between the windows that held the display of our mother’s cherished collection of tiny coffee cups and Meissen figurines.

For us children the fotels were one with the bookcases. With a book in hand we would disappear in their cushioned innards with just

our heads bobbing above the side arm with our legs hooked over the other one opposite, thus permanently wrecking the springs in the upholstery to the chagrin of our mother. My brother and I were the wreckers, but it was the only comfortable way to sit and read in these behemoths when one was still a child. Our older sister was more ladylike and sat prim and proper. Our mother didn’t read other than in bed, because she endlessly had to mend and knit sweaters, shawls and gloves for us. All in all the room exuded old time stuffiness and provided a quiet sanctuary for reading.

Books were expensive then and not that many were published. To save money one could buy unbound books that were somehow put together from folded sheets and the first person reading them had to have a knife, cut and separate the pages. My father bound them as a hobby to keep them together. He worked with a thread and needle, and then made professionally looking hard covers for them. Everything in our lives seemed to lead to creativity.

We were limited to what was in our parents’ libraries. They were quality books by writers who are considered classics today. For popularity they didn’t rely on flashy titles, action, violence and extraterrestrials although they were still exciting enough.

We read about inventors or fantastic journeys into the unknown. We lived just at the end of great discoveries when expeditions were hacking their ways through dark Africa, crossing the endless prairies of America or deserts of Middle East. Explorations of these harsh places, particularly the arctic, required tough men because of the primitive transportation or unwieldy equipment like Amundsen had to ski to the South Pole with. His skis that are still displayed in the Christchurch museum in New Zealand. Even under the glass it is obvious how heavy they were. Those were the days when the men were men and we admired their prowess. Explorers were adventurers and our heroes.

And reading we did. They were novels by French classics like Victor



Bowbridge Manor

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403-288-4014

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

Hugo, Maupassant, Zola; American writers Steinbeck, Sinclair Lewis, and Kenneth Roberts. Charles Dicken's *Pickwick Club* or Jerome Klapka Jerome's *Three Men in a Boat or Three Men on a Bummel* were very funny. No Shakespeare for us. Closer to home contemporary German literature by Remarque, Fallada, and the Czechs Čapek, Poláček or Jaroslav Hašek's *Good Soldier Švejk* intrigued us.

This was the era just before television. Once the weather turned unpleasant and the days got short the books were our sole entertainment after supper. They all piqued our interests in the eclectic world we were living in and trained our imagination. I tried to picture trudging with Jean Valjean through the sewage canals of Paris, imagined shooting turkeys with a musket off the trees with Langdon Town in the deep forests of New England or what Rocinante, Steinbeck's camper truck looked like.

Wrecking my mother's fotels was time well spent. I kept re-reading over and over the books I liked, the best to the point of memorizing them. They fired up my curiosity, the trait that is with me to this day. I learned that the courageous can create comfortable niche for themselves with determination, a useful trait when immigrating one day to another



Making Gaspar Covidus. Photo courtesy of Jaroslav Maria.

er country with no money in the pocket.

Now that I'm older, my physical exploits behind me, my joints creaking and COVID-19 limiting me, luckily I again have a room in my house that resembles the sitting room of my childhood. It's not as large because the house has smaller rooms with lower ceilings, but they are cozy, well heated and lit. The room called family room is nice and full of mementos of our family's past. There are bookcases, two of them built-in on both sides of the fireplace and three smaller ones, but not as big as those my parents

had had, a sofa, one armchair of modest size with a foot stool, a coffee table without a crocheted covering and a big TV set. The TV is wasted on the lousy programs we get nowadays, but useful for streaming operas from New York Met and watching sports.

We have knick-knacks again, not in a glass cabinet, just hanging above the fireplace and on the cedar clad walls in the gaps between furniture. Although eclectic and some of them garish, they are the souvenirs of long lives lived fully. There are few art and craft pieces I made myself, most notably the newest addition, Gaspar Covidus, my marionette of a jester, the hero of fairytales of my childhood. No marionette theater worth its salt would be without one. Boredom, caused by the arrival of coronavirus in March made me dig out my carving tools, not used for at least two decades, and leftover basswood, thus his name.

The bookcases in this

room and our two bedrooms hold books in three languages. Some I think I might want to read again if I ever get a chance, or keep for reference purposes. Besides, a full bookcase with the multitude of books of various sizes and colorful spines make for an interesting, abstract mosaic.

These days I read a lot again, because the COVID-19 made time for it. New books or re-reading the old friends. Reading books after many years again is surprisingly enjoyable. There are wisdoms and nuances in them I had missed the last time. My wife likes to see most movies several times to truly enjoy them, although it's not as easily done with the books.

The current library is solely ours, not our parents'. It's improved by having a lot of Canadian books in it, most notably Mordecai Richler and his depictions of life in eastern Canada in the early 20th century.

Emily Carr in the west painted with words just as

well as with watercolors, and oils. Even Pierre Berton is readable once you get past *The National Dream*. These writers filled the gap in my knowledge of my new home country. When we lived in Europe we always had thought of Canada being limited to deep forests, wheat fields, lumber jacks and fantastic hockey players! How wrong we had been then and how lucky it is, that we were.

There is a good chance that we, the older folks, will get through this pandemic nicely by falling back on entertainment practices of our past. My father, who had lived through difficult times, wars, political oppression, even jail, told me once that the only thing no-one can take away from me was what's inside my head. No virus can limit what I want to add in!

It's good that we grew up without depending on electronic gadgets, even though, admittedly, they aren't all that bad either when used in small doses.



Gaspar Covidus born in April 2020. Photo courtesy of Jaroslav Maria.





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CONSIDERATIONS FOR
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10:00 am to 11:00 am

Presented By The Wealth,
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Team of Servus Credit Union


FREE Registration - <https://kerbypresentservuscreditunion.eventbrite.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

Tuesday, January 5th - 11:00 am to 12:00 pm

Join us as we kick off an exciting New Year with some fun and festivities, including a **FREE Special Video Concert, performed by The STRATHCONA TWEEDSMUIR SCHOOL CHOIR**




Register FREE at <https://kerbypresentsstrathconatweedsmuirconcert.eventbrite.ca>

Thursday, January 7th - 2:00 pm to 3:00 pm

Living With Neuropathy & Chronic Pain

Join us to learn about Neuropathy, its causes, effects & self-management techniques (See ad within or visit www.kerbycentre.com for further detail)

Presented by Linda Petiot & Sylvia Donley, Calgary Neuropathy Association



Register FREE - <https://kerbypresentsneuropathyandpain.eventbrite.ca>

Thursday, January 14th - 10:00 to 11:00 am

Special Financial Considerations for Seniors

(See ad within or visit www.kerbycentre.com for further detail)

Presented By The Wealth, Investment & Estate Planning Team of Servus Credit Union, Sponsors of Kerby Centre 2021 Online Presentations



Register FREE at <https://kerbypresentsservuscreditunion.eventbrite.ca>

Wednesday, January 20th - 10:00 am to 11:30 am

Benefits & Programs And New Covid 19 Recovery Benefits For Seniors

Join us to learn about programs, benefits and Covid Recovery programs for Seniors techniques (See ad within or visit www.kerbycentre.com for further detail) Presented by Lisa Despas, Citizen Services Specialist, Service Canada & Bonnie McIntyre, Outreach Officers, Western Region CRA

Register FREE - <https://kerbypresentsbenefitsandprograms.eventbrite.ca>



A Group For Mature Jobseekers

Join Us Tuesdays from 1:30 - 2:30 pm For Our Informative Zoom Online Presentations

Jan 5th Habits-Redesign your future!
Meeting ID: 839 5041 7726 Passcode: 637069

Jan 12th Interview skills
Participants will receive information and tips about:

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

Meeting ID: 883 5186 1698 Passcode: 957878

Jan 19th "Shifting Gears"
How and when to look for a new career. New expectations employers have from employees.
Meeting ID: 814 7524 0199 Passcode: 366548

Jan 26th Transferable skills
Participants will learn about:

- How to identify transferable skills and why are they important for employers?
- Market the skills you already have to get a desired job
- Sell the skills beyond your education and experience networking and how can it help in job search

Meeting ID: 852 5186 4611 Passcode: 571846

For more information phone 403 705-3219

Do You Still Need To File Your Income Tax !?

Kerby Centre is offering in person tax preparation service for seniors 55+ and AISH clients, strictly by 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
10:30 am and 12:30 pm
Each Tuesday (January 5, 12, 19, 26)
and Friday (January 8, 15, 22, 29).

To pick up some FREE delectable bread and treats



KERBY EDUCATION & RECREATION DECEMBER 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 1:00 - 2:00 PM

Estate planning tips by Servus

Planning your estate is not usually top of mind for most people but it's important to get it done now, says Servus estate and trust specialist Dennis Trzok.

The first thing you want to do is find someone to guide you through the process and review your priorities.

Estate planning tips

Get a lawyer.

Having a lawyer guarantees your will is done correctly and is legally binding. "It's so much better to have one

done by a lawyer rather than, say, a will that you do online," says Trzok. Your Servus advisor can help you find one.

Choose an executor.

This person typically takes on the job of distributing the estate assets. "Don't overthink it," says Trzok. "You ideally want someone who is studious, organized and does not procrastinate."

Get your documents in order.

Draw up all the doc-

uments you need, with the help of your expert team. You'll want a will that names the executor(s), appoints guardianship of children or other dependents, names beneficiaries, outlines distribution of assets or any personal effects as well as funeral arrangements. You should also have powers of attorney for personal care and property.

Communicate your plans.

Let your executor and other involved parties know where to find the paperwork, which should always be kept in a safe place, and go

over your plans with them.

After putting your estate plan in place it's important to review it regularly. Trzok recommends doing so every four years or when there's a major life event such as getting married or having a child or a death in the family.

If you're thinking it's time to start an estate plan, Servus can help guide you. For help in getting you started, make an appointment with one of our estate planning experts. Visit servus.ca or call us anytime at 1.877.378.8728.

Create a lasting legacy for seniors with a gift in your will for Kerby Centre.



Kerby Centre

(403) 265-0661
1133 7 Ave SW

Calgary AB | T2P 1B2
www.kerbycentre.com
www.kerbynews.ca

For more info, contact Rob Locke
(403) 705-3235
funddev@kerbycentre.com

Leave a Legacy of Inspiration

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



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

- Anonymous donor

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

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

Please choose to make a difference today.

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




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

1-877-250-4904

www.donatecar.ca

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.



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Donate online at www.kerbycentre.com/donate or call (403) 705-3235

Charitable Registration
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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 February issue must be received and paid by January 13.

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

Hearing Aids

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

20 HOME MAINTENANCE

All types of electrical work, new, old, troubleshooting & renos. Sr disc. 403-239-5918 or 403-870-8687.

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Call Heather 403-710-2308 Refs available

11 FOOT CARE:

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Special promotion for new clients.

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

12 HOME CARE

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

Susan's HomeCare is here

For all of your needs. MediCal/non-medical, everything from transportation, companionship, and everything inbetween. We also provide end of life care. Please call 403-818-1487 for more information. Reasonable rates, insured and bonded. Susanshomecare.ca and find us on Facebook

Private Male Caregiver \$20/hr available Mon-Sat 8AM - 6PM phone 403-273-6424 or 403-803-9493

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

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Perms cuts & style 39 yrs exp 403-589-2069

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

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Two canes and a medical bed rail. \$50 for all. 403-988-7754

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AAA-Brother's Moving Co.

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For last year's words belong to last year's language.

And next year's words await another voice.

T.S. Eliot

Note to classified advertising clients;

Please contact Andrew McCutcheon as we will be updating our information moving forward into 2021.

He can be reached through 403-894-6986 or through email at andrewm@kerbycentre.com.

Thank you for a fantastic year and all the best moving into 2021!

You are never too old to set another goal or to dream a new dream.

C.S. Lewis

The 27th Annual Calgary Awards nominations open January 6

In an extraordinary year, extraordinary Calgarians made a difference. Through their exceptional achievements and contributions, many Calgarians made life better. This is your opportunity to recognize deserving individuals, businesses, and organizations who have improved the quality of life in our community.

The Calgary Awards celebrate exceptional achievements and contributions made by Calgarians. Look to your neighbours, colleagues, community leaders,

local groups, and companies who could qualify as award recipients. 13 awards are available:

- **The Community Achievement Awards:**
 - Grant MacEwan Lifetime Achievement
 - Citizen of the Year
 - Arts
 - Commerce
 - Community Advocate - Individual
 - Community Advocate - Organization
 - Education
 - Heritage
 - Youth
 - The Environmental

Achievement Award

- The International Achievement Award
- The Award for Accessibility
- The City of Calgary W.O. Mitchell Book Prize

Deadline is Wednesday, February 10, 2021. For more information on each award category, eligibility criteria, how to nominate someone, and previous award recipients, visit calgary.ca/calgaryawards.

CROSSWORD SOLUTION

A	M	A	N	D	A	M	E	A	L	S	D	R	E	A	R	I	E	R	
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SUDOKU ANSWER

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

Anne Prystupa
Arnold Orest Frederick Wawruch
Betty Francoeur
Diana (Daphne) Austin
Geoffrey Eustace Boardman
George Warren Gale
Kathleen McDowell
Margaret Florence Mary Campbell
Paul Ziff

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.

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

Every advertiser is important to Kerby News — we appreciate them for making a difference to seniors by putting their message in Kerby News.

Thank You

FOR DISPLAY AD INFO or TO BOOK AN AD CALL

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

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

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Right Home Right Time Right Place

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

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

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

A New Lease on Life!

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

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

Amenities include:

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

Explore Your Options Today...

Riverview Village Affordable Housing

2945 26 Ave SE, Calgary

Sundance on the Green Life Lease

3 Sunmills Green SE, Calgary

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

Riverview Village **403.272.8615** | **403.254.9800** Sundance on the Green

Discover your new home at
BethanySeniors.com

