

# Celebrating older adults



Seniors Week aims to celebrate and acknowledge the lives and impact of older adults in our community, and this year's theme is "Resilience." For more information on various events ongoing, check out pages 18 - 20 for a variety of events and information about Seniors Week. Credit: Tristan Le

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# THANK YOU

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

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

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

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

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



— Dr. M. Garth Mann: Director



## From Residents and Families

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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"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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The Manor Village at  
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Larry Mathieson, CEO

# Food rescue in Alberta

By Larry Mathieson

If you have been watching our social media posts lately, you will have heard us talk about food security and food rescue quite a bit. Shortly after the pandemic started, I was on a conference call with Minister of Seniors and Housing Josephine Pon.

The minister mentioned that her staff had found that food security issues experienced by seniors were being exacerbated by the pandemic. I couldn't believe — in Alberta of all places — that this could be an issue. As most of our in-house programs were closing, we had some time on our hands and I thought, surely we could do something to address this growing issue."

Our kitchen staff started preparing meals and freezing them so we could deliver them to isolated seniors. A week after we had started doing this, Eva, one of our managers, came to me and told her about a woman who was getting our frozen meals and was so incredibly thankful.

She told Eva that she was on a restricted budget and each month she would buy her cat food. Between this and her other bills, she would buy groceries for herself if she had money left over.

The frozen meals were guaranteeing that we would have something to eat. I couldn't believe this; I could

not imagine being in a situation where I would be deciding whether I would be buying food for my dogs or myself. When stories like this started being told to more of our staff and our volunteers, we knew we needed a more sophisticated permanent program to address food security issues for seniors.

We have some remarkable corporate partners that help us with this initiative and the approach we have taken is not only good for seniors, it's good for the environment and climate.

In addition to our numerous corporate partners and volunteers, we also collaborate with Second Harvest. If you go to their website, you will find that Second Harvest is Canada's largest food rescue charity with a dual mission of both environmental protection and hunger relief.

They redistribute nutritious, unsold food from across Canada to charities, non-profits and Indigenous communities in every province and territory. Their free, essential service helps nour-

ish people through school programs, seniors' centres, shelters, food banks, and regional food hubs.

In over 35 years, Second Harvest has rescued over 177 million pounds of healthy food, keeping it out of landfills and preventing 192 million pounds of greenhouse gases from entering our atmosphere.

To be able to coordinate so many volunteers, many seniors and food donations, we relied on having the logistics support an organization like Second Harvest could provide.

Our food rescue/ food security program started with humble beginnings, some frozen meals and a free bread market on Fridays at Kerby. If you have been following us on Facebook and our website, you will know that every week this program becomes a little more sophisticated and reaches more folks in need.

Many of you have supported this initiative with your time and your donations — we thank you for making such a difference for seniors in our community.

## JUNE 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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## Engaging in recreation



Richard Parker,  
Kerby Centre President

I grew up in a tropical country, Zimbabwe, where the weather and amount of daylight varies very little over the seasons. One of the things I love about Canada is the great contrast between the seasons, both in temperature and daylight hours.

As I write this in Mid-May, the sounds of summer are starting up: the lawnmowers, baseball bats and soccer whistles I hear around the neigh-

bourhood. These make me think of the many recreation opportunities there are in our beautiful city and surrounding countryside; from walks in our parks and river valleys to trips to the mountains or out across the prairies. Each presents a different experience and the opportunity to try new things.

As the word recreation implies, it is a time to re-create ourselves, either by doing something we love or trying something completely new. This summer will be a time to begin putting the constraints of a worldwide pandemic behind us. While we cannot be sure what the future will be like- we hope to be able to get together with friends and neighbours on patios, having barbecues or playing our favourite sports.

In my case that is golf and I am looking forward to getting out playing some of the beautiful courses we have in our

area. One of the things I like about golf is that it can be played together by players of very different skill levels. I have a high handicap yet can play with friends whose handicap is in the single digits.

If you are a new player or just fancy trying it out, Kerby is offering a unique opportunity to play one of Calgary's finest courses, Carmoney, just southeast of the City.

On Sept. 9, 2021 we are running the Kerby Classic Golf Tournament using a Scramble format. This format enables players of very different skill levels to have fun while helping raise funds to support Kerby Centre.

If you are interested and want to learn more about our tournament, visit [www.kerbycentre.com/golf](http://www.kerbycentre.com/golf).

Whatever it is you enjoy doing in the summer I hope you are able to get out in the fresh air and enjoy "re-creating" yourself.

# Stress — it's my move!



Photograph by Max van den Otelaar, via Unsplash.com

By Brenda Eng, BSW, RSW

English proverb: Worrying is like a rocking chair, it gives you something to do but it doesn't get you anywhere.

Stress and worry is constant in every stage of life, it just appears differently as we wrestle with various positive and not-so-positive events in our journey. We can easily recall from our own lives how this "stress creature" morphed and grew over the years.

Many times, we find ourselves pondering, "Will this stress ever end?" only to find in our latter years that life's challenges look like social loneliness, health surprises, our brain and body not working like it

used to, transitioning out of our own homes, COVID-19 and inching slowly away from independence. The emotions that these changes bring can be so overwhelming and stressful.

We have all heard that stress can create more health issues or make our current ones a bit trickier. Since we have very limited control of the world around us, learning how to manage our stress is an important part of handling our overall physical and mental wellness. Let's talk about how to start this journey.

A key first step is to learn what your signs and symptoms of stress are by asking and noticing what happens to your body, behaviour, emotions and thoughts when

stress pounces on you. Some people have noticed that the physical body is the first to detect stress and we experience headaches, muscle tension, fatigue, stomach upset, change in appetite, susceptibility to colds/flu, shallow breathing etc. For others, it erupts in their actions and behaviours: hangry, emotional eating, outbursts, a bit too much wine, avoidance/procrastination or relational conflicts.

Often we associate stress with emotions such as anxiety, depression, sadness, impatience, frustration and mood swings. We grapple with the condition of our mind under the heavy weight of stress, being easily distracted, overwhelmed with negative thinking, dif-

ficulty concentrating and thoughts racing through at high speeds. Most of us would agree that we most likely have a good combination of these signs and symptoms when stressed.

Recognize that our personality type; our perception; our self-talk and our history plays a role in our response to stress, but also know that we don't need to submit fully to this fate because we can do practical things to change some of these ingrained aspects into something that is more balanced, helpful and positive for us.

As Maureen Killoran said: "Stress is not what happens to us. It's our response to what happens. And response is something we can choose." Once we have this self-awareness and are able to gauge where we are on in terms of our emotional wellness — whether it be comfortable, stretched, strained or in crisis — then we are ready to consider our next step of action.

Depending on how strong these elements hold us captive, we may need to courageously enlist the help of doctors, mental health professionals and other informal supports to help us on this journey to healing.

Manage stress wherever you can to take some control, such as taking care of your body and giving it what it needs. These are things our doctors and other health care providers would like

us to do because it meets the most basic needs of our body and brain.

Are you getting seven to eight hours of quality sleep? Are you eating healthy and appropriate food? Are you exercising regularly? For many people, taking care of our body is not always easy and requires immense energy to change our lifelong habits. We may even realize that our health or mental health issues are interfering with how our physical body is functioning on these basic levels, such as having an impact on our ability to get quality sleep; have an appropriate appetite and zapping our energy and motivation to exercise.

When our situation is too complicated and our "to-do" list is too long and daunting, some may find themselves paralyzed and procrastination sets in quickly, making taking steps towards doing something helpful and positive confusing and difficult. It's true, stress clouds our brain and doesn't help with motivation.

These are times to pause and give ourselves space to evaluate our priorities, values, and set realistic goals. We might realize that certain boundaries and relationships need to be redefined and we can start by being okay with saying "no" to unreasonable requests (and also reasonable requests from time to time) so that we can maintain more mutually healthy relationships and reserve time and energy for ourselves.

Finally, practice relaxation techniques intentionally even on the good days, so that your brain has the neuro-pathways built and ready to go when times of stress rain down.

Relaxation examples are vast and many, and there's something for everyone and could include practices such as deep breathing, progressive muscle relaxation, tai-chi, practicing gratitude, prayer and meditation, music, fun, laughter and doing something creative. *If you want more detailed instruction and practice, sign up for a free virtual workshop on "Living Well with Stress" at AHS.CA/AHLP, select Calgary Zone, Online Registration; and you will find this class listed under the Emotional Wellness category.*

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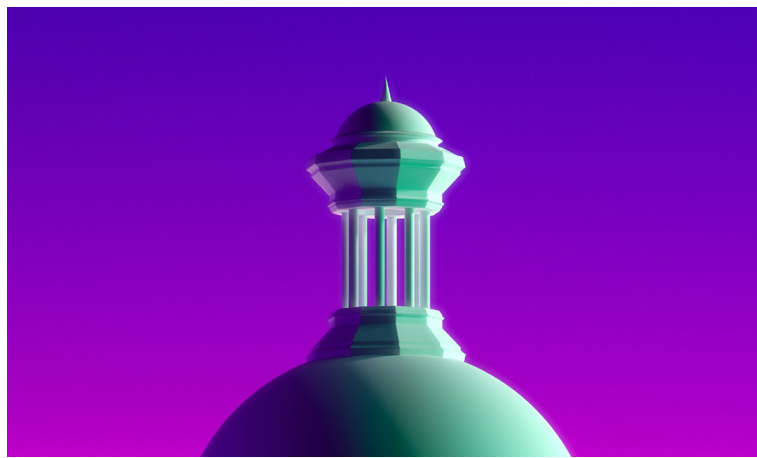


Illustration by Fakurian Design, via Unsplash.com.

By Devin Gaynor

Humanity has known and enjoyed fine art for many years through various mediums such as sculptures, paintings and music.

Art has always been evolving throughout history, and recently a new player called an NFT has made its way into the game.

NFTs or Non-fungible tokens have become a hot topic since last year, and are closely tied to the increasing popularity of cryptocurrency.

An NFT is a unit of data stored on the Blockchain (the digital ledger for cryptocurrency) and can represent a unique digital item like art.

They are digital assets that represent a wide range of unique items such as videos, video game items and pictures.

An NFT is a cryptographic token, meaning it works like Bitcoin or other cryptocurrencies, however they are not mutually interchangeable – or non-fungible – which is where they get their name. This makes them vastly different from a fungible asset.

The best example of a fungible asset is cold, hard cash. If you give a cashier a ten-dollar bill, you may ask for two five-dollar bills in return, thus making traditional money fungible, or “mutually interchangeable.”

Because NFTs do not hold any inherent value, all their value is determined by what a consumer is willing to pay either through auction or direct purchase.

To create an NFT, you don't have to be a skilled artist. While this may make you more money, all you really need is an idea, and some basic knowledge of how they work.

An NFT is created by uploading a file of artwork to an NFT auction market such as KnownOrigin, Rarible or OpenSea. These are popular

sites that are safe and operate specifically to auction off NFTs.

The NFT is then ready for purchase through the use of cryptocurrency, and can be bought and resold – just like traditional art.

If these works of art are digital, you may be wondering why you can't just screenshot the art or screen record the video NFTs, making a new, near identical copy and sell them for big bucks.

Much like cryptocurrencies, the original owner of the work is assigned a key, or digital identification number, which proves that this one specifically, is the original work of art.

When the art is created or purchased, this gives birth to a “hash,” or a digital identification number for the file, which is then recorded onto the Blockchain ledger, proving that you are now the real owner of the NFT, and all the monetary value that comes with it.

Very little data is stored in an NFT, and in fact, they actually store links pointing towards where the art and any details about it are stored on the Blockchain.

Another aspect that varies NFTs from traditional works of art are commissions. Since NFTs are traded digitally across the Blockchain network worldwide, the original artist receives a commission (usually around 10 per cent) per third party sale.

While this isn't the case with traditional art, it means that a popular NFT is like a one-time job, which continues to pay dividends for years to come, and since the price can fluctuate due to demand, an artist could make quite a bit of money over time.

NFTs can only be bought with Ethereum, a digital cryptocurrency. This means a potential customer must set up a digital wallet on a safe

and secure platform such as platforms like Coinsquare or Coinbase, and transfer their money into Ethereum, and then transfer their Ethereum into one of the aforementioned NFT auction markets.

To date, Mike Winkelmann — or BEEPLE as he's known online — has topped the best-selling NFT artist list after his piece titled “Everydays: The First 5000 Days,” sold for \$69,346,250.00.

This piece was largely responsible for mainstream media's coverage on NFT sales as of late.

While all of this sounds amazing, of course there has to be some sort of catch. Sure, it's easy to create art and put it online and hope someone pays the price you set, however, “gas prices” are a huge deterrent for most would-be artists.

A “gas price” in NFT terms is essentially a tax or processing fee one must pay in order to purchase or upload an NFT.

The gas price fluctuates heavily based on supply-and-demand, and since NFTs are a very popular prospect currently, these prices are a high barrier to entry. (All time high for something that's a very recent creation is a misnomer)

The gas price for Ethereum has been violently fluctuating each day between \$63 to \$373 since January, 2021, with the average value landing between \$120 to \$185.

Since the prices rise and fall with popular times throughout the week, many artists wait until the weekend or early mornings to list or purchase NFTs, in order to get the lowest rates on gas, because of less buyers online.

As usual, it's very important to do your own research before jumping on an up-and-coming trend, because the potential for losing money is very real.

There are many strong believers in NFTs becoming the new standard for buying and selling art worldwide — and along with cryptocurrencies — the Blockchain is becoming increasingly established with every passing day.

As exciting as all of this may sound, we'll have to wait and see what the future has for all of us.

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- Marlene, a Westview resident



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# Travel in place: 5 Reasons to Revisit Your Travel Memories Often, Especially Now



by Lesli Christianson-Kellow

Sipping coconut water from a fresh, green coconut on a beach in Manzanillo. That's the travel memory that I've revisited frequently over this past year. A year where travel restrictions were and still are the norm.

The new normal as far as air travel goes is yet to be seen. It might be a few years before we travel with the ease we had prior to the Coronavirus. Gone are the days where our only concern was whether we had packed enough clothes or prescription medicine. I used to have a recurring nightmare where I would arrive at the airport only to realize that I had forgotten my passport at home. In my dream, there would always be a time crunch involved. Could I possibly hurry home, retrieve my passport and arrive back to the airport in time to catch my flight? As dreams tend to be, I always woke up before the situation was resolved. I was left not knowing wheth-

er I made back to the airport with my passport in time for my flight or not. Not knowing what future travel will look like reminds me of my dream. So for now, traveling in place just might be the most suitable alternative.

So, back to sipping coconut water from a fresh, green coconut on a beach in Manzanillo. Last February (2020) my husband and I joined our friends in Mexico for a week. It was a spur of the moment decision to travel; to use our travel points for airfare and then stay in the extra room available at the condo where our friends were staying.

Every day after breakfast, my husband and I pack our daypacks and leave the condo for the day. We'd walk the length of Playa La Boquita. The beach, which was miles long, stopping to chat with tourists, expats and locals along the way. Manzanillo claims that it has 350 days of sunshine per year, and the statistics did not let us down. The sun warmed our chilly Canadian bodies, until we got too hot and then we'd stop at one of the open air beach restaurants and order fresh coconut water. When you've grown up in Canada, the novelty of sipping coconut water through a straw

straight from a green coconut never goes away.

Travel benefits our brains immensely. We are more creative, more curious and we experience more feelings of accomplishment when we travel, especially when we venture out of the familiarity of our everyday lives. The cool thing about the way the body works, is that we can experience some of these benefits of travel, simply by looking through our photos from past trips. Photos are the next best thing to travel itself.

Here are 5 reasons to revisit your travel memories, especially now.

1. Remembering is almost like doing. When we remember we relive the moment. Our bodies and minds can recall some of the feelings just by looking at pictures from a trip. Whether it's pictures from a cliff in the Cinque Terre in Italy or outside a favourite restaurant in Palm Springs, the feelings that the body and mind recall from the event are real.

2. When we think about events from your trips, we release serotonin. Serotonin is an important hormone that helps to regulate our moods. When our bodies produce serotonin, our well-being and happiness levels sky-

rocket. We feel more satisfied with higher levels of serotonin. Serotonin is the result of tryptophan (you know the stuff that makes us so content after a turkey dinner).

3. If we haven't travelled for a while, looking at our travel pics can re-establishing our sense of identity and stimulate our brain causing the release of dopamine, a neurotransmitter that influences our mood.

4. When we look at pictures of our families all together on a beach in Puerto Vallarta or on a cruise in the Caribbean, especially if there's grandchildren involved, it promotes a sense of well-being and love. And even though some of us have been apart from our families more this year than ever before, the memories that we've made together makes being apart that much more bearable.

5. Remember, there will be more vacations to new destinations or old familiar places. Having a trip to plan and look forward is beneficial, too. So, go ahead and research travel ideas and start dreaming of your next trip.

I am not the same having seen the moon shine on the other side of the world.

—MaryAnne Radmacher

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# What we can learn through disagreements



Photograph by Cloudvisual, via Unsplash.com

By Angie Friesen

You don't have to venture far to find a difference in opinions. It's everywhere.

You may have found yourself having disagreements with loved ones, friends, co-workers and even those elected to lead us. Often disagreements are viewed in a negative light, but there are some positive aspects to a disagreement.

I just wanted to start off by clarifying that there is a difference between a disagreement and an argument. A disagreement,

simply means you don't agree with the other party, it's often discussed in a calm and respectful manner, both parties are open to listening to one another, and are okay with one another not having the same shared opinion on a topic. Arguments, however, are more reactive; loud, casting blame, highly emotional, and often has both parties feeling awful at the end.

Over the years, I have come to learn that there is an art to disagreeing. One of the best assets you can bring to any conversation is to simply listen. Often times in disagreements (or arguments for that matter) the other party just wants to be heard.

Giving that person your undivided attention while they express their thoughts hold a lot of power (for both parties). This could also possibly help prevent the disagreement from escalating into a full-blown argument. I have found when you hold space and listen to the other party sometimes they are also more willing to do the same for you.

When we listen, people are more likely to open up to share their thoughts and experiences with us.

Our thoughts and experiences shape our values. Our opinions are formed from thoughts, experiences and values. This is one reason why our personal opinions hold deep meaning for us and others — it is personal. All of us have had different experiences in our lifetime; both positive and negative. All of us have a story.

When we learn of

someone else's story — or bits and pieces of it — it can bring clarity and understanding as to why they hold their chosen opinion.

Knowledge is power. You may learn something new through a disagreement. You may be in a discussion of a topic that you may not have much knowledge or experience with, which may encourage you to learn more about it. In turn, you could also be in the position of helping someone learn in those moments. I do my best to seek out sources with credibility and that state the facts on issues. Mentioning a reliable source in your disagreement can also strengthen the point that you are trying to make, and in turn may allow the other party to become more open to your opinion, and to conduct further research on the matter.

Ideally in disagreement, when it ends, it's optimal to come to a place of "agree to disagree". But what if things aren't going so well? If the situation seems to escalate or if it's a conversation that you would rather not have, you can simply say: "I'd rather not talk about this now.", and you can either change the subject or do your best to gracefully depart from that conversation. Sometimes the other party just may not be open to listening to you or be open to hearing a different opinion at this time. It's also not about winning or being right, it's about coming from a place of understanding.

Through disagreements, we deepen our learning of ourselves, others and the world.



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# Vaccination hesitancy numbers lowered in Alberta

By Andrew McCutcheon  
Kerby News

The end of the COVID-19 pandemic seems within sight, in large part due to the release and utilization of a handful of vaccines that have been developed safely over the last year.

A new poll from the Angus Reid Institute also bodes well for vaccination rates in Canada and Alberta specifically: the rate of Canadians with at least one dose of the vaccine has reached over 50 per cent of the population at the time of publication and rates of vaccine hesitancy in Alberta have gone down.

Vaccine hesitancy, a concept that encapsulates the fear or unwillingness to receive the vaccination, has declined rapidly in Alberta. Data from Angus Reid indicates that vaccine hesitancy has lowered from 45 per cent of respondents at the end of January 2021 to only 17 per cent as of their newest release on May 17.

Alberta is the province with the biggest change in the percentage of those unsure of or unwilling to be vaccinated. The only province with a higher rate of vaccine hesitancy is now Saskatchewan, with 24 per cent of respondents citing an unwillingness or hesitancy.

According to analysis from Angus Reid, “These data show a shift from a willingness to be vaccinated to the reality of the program’s results,” and across the nation, the progress has seen Canada nearly caught up to per-capita vaccination rates in the United States.

While a good portion of the country has moved away from the AstraZeneca vaccine, which has been linked to rare complications due to blood clotting, a large portion of those who received that particular inoculation have expressed little regret.

Of those who received AstraZeneca, 48 per cent responded that they were “totally pleased – Zero regrets or

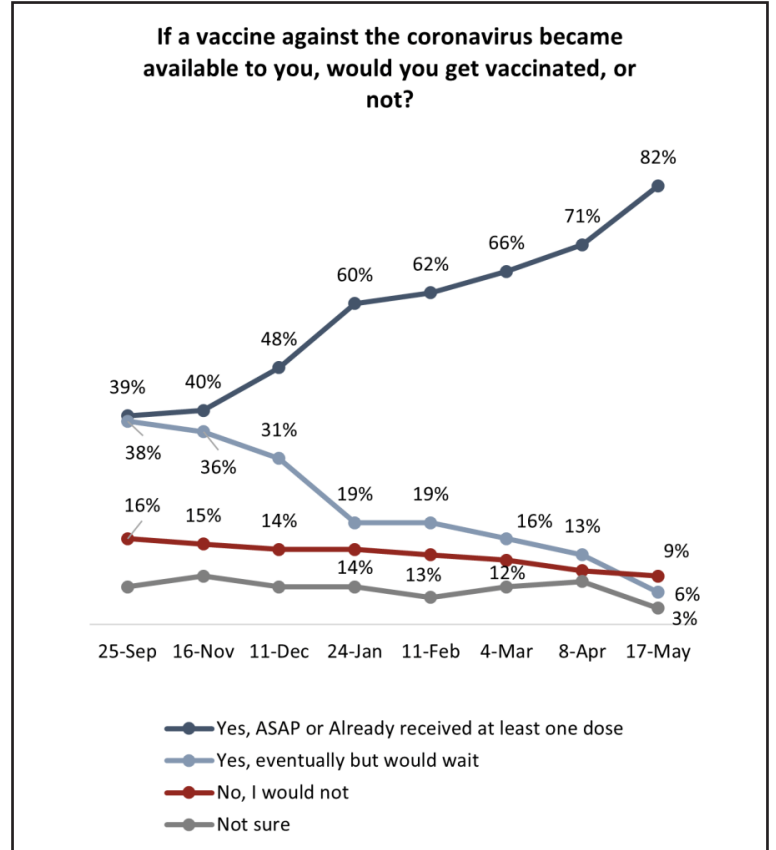
second thoughts” about their decision, with 44 per cent responding that they felt “okay – Pfizer or Moderna would have been better, but what’s done is done.”

At the time of writing, 2,243,969 doses of COVID-19 vaccinations have been administered in Alberta, with 43 per cent of the population having received at least one dose.

The effectiveness of a singular dose of the vaccine compared to a full inoculation is not fully understood, but two studies from *The Lancet*, one of oldest and best-known peer-reviewed medical journals, state that one

dose of the Pfizer vaccine ranges from 70 to potentially 90 per cent effectiveness at preventing COVID-19.

The Angus Reid Institute conducted an online survey from May 14-16, 2021 among a representative randomized sample of 1,319 Canadian adults who are members of Angus Reid Forum. For comparison purposes only, a probability sample of this size would carry a margin of error of +/- 3 percentage points, 19 times out of 20. Discrepancies in or between totals are due to rounding. The survey was self-commissioned and paid for by ARI.



Courtesy of the Angus Reid Institute



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# Investment fraud prevention: Tips for staying safe in a post pandemic world



Photo by Michael Longmire, via Unsplash.com

By Alberta Securities Commission

Over the past year Albertans of all ages experienced social isolation and felt the effects of loneliness. The good news is that with the creation and widespread distribution of vaccines, we should soon be able to reconnect in person with loved ones and friends. As we move towards these opportunities to reconnect, it is important to be mindful of the connections we re-establish and the new friendships we make.

As they always do with global events and trends, fraudsters capitalized on the pandemic to attempt to sell their investment scams (often related to the fight against COVID-19). They marketed their scams heavily through email, social

media and online forums like Facebook groups in lieu of in-person interactions. These digital avenues will continue to be popular, but with the eventual reopening of in-person activities, fraudsters will again try to prey on the perceived vulnerability of seniors

In a recent study conducted by the ASC, 54 per cent of Albertans aged 45-64 believed they had been approached with a potentially fraudulent investment opportunity. By understanding the tell-tale signs of fraud and remembering the fundamental principles to making wise financial decisions, older Albertans and their caregivers can recognize, avoid and report investment fraud and financial abuse. Remember the following tips to safeguard your retirement savings or those of

someone you care about.

Leveraging fears or anxieties: A go-to tactic of every scam artist is tapping into the financial stressors their targets may have. This could include having enough for retirement, leaving a legacy for loved ones or the fear of missing out on great investments as the economy reopens. Regardless, keep an eye out for anyone trying to tap into your fears or anxieties when offering an investment and do not share your personal financial information with new acquaintances.

New friends taking an immediate interest in your financial wellbeing: As

we start to reconnect with friends and family and make new friendships, be wary of any new person in your life who takes an immediate interest in your finances. Fraudsters do this to establish trust, learn the fears or anxieties you may have, understand how much they can steal and how to manipulate you. Be sure to create boundaries for your personal finances and private matters.

Investment offers from unregistered individuals: By law, anyone selling investments in Alberta should generally be registered with the Alberta Securities Commission (ASC). You can check by visiting

CheckFirst.ca or by contacting the ASC. If the investment offer comes to you from a friend, inquire where it originated from and ensure the individual or firm that offered it to your friend is registered. Contact the ASC if you suspect it may be a fraudulent investment or need assistance in confirming registration.

Exclusive offers: Investments promoted as exclusive offers just to you is a clear red flag of fraud. Fraudsters utilize this tactic to drive false urgency and prevent you from researching and talking to others about the investment. Investments will always be available, and no credible financial advisor should ever rush you to a decision.

The reopening of Alberta is an exciting time for everyone, but remember that bad actors will look for ways to use in-person opportunities and friendships to promote their scams. By staying mindful of these tips, older Albertans and those who care for them can enjoy making up for lost time and avoid fraud.

If you feel you or someone you care for may be involved in an investment scam, do not let the embarrassment or fear keep you from speaking up. You can contact or file a complaint with the ASC at [www.albertasecurities.com](http://www.albertasecurities.com) or call us toll-free at 1-877-355-4488.



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# The music of my generation

By Barbara Ellis

Recently during one of PBS's pledge drives, they featured one of my very favourite performers: Perry Como. As I sat watching and enjoying the music a feeling of nostalgia came over me. I fell in love with this music in my teens and to this day, I can still remember most of the lyrics to each song.

I was lucky to come from a family who loved music and so my sister, Eva, and I were exposed to everything from classical, to folk, to pop and the emerging rock and roll.

My mother played the piano and my father the violin and so Eva and I were encouraged to learn one or the other. My father had a beautiful voice and when he was at home, he would often sing his favourite Hungarian folks songs.

Some of these were sad and soulful and similar to the county songs that someone like Hank Williams might have written. He also had a great whistle, so when he was not singing, he was whistling. And if none of that

was happening, then one of us would put on a record and send musical sound waves throughout the house.

Anytime we went for a drive in the country or a picnic on the beach, the car would be filled with our voices. Whoever came along for the ride had no choice but to join in. Once my father was exposed to Irish and Scottish music, he began to whistle those melodies as well. This exposure came from the Presbyterian Church we attended in Sydney where many of the members were transplants from Scotland and Ireland.

At our church dad organized a small dance troupe and so Eva and I became immersed not only in the music, but the folk dances as well. It was wonderful to take part in an activity that leaned far back into our heritage.

I was fortunate to have attended a school whose curriculum included musical appreciation. Twice a year, students from many of the other private schools were taken to a concert given by the Sydney

Symphony Orchestra. Here we were introduced to the best composers of all time, Beethoven, Chopin, Mozart and many others.

During the performances, their music came to life for us as we sat in that darkened concert hall. The maestro would begin by telling us about the composer and the various instruments we were about to hear. Then he would turn to the orchestra, tap his baton on the podium and wait for complete silence. When you could have heard a pin drop, he would raise his arms and on his downbeat, the music began.

I loved all the music but my favourites were the Strauss waltzes and Tchaikovsky's Swan Lake. One of my best memories of those concerts was the time they performed Rossini's William Tell. The audience erupted into some very enthusiastic clapping of hands and stomping of feet. We all knew this movement as most of us frequented the movies on Saturday afternoon just to see the

next episode of the Lone Ranger.

Getting back to Perry and his music, to me, he was the best of the singers from that era. Of course, I liked Dino, Frank, and a host of others, but Perry had a special way of delivering a song. I always felt that he was singing to me. Many years later when I was going through some hard times, I would put on his records and let his gentle voice comfort me. It did not make my troubles disappear, but it helped. I was sure that the writers of these woe-filled ballads must have had similar experiences. The lyrics from "Killing Me Softly With His Song", is particularly poignant and Perry's rendition perfectly vocalizes each word. But he also sang many happy songs and some silly ones like, "Hot Diggidy, Dog Diggidy..." or "Papa Loves Mambo", songs that could change my mood. I would sing along and grunt at the proper moment in the mambo tune.

I never missed his TV shows and wish that there was a nostalgic channel

that would show them again. Not only Perry's, but Carol Burnett, Dean Martin, Laugh-In, Bob Newhart, the Smothers Brothers and many, many more. Programs that make a person feel good by watching them and comedies that are really funny and have nothing to do with sex. How many of us howled at Carol Burnett when she came down the stairs wearing that ridiculous velvet curtain? I am not a fan of newer music. For one thing, I can not make out the words or what they are singing about and as for Country Music, I prefer the songs of Marty Robbins.

Mostly now I just watch old movies, Jeopardy and the News. Well, let's face it, the news these days has become our nightly reality horror show. As for Jeopardy, it is not the same without Alex Trebek. It will be interesting to see who will inherit this very desirable position. I have liked most of the guest hosts, they have all been good, but, there was only one Alex.

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# Raising spring peonies in Calgary



Photo by Jane Cib, via Unsplash.com

By Deborah Maier

The challenge of gardening in Calgary is often a conversation starter between gardeners. The season is short. Chinooks remove the protective snow cover. The air is dry. The volume of water that falls during a July deluge is phenomenal, but it comes down so fast that it doesn't have time to soak into the ground.

Then there are the hailstorms.

Each month can send its own curveball. Regardless, peonies (*Paeonia lactiflora*) seem to take whatever the Calgary environment pitches, and perform spectacularly, year after year.

Cultivars of *Paeonia lactiflora* are the most common garden variety in Calgary. It is hardy to a cold hardiness zone 3. It doesn't require a special microclimate to thrive, which is why it can be found throughout the city. It can take full sun to part shade. If you ensure that it receives adequate moisture in the spring it will perform.

The plant stalks are upright, but the heavy blooms can require support, especially if they get wet. In fact, the plant ring support, either a simple ring, gridded ring, or swirl, are often called peony rings and can be readily found where gardening supplies are sold. Speciality suppliers carry more decora-

tive supports. When using a support, early in the spring as the crowns start to grow, place it over the peony and push the legs deep into the soil. The plant will grow through the opening of the grid or ring. As the plant grows, lift the ring. Ideally, the support is hidden by the leafy growth.

Herbaceous peonies are classified into six forms based on the flower characteristics. The forms are Single, Japanese, Anemone, Bomb, Semi-double, and Full Double. Singles have five to 15 flat petals forming a saucer shape around the stamen cluster. As the forms progress from Japanese, Anemone, to Bomb, the

stamens become more petal-like and more closely match the look of the guard petal. The bomb looks like a ball of petals. In the Semi-double form, the stamens are obvious again, but some outers stamens look like petals, and the petals are multiplied and curve inward to give the flower a full look.

In the Full Double form, the stamens and carpels are transformed into petals. Pollen bearing stamens may occur, but they are scarce and are hidden in the flush of petals.

It is a herbaceous plant, which means that it dies back each fall and sprouts up new stems from the crown each spring. Dying

back and becoming dormant is a plant adaptation for surviving inhospitable periods. Like many hardy perennials, peonies use this adaptation to make it through a Calgary winter.

Both Reader Rock Garden and the gardens of Lougheed House have species peonies that have been growing in those gardens since they were created. These peonies have much smaller blooms than the *lactiflora*.

If you want to see spectacular displays of peonies, visit the Botanical Gardens of Silver Springs.

Start visiting about mid-June. At that time, the fern leaf peonies (*Paeonia tenuifolia*) start blooming in the Post Garden. Just east of there is the Peony Garden. I visited on July 1 last year and the Peony Garden was incredible. Some plants had finished blooming while others were still in bud. The smell was wonderful and the colours and shapes of the blossoms phenomenal. The garden was just a buzz. Bees were swirling in the simple blooms gathering pollen.

For anyone who finds downtown more accessible than the Botanical Gardens of Silver Springs, stop by Central Memorial Park. Peonies can be found throughout the park and there is a beautiful border of peonies around the main fountain.

Peonies are a beautiful long-lived perennial. Take some time this month to look for them in a garden near you.

For more information about gardening in the Calgary area, visit our website [calhort.org](http://calhort.org).



Photo by Tengarart, via Unsplash.com

# How to avoid burnout when you work from home

## Designate a work space, keep a schedule, take your breaks and eat properly, and keep your personal and work lives separate

By Faith Wood  
Columnist  
Troy Media

Faith Wood knows how to resolve conflict. Her years in front-line law enforcement taught her how to effectively de-escalate any situation to a successful conclusion. Faith will use her knowledge of conflict management to guide you through the often stressful experiences you may encounter in your personal or professional life. Her Conflict Coach column appears every two weeks.

Question: When working from home became a thing last year, I was excited. It seemed so refreshing not to deal with traffic congestion, professional attire and crowded office spaces.

However, with pandemic restrictions continuing more than a year later, the allure has waned. I feel like the lines between home and work have become less clear, and it's starting to take a toll.

How does one become more efficient with a work-from-home situation and avoid unnecessary stress and potential burnout?

Answer: I've been working from home for years — well before restrictions mandated. And it took a bit of planning to figure out how to keep work and personal separate. If there's one disadvantage to working from home, it would be that it's harder to separate your work life and your personal life since both often co-exist in the same space.

Here are six key ideas for establishing clearer boundaries between work and home:

### Designate a space in your home for office work

It can be quite tempting to work from the kitchen island or at your dining room table. And in busy households, juggling the kids, the new puppy, and the laundry can make putting a laptop in the common area seem like a good idea.

Don't do it!

Designating a relatively quiet and specific space in your home can be the biggest differentiator in being able to walk back and forth between work and home

life. Get a desk and put it in a space that's protected from family members — including the new puppy.

### Set work hours and stick to them

Although your hours may be flexible, it's still a good idea to set your hours and stick to them as much as possible.

When you've worked those hours in the day, then you're done your workday. It's now time to put work away until the next day.

Because you work from home, it can be very tempting to work long hours, but don't get stuck in this rut on a regular basis.

### Treat your work hours seriously

When you set your own hours, sometimes your family and friends may not understand that just because you're home doesn't mean you're available.

For example, it doesn't mean you're automatically the backup sitter if your sister's school has an outbreak and the kids need to stay home. It can also be tempting to meet with a friend for coffee but if that turns into a two-hour visit, that's two hours gone during your workday. Instead, meet with friends outside of your set work hours.

Also, be sure you're not running errands during your work hours for your spouse. And don't spend your time doing laundry and the dishes when you should be working.

Furthermore, if you have young children, make sure they attend daycare during your work hours since it's next to impossible to get much work done when they also need your attention.

Because no one is watching you, it's also easy to waste time checking Facebook and email messages. Be sure to limit your time with these activities.

Plan and schedule family and personal time

In the previous two points, we discussed planning and setting your work hours. However, remember to plan and schedule the rest of your life, too.

Be sure to slot family game nights and exercise sessions into your sched-

ule. Write them down or put them in your phone's calendar and be sure to follow through with them.

### Plan rest periods during your work-day

If you really like the work you do from home, it probably doesn't even feel like work. However, it's still important to give your body and brain a rest by taking breaks.

You may need to set a timer to remind you every two hours to get up and

do something else. A good break may be running on the treadmill or getting some fresh air and sunshine.

### Don't skip meals

This seems like common sense but it's easy to skip meals when you're alone at home. After all, a large component of meals is socialization and there's no one to socialize with when you're by yourself. There's also no food service like you find in many worksites, so you have to prepare your food at home.

By ensuring you eat healthy meals and snacks throughout the day, you're ensuring your body gets the right nutrients and energy it needs.

By putting a little thoughtful planning into things, you'll find that working from home can be a lot more conflict-free.

*Faith Wood is a novelist and professional speaker who focuses on helping groups and individuals navigate conflict, shift perceptions and improve communications.*

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# Pandemic's impact on dementia caregivers



Photo illustration by Becca Lowe

By Andrew Glen  
McCutcheon

COVID-19 sent the lives of every Albertan into upheaval.

But a recent study performed by the University of Calgary has revealed the extra burden that was placed on those caregiving for people living with dementia.

The findings report a significant increase in the responsibility of caregivers, alongside a decline in the wellness of people living with dementia.

A total of 230 family caregivers were polled as to their experiences over the summer of 2020, and the respondents ranged from those caring for a person with dementia at home, at assisted living facilities or at long-term

facilities.

The average age of a family caregiver was 59 and they were overwhelmingly women with 77 per cent of the respondents. Almost half — 46 per cent — were the spouse of those for whom they care and 27 per cent reported they spent more than 40 hours a week on caregiving responsibilities.

The policies implemented by federal, provincial and local governments to stop the spread of COVID-19 led to unintended consequences for family caregivers and the people living with dementia for whom they care. Of the caregivers surveyed who care for a person living with dementia in a long-term care facility, 46 per cent

responded they believed the restrictions in long-term care facilities went beyond what was needed.

In addition, 84 per cent of them responded that they were willing to take additional training with personal protective equipment (PPE) and infection procedures if it meant ensuring continued access to the person for whom they are caring.

However, 13 per cent raised a concern over whether the use of PPE such as masks might confused or disorient those for whom their caring, or create communication issues if the individual is reliant on lip reading.

“I believe that if I were to wear a mask of any kind over my face, it would scare my mom

if not confuse her even more as to who I am,” one respondent answered.

“I would like to wear a face shield rather than a mask so that my mother (who has dementia and is profoundly deaf) can see my face and mouth,” another said.

Moreover from just visitation and access, the respondents stated that the COVID-19 policies greatly impacted their abilities to maintain a level of care due to reduced access to supports and resources.

These resources include items like transportation, day programs, legal services and support groups.

“I’m not sure that the system evolved quick enough to help support caregivers, so I think

there are more innovative ways that they could have pivoted,” one respondent stated. “We have these people in homes, in the community, we need to figure out how do we continue to offer support at a low risk kind of a way.”

While those who were giving care to an individual residing in a long-term facility had dramatically reduced time spent together, those who were providing care at home had the opposite — yet just as devastating — experience.

Family caregivers without access to resources such as day programs stated they had no respite or had it severely reduced, with many of them saying they were struggling to cope.

“It’s a hard struggle all by yourself here, sometimes I just, I just want to run away and not do anything anymore,” one respondent said.

“It’s been hard, I mean at least I had my work to go... I mean “If you don’t come and help, I’m done, I cannot do this anymore.” Said another. “The only time I was ever alone was driving to [work] and driving back, and that’s 12 minutes each way. Now I don’t even have 12 minutes, and yeah it’s very hard.”

Overall, the respondents reported higher levels of strain due to COVID-19 measures: 69 per cent said they were feeling more socially isolated, 55 per cent experienced a reduced quality of life and 78 per cent said they experienced a noticeable increase in one or more of the responsive behaviours associated with dementia in those they were caring for, such as agitation or depression.

The report ends by making three recommendations to the provincial government: ensuring caregiver support is consistently available, making sure there is clear and correct information available and that there can be continued access to care recipients in supportive living facilities.



## U of L to explore safe sexual expression for dementia patients

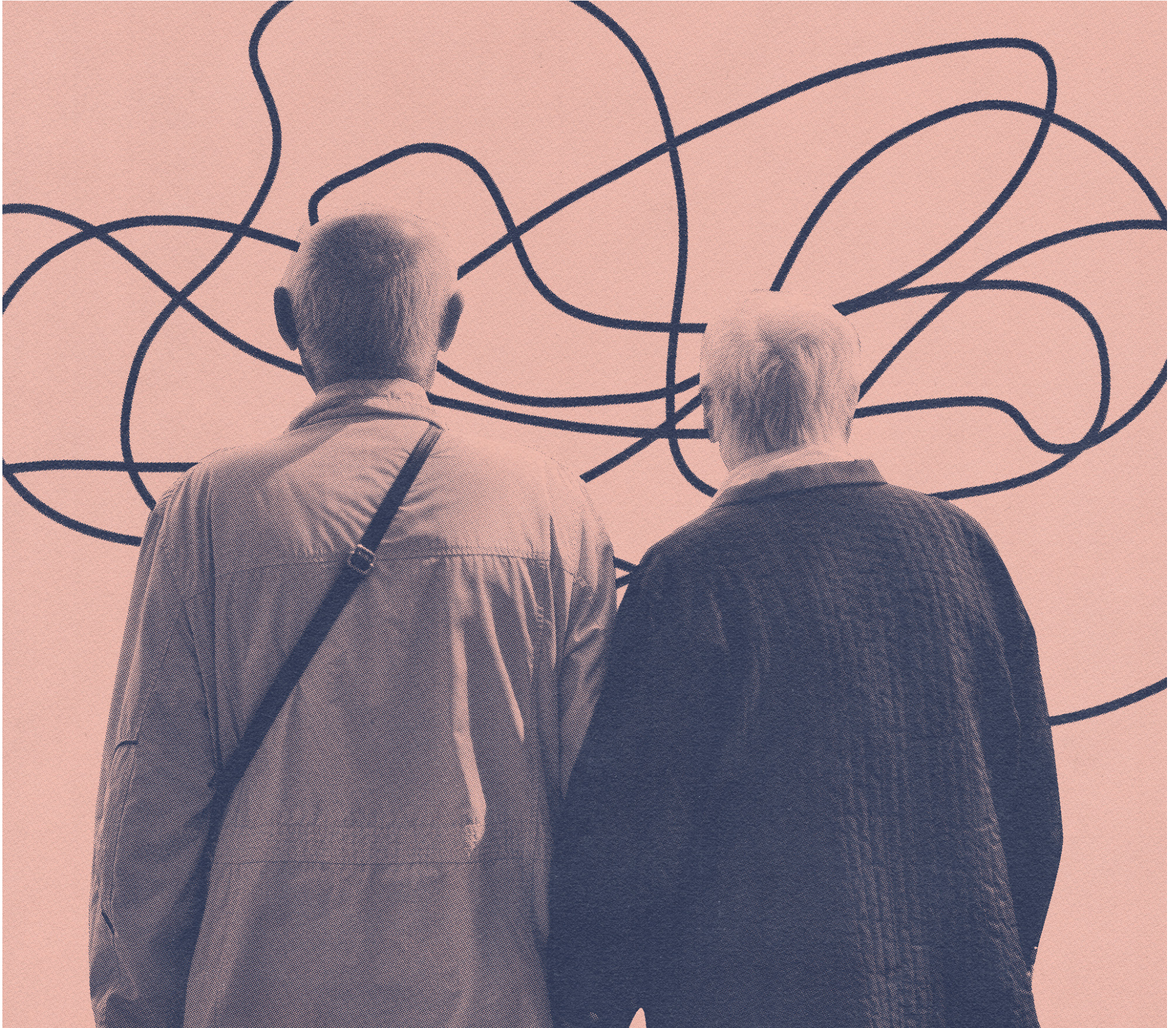


Photo illustration by Becca Lowe

By Andrew Glen  
McCutcheon

There is much we still don't understand about degenerative neurological conditions like dementia or Alzheimer's that affect so many in Canada and the world over.

But the University of Lethbridge aims to explore and create a toolkit surrounding positive and safe sexual expression for the benefit of those living with dementia.

Dr. Julia Brassolotto, a professor in the faculty of Health Sciences at the University of Lethbridge, along with co-investigators Drs. Pia Kontos and Alisa Grigorovich, are leading the team to develop this toolkit.

"For many residents with dementia, intimate relationships can be really grounding," said Brassolotto.

"There's a lot of benefit, emotionally, physically and mentally, for residents to still engage in some form of intimacy, especially when they've lost a lot of other social roles and activities and are living in continuing care."

The team received a \$325,000 grant from the Canadian Institutes of Health Research (CIHR) and the research will be conducted between two long-term care homes, one located in rural Alberta and the other in urban Ontario.

The first phase of the research will include observations,

questionnaires and interviews with those living with dementia, their family members and caregivers, and will be conducted virtually or in-person depending on safety measures.

The second phase will result in the creation of a toolkit that will help individuals and organizations support sexual and intimate expression for those living with dementia.

While the science has showed that sexual expression has a variety of benefits for older adults — such as improved quality of life and mental health benefits — there are barriers those living with dementia face.

These can include a lack of privacy, po-

tential negative perceptions or attitudes from staff and family involved in the life of the individual with dementia and a need to balance both a person's autonomy and to protect them from harm.

"We never suggest care staff or other residents should have to be accepting of unwanted expressions," Brassolotto said. "With related training, toolkits and policies in place, care staff will be better prepared and equipped to navigate sexual expression."

Currently, not many resources are available to help educate or train staff on the subject, and as a result, they improvise to the best of their ability, ac-

ording to the release from the University of Lethbridge.

The situations they encounter and their responses in practice vary wildly. Sometimes individuals living with dementia may become disinterested sexually or they may express interest towards staff and other residents who are uninterested.

"Our goal is to help support this component of people's lives that feels very human and connected and gives them joy and pleasure, while also being very careful to make sure it's safe, that interactions are wanted and that people aren't getting harmed," Brassolotto said.

# Celebrating Seniors Week

From June 7 to June 13 this year, Calgary and the entire province of Alberta is observing Seniors Week; a period to celebrating and recognize older adults and their contributions to the community.

This year's theme is "resilience," which over a year into COVID-19, is more applicable than ever.

From here at Kerby News and the Kerby Centre, we wish you a wonderful Seniors Week! Seniors Week Proclamation:

Older adults are a growing and diverse population and a vital part of our community. It is estimated that by 2036, nearly one in five Calgarians will be a senior. Whether giving time and talent or sharing life experience, older adults are at the

heart of many community programs and charitable organizations that improve the quality of life for Calgarians.

Whereas: A more positive attitude towards aging is creating new opportunities for Calgary's older adult community;

Whereas: By generating awareness of our age-friendly society, Calgarians are encouraged to recognize older adults for their achievements, value and contributions to our City;

Whereas: The theme for this year's Seniors' Week is "Creating Connections" and a number of online engagement events are planned to celebrate our senior community.

*On behalf of City Council and the citizens of Calgary, I hereby proclaim the week of June 7-13, 2021 as: "SENIORS' WEEK"*  
**-Mayor Naheed K. Nenshi**

## Celebrating and Supporting Alberta Seniors

Let's recognize special days for seniors safely and responsibly with information from the Government of Alberta

Seniors are a vital part of our communities. As parents and grandparents, mentors and friends, employees and employers, they make a difference in our lives. It is important that we continue to recognize, celebrate and support seniors throughout the COVID-19 pandemic.

The Government of Alberta recognizes a number of special days dedicated to seniors throughout the year. This tip sheet provides suggestions on how Albertans can continue to celebrate, support, and keep seniors safe while respecting the current public health measures.

## Seniors' Week

### June 7 to 13

Seniors' Week has been celebrated since 1986 to celebrate and recognize seniors throughout the province. Seniors' Week is a great opportunity to honour and recognize all that seniors have contributed to making our families, communities and our province stronger.

## Intergenerational Day

### June 1

Intergenerational Day began in Canada in 2010 and recognizes the backgrounds, experiences and contributions of all generations to help build greater understanding between generations.

## World Elder Abuse Awareness Day

### June 15

World Elder Abuse Awareness Day was established in 2006 to bring global attention to the need for all citizens to take responsibility in preventing elder abuse.

## Day of Older Persons in Alberta

### October 1

October 1 is a day to celebrate the contributions of older adults, recognize those who support them and raise awareness of the concerns of older adults.

For more information visit [alberta.ca/seniors-events.aspx](http://alberta.ca/seniors-events.aspx)

## Keep connected and support seniors

There are so many great opportunities to stay connected with the older adults in your life, say thank you, make sure they are safe, and see if they need anything. To do so safely, here are some ways to stay connected:

- Make an audio or video call, email or send letters to check in
- Host a family dinner online



### National Indigenous Peoples Day - June 21st 10:00 am to 11:00 am



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### Teachings of the Medicine Wheel

Online Presentation By Cheryle Chagnon-Greyeyes

Traditional Knowledge Keeper, Cheryle Chagnon-Greyeyes, shares the sacred teachings of The Medicine Wheel which reminds us that we need to balance all four aspects of our being – the spiritual, emotional, physical and mental aspects. She will teach us about time honored traditions practiced during ceremonies and give us the gift of song and drumming.

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

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- Host a virtual games night with family and friends
- Write letters and send cards, drawings or photos to seniors in local continuing care facilities
- Offer assistance

This is a great time to support the emotional, mental and physical well-being of older adults and to spread good cheer throughout your community.

Offer to assist with grocery and prescription purchases – online or delivery

Drop off gift baskets with pre-packaged essentials at seniors' homes

Volunteer with organizations that support seniors, like a telephone check-in program

Recognize outstanding supports for seniors by nominating an individual, business or nonprofit organization that has served seniors in your community for a Minister's Seniors Service Award at [www.alberta.ca/MSSA](http://www.alberta.ca/MSSA)

**Share your stories**

- Virtually interview seniors and capture their stories and history
- Host a virtual music concert
- Host an online poetry reading
- Host a podcast with guest speakers
- Invite older adults you know to participate in online educational, activity or cooking classes
- Conduct a "drive-by" parade – make signs, honk your horns and wave
- Have a virtual story-telling evening

**Resources**

Research what resources are available in your community:

- Healthy Aging Collaborative Online Resources and Education: <https://corealberta.ca/>
- Call 211 or visit [www.ab.211.ca](http://www.ab.211.ca) for local resources
- Talk2Nice of-

fers friendly calls for seniors. Dial 1-844-529-7292 or complete the online form at [www.nicen-et.ca/talk2nice](http://www.nicen-et.ca/talk2nice)

- Call 811 for health information or visit [www.albertahealth-services.ca/health-link](http://www.albertahealth-services.ca/health-link) If you believe a senior requires additional supports, call:

- 911 or local police if you suspect immediate danger

- Family Violence Info Line at 310-1818

- Mental Health Help Line at 1-877-303-2642

- Addiction Help Line at 1-866-332-2322



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

INSPIRED SENIOR LIVING WITH  \*CONDITIONS APPLY

## Seniors Scene

The FLC Seniors Acting Club is pleased to present An Evening of Reader's Theatre, two one-act plays about seniors staying active and continuing to lead a purposeful life. These free performances will take place online on June 9, 2021 from 7:00 – 9:00 p.m. Come join us for some fun and lively senior shenanigans. Just go to the following link to view the readings, which will be streamed live on YouTube at 7:00 p.m. on June 9, <https://youtu.be/br1OKV-n394>

For further information, contact: [actingclub@flcseniors.ca](mailto:actingclub@flcseniors.ca)

### The Fourth Annual Third ACTION Film Festival is running online in Calgary from June 11 to June 13.

A selection of films on the topic of aging will be screened online across these days. All films will be either subtitled or closed captioned. All ReCast screenings will have American Sign Language (ASL) Interpretation of the film introductions and Q&A sessions. For tickets, a program guide and frequently asked questions regarding the film festival, head to <https://www.thirdaction-filmfest.ca/attend.html>.

### Nominate someone you know for a Minister's Seniors Service Award

The Minister's Seniors Service Awards recognize individuals, businesses and non-profit organizations who support seniors, lead the way for improved services and contribute to strong communities.

Nominations will be accepted for individuals, businesses, and non-profit organizations who support seniors through their extraordinary volunteerism, philanthropy, innovation, or outstanding service.

You can send a nomination by following the instructions at <https://www.alberta.ca/ministers-seniors-service-awards.aspx>.

Nominations close as of June 30.

Categories for eligibility

### Individual Award

An individual Albertan or couple, of any age, who provides volunteer service, demonstrates philan-

thropy, or outstanding service to seniors in Alberta.

### Business Award

An Alberta business or corporation that exhibits excellence in innovation or philanthropy in support of Alberta's seniors.

### Non-profit Award

An Alberta non-profit organization that exhibits excellence in innovation or outstanding service to Alberta's seniors.

### Special Service Award – Alberta Spirit (New)

An Alberta individual, business, or non-profit organization that has brought joy to isolated seniors to promote wellness and reduce social isolation.

This new Special Service Award highlights an area of particular importance in any given year – the Alberta Spirit.

Seniors 65+ receive 15% discount on all food and drinks at the Railway Cafe June 7 -13 daily from 10 am to 4 pm. For further details: [info@heritagepark.ca](mailto:info@heritagepark.ca) or call 403-268-8500

Location Heritage Park  
Address 1900 Heritage Drive SW

*Scheduling note: All events will follow current Provincial and City health requirements, legislation and guidelines.*

### Depression and Dementia Webinar by the Alzheimer Society of Calgary

Tuesday, June 8, 2021, 10 – 11 a.m.

A webinar about depression and its connection with dementia, managing depression.

To register for free call 403-290-0110

### Dementia Network Calgary

Ask me Anything: a virtual conversation about living with dementia with Roger Marple.

Tuesday, June 8, 2021, 7 – 8 p.m.

For more information or to register for free call 403-290-0110.

### Good Companions 50 Plus

Good Companions 50 Plus is a non-profit organization offering education, recreation and wellness activities for seniors across Calgary. Due to the pandemic, we are unable to offer in-person activities at the moment but why don't you join us for our online programming offered every weekday morning at 11 am including Monday Melodies, Active Aging

Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Tai Chi. Call us at 403-249-6991 to ask about how you can try our online programming free for one week. Try it, you might like it! Yearly Membership only \$30. We are located at 2609-19 Avenue S.W. Hope to see you soon!

### June in Fish Creek

Capture Nature Photography Contest

From beginning photographers to amateur professionals and youth, we invite you to submit your best park images for consideration. We are excited to see how contest participants will interpret and capture this

year's fun and challenging themes: Community, Forest for the Trees, Framing, Leading Lines. Are you up for the challenge? Capture Nature runs until July 28 and all submissions must be images taken in Fish Creek Provincial Park. Register through Eventbrite. Please be sure to read the contest Rules and Regulations prior to registering. Photos can be submitted at any point during the contest, but the earlier the better! For more information, visit <https://friendsoffishcreek.org/programs/capturenature>

### My Amazing Stories

Virtual event with Calgary Chinese

Elderly Citizens' Association Saturday,

June 12, 2021, 11 a.m. – 12 p.m.

To register for free: email [Amanda.liu@cceca.ca](mailto:Amanda.liu@cceca.ca) or [www.cceca.ca](http://www.cceca.ca) or call 587-284-5840

### Eldersong

A virtual evening of song and stories from senior musicians presented by Music Mile & National Music Centre in partnership with Age-Friendly Calgary.

Tuesday, June 8, 2021, 7 – 8:30 p.m.

Register for free at <https://www.facebook.com/MusicMileYYC/> <https://www.facebook.com/MusicMileYYC/>



Photo by Joe Hepburn, via Unsplash.com





Join Us As Kerby Centre  
Kicks Off Alberta Seniors'  
Week With An Online  
Celebration

**10:00 to 11:00 am**  
**Monday, June 7th, 2021**

We've been through a tough year, but there is  
**Light At The End of The Tunnel**  
& **Brighter Days Ahead**

Join us for an hour-long online presentation as we reflect on the past year; celebrate some of the many individuals and groups of seniors who made a particular contribution to help others cope through Covid isolation and uncertainty; and look toward brighter days ahead for our senior community!

FREE Registration <https://kerbyseniorsweekkickoff.eventbrite.ca>

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# Diversification: A strategy to reduce your investment risk



Photo by Yiorgos Ntrahas, via Unsplash.com

By Alberta Securities Commission

Investing has become more popular than ever, with news outlets, online forums, and maybe even your friends and family discussing the next big stock, sector or industry to invest in. Investing entirely in one thing can be tempting when all you hear about are high returns, but it also means the value of your entire portfolio can drop based on the movement of one stock or sector. Learn more below about how diversifying your investment portfolio can help you manage risks that could impact your returns.

Investing in the stock market always carries two inherent risks that comprise your total risk. The first, called systematic risk, is derived from broad market factors that impact the entire market and are something investors can't control. These include interest rate changes, inflation increases, war, recessions, and even a pandemic like the world is currently facing. The second, called unsystematic or residual risk, is the risk inherent to the investment in a particular company, industry or market. This can include a new competitor in a company's space or changing laws or regulations on an entire industry that impacts all the businesses within it. While investors cannot entirely remove unsystematic risk, they can take steps to reduce it and lower the total risk of their investment portfolio.

## How do I diversify my investment

## portfolio?

Diversification is the act of spreading risk across your investments so that when some investments or sectors in your portfolio are performing poorly, you'll have others performing well. Investors should look at their entire investment portfolio and evaluate the weighting of their investments across companies, industries, sectors and markets. Are most of your investments located in one country? You may want to explore investing in global stocks. Are you invested in too many technology companies? Consider broadening out into other sectors like financial services, energy or consumer staples. By creating what's called a balanced portfolio, you can minimize the substantial losses you might experience if you were heavily invested in any one stock or market. If you're having difficulty building a balanced portfolio, you may want to work with a registered financial planner or registered financial advisor to create a portfolio right for you.

## Why diversify my investments if they are doing well?

It may be difficult to justify diversifying your investments if they are doing well, but remember that no security or market will altogether avoid downturns. Regardless of the investment, company, industry or market you choose to invest in, there are various unsystematic risks. These include business risk, financial risk, strategic risk and legal and regulatory risk. Each of these can impact your returns. Without diversification of your investments in different markets, industries and companies, your investment returns could feel the full effects of all this risk.

## You can't predict the future, but you can hedge against risk.

Even when you thoroughly research your investments, you still can't foresee all the risks you may encounter. Diversifying your investment portfolio won't protect you entirely from losses, however, it can help drive steadier returns in the long run and help you achieve your investment goals.



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June 17, 2021

1:00 pm to 2:00 pm

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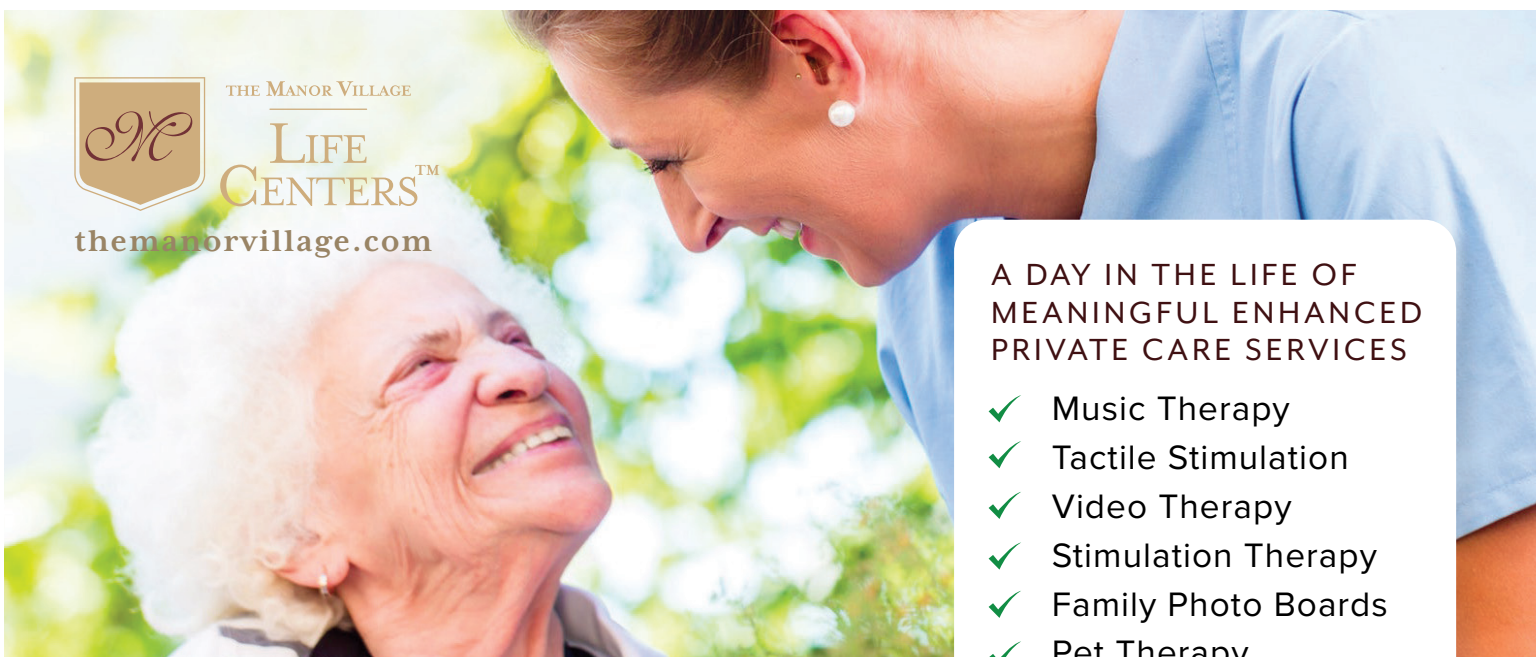
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Presented By Amanda Bruni, Barrister & Solicitor

Facilitated By Katharina Zacharias BSW, RSW, Kerby Shelter Manager

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# In Memoriam; Sheila Power



at the RCAF station in Manitoba, she met and married her husband, Clark and would go on to be a registered nurse at the Foothills Medical Centre in Calgary.

She would go on to change her field to gerontology, the study of aging, and spent the rest of her career working at Kerby Centre, advocating for seniors rights and leading programs to assist older adults. She would then go on to be a board member at Kerby Centre.

She is survived by her two daughters, multitude of grandchildren and great-grandchildren, and all of the memories of the positive effect she had on the community through Kerby Centre and her work.

Her life had an indelible legacy on the City of Calgary and its senior community; she will be missed, but not forgotten.

Long-time employee and former board member of the Kerby Centre Sheila Power has passed away recently on April 22.

Sheila was born in Lancashire, England in 1935 and joined the Royal Canadian Air Force in the early 1960s with two friends. While

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





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# Tirelessly for equal rights

By Donna Thorsten,  
Manager, Rainbow Elders  
Calgary

*The views expressed in the following article belong to the author and do not necessarily reflect the official policies or position of Kerby Centre or Kerby News.*

In 2017, I was one of the founding members of Rainbow Elders Calgary, a support group for LGTBQ over 50 folks. We work to strengthen the older gay community, and as elders, we believe that we have a duty to connect with and mentor gay youth.

At one meeting we had with a Gay/Straight Alliance in a Calgary High School (pre-COVID) we met some wonderful young adults.

One of our messages to them was that although we have fought for gay rights for decades, we must never give up and continue to fight for our rights. It would seem that the struggle exists even in our modern-day nation.

The Federal Liberal Party again introduced the “Ban Conversion Therapy” (Bill C-6) for the Third Reading and parliamentary debate on October 1, 2020. This Act, if passed, will amend the Criminal Code. This Bill had been previously introduced but it was pro-rogued because of the end of the last legislative session. This Bill would ban conversion therapy for minors and outlaw forcing an adult to undergo this process against their will.

The definition of “conversion therapy” included in the Bill, as paraphrased by the Department of Justice, is “a practice that seeks to change an individual’s sexual orientation to heterosexual, to repress or reduce non-heterosexual attraction or sexual behaviours, or to change an individual’s gender identity to match the sex they were assigned at birth”. Conversion therapy is a discredited practice that misleads people into believing that they have the option, through psychological or spiritual means, of changing their sexual preference or orientation.

Cities across Canada, Calgary included on May 25, 2020, have banned its use. “There are forces of anger and hatred that our gender and sexually diverse brothers and sisters have to deal with every single day. Sometimes in this job, sometimes we get to just do what’s right,” Mayor Naheed Nenshi said. One person testifying before City Council, admitted that they were still gay/lesbian and that the ONLY thing the “conversion” did was to make them feel guilty about their innate desires and to suppress their feelings. In other words, no one gets “converted” at all. They only get guilt and shame heaped upon them by those allegedly on their side.

A number of Conservative Members of

Parliament voted against the second reading of the Bill on October 29th, 2020. Thankfully most of the MPs voted to proceed with the Bill as attended. But still the 3rd and final reading of the Bill still has MPs voicing their opposition to it. One such person is a Conservative MP from BC. On April 16, 2021, while speaking via video conferencing, she quoted the Apostle Matthew! “Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean.”

To hear a bible scripture used in Canada’s parliament against the LGBTQ+ community in this day and age

mystifies me. For so many years, biblical words have been used against the gay community. Her comment continues, referring to me and hundreds of thousands of gay Canadians of all ages as being “unclean!”

This use of the Biblical text still shows how some Christian fundamentalists will try to influence Canadian politics. It is an outright homophobic statement from an ELECTED Member of Parliament who went on to say that someone from Calgary used church services to curtail her #lesbianactivities.

I am not too sure what “lesbian activities” she was able to stop. Maybe she was able to quit playing baseball, wearing plaid or shaving her legs!



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[KerbyCentre.com/Golf](http://KerbyCentre.com/Golf)



# Bread pudding two ways

## Sweet Bread Pudding

8 cups of bread

1 3-inch cinnamon stick

½ vanilla bean, split lengthwise

1½ cups heavy cream

1½ cups whole milk

⅓ cup granulated sugar

¼ teaspoon kosher salt

1 3-inch strip orange zest

¼ cup (½ stick) unsalted butter, melted, divided, plus more for pan

1 large egg

2 large egg yolks

2 tablespoons raw sugar

¼ cup sliced almonds (optional)

Preheat oven to 300°. Spread torn bread on a rimmed baking sheet and bake, tossing halfway through and reducing oven temperature if bread is getting too golden, until pieces are very dry and slightly toasted, 25–35 minutes. (Dry bread will absorb the custard without disintegrating, which is why this step is important.) Let cool, then transfer to a large bowl.

Meanwhile, heat cinnamon, vanilla bean, cream, milk, granulated sugar, and salt in a medium saucepan over

medium-high. As soon as mixture starts to boil (watch closely or milk will boil over top of pot!), remove from heat. Whisk in orange zest and 2 Tbsp. butter and let steep 30 minutes. Pluck out and discard cinnamon stick, vanilla bean, and orange zest.

Brush a 1½–2-qt. baking dish with butter. Pour milk mixture into a blender. Add egg and egg yolks and blend, starting on low and increasing speed to high, until mixture is light and foamy, 20–30 seconds. Pour over reserved bread and

toss to coat. Scrape into prepared pan. Cover tightly with plastic wrap and chill at least 3 hours and up to 12; this gives bread time to evenly soak up custard.

Arrange a rack in center of oven; preheat to 300°. Brush remaining 2 Tbsp. butter over cold bread pieces. Sprinkle with raw sugar, then top with almonds, if using. Bake bread pudding until lightly golden, puffed, pulling away from edges of pan, and butter is bubbling, 30–40 minutes. Let cool 1 hour before serving.



## Savory Mushroom Bread Pudding

1 ounce dried porcini mushrooms

1 tablespoon olive oil

2 tablespoons unsalted butter, plus more for greasing the pan

½ pound mixed fresh mushrooms, trimmed and sliced ¼-inch thick

8 fresh sage leaves, thinly sliced, plus more for garnish, if desired

2 small shallots, halved and thinly sliced

2 tablespoons cognac (optional)

2 teaspoons kosher salt, plus more to taste

Black pepper

3 large leeks, white and pale green parts only, halved lengthwise, thinly sliced and well washed

6 large eggs

1 ½ cups heavy cream

1 ½ cups whole milk

¼ teaspoon ground cayenne

2 ounces grated Gruyère (about 1 cup)

12 ounces bread

1 ounce finely grated Parmesan (about ½ cup)

Boil 1 cup of water in a small saucepan. Add the dried porcini mushrooms and soak until softened, about 15 minutes. Using a slotted spoon, transfer the mushrooms to a cutting board and finely chop; set aside. Carefully pour remaining mushroom liquid into a large bowl, leaving any grit behind.

In a large (12-inch) skillet, heat 1 tablespoon oil and 1 tablespoon butter over high. Add fresh mushrooms and cook, stirring occasionally, until browned, about 8 minutes. Lower heat to medium. Add sage, shallots and chopped porcini, and cook, stirring, until shallot is translucent, 3 to 4 minutes. Add cognac, if using, season to taste with salt and pepper and cook, stirring, 1 minute more. Transfer to a plate.

In the same pan, melt 1 tablespoon butter over medium heat. Add the leeks and a big pinch of salt and cook, stirring, until wilted, 5 to 7 minutes. Return the mushroom mixture to the pan and stir to combine with the leeks. Remove from heat.

Add eggs to the large bowl with the mushroom liquid, and whisk to blend. Add cream, milk, cayenne, 1½ teaspoons salt and plenty of black pepper. Whisk thoroughly to combine, then add the Gruyère.

Grease the bottom and sides of a 9-by-13-inch baking dish with butter, then add about ¼ of the fresh mushroom mixture and arrange in an even layer. Arrange the bread slices on top in an overlapping pattern. Sprinkle the remaining mushroom mixture over top, tucking it in between the bread slices. Ladle the custard mixture over top, evenly distributing the cheese. Refrigerate, covered, overnight (see Tip).

When ready to cook, remove the dish from the refrigerator about 30 minutes before baking. Heat the oven to 350 degrees. Top the pudding with Parmesan and bake for 40 to 45 minutes until set in the center (it may puff a bit). Run it under the broiler for 2 to 3 minutes to brown the top, watching carefully. Let sit 10 minutes, then serve warm, topped with additional sage if desired.



Sweet Bread Pudding recipe by Rick Martinez, via [Bonappetit.com](https://www.bonappetit.com), photograph by Monica Pierini.

Savory Mushroom Bread Pudding recipe by Susan Spungen, via [cooking.nytimes.com](https://www.cooking.nytimes.com), photograph by David Malosh.

# Riddle

The host of a game show, offers the guest a choice of three doors. Behind one is a expensive car, but behind the other two are goats.

After you have chosen one door, he reveals one of the other two doors behind which is a goat (he wouldn't reveal a car).

Now he gives you the chance to switch to the other unrevealed door or stay at your initial choice. You will then get what is behind that door.

You cannot hear the goats from behind the doors, or in any way know which door has the prize.

Should you stay, or switch, or doesn't it matter?

Your first choice has a 1/3 chance of having the car, and that does not change. The other two doors HAD a combined chance of 2/3, but now a Goat has been revealed behind one, all the 2/3 chance is with the other door. It may sound fake, but even computer simulations have determined you have got a better chance by switching the doors!

## ANSWER

# CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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

## PREMIER Crossword

By Frank A. Longo

### EPICUREAN SPECIALTY

#### ACROSS

- 1 Salary limit
- 4 Reputation, on the street
- 8 Two-team wrestling competitions
- 13 Gave high praise to
- 19 Pesticide compound
- 21 The "A" of James A. Garfield
- 22 Aorta, for one
- 23 Study hard
- 24 Proportional relation
- 25 Supervise
- 26 Start of a riddle
- 29 Thing a doc prescribes
- 30 Yin and —
- 31 Suffix with hotel or cash
- 32 Riddle, part 2
- 43 Apple on a desk
- 44 Latin "that is"
- 45 "— So Fine"
- 46 French for "man"
- 47 Set into motion
- 50 Charles Chaplin's title
- 51 Eileen of "Clue"
- 53 In the vicinity
- 54 Riddle, part 3
- 58 Old-time actress Irene
- 59 She was Mrs. Gorbachev
- 60 German word before "geist"

- 61 Donkey Kong and others
- 62 Riddle, part 4
- 65 Lacerate
- 69 Dove shelter
- 70 Use all of
- 71 Afro-Brazilian dance
- 72 Riddle, part 5
- 78 Scrupulous insistence on traditional rules
- 79 Disturbs
- 80 Source of some bran
- 81 Havana natives, to Havana natives
- 82 Novelist George
- 83 Braying beast
- 84 Shooter of small balls
- 87 Bard's "before"
- 88 End of the riddle
- 94 Huge battle
- 95 Bereft, poetically
- 96 Khaki color
- 97 Riddle's answer
- 107 Back-baring blouse
- 108 "— think so!"
- 109 Certain airport worker
- 111 "History repeats —"
- 112 Make a phony copy of
- 113 Moniker for Wilt Chamberlain
- 114 Shoulder garments

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
19			20					21				22						
23								24				25						
	26						27					28						
			29			30					31							
32	33	34				35				36	37			38	39	40	41	42
43					44				45					46				
47			48	49				50				51	52					
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79								80						81				
82								83			84	85	86				87	
88						89	90				91				92	93		
						94					95				96			
97	98	99	100	101					102	103				104			105	106
107								108						109				110
111														113				
114																		117

- 115 Deuce-beating cards
- 116 Admin. aide
- 117 Low grade

#### DOWN

- 1 Baby bear
- 2 In — (lined up)
- 3 Phnom —, Cambodia
- 4 Skydived, for short
- 5 Second-most populous place in South Dakota
- 6 Slaughter of the Cardinals
- 7 Chewing gum brand
- 8 Lack the courage to
- 9 700-mile-long African river
- 10 Intro studio course
- 11 Secular
- 12 Range of the Appalachians
- 13 Actress Hedy
- 14 Composer Khachaturian
- 15 — Reader (magazine)
- 16 Turn a — ear
- 17 Hence
- 18 Hair colorer
- 20 "I love you," to Juanita
- 27 — Christian Andersen
- 28 Opposite of old, in Germany
- 32 Plummer of "Pulp Fiction"
- 33 How cards are sometimes dealt
- 34 Gasoline rating
- 35 Exalting verse
- 36 Lower leg part
- 37 Feudal toiler
- 38 Source of some bran
- 39 Goose sound
- 40 1980s Dodge
- 41 Supermodel from Somalia
- 42 Hong Kong's Hang — Index
- 48 Catering coffeepots
- 49 Vigoda of "Fish"
- 50 Tries to hit, as an insect
- 51 Cat variety
- 52 Sluggers' stats
- 54 DJ Casey
- 55 Fall chill
- 56 Bear, in Baja
- 57 Gas in an atmospheric layer
- 59 Hayworth and Moreno
- 62 Certain garden worker
- 63 "The Simpsons" storekeeper
- 64 Sleuth, in old slang
- 65 Lipinski on ice
- 66 Rapper aka "Slim Shady"
- 67 Sop up
- 68 19th-dynasty pharaoh
- 69 Greek island
- 71 Deli hero
- 72 "Oh, ri-i-ight"

- 73 — contendere (court plea)
- 74 "Take — from me ..."
- 75 Take an ax to
- 76 2010-19 Royals skipper Ned
- 77 Waist wear
- 78 Pokes a hole in
- 81 Chew the —
- 83 Helicopter rescue, say
- 84 Three 19th-century literary sisters
- 85 Arctic chunk
- 86 Subgenre of rap music
- 89 Friends of Snow White
- 90 Mart start
- 91 Like flashy jewelry, informally
- 92 Least frequent
- 93 Not fulfilled
- 97 — and that
- 98 Possesses, in Shakespeare
- 99 Bride of Lohengrin
- 100 Crockpot dish
- 101 Beehive unit
- 102 Scent
- 103 Sweat outlet
- 104 Singer Phil
- 105 Blyton of kids' books
- 106 Prefix with marketing
- 110 Blvd., e.g.



# 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](http://www.kerbycentre.com) for up to date information on our programs and services

Please Join Us For These Exciting & Informative Kerby Centre Health, Wellness, Information & Entertainment Presentations, taking place ONLINE each month

For further details of these upcoming events, please see the ad within or visit [www.kerbycentre.com](http://www.kerbycentre.com) or [kerbynews.ca](http://kerbynews.ca)

## Alberta Seniors' Week - June 7 - 11th

Join us as Kerby Centre Kicks Off Alberta Seniors' Week Celebrations With

### Monday, June 7th *Light At The End of The Tunnel*

An exciting presentation honoring Alberta's seniors and featuring local seniors whose contribution provided innovative and caring opportunities for others to cope and endure through the difficult times over the past year.

#### June 9th - CPP And OAS

Presented by Lisa Despas & Angelo Remo, Citizen Services Specialists Service Canada

#### June 17th 10:30 - 11:30

Kerby Centre Presents Live Well Be Well Ongoing Series

### Tools for Navigating Difficult Times - Support For the Stress of Cancer

Presented By Ariel Learoyd & Niki Fehr, Wellspring Calgary

#### June 17th 1:00 - 2:00 pm

### Rights Don't Get Old

In recognition of World Elder Abuse Awareness Week

Presented By Amanda Bruni, Bruni Law

#### June 21st 10:00 - 11:00 am

Celebrate National Indigenous Peoples Day

### Teachings of the Medicine Wheel

Presented By Traditional Knowledge Keep Cheryle Chagnon-Greyeyes

See Presentation Ads Within For Registration Details or Visit [www.kerbycentre.com](http://www.kerbycentre.com)

## Kerby Centre FREE Rescued Bread & Goodies Market

Drop-in to the Kerby Centre Gymnasium 1133 7th Ave SW 10:30 – Noon

Every Tuesday (June 1, 8, 15, 22 & 29) & Friday (June 4, 11, 18 & 25)

And join us for our external markets - Parkdale Nifty Fifties Association

Tuesday, June 8th, 11am – 12pm (3512 5 Ave NW, Calgary AB T2N 0V7)

Thursday, June 24<sup>th</sup>, 11am - 12pm. Bow Cliff Seniors (3375 Spruce Dr SW )

## A Group For Mature Jobseekers



Join Us Tuesdays 1:30 - 2:30 pm

For Our Informative Zoom Online Presentations

- June 1**     **ATS- Applicant tracking system**
  - Learn how ATS works
  - What it does to your resume
  - How to beat ATS so that your resume gets seen by the human decision makers who schedule job interviews

Meeting ID: 842 9875 1850 Passcode: 597275
- June 8**     **How to market your transferable skills and network**

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: 862 5935 0710 Passcode: 583808
- June 15**    **Attitudes for job search**

Participants will learn about:

  - How to use positive thoughts during job search to create positive results
  - Body language that conveys confidence Feeling good and how to overcome the fear of failure or unemployment

Meeting ID: 878 5878 9574 Passcode: 316590
- June 22**    **Networking and social media**

Participants will receive information and will learn how to:

  - Find hidden job market
  - Build additional contacts
  - Navigate through information gathering interviews

Meeting ID: 898 5795 6010 Passcode: 750326
- June 29**    **Resume and cover letter**

Participants will receive information and tips about:

  - Information and guidance on writing a customized resume and cover letter
  - Essential components of a resume and what makes it effective

Meeting ID: 867 0892 0956 Passcode: 534967

For more information phone 403 705-3219

## New Education & Recreation Programs!

**Zoom Classes:** Seeing through Photographs (MoMA) \* Ballet for Beginners \* Grandparents & Grandkids Zoom Time!

**Outdoor Participation:** Step into spring with our Sidewalk Seniors Walking Program

For further details please contact Education & Recreation 403-705-3233 or visit our website at [www.kerbycentre.com](http://www.kerbycentre.com)



## KERBY EDUCATION & RECREATION ZOOM PROGRAMS

For further details on these programs and changes to our Drop In Groups please email [aditis@kerbycentre.com](mailto:aditis@kerbycentre.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MONDAY FITNESS</b> 9:30 - 10:30 AM  <b>STAY FIT</b> 11:30am	<b>ESL</b> 10:00 - 11:00 AM  <b>TAI CHI</b> 1:30 - 2:30 PM  <i>In Collaboration with Calgary Outlink</i> <b>Teatime with Dorothy</b> every 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday 6:30 PM	<b>MEN'S SHED</b> 11:00 - 12:00 PM  <b>SEATED YOGA</b> 1:00 - 2:00 PM	<b>ZUMBA GOLD</b> 10:00 AM - 11:00 AM  <b>STAY FIT</b> 11:30am  <b>EXPRESSIVE ARTS</b> 1:00 - 2:30 PM	<b>MUSCLE STRENGTH &amp; CORE BALANCE</b> 9:30 - 10:30 AM  <b>YOGA FOR YOU</b> 11:00 - 12:00 PM  <b>FELDENKRAIS</b> 1:00pm

# Tips for managing your blood sugar levels



Photo by Kate GB, via Unsplash.com

By News Canada

This year marks 100 years since the Canadian discovery of insulin. A century later, we have one of the highest rates of diabetes among developed countries, with someone being diagnosed every three minutes.

Learning about diabetes can be overwhelming, as it takes time to understand your specific condition and treatment. While managing the disease is a lifelong challenge for the close to 11.5 million Canadians living with diabetes or pre-diabetes, you don't have to do it alone.

Your local Shoppers Drug Mart pharmacist can help beyond distributing medications. They can also educate, encourage and provide support and lifestyle advice to improve your overall wellbeing.

These are just some of the things they recommend:

## Monitor your blood sugar.

It's important to know how to properly monitor your blood glucose levels using a home glucose metre and to be aware of the symptoms of abnormal levels. Always remember to keep glucose tablets or candies containing sugar with you to manage low blood glucose levels.

Select pharmacies may also offer A1C testing which indicates your average blood sugar level over two to three months and helps monitor how well you're managing your sugar levels.

## Eat healthy.

Lifestyle changes, particularly to diet and exercise, are a large part of managing diabetes. What you eat affects your blood sugar,

so it's important to make sure you eat a balanced diet of healthy foods.

Stay active.

Including regular exercise in your routine also helps control blood sugar levels and manage diabetes. Finding activities you enjoy will help motivate you to get your body moving and stick with it.

## Connect virtually.

The PC Health app offers diabetes health programs developed by Diabetes Canada, providing information on diabetes and its management, as well as physical activity, nutrition and diet support, footcare and sick-day management.

For more information on understanding how to best deal with diabetes, speak with your local pharmacist.

# Volunteer Spotlight



## Sheri Reed

Sheri is a very dedicated and creative volunteer who started volunteering at Kerby Centre in September 2019. She is currently volunteering at the Shelter by providing opportunities for the residents to explore artistic and crafting techniques. Sheri is also volunteering for the e-wee read program where she has been virtually buddied with grade 1 students at two local school to read together for about an hour.

She said, "I was delighted and humbled to be allowed to work with the residents at Kerby Shelter. Staff are supportive and empathetic and also the residents are so much fun, they are quick to laugh. I have learned so much from them, and my Fridays with them are the bright spot in my week."

Sheri enjoys volunteering at Kerby Centre because it gives her an opportunity to meet with the shelter residents who are so open and kind.

Besides volunteering, Sheri likes to do painting, drawing, gardening and walking her two big hounds.

So far, Sheri has contributed over **145** hours.

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



## Get Your 2021 Kerby Centre Membership now!

Annual Membership costs \$25.00 plus \$5.00 for an annual parking pass.

Membership is for the calendar year (expires December 31)

Memberships are non-refundable and non-transferable.

### To Purchase a Membership

Visit our membership desk, Monday to Friday 8 AM – 4PM OR Phone (403) 265-0661 ext. 256 OR on our website, [www.kerbycentre.com](http://www.kerbycentre.com)



Member Rates For
Education & Recreation programs
Foot clinic
\$10 discount off first time foot care assessment
FIT Room use
Select Kerby Centre events
Reduced fees for day trips

Exclusive Rewards
Kerby News mailed directly to you each month
\$5 per year parking in the Kerby Centre lot
Advanced ticket purchases
Priority registration for classes
Voting rights at the Annual General Meeting



**LUXSTONE**  
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Spend your retirement years with us.

Dietician Approved Meals • Weekly Housekeeping Linen Laundry • Scheduled Activities • Pet Friendly

Book your tour today!

For more information contact us at 403-945-4700 or [info@luxstone.com](mailto:info@luxstone.com)

# The personal directive – your living will

By Jonathan Ng

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

The Personal Directive (“PD”) is a document where the “Maker” appoints an

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

If a person is mentally incapable of making personal care decisions and does not have a PD, it is possible for health care professionals to take directions from your spouse or children. Be careful. This can lead to complications when

those family members: are not acting in the best interests of the incapable person, disagree among themselves with a decision, or cannot be reached. The remedy in these circumstances is for a family member or friend to apply for a guardianship order, a process that can take several months in court and result in high legal fees. In hindsight, preparing a PD would have been the ideal solution.

A PD does not need to be prepared or signed by a lawyer, notary, or commissioner of oaths. The provincial government offers a PD online that can be printed, filled out, and signed.

It is recommended that the Maker seek legal advice in the preparation of the PD to ensure that all bases are covered.

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

nate a person to care for their children.

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

*Jonathan Ng is a lawyer at Underwood Gilholme Estate Lawyers. He specializes in Wills, Enduring Powers of Attorney, Personal Directives, Trusts, and Estate Administration. You can reach him at 403-288-8855 ext. 229 or jonathan.ng@willsandestates.ca.*



## Feed a Senior in Need!

The pandemic has hit seniors hard. Many have been severely isolated and struggle to meet their most basic needs.

Kerby Centre launched a Food Security Program in 2020 to help isolated seniors get the food and wellness support they need.

Through our food markets and door-to-door deliveries by big-hearted volun-

teers, in the last six months we’ve distributed:

- 4500 kg of rescued food
- Free, nutritious meals to more than 2000 seniors

“This program has been a lifeline. I’ve been having trouble getting around and have no family close by. It is such a relief knowing that Kerby provides meals that I don’t have to worry about.

My volunteer is reliable and friendly and not only takes care of me, but brings treats for my dog!” - John, Food Security client

Your donation will provide food and social support for isolated, vulnerable seniors in Calgary. Make a difference for real people in your community. Donate today at [kerbycentre.com/donate](http://kerbycentre.com/donate).

### Leave a Legacy of Inspiration



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

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

-Anonymous donor

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

Please choose to make a difference today

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



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

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

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

Donation in memory/in honour of \_\_\_\_\_

Payment method:  Cheque  Visa  MasterCard

Credit card number \_\_\_\_\_

Expiry date \_\_\_\_\_

Signature \_\_\_\_\_

Planned giving is another great way to help.

- I have included Kerby Centre in my will.
- I would like more information about planned giving.

Send tax receipt to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal code \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

All donations are gratefully received.

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

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

Charitable Registration  
 #11897-9947-RR0001

# CLASSIFIED ADS

To place your ad call: 403-894-6986, Fax: 403-705-3211 or e-mail: [andrewm@kerbycentre.com](mailto: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 July issue must be received and paid by June 16

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](http://www.amityhearing.ca) for more information

## 20 HOME MAINTENANCE

JF carpentry and handyman services. Fully licensed and insured, specializing in windows and doors. Great rates. Call John, 403-613-8385.

### The Scottish Painter and Sons

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

### Tony Peterson Eavestrough

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

### Londonderry Painting

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

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

### Tony Peterson Eavestrough

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

### Senior working for seniors

Will do small repairs Electrical, plumbing, carpentry work Call Jim 403-249-4180, Cell 403-519-8761

### Millenium Contracted Ltd.

For all your exterior home repairs/replacements. Ext painting, roofing, siding, soffit, fascia, eavestroughs, etc. Please check the full details on our

website: Millenniumcontracting.ca or ph Shawn at 403-703-9132.

I am a Kerby Centre member & a general contractor in Calgary for over 33 years

**Contest!!! Get a chance to win \$2500.00!!!**

Exterior home renovations: roofing, siding, fencing. Jobs must be a minimum of \$5000.00 to be eligible to enter the contest.

Millennium Contracting Ltd. requires a minimum of 25 jobs to run the contest.

Please view [www.contest.millenniumcontracting.ca](http://www.contest.millenniumcontracting.ca) Once 25 jobs are secured, we will create a separate, but similar contest outlining rules, regulations and contest dates.

**Any questions please call Shawn 403-703-9132**

## 11 FOOT CARE:

Therapeutic footcare by RN Provided in your home Call 403-640-7965

### Special promotion for new clients.

Call Becky @ 403-472-8885 for details. Advanced foot care Nurse, specialized in diabetic foot, fungal, ingrown nails, corns, and callouses.

### Alberta's Mobile Foot Care

The company that Albertans trust the most. Advanced Foot Care Liane at 403-512-2429 or [albertasmobilefootcare.ca](http://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.

Mom and Pop Caregiving Family owned Calgary based homecare business. In the business of giving quality care to Calgary elders. The owner has RN degree and over 10 years as a registered care aide in long term care facilities. We offer professional cleaning, meal preparation, hygiene care, transportation, shopping. And all care aide, and LPN. services. Call for a free care assessment 587-434-4057.

### 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](http://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

## 26 SERVICES

**HAIRSTYLIST IN MOTION MOBILE HAIRCARE** in the comfort and safety of your own HOME

I am following mask and disinfecting protocols at all times Please call BRENDA 403 471-7500

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

### Corinne's Mobile Hair Service

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

### Mobile massage at your own home.

Registered massage therapist. \$80/hr. Call or text Alex 587-437-3546

### We fix computers

Local computer repairs & lessons. Affordable rates Free diagnostics, no travel fees, great service. [xentas.ca](http://xentas.ca) 403-481-8080.

**ABC MOVING – Sr. Discount.** Call for a free estimate 403-383-9864

### "THE YARDIST LTD" TREE & SPRAY SERVICE

Tree pruning/tree removal/ Fertilizing/insect & disease Control. Certified arborist. Licensed. Insured. **Senior Discount.** Ph: 403-242-3332.

## GEEK COMPUTER

PC Repair Setup TV/Netflix 30+ years of Honesty, Integrity and Reliability Senior Discount Available 403-560-2601

Painter 40 yrs exp. Low rates. Wayne 403-804-2046

## COMPUTER SERVICES & LESSONS

Great Service, Competence, Reliability and Trustworthiness. Honest solutions for you. 25+ years of experience. Call today 403-481 8080 [service@xentas.ca](mailto:service@xentas.ca) – [www.xentas.ca](http://www.xentas.ca)

## AZPERLEGAL SERVICES

30+ yrs exp drafting Wills, Endurnig Powers of Attorney & Personal Directives (Living Wills) at a fraction of the cost of a lawyer.

I am a mobile service – I will come to you. Pls call 403-629-5702 or email [cherrington@azperlegal.com](mailto:cherrington@azperlegal.com) for appt.

AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit [www.azperlegal.com](http://www.azperlegal.com)

## 30 FOR SALE:

2 plots in mtview mem grd. The Last Supper Garden lot 225B1&B2. Each space can facilitate three interments. Call 403-255-7436.

For private sale in Mountain View Memorial Gardens, two side-by-side plots located in the Last Supper Garden, one of the oldest gardens in the cemetery. Each plot can accomodate 1 casket or 3 cremation urns, or one casket plus 2 urns.

Current cost of one plot in this prestigious garden is \$8,250, plus internment and transfer fees. For these plots, internment fees are includd in the price of \$4500 each. Transfer fees are negotiable. Interested parties can contact us via email, [marilyncole4415@gmail.com](mailto:marilyncole4415@gmail.com)

Only items for sale are: Wheelchair transfer board \$40 Powerlift chair/recliner, burgundy with integrated side table \$500 Carrier bag to attach to back of wheel chair \$20; Prevail male guards, 4 packages \$20 Hygie commode liners 2 boxes \$20 Please call Deirdre at 587-582-1715

Selling lift chair. Brown leatherette. Perfect condition. Less than a year old

\$500. 403-232-8209

Rotec Wireless remote electric multi-positional medical bed. Waterproof covered mattress. 54x80x6 inches. Invacare 6629 custom full-length bed rails. Dresser covered with padded vinyl. Stainless steel wheelchair. Low pressure wheeleez balloon tires. For use in sand, snow, grass, etc. Has folding side support. Reclining leg support. Seldom used. 403-243-7432

Memorial garden plots Two plots in Eden Brook cemetery Located in Garden of Peace Each plot can accommodate one casket and one urn Or three urns Regular price is 4745 each, asking 7,000 for both Call 403-547-8645

## 33 WANTED

Professional conscientious, ethical and honest denturist to manufacture, install, comfortably and functionally, properly fit dentures in throat cancer survivor senior citizen in Westbrook Mall area. Murray @ 403-686-2708

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

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

Model airplanes new or used. Motors electric or glow – servos

Electronic parts – propellers – any

Other airplane pieces + etc. Phone Reg in Calgary. 403-271-1119

## 48 Real Estate

Friendly shared room accommodation in the Heart of Varsity! A Master Bedroom, in Fourplex Unit. Shared kitchen, washroom, and sitting area. Quiet unit shared with the owner. The room comes furnished, with a parking spot, all utilities, and internet.

For sale, 2bdrm, 2bath (40+) Condo Redcliff, Alberta. Call Cathy @Source1RealtyCorp 403-581-8147

I have a resident dog and cat, so no other pets allowed. Non-smokers. On bus route #65, five minutes from Brentwood Station, and Market Mall. Available Immediately: Rent is \$600 month, \$600 Deposit. Contact Shelley at (403) 850-4516 or [s.strobl.sls@gmail.com](mailto:s.strobl.sls@gmail.com).

For Rent in Claresholm - 1 bedroom apartment in 60+ building, elevator, in-suite storage, smoke & pet free. Rent is 30% of income 403-625-4133

Bankview area senior apartment (65+) Studio and 1br units Some subsidies apply. 403-245-8220

## 50 RELOCATION SERVICES

### ABC MOVING

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

### A-SAV-ON MOVING

Serving Kerby clients for Over 15+ years. Experienced Reliable movers. **FREE ESTIMATES – SENIOR DISCOUNT 403-208-8060**

**IN MEMORIAM**

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

- Bill Brierley**
- Fay Eleanor Winning**
- Gordon (Dale) Kennedy**
- Josef (Joe) Vaclav Rys**
- Kathleen Rose Vanden Brink**
- Ralph Vesterback**
- Sheila Power**
- Verna Rumak**

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

**CROSSWORD SOLUTION**

C	A	P	C	R	E	D	D	U	A	L	S	L	A	U	E	D				
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**SUDOKU ANSWER**

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2	8	7	4	6	1	5	9	3

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PRESENTS **LIVE WELL BE WELL**  
A MENTAL WELLBEING ONLINE PRESENTATION SERIES



Thursday, June 17th  
10:30 am to 11:30 am

**Tools For Navigating Difficult Times  
Support For The Stress Of Cancer**



Join Ariel Learoyd, RSW, and Niki Fehr, Wellspring Calgary Acting Program Director, for a presentation on the unique emotional and mental well-being needs that individuals and families often face during and after a cancer diagnosis.

Explore and discover some coping skills that connect the mind and body and learn about free Community resources, including Wellspring Calgary and Kerby Centre.

BROUGHT TO YOU WITH THE SUPPORT OF



FREE Registration  
<https://kerbypresentswellspring.eventbrite.ca>



JOIN US AS KERBY CENTRE PRESENTS ANOTHER IN OUR SERIES OF ONLINE HEALTH, WELLNESS, INFORMATION & ENTERTAINMENT PRESENTATIONS, SPONSORED BY



**Canada Pension Plan & Old Age Security Benefits**

Senior Week - Wednesday, June 9th  
10:30 am to 11:30 am

Presented By

Lisa Despas and Angelo Remo,  
Citizen Services Specialists,

Citizen Services and Program Delivery Branch  
Service Canada / Government of Canada



FREE Registration - <https://kerbypresentscppandoas.eventbrite.ca>  
For Further Details Visit [www.kerbycentre.com/events](http://www.kerbycentre.com/events)

**Kerby News Business & Professional Directory**

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

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

**Kimberly Wallace**

Paralegal, Commissioner for Oaths  
25+ Years' Experience

Website: [theestatelady.ca](http://theestatelady.ca)

Phone: (403) 870-7923

Email: [kimberly@theestatelady.ca](mailto:kimberly@theestatelady.ca)

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**Parkdale Seniors Writers Guild  
Membership Invitation**

Are you a senior with some writing experience, want to improve your writing skills, and would like to become published without cost? Email or phone for an information package.

Phone organizer: 403 229 4108  
Email Nifty 50's: [info@pdnf.org](mailto:info@pdnf.org)



# Right Home Right Time Right Place

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

## EXPLORE YOUR OPTIONS TODAY...

### Affordable Housing for Seniors

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

- Wilkinson House offers studio and one-bedroom suites for adults 55+
- Kanerva House offers one-bedroom suites for adults 60+
- Mikkelsen House offers 139 studio, one and two bedroom suites

We are pleased to offer an **affordable meal service** as well as an **online grocery service** for tenants.

**Riverview Village**  
2945 26 Ave SE, Calgary

**Affordable Housing**  
**403.272.8615**

**First Assembly Manor** is located near Chinook Centre with easy access to shopping and is close to downtown

**Glenmore Manor** is located near Chinook Centre and Glenmore Landing with garden areas and patios.

**Menno Court** and **Menno Gardens** are both located in Marda Loop. Close to shopping and many amenities.

All offer affordable rental suites for independent seniors. Studio and one-bedroom suites are available.

### First Assembly Manor

614-57 Ave SW, Calgary

### Glenmore Manor

1111-68 Ave SW, Calgary

### Menno Court

2808-25 St SW, Calgary

### Menno Gardens

2637-25 St SW, Calgary

**Affordable Housing**  
**403.252.4744**

### 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!

Amenities include:

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

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!

### Sundance on the Green

3 Sunmills Green SE, Calgary

**Life Lease**  
**403.254.9800**

**CALL FOR MORE INFORMATION OR TO VIEW A SUITE BY APPOINTMENT**

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

