

Making a difference in a dog's life



Have you ever been curious about what it takes to be a volunteer for a wonderful pooch or an adorable kitten? You can learn this and more in this month's cover story on page 18! Photo courtesy of Pawsitive Match Rescue Foundation.

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THANK YOU

THE COMMUNITY WITH HEART

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

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

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

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

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

— Dr. M. Garth Mann: Director



From Residents and Families

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Fantastic job all around."

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

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

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

"Thank You 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."

Thank you for trusting The Manor Village!

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Larry Mathieson, CEO

A year into COVID-19

Larry Mathieson
Kerby Centre CEO

It is hard to believe it is March and we have been coping with COVID-19 for a year now. Does a pandemic get an anniversary? We have heard how challenged our users and our members have been with feelings of loneliness and isolation as they have tried to keep

themselves out of the virus and harm's way.

This year our volunteers and our staff have worked very hard to keep that Kerby Community together even if it has needed to be a community of outreach and on-line support. I am amazed at how far we have come. Our staff and volunteers have stayed committed to engaging older adults in any and every way possible. I know many of you have learned how to use new technologies to keep connected to your family friends and community. Long after the pandemic, we will continue to offer supports, services and recreation using the adaptations that COVID-19 has encouraged us to make.

The pandemic has forced us to adapt and to become creative. We are reaching out to our members to ask what types of on-line events and classes would they like. The line up for March is looking interesting. On March 25 we have a Zoom session: "What happens to our digital information when we die?"

I do not know the answer to that question so I will likely be signing in.

I would be remiss if I did not mention how the pandemic has required us to pivot in the way we provide our tax program; the computers and desks are set up to offer in-person tax preparation for adults aged 55 and older and AISH recipients.

However, we also do not know what health orders may be in place so this year we are fully set up to offer this program digitally or on the phone. Information about this program is available on our website now or you can call us at 403-705-3246.

We have also taken the view that the Pandemic is also a great time to mobilize seniors to help others. Our members have spent a lifetime supporting their community and helping others and at Kerby Centre we have come up with a few new ways you can do this during the pandemic.

Some of our new programs like food rescue, free bread market and frozen meals delivery are directed at supporting seniors. We have young volunteers helping us with these programs — but really we think of these programs like our "seniors helping seniors" programs. Several volunteers

who help run these programs are Kerby members.

We also have two new programs that you can volunteer for without even leaving your house. In partnership with Kids Up Front we are offering a program that pairs adult mentors with youth—instead of pen pals — these Seniors are Zoom-Pals.

In addition, you can volunteer to help us with a new children's literacy program, which is a partnership between Kerby Centre, Kids up Front and Calgary Reads. This initiative is a program offering children in Kindergarten and grade one the opportunity to discover the joy of reading.

With the new vaccines, we are seeing the light at the end of the tunnel. Until we reach that light we will commit to you that we will innovate and create new ways to stay engaged with our Kerby Community. On a closing note: for almost 50 years Kerby Centre has offered programs for older adults in Calgary. Next month I will tell you about a new partnership which will result in us offering programs in another Alberta city.

MARCH 2021

KERBY CENTRE'S MISSION:

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

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A message from the president



Richard Parker, President.

Over the past year the Board of Directors and Senior Management Team at Kerby Centre have been working on a new Strategic Plan for our organisation. Undertaking such a task during the COVID-19 crisis has been both a blessing and a curse.

The curse has been that we have not been able to have the informal and formal interactions we would like with our staff, volunteers and partners.

The blessing is that by necessity we have tried out new ideas, instead of just talking about them. New ideas such as Zoom program delivery, making frozen meals for housebound older adults, etc.

Our strategy discussions

began with an update to Kerby Centre's Vision and Mission statements. These statements help us answer the question "why do we exist?"

Our new Vision Statement is:

"A Community of Engaged Older Adults"

In adopting this, we view Kerby Centre as a group of older adults, who engage in a wide range of activities in many different ways. Some of these occur in the Kerby Centre building while others occur throughout the Calgary community and, in some cases thanks to technology like Zoom, anywhere from which people choose to connect with us.

While the Vision statement is very broad and all-encompassing, our Mission enables us to focus on what we do to achieve that Vision.

Our new Mission Statement is:

"To support older adults to live well in their community"

This provides a sharper focus for our programs and services. When looking at both existing and future programs and services we will be placing emphasis on understanding what older adults want and need, delivered in the way they

would like to receive them.

This means we will be consulting with groups and individuals to understand their requirements. Please remember when you next receive a questionnaire or survey from us that your feedback is critical to creating and improving meaningful programming.

Equally important is how we act in delivering our programs and services. With the help of some of our staff and volunteers, we developed a set of value statements, that describe our desired Kerby Centre culture of Empowerment, Inclusivity, Compassion, Aging, Respect and Collaboration. You can view our detailed statements in the Strategic Plan that is posted on our website at www.kerbycentre.com.

I want to focus on two of our values and what they mean to us.

Inclusivity: "We embrace the diversity of all people"

This expresses our desire to ensure that our programs and services recognise that people are individuals who have unique backgrounds, attributes, skills and needs.

Continued on pg. 6

New telephone scam offers COVID-19 vaccination



Photo illustration by Becca Lowe, images via Unsplash.com

Andrew Glen McCutcheon
Kerby News

The rollout of vaccinations to protect against COVID-19 are underway in Alberta and across the world.

However, according to Alberta Health Services, there have been reports of unscrupulous scams attempting to prey on the anxieties of those patiently waiting for their inoculation.

Deena Hinshaw, Chief Medical Officer of Health for the province of Alberta, said in a statement early February they've heard

older adults in Alberta that have received phone calls informing them that by paying up, they could book vaccination appointments ahead of the game.

"This is not a legitimate claim, this is a scam," Hinshaw said.

"When we do [offer the vaccine], the vaccine will be free of charge. Neither AHS nor any other community provider will ever be asking for payment for the vaccine. If you receive these calls, please hang up immediately and report to the non-emergency line of your local law enforcement."

Adults aged 75 and older are part of the "Phase 1B" rollout of the vaccine; both those 75 and up can receive the vaccine starting Feb. 24. If you were born in 1946 or earlier, you will be eligible for this two-dose vaccine process, which are administered approximately five to six weeks apart.

Individuals can use the online booking tool available through Alberta Health Services or call healthlink at 811 to book their appointment for both the first and second doses. Family members can also book on behalf of

those who are 75 or older, as long as they have the Alberta Health Card number and date of birth of the individual receiving the vaccination.

Residents of private supportive living facilities will be contacted directly through their care team as to when the vaccine will be provided on-site, according to Alberta Health Services, and do not need to make their own appointment.

To date, two COVID-19 vaccinations have been approved for use in Canada: the Pfizer-Biotech vaccine, which received approval on Dec. 9, 2020; and the Moderna

vaccine, which received approval on Dec. 23.

No citizen of Alberta will be required to pay for access to immunization; if you receive a call asking you to pay or provide gift cards in order to make an appointment, hang up and contact local law enforcement.

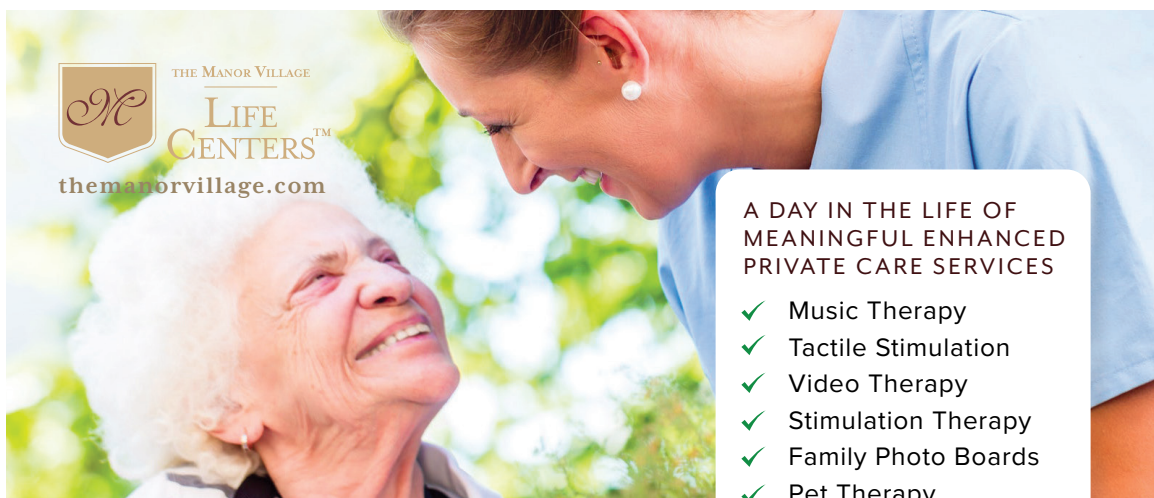
Other common and frequently asked questions about the vaccine and immunizations have readily available responses from Alberta Health Services.

For example, a basic explanation of how the vaccine works: the immunization contains instructions for one's body to make the protein found on the surface of the COVID-19 virus. In response to the creation of this protein, our body's cells will strengthen our immune system and create the necessary antibodies to combat it, should the real virus ever attack our system in the future.

What the vaccination does not do is change an individual's DNA or infect an individual with COVID-19. There is no live virus present within the vaccine and it is scientifically and physically impossible for the immunization to infect an individual.

There is a small chance, however, for individuals to have an allergic reaction to some of the medicinal components found in the vaccine. A list of the ingredients that are known to potentially cause reactions are available on the Alberta Health Services website, and you can speak with your physician if you're unsure.

The estimated time for the vaccine to roll out to members of the general public is autumn, 2021.



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WESTVIEW

BY SILVERA

A message from the President

Cont'd from pg. 4

We will make every effort to be welcoming and remove barriers that may prevent or discourage older adults from participating in our programs or using our services. This may mean delivering services in different formats, locations, languages or times. While we will never be able to meet everyone's unique needs, by embracing inclusivity, we hope to meet the needs and wants of a greater range of older adults.

Aging: We champion aging as a journey of

discovery

Growing old means different things to different people. For some it means the freedom from family and work responsibilities that enable the pursuit of new challenges and activities. For others it may mean managing challenges brought about by changes in our health or financial situation. By viewing aging as a "Journey of Discovery" we want to enable older adults to explore a range of activities, opportunities and paths, some of which they

may not have considered or even been aware of! We can do this by offering programs that enable development of new skills and interests, as well as providing information on available support services.

While we have cast our Vision, Mission and Values very wide, we do acknowledge that we can't deliver on everything all at once. Our focus for the next three years will be:

- Ensuring that how we deliver our programs and services reflects the chang-

ing needs and diversity of older adults.

- We believe this may mean making choices to start or stop programming depending on need, interest and available resources for delivery.

- Ensuring partnerships and collaboration with other groups and organisations.

- We believe that partnering is key to the making the best use of limited resources in delivering meaningful programming effectively.

- Ensuring that our op-

erations are robust, relevant and sustainable.

- We believe in exploring new opportunities for fund raising, and careful use of the resources we have including our staff, volunteers, equipment and buildings.

A copy of our new strategic plan may be found on our website at www.kerbycentre.com/annual-reports. *We welcome your thoughts and feedback and invite you to express these by emailing me at president@kerbycentre.com*

Rome wasn't built in a day: Learning Italian takes time

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By Lesli Christianson-Kellow

Kerby News Columnist

Last month, I wrote an article about how taking a foreign language class is akin to exercise for the brain. Well, I took my own advice and enrolled in an Italian Language class a few weeks ago. It was a one day full immersion of *Buongiorno (Good Morning)* and *spaghet-ti*. Did you know that when there are double t's, as in spaghetti, both t's are stressed? (Say *spaghet* quickly and then the *ti*) The word sounds so much more exciting when it's pronounced this way.

I took my Italian class online over Zoom. Once I registered for my Italian class, a link was sent to my email. About five minutes before the start time, I just clicked on the link and was taken to the class. There were 20 people in my online Italian class. Most of us had our cameras on, as did the instructor.

To warm up the class, the instructor, Fabio, asked each person why they were interested in learning Italian. Most of the class wanted to visit Italy someday, and other people, myself included, plan to go back to Italy. We all seemed to have the

common goal of wanting to improve our Italian language skills for our future adventures. One guy, Max, said he is planning to go back in 2022 and even has his accommodation booked.

Fabio started off by telling us the rules of the letters. He shared a very important pronunciation rule about the letter 'c'. If a 'c' is followed by an 'i' or an 'e', then it has a soft sound, like 'ch'. For example, *ciao* (hi or bye) is pronounced 'chow' and *pan-cetta* (bacon) is pronounced 'pan-chet-ta'.

When there is a 'ch' in a word, it is pronounced as a hard sound as in 'k'. *Bruschetta* is pronounced as 'bru-sket-ta'. Who knew?

Fabio is Italian, and regularly visits family in southern Italy. He said from Rome down (south) is much more laid back than Northern Italy. I've been to Florence and Cinque Terre, and thought they were both enjoyable, seemed quite laid back. Fabio told us that you can spend a day at a restaurant relaxing on the patio, overlooking the sea all day, if you'd like (yes, I'd like!), and the waiters don't mind that you linger over your pasta and wine.

Once the scene was set, and we were all dreaming of Italy, Fabio carried on with his lesson.

Continued on pg. 15

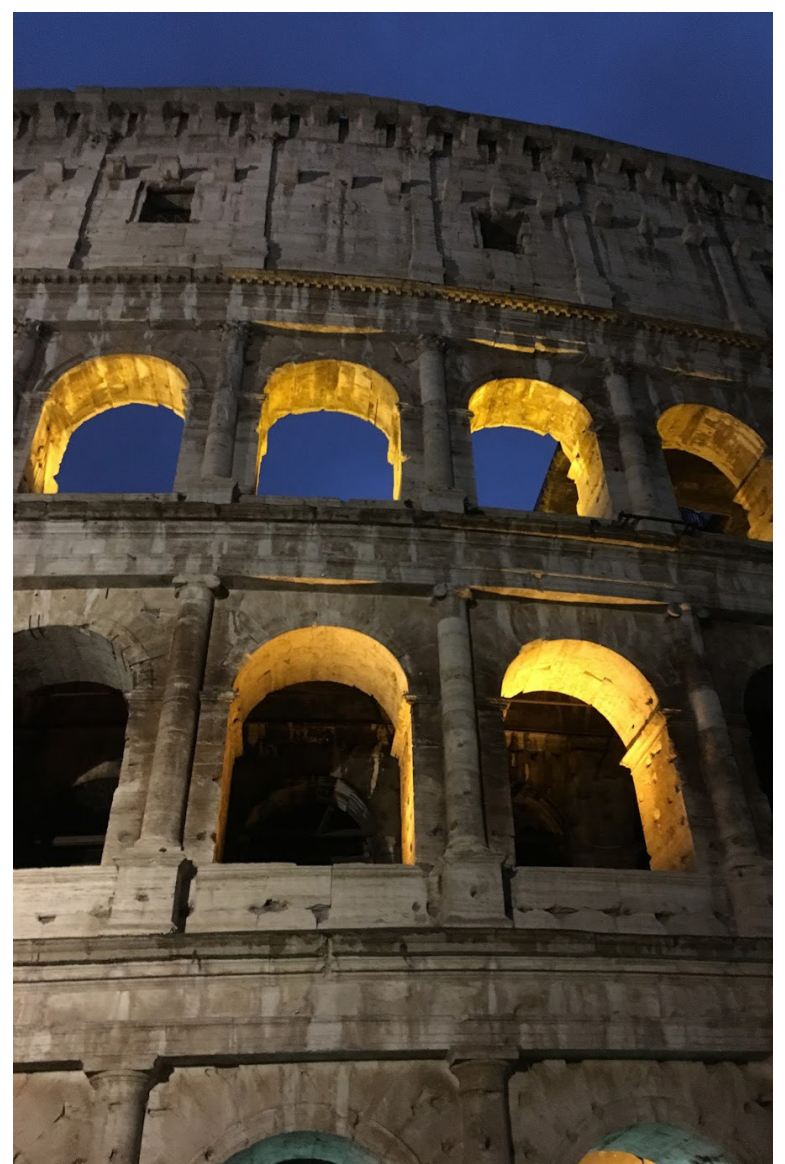


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Prominence Way so far going through this pandemic you all have been just great. From Executive Director, managers, food service, caring staff you continue to monitor our fate. We are in this together is your message to us all And if we continue to heed the message, we will all stand tall. So thank you again for taking care of us For making sure we don't go under the proverbial bus.

A poem by Dora and Roy



Dora & Roy, Residents



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My husband, Marsh and I moved into Rocky Ridge Retirement Community Feb. 29th, 2020. We had just settled in when the pandemic fell upon us. We are finding the residents and staff are wonderful! The staff have made many changes not only to keep us safe and well but also have provided activities that are challenging, innovative and fun. We can do these in our rooms or in small groups maintaining proper distancing. Our appreciation of staff and sense of family continues to grow! We're thankful to be here, especially during this time.



Val & Marsh, Residents



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Ways to a better night sleep



Photo by Jude Infantini, via Unsplash.com

By Angie Friesen
Kerby News Wellness
Columnist

Sleep is essential to our overall well-being and is one of the most common health concerns. The journey to a better night's sleep begins with you and it all starts with a plan.

We can start our plan for a better night's sleep by:

Becoming aware of our sleep patterns (with the use of a sleep log or other tracking device)

Learning about our factors that can disrupt our sleep

Using suggested methods to help sleep

Monitoring progress and

create a routine

Becoming Aware of Our Sleep Patterns

There are a few different ways we can track our sleep and patterns. You can create your own "Sleep Log" (Listing total hours slept, (including naps), along with food/beverages consumed, exercise and other activities that occurred that may factor in how you sleep.) You can also view a free sample sleep log at: www.sleepfoundation.org. Sleep can also be tracked through technology with the use of certain devices such as fitness trackers or "Smart Watch" devices (Common examples would be Fitbit or Apple's iWatch). I personally find using the Sleep Log to give a more detailed account of sleep and habits, as with my own fitness tracker, it just lets me know approximately how many hours of sleep (and listing moments of movement/predicted "awake time" that occurred in the night)

Common factors that can disrupt our sleep include:

- Stress (Mental, Physical, and Emotional)
- Environment (In and outside of the home)
- Room temperature (Not too hot or cold: it's suggested 16-18°)
- Electronics (TV, Computer, Phone)
- Poor quality mattress
- Travel (Being in motion, Jet Lag, Different Time Zones)
- Diet
- Caffeine/Sugar/Alcohol
- Shift Work
- Children/Partner/Pets/Other
- Injuries/Ailments

Suggested Methods for Helping with Sleep

Create awareness of factors that may be attributed to your lack of sleep (as mentioned above). Record and review your "Sleep Log" and/or tracking device regularly

Create a "Sleep Plan"/"Bedtime Ritual" using positive routines of unwinding for the night and getting to bed at a decent time

Asking yourself if your mattress/pillow/bedding serving you the way it should? If not, can changes be made?

Engaging in a healthy diet and not eating too heavy of a meal two to three hours before bedtime

Limiting caffeine, alcohol and sugar intake

Regular exercise is won-

derful for overall health, but try not to exercise two hours or less before your planned bedtime. Endorphins (natural energy bursts) from exercise may make it more challenging to come to a relaxed and calm state just before bedtime. I have found exercise during the day has created a good balance in my state of rest for the evening.

Herbs (Herbal teas, aromatherapy, supplements) like chamomile, lavender and melatonin can be helpful, but please consult with your trusted medical professional when taking any new supplements as it may conflict with certain medications/health concerns)

Meditation

Breathing exercises can help calm the body and mind. One I often do is: Three Part Breathing. With a natural breath, start off bringing your hands to your belly and feeling the gentle rise and fall as fresh air enters and as used air leaves your body. Next, you can bring your hands to your rib cage, and feel the gentle rise and fall of your ribcage. After you can bring your hands to your chest, and feel the gentle rise and fall of your chest....noticing if you can also feel the natural beat of your heart. Take a couple of deep breaths - focusing your breath travelling to and from all three of these areas; breathing fully and completely. Then just return your breathing back to a natural breath. I find by focusing on my breath I'm able to quiet my body and my mind.

Limit TV/Computer/Electronics before going to sleep and unplug for the night.

Make your bedroom a haven (declutter, decorate and dedicate your bedroom to only being a bedroom - a place of rest)

Body care (Massages, having a bath, shower, hot tub, spa) can also allow us to physically unwind and can also be helpful in pain management.

Keep a notepad/pen close by to jot down your "To Do List"/Reminders/Ongoing thoughts that may come up preventing you from going into a state of rest.

Use of an eye mask/eye pillow/eye cover can help block out light, and can quiet the mind.

Seeking professional help when needed. (Doctor, Counselling, or a sleep clinic)



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My wandering mind

By Barbara Ellis.

Kerby News Columnist

Have you ever let your mind wander? Just let it loose and then enjoy the trip? And yes, it really is a trip. A trip away from reality and into a dream world. I used to do this a lot when I was young and now, thanks to this Covid year we are trudging through, I am once again enjoying this childhood pastime.

The main difference between now and then is, that now, I do less imagining and draw more on actual memories.

Either way, mind wanderings in reality or in imagination fill empty hours and are much more entertaining than television.

When I was in school, my mind would wander to faraway places, especially during my algebra classes when I really had no idea what was going on. The rectangles the teacher drew on the blackboard somehow turned into snow-capped mountain tops. I saw myself skiing down that mountainside with fresh powder snow flying through the air while my skis made perfect parallel lines in the snow. In reality, when I had skied, I was pathetic and could barely come down a gentle hill without falling.

On a really cold Alberta day, it is great to imagine being off somewhere hot with the sand and sea just out the front door. Actually, I have a memory filed away in the recesses of my mind that I can recall on just such a day.

It happened a long time ago on a wonderful trip to Western Australia. I had taken a tour to Shark Bay and decided to go for a short cruise on a catamaran.

Naturally, there were other people along for the ride, but that did not diminish my pleasure. We floated on an undulating sea with a hot sun beaming down on us and a gentle breeze



filling the sails. I sat at the bow and watched as a pod of dolphins skimmed the surface and kept us company.

They were obviously having fun as they jumped and dived and so close to me that I wanted to reach out and touch one.

The reverse is also true: when the sun is beating down and one can fry an egg on the sidewalk, it is wonderful to think of those breathtaking Swiss Alps with waterfalls cascading down the mountain slopes.

My mind returns to memories of picnics up there where the wildflowers colour the valleys. I remember lying on my back with my father next to me as we invented imaginary animals in the clouds floating above us.

There is nothing more beautiful than puffy white clouds floating beneath a deep blue sky. Sometimes they are larger than a city and higher than most mountains. I have imagined myself flying through those bubbling white valleys, diving down deep and then soaring way up high.

My body would be like Superman's not encumbered by any sort of mechanical appliance, just me

and my body dipping and diving and surfing an ocean of foam.

In my old age, my mind often returns to remembering friends and family members I have lost. I can see myself at my parents' cottage in Pennsylvania where I first fell in love with birds. There were many bird feeders in the yard, but the main one stood right in front of the porch. Here we were treated by daily visits from Cardinals, Blue Jays, Cat Birds and even a sparrow or two.

At the side of the cottage, my father had erected Purple Martin houses. He started with one house, but eventually ended up with five three-story houses sitting high up on their poles. He had to keep adding houses because these swallows returned every year along with their "children," so to speak.

I can see the swallows soaring high above and then diving down to catch the insects. They caught mostly mosquitoes which certainly added to the enjoyment of our outdoor times.

When feeding time was over, we would walk down to the lake to watch the sun paint the sky and

the waters in crimson and gold. Our wonderful dog would enjoy her last dip of the day then come near us and give herself a vigorous shake, showering us at the same time. It was a sort of ritual, she was always reprimanded, but every day we just stood there and let her sprinkle us. Subconsciously, I think, we enjoyed the ritual.

A treasured memory is being with my sister at Petra, that ancient city of stone. We stood staring at the monument known as the treasury, perfectly carved out of a sheer rock face millennia ago.

It was one of those seldom experienced magical moments when one is standing in a place only dreamt of visiting, and the dream becoming a reality. I remember her putting her arm around my shoulders and saying, "how beautiful."

"Yes", I agreed as I slipped my arm around her waist. It was beautiful, and it still is. This is a memory I treasure and often relive.

Many of my loved ones are gone now, but how wonderful it is to revisit them in my mind. To see them, spend time with them, and enjoy them.



Photos of Switzerland, courtesy of the author.

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'Five-minute rule' for organ harvesting holds true for cardiac death

A Canadian-led research project has confirmed that it's safe to procure organs for transplant from dying patients once the heart has stopped for a full five minutes, in newly published findings in the *New England Journal of Medicine*.

The researchers monitored blood pressure and electrocardiographic (ECG) waveforms in 631 dying patients following the removal of life-supporting equipment and medication in 20 intensive care units in Canada, the Czech Republic and the Netherlands. On average it took an hour for all signs of life to end, including no heart activity. In 14 per cent of the patients, the heart restarted briefly after having no pulse for up to four minutes and 20 seconds, but all the patients ultimately died.

"Our current practice is to wait five minutes after the donor's heart stops before we take them to the operating room to procure organs," said co-author Jim Kutsogiannis, critical care professor in the University of Alberta's Faculty of Medicine & Dentistry and research director of the neuroscience intensive care unit at the University of Alberta Hospital. "What we thought was a safe time limit has been reaffirmed by these results."

Kutsogiannis called it a landmark study, the first of its kind internationally.

"We felt it was really important to do this study in order to build trust with the public in the organ donation and transplantation process, to reassure them that there's no possibility of someone recovering consciousness or heart function after a certain period of time."

Of the enrolled patients, 205 were eligible for organ donation after circulatory determination of death, and 67 became donors and had at least one organ retrieved, the researchers reported.

"This study means we can bring evidence to bear in the conversations that we have in intensive care units with families and patients," said Lori West, professor in the Faculty of Medicine & Dentistry and director of the Canadian Donation and Transplantation Research Program, which helped co-ordinate the study. "We need this evidence to ensure we can dispel lingering doubts about organ transplantation."

Kutsogiannis said brain death and cardiac death occur nearly simultaneously, but it's easier to monitor heart activity. He explained that it's important to procure organs as quickly as possible after death in order to

transplant them successfully.

"The longer it takes to take out the organ, preserve it, transport it and transplant it, the worse the likely outcomes are for the recipient," said Kutsogiannis, who is also president of the Canadian Neurocritical Care Society and former lead for Alberta Health Services' Human Organ Procurement and Exchange Program (HOPE) in northern Alberta. "We want to do our best to successfully transplant that organ that has been donated so graciously by a donor who registered or by their family."

In 2018, there were 4,351 Canadians on a waiting list for an organ transplant, 2,782 transplant procedures were carried out, and the deceased organ donor rate was 20.6 do-

nors per million population. The research team noted the rate of organ donations has decreased since the beginning of the COVID-19 pandemic.

The researchers reported that the actual process of dying had not been fully understood until now and that stories persist about people "coming back to life," leading some families to refuse or delay organ donation. The data from the new Death Prediction and Physiology after Removal of Therapy Study (DePPaRT Study) will allow medical staff to better predict the time of death of organ donors in order to better co-ordinate transplants and save more lives.

"Once you're gone, your organs don't do you any good," said Heather Talbot, a Toronto mother who donated her son

Jonathan's kidneys, lungs, liver and heart when he died after a car accident in 2009. "By donating, it's not just the person who receives the organ who benefits, it's all the families and friends of the recipient who are saved from the grief that I went through."

"This was the most terrible thing that could happen to a parent – to lose their child – but something really good came of it when his organs were used to save lives," said Talbot, who advised the study team on how to approach families to participate in the study.

"This study brings home the point that the voices of clinical staff and families must be heard," said West, who is also director of the Alberta Transplant Institute, holds the Canada Research Chair in

Cardiac Transplantation and was named an Officer of the Order of Canada last year. "They are effective voices in helping to achieve our goals to never miss a donor opportunity and to make transplantation a cure."

"These results mean that physicians and nurses speaking to families about this process can give them a high degree of certainty of what to expect after we withdraw life support," Kutsogiannis concluded. *The research was supported by the Canadian Institutes of Health Research as part of the Canadian Donation and Transplantation Research Program, as well as the CHEO Research Institute and the Karel Pavlik Foundation.*

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Experts say knowing six neighbours can reduce loneliness

By News Canada

Can you remember the days when you knew everyone on your street? Or when you would turn to a neighbour to borrow a cup of sugar or to water your plants?

According to a new study, knowing as few as

six neighbours reduces loneliness and is linked to lowering depression, social anxiety, and financial concerns related to COVID-19.

The study, which was conducted in partnership with a team of leading mental health experts, also found that perform-

ing small acts of kindness for neighbours reduced the likelihood of feeling lonely.

Looking for ways to safely get involved in your neighbourhood? Here are a few ways to get started:

Introduce yourself to your neighbours, digitally.

Join a neighbourhood platform like Nextdoor, the neighbourhood app,

to connect with the people and places near you. Start with a simple introduction or join a group to build connections with neighbours who share similar interests.

Check in with neighbours, from a distance or virtually.

See if your neighbours, particularly the vulnerable or elderly, need any help. Consider picking up gro-

ceries for them next time you head to the store or helping them with work in the yard.

Contribute to your local culture and businesses

Whether you're ordering in from your local pizza place or writing a positive review for a nearby business -- support the businesses in your community that may be suffering during this difficult time.

"As we commute less and stay home more, the role of the neighbourhood has never been more important," explains Christopher Doyle, managing director of Nextdoor Canada. "While for some getting to know your neighbours can be daunting, building meaningful connections with those in your neighbourhood really is easier and more rewarding than you may initially think."

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It's spring: Get growing



Photo courtesy of Deborah Maier.

By Deborah Maier
Calgary Horticultural Society

Spring!

It's only days away. I know frost-free days aren't expected until May. However, mid-March is seed starting time — even if you're starting yours on a sunny win-

dowsill and not under grow lights. The sun is much higher in the sky as we approach the spring equinox. The bare trees and the snowy ground allow the bright spring light to enter the home and encourage seedling growth. To get the most benefit from this light, be sure to clean the in-

side window panes.

So, why is mid-March an ideal time to start seeds? It's basic arithmetic. Calgary's traditional last frost date is May 18. Count eight weeks back from that day and where on the calendar do you get to? March! This indoor growing period allows seven to 21 days for germination, then time to let those seedlings become large enough to handle being planted outdoors at the end of May. It also considers the transition time known as hardening off. Plants that are grown indoors won't do well if they're moved directly from the cozy indoor environment to the harsh reality of outdoor living. They need to be gradually acclimatized to outdoor conditions.

The timing of seed starting is a bit of a balancing act. You want to give the seeds time to grow to be vibrant small plants, but not have to keep them indoors so long that they become stress from being in containers that are now too small, and growing in less-than-ideal light. Regardless of the challenges that may be faced at the end of the indoor growing stage, March is a good time to start planting seeds.

For the home gardener, very little equipment is needed. The most important resource is a

soil-less potting mix. It can be as simple as picking up a bag of potting soil from your local garden centre. You need a container with good drainage, something for that container to sit on to collect water passing through the soil, a cover to keep the soil moist until the seeds sprout, a place in the sun, and seeds, of course!

Many gardeners like to use peat pellets or small-celled seeding trays for seed starting. I've found these methods of growing very frustrating as I have difficulty keeping the peat pellet moisture level consistent, and I cannot cleanly remove seedlings from the small cells when it's time to transplant (around the end of April). Last year, I decided to try planting my seeds in the plastic containers that berries and plums are sold in. I started alyssum that grew into amazing plants this way. I used the bottom watering technique where the container is placed in a basin of water until the soil is saturated. I left the lid attached to the container to use as the moisture dome but found it was in the way later when I lifted the lid to allow airflow around the seedlings. Cutting the lid hinge and placing the lid under the container solved my problem. I still needed

to transplant, but even though I had to detangle the seedlings, they had a nearly 100 per cent transplant success rate. I grew more plants than I could use and gave them away to friends. They performed beautifully in containers all summer long.

Take care deciding how many seeds to start. Sowing too many seeds is a common problem for eager growers. I transplanted 80 seedlings from the little fruit container. Fortunately, I had room for that many plants which took more than ten times the space required by the fruit container. You do want to sow more seeds than you need, in case some do not germinate or survive. But if you usually only buy a six-pack of plants from the garden centre, you likely won't have suitable growing spaces for 80 plants! However, it was nice being able to share them.

Come March 15, I'm going to try growing tomatoes this way. I've been saving my fruit containers, have soil, a basin, and space—everything's ready to go. Now I just have to patiently wait—I don't want to start them too soon. I want them to thrive, not just survive—it's a balance. To learn more about gardening, visit calhort.org

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Rome wasn't built in a day: Learning Italian takes time

Cont'd from pg. 6

We learned how to say “How are you?” - *Come stai?* (informal) and “What is your name?” - *Come ti chiami?* (informal). Fabio had us take turns reading conversation between two to five people. This made us participate and forced us to try out the unfamiliar words on our tongues. Nobody was judged and Fabio was great at letting us just experiment with sounding the words out. He seemed satisfied that we were trying and did not overcorrect us, which likely would have made us timid.

Fabio taught us the alphabet, the days of the week, and the months.

We practiced reciting these after Fabio and then he played YouTube videos for us and we recited after those, too.

Halfway through the day we took a lunch break and then returned to learn how to say: “What time is it?” *Che ora è?* (Remember the ‘ch’ has a ‘k’ sound). We learned ‘noon’ - *mezzogiorna*, ‘midnight’ - *mezzanotte*, and ‘dawn’ - *alba*. To practice all of the words we were learning, Fabio would ask us questions, but provided us with a list of possible answers. So, we weren't stressed out trying to remember all of the Italian words that we had just learned. We could take our time choosing which word best answered the question. It was another friendly technique to keep up our enthusiasm.

Then Fabio started teaching us about feminine and masculine words. This is similar to other Latin languages. For example, some Italian feminine words end with an ‘a’ and the article ‘la’ is used for ‘the’, as in ‘the house’ - *la casa* or ‘the school’ - *la scuola*.

Some Italian masculine words end with ‘o’ and the article ‘il’ is used for ‘the’, as in ‘the book’ - *il libro* or ‘the table’ - *il tavolo*.

By this time many of my classmates were getting overloaded, but Fabio planned the class well; the last 45 minutes of the day was spent talking about food. We learned that ‘shrimp’ was *il gamberetto*, ‘strawberry’ was *la fragola*, and

‘eggplant’ was *la melanzana*. Of course that led to ‘beer’ - *la birra*, ‘wine’ - *il vino* and ‘coffee’ - *il caffè*.

The people in the class that had been to Italy shared their experiences with those that were planning to visit Italy. Everyone had a favourite Italian food and Fabio made sure we knew how to say the food in Italian.

It was a perfect taste of Italy - part of the time was spent learning Italian and part of the time was spent enjoying an Italian travelogue. By the end of the day, I think everybody was ready to board the next flight to Rome. Ciao!



Fresh Italian food. Photo by Jakub Kapusnak, via Unsplash.com



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The whirlwind of changes

By Jaroslav Maria
Kerby News
Columnist

2021 may not become a memorable year for many people, but I will be 80 in April. It is a significant age, a number big enough to remember events by decades now, as in: “It has been 20, maybe even 30 years ago.”

How fast the years piled up! My family and friends are more traditional and take a big interest in milestones — more than I do. To me, the memorable years are those when extraordinary events happen, not when my age was a neatly rounded number. Only one was when at 20, I was drafted into the army. It was not an event remembered fondly, but momentous enough that my early years are categorized by what happened before and what after. The other game-changers were finishing my college education at 18, we were married at 23. When our daughter was born a year later and 27 when we escaped from a totalitarian country and settled in Canada. Last but not least was retiring from my full-time job. I was 51.

Boisterous celebrations of milestone birthdays, anniversaries, weddings and baptisms are

time honoured traditions in Slavic countries where I came from. Well-meant hints are dropped to make sure traditions would be honoured. The revellers eat, drink and are merry in an egregiously excessive manner. In some regions, they even hire entertainers followed by dancing and the inevitable hangovers.

This goes back to the time when people had to till their little plots of land very hard to just survive. It was not an exciting life and the saying went that an average person only has three glory events in life, birth, marriage and funeral. These events plus a few fairs and various anniversaries were celebrated with gusto. It is still practiced in many European countries. The important part was a big meal, many courses and large portions, the more caloric the better. The peasants had not eaten that well on ordinary days, so they rather indulged on special occasions. For the city dwellers, it was a big accomplishment to eat their whole meals when invited to participate.

I’m not opposed to over-

eating and am not a teetotaler, just that I didn’t retain the necessary level of childishness, simplicity and have never lacked in nourishment to appreciate these merriments. So my response to hints like “How are we going to celebrate the big one?” is evasive at best.

I will likely be spared any prodding to stage a celebration this time thanks to COVID-19. But if we have a big fête or not it is worth devoting a few moments to remember the past, because so much happened over my eight decades!

A string of discoveries and innovations caused the emergence of a material culture that changed the social behaviours, caused political upheavals and two major wars in quick succession; and those were replaced again by even more innovations, the related social behaviours and caused even more political upheavals, and so on. It is an on-

going and accelerating process.

Change is life or is it that life is change? So how did we get there? It is fascinating how much mankind progressed since the time the proverbial Lucy’s progeny walked out of today’s Ethiopia. These budding humans were hunters-gatherers then, with only limited yet essential skills they needed for survival, while today we are the goal-driven specialists with an unbelievable standard of living. We no longer work as a team all of us doing the same job, we have become a society of specialists who must barter our skills with others, which requires sophisticated organization and causes inequalities.

Changes happened very slowly at the beginning. Millennia passed before the hunters-gatherers improved their lot by inventing agriculture. It still took a long, long time before the Bronze Age came, then the Iron Age took a little less time to arrive. Soon innovations started to appear at an alarming pace.

It is like a perspective in which the spaces between objects are bigger up close and get shorter and shorter looking into the distance. Only reversed. Changes were slow at the beginning and are happening lightning fast

today.

My grandfather was born 161 years ago and the technology they had at their disposal still looked very much as it did in the middle ages. Railroads were just invented then. My father was born in 1901 before the first heavier than air airplane flew. I was born in 1941. Although I remember the ploughs pulled by horses, today I write this story on a computer, the workings of which I cannot even fathom. What action-packed years they are!

So to get everything into perspective, guided by the Freudian principle that everything can be blamed on childhood, I started my reminiscing there. There is a big difference between now and how we were raised 80 years ago. What toys we played with. Ours were not mechanical for the most part, except perhaps for the model trains, that were rather unreliable and kept breaking down. Our toys were just props, and to make our games interesting we relied solely on imagination. I think this need for a personal input was the best feature of having primitive inanimate toys, and it is a pity it has changed. The nascent of sophisticated, mechanical and mass-produced toys came after my childhood had passed.

I watch Antiques Roadshow on PBS television often and sometimes think that I could show my toys there. Things I played with are as old as many antiques featured there. Admittedly my memorabilia are not highly valued collectibles by any stretch of the imagination, like the old bone china made in England, colonial furniture or notable 19th-century North American paintings or what have you that



Photographs courtesy of Jaroslav Maria

are the typical fare of the roadshows.

I am glad PBS has these programs, because they remind us of our past and how lovingly people care for old handmade items of the years past. It is doubly important when realizing how fast things are summarily thrown away and replaced by 'new and improved' stuff nowadays.

Two, three hundred years ago entire lives would pass without much happening on the technological or social fronts. It was easy to live by precedents and traditions. If it wouldn't be for occasional wars or revolutions, mankind would die of boredom. Maybe it was not all bad, people were less neurotic then.

Because changes occur at ever-increasing speed, memorabilia from my generation's early years feel like they are older than they actually are. It is an illusion caused by swift redundancy. Who will seriously think marionettes or puppets can be viable toys today, even though they were already used in ancient Greece and seemed indelibly entrenched in society? They have suddenly become redundant in the world where five years old iPhone is passé because it doesn't shine shoes or whatever next feature they will come up with. These 6 x 3 x 1/3inch thick handheld devices are supposed to be

everything to everyone, the communication, navigation or entertainment centres, encyclopedias and photographic cameras, on-line shopping tools and health monitors. In a competitive frenzy, the manufacturers keep adding features and apps, making them so convenient and so indis-

pensable! The problem is that using them for entertainment is reactive, not proactively teaching us new skills.

Looking at this technology it is hard to believe that in my living memory the poor east European farmers still used horse-drawn ploughs for tilling the land, scythes for cutting the grains and hoes to dig out potatoes with; implements that didn't change for ages. Livestock lived in the same buildings with people and manure piled in the centre of the yards. It is all a heritage park

stuff now. It was neither healthy nor comfortable living, but sometimes I am nostalgic for the idyllic charm of it, made immortal in our fairy tales, now long gone. I can't say I miss the stench that with tongue in cheek we called 'an aroma of a countryside'.

With all the available equipment the same farmers became highly skilled operators in a short time, their output astounding, compared to their forbearers'. The same had happened to all industries even ahead of agriculture.

Much of the back-breaking chores are

done by machines, more efficiently. The standard of living has improved tremendously in just the two generations. We have a higher average age as a result of advances in medical knowledge and all the inventions in general. We have time for relaxation today. Although that is good, we have exchanged the stale stability for the modern living in the fast lane. The world is spinning faster and faster. It will not change anytime soon, if ever.

With longer lives and an earlier retirement so prevalent in our generation, being part of an affluent society, especially the good planners who wisely managed their finances, we can step down from the fast-spinning merry-go-round and become pensive. Now we have

time to revisit the books we had read before, return to places we had liked on previous trips and enjoy rediscovering them, and even noticing what we had missed the first time around.

It may seem childish as in the old adage that "horse is a colt just once but the man is a child twice." There is no shame in trying to rewind the tape a little bit, to recall some of the natural curiosity that we had once possessed, maybe make a few new things and call them toys. There is something rejuvenating in creation.

Call it escapism if you will, but this is the time of reflection and enjoyment, and I indulge. But then I suddenly stir up and get busy again, because there is still so much to do, to learn and to experience, be active and even creative. Now I have the time and the means to do it with.

The best part is, that I can do it at my leisure since I do not have to rush to work tomorrow and can sleep in!



Models of buildings made by the author when growing up and in early adulthood'

Volunteering at an Animal Rescue



Photos courtesy of Pawsitive Match Rescue Foundation. Above: A handsome pup named Harold!

By Marianne Rogerson,
Training & Research
Coordinator
Pawsitive Match Rescue
Foundation

Volunteering provides physical, social, and psychological benefits and is a valued role for older adults. Although adults volunteer for various organizations, there is limited understanding of why older adults volunteer for animal rescue organizations.

Since the 1990s the number of animal rescues increased significantly, due in part to the animal welfare movement and a societal shift in the importance of companion animals. Hence an increase in rescue organizations. Since most rescues rely on volunteers for day-to-day animal care, this project set out to investigate older adult's understanding of volunteering at such facilities.

Thirty-three community-residing older adults participated in a telephone interview for a project funded by the New Horizons for Seniors Grant. Twenty-

five individuals reported no volunteer experience at an animal rescue, and eight participants reported rescue volunteer involvement. Each participant received a \$20.00 gift card in appreciation of their time.

During the interview, participants discussed general past and current volunteer experiences, the factors that support a rewarding experience, and the issues that lead to volunteer dissatisfaction. The second part of the interview included a discussion of companion animals. Finally, participants expanded on their understanding of animal rescues, their knowledge of the type of work that goes on within a rescue, and reasons that encourage or limit animal rescue volunteerism by older adults.

A Volunteer's role

Generally, the role of a volunteer is held in high regard. Volunteer experiences differed from person to person, and a number reported multiple types of such engagements. The majority of participants discussed the suspension of volunteer activities due to COVID-19;



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however, participants expected to resume these activities at some point.

When asked what makes a volunteer experience rewarding, participants identified several factors including feeling competent in their role, feeling appreciated by an organization, and believing that their volunteer time made a difference. Participants also value a clearly defined organizational mission statement that aligns with their values. While they often look for good relationships with an organization's supervisors and other volunteers, doing a good job was more important than making friends for the participants in this study. If friendships develop, that was an added benefit but not the primary motivation for joining an organization.

Participants identified several factors that would

lead them to terminate a volunteer role. Key issues include lack of time, organizational changes that limited volunteer involvement, a change in the organization's mission, physical health changes, and feeling that their contribution level had plateaued.

Companion animals

Participants believe that society is more tolerant of companion animals today. Each participant spoke of relationships past and present with animals. Many continue to care for animals, although the ability to continue to do so was dependent on factors such as housing, physical health and the decision to not replace a deceased animal. Despite the strong connection with animals, there was some lack of awareness of the role that rescue organizations now play in providing compan-

ion animals generally.

Animal rescue organizations

Most participants were generally aware of large rescues largely due to television but were less familiar with smaller rescue organizations in providing for animal welfare. Several participants were aware of animal rescues because a friend or family adopted from such an organization.

When asked to expand upon their general understanding of potential volunteer roles within an animal rescue, participants identified fostering, dog walking, and feeding but were less familiar with facility management, fundraising, marketing, laundry, and kennel cleaning. Beyond the large rescues, there was the assumption that most rescue organizations do not have a shelter and that animals

go directly from rescue to foster.

When asked if there was a shift in companion animals' role in society, each participant answered in the affirmative. Many participants discussed their companion animals, both living and deceased sometimes with much emotion. There was little mention of the role that rescue organizations could play in providing companion animals or replacements for the same in older adults' life.

Several participants had considered volunteering at animal shelters but were unsure about the process of signing up. As society shifted toward online applications and limited opportunities to ask questions, some felt the process had become too complicated or provided too little information.

Suggestions to remedy this situation included articles in local community newsletters and presentations at community events. Several participants suggested a straightforward approach and asking someone to join. Once given all relevant information by a recruiter, such persons would be in a position to make an informed choice and complete a successful online application with help, if needed.

Several participants expressed concern about the physical capabilities associated with rescue volunteer duties, particularly the expectation of taking a big dog for a walk. A few also discussed the emotional aspect of animal rescue and the concern that it would be difficult to leave an animal behind in a cage at the end of a shift at the facility.



Chico, pictured above, is one of the rescue cats that Pawsitive Match has helped.



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Of the few participants currently volunteering at a rescue having known someone with previous rescue experience was an influencing factor in participants decision to volunteer. These participants relied on the acquaintance to provide an accurate description of the role. While it is not always possible to know someone with experience, they felt that information sessions with q & a could help individuals make an informed decision about whether rescue volunteering was for them.

Conclusion

Generally, volunteering is alive and thriving among older adults. Our participants evaluated personal experiences, preferences, and talents to select opportunities that fit their unique lifestyles. They sought out experiences that provided emotional and intellectual stimulation. Despite the temporary halt to volunteering caused by COVID-19, participants looked forward to re-engaging in previously held roles.

In this group, there was a general lack of knowledge

about rescue organizations beyond the large organizations. When explicitly asked about volunteering at an animal rescue, there was also limited awareness of smaller rescues and the diverse volunteer roles necessary for the organization's day-to-day management.

Despite the increasing importance of companion animals in our society and especially so for older adults, our participants were mostly unaware of the importance of small animal rescue organizations in providing access to animal companionship, either by volunteering at a facility or by fostering or permanent adoption. As a result, they were also unaware of how these smaller organizations reduce much of the medical and financial exposure of rescued animal hosting in foster situations.

Participants suggested that if rescue organizations plan to engage older adults, community outreach is essential. The over-reliance on technology to recruit volunteers disenfranchises some individuals. Although the older adult population is increasingly computer literate,

providing printed material and a monitored telephone line remains a preferred communication method for some individuals.

The emotional aspect of animal care came up sufficiently to suggest that this is a concern worthy of further discussion. Although this project did not investigate types of support, rescues play a role in supporting their volunteers' emotional health, and more research is required.

In conclusion, to bridge the gap between the individual and rescues, organizations should consid-

er expanding educational awareness of roles and opportunities. When deciding on a volunteer opportunity, individuals will assess various factors such as time commitment, ability to fill the expected position, and intrinsic and extrinsic rewards. For the individual to reach out to the public and provide information on the volunteer roles.

To assume that older adults will go to the website and just sign-up is short-sighted. Targeted campaigns must provide infor-

mation to older adults about roles and the mutually beneficial value of contributing to the welfare of rescued animals. Such movements are vital to recruiting individuals and maintaining them within the organization.

I want to thank all the individuals who participated in this project. Your contribution is much appreciated. If you have questions about the project or animal rescues, please feel free to call me at 403-708-9639 or email me at training@pawsitivematch.org www.pawsitivematch.org



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Charlize, pictured above, is a Pawsitive Match rescue cat.

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Tennis at negative four degrees Celsius

By Mary Valentich

My late partner, Jim Gripton and I lived in Denver, Colorado for a few years in the early 1970s, before moving to Calgary in 1976. After the cold and heavy snow we had endured in Ottawa, Denver was a delight with its quick turnaround of weather. There might be a huge dump of snow, seemingly out of the blue, but just as quickly in the city, the temperature would rise and the snow would melt. In the mountains the snow was soft and we learned that skiing did not mean risking your life on icy slopes. That had been our skiing experience in the Ottawa region.

Even more enchanting was that warm temperatures in Denver permitted us to play on nearby tennis courts- in October; then, November and ultimately in every month of the year. We committed to year long play one day when we had returned from skiing and followed up with an hour on a nearby tennis court. Great fun, we decided. Why not make outdoor tennis a year-round sport, even in Denver, not exactly a climate hot spot.

I never thought that I would entertain the same goal in Calgary. COVID is responsible, one of its few pluses.

Back in March 2020, I had been playing indoor round robin tennis. However, indoor tennis dramatically changed in March with the requirement of masks in the Centre's foyer; each player had to have their tennis balls to serve with; no one else could touch others' tennis balls with their hands; and of course, sanitizer was available at court-side. Initially, the Centre's change rooms were locked.

However, I anticipated that soon I would be playing outdoors at a local tennis club, known for its numerous weekly round robin tournaments, usually followed by socializing on the tennis club deck. But restrictions increased as

COVID infections rose. Soon, I realized that it was highly unlikely that the tennis club could manage the protocols that needed to be in place to comply with health guidelines. A moment of inspiration dawned on me: why not play, following safety precautions, on the outdoor court below my house?

My partner and I had built our house in 1988 with easy access to the tennis court below. We had made good use of it over the years, but the best was yet to come!

I contacted several tennis friends with my idea of how to keep feeding our well-known tennis addictions. A small number of women immediately accepted my invitation. In early April, we began to play, wearing gloves, using one set of balls per person, and having sanitizer handy. We began playing not just once a week, but minimally, three times.

Our tennis improved or so we thought. Certainly, our friendships deepened as we distance-socialized on my back deck after two hours on the court. We even participated in several tennis clinic sessions back at the tennis club. We readied ourselves for serious tennis! But with whom?

By October, we foresaw that opportunities to play might dwindle as we advanced into late fall and winter. Calgary's temperature extremes are well-known. I recall in 1976, Jim and I had experienced such bitter cold in November, with biting winds and sharp blowing snow that we contemplated how best to get back to Denver or somewhere warmer. This November the Chinook gods must have smiled on us. We played every week, until snow fell. During a warm spell around Dec. 8, one of our tennis group became inspired (or obsessed?) with clearing the snow of the court. I joined her, shovel in hand, and four of us played three days in a row. Wow! Were we really living in Calgary?



Photo courtesy of author.

I began to realize that we were on the cusp of discovering a new winter sport: outdoor tennis. We determined to play each month of the year, barring anything unforeseen. Admittedly, our tennis form changed as we learned to play Tennis-Lite, complete

with a waddle walk where the court looked icy. No one wanted to slip on ice that might have formed overnight. Falling fully into the snowbanks that edged the court when reaching for an errant tennis ball always brought a laugh.

We did ease up on the

COVID precautions, for example, by not wearing gloves, except when we wanted to keep our hands warm. Generally, we kept our distance from each other; that's relatively easy in tennis. Hand sanitizers at court-side were still de rigueur.

Continued on pg. 28



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In like a lion and out like a lamb

By Rocky Wallbaum
Rainbow Elders

It was just last year when Calgaryans - and all Albertans - first heard of COVID-19. The pandemic's anniversary dates from March 4th last year, when Alberta's Dr. Hinshaw announced the first presumptive case of an Alberta res-

ident stricken with Covid. On March 9th, the Doctor announced the 5th, 6th, and 7th cases. Now we're all a year into this pandemic (boy, that sounds awful -- I figured it would all blow over by September) but another way to look at it is we're also a year closer to the end of this global

pandemic. and that's definitely something we each can celebrate!

What else is there to celebrate in March?

Weather

We know it's the birth-right of all Canadians to talk about the weather. Although March's weather isn't always perfect, it's not July yet. In March, it's common to have rain mixed with the snow. In February, the average high temperature is -1°C, and the average low is -11°C. In March, we can look forward to average highs of +4°C and average lows around -7°C. But the weather is more than just temperature.

As I write this, Calgary is getting 9 hours and 50 minutes of daylight. On the first day of Spring - which will happen in March - we'll get 12 hours of sunshine. Those extra hours each day gives the soil a chance to warm up. Warmer soil means melting snow, which means...

Gardening

I love gardening. Rooting in the dirt is fun! In March, you can finally see the earth appearing after months of being covered with snow. But even if you can't see snow - just black earth, when you venture into the garden, remember to wear gumboots



Photo by Markus Spiske, via Unsplash.com

and warm socks. March can be a bit early to work up the soil, but if Calgary gets a dry spell, you may get a chance to get started.

I'm not sure if you've seen them, but I've already noticed garden seeds in the stores -- they arrived in late January. I grew up in Vancouver. My cousins and siblings post pictures on Facebook in February of perennials flowering in their home gardens already. It'll be months until we see seedlings here.

But - if you have a green thumb, you can buy and plant seeds and grow your own bedding plants. I've tried this a few times, but have never had much luck - maybe it's because I never invested in hydroponics or grow lights. I once bought a bargain-priced multi-shelf cabinet to give the seedlings sunshine. I had high hopes of nursing bedding plants. As I sometimes forget, this is Calgary, where there's usually a wind... After I set up my plant cabinet, I spent most of my time picking it up, reattaching the shelves and trying to re-pot the seedlings. If you're going to start plants, I wish you better luck. In March, we can expect the days to be longer, and the sun to be even warmer than it is in winter, but it's not yet time for campfires and singalongs....

But March is also the month when you start to see Caterpillars and Butterflies - Ladybugs, too. I enjoy seeing the signs of life shaking off winter, and green return-

ing to the grass. Those of us who are lucky may glimpse the shoots of perennials emerging from the soil. Best of all there are no swarms of mosquitoes - yet.

March is special for yet another reason; it's been named Women's History Month. Maybe it's time to do some reading or watch a movie featuring your favorite story of women contributing to our world. Here are some more March days we can all look forward to:

March 2

Dr. Seuss's Birthday (also "Read Across America Day")

Maybe dig out an old Dr. Seuss book and enjoy the rhymes.

March 15

Ides of March

Not a great day for Julius Caesar, but a reminder to read about him.

March 17

St. Patrick's Day

We don't colour our river Green (like Chicago does), but join me in raising a toast to the patron saint of Ireland! A pint of Guinness, anyone?

March 20

First day of Spring

Celebrate with a summery drink and imagine you're sitting on a patio. But because we are in Alberta, don't go outside in your flip-flops yet!

Enjoy your month and remember the old adage:

"March comes in like a lion, but goes out like a lamb."



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Understanding investment accounts



Photo by Pawel Czerwinski, via Unsplash.com

By the Alberta Securities Commission

Just as it's important to select the right type and mix of investment products (e.g. cash equivalents, fixed income securities, equities and investment funds) to meet your financial goals, so too is choosing the appropriate type of account to hold them in. Understanding the different types of accounts available to you can help you maximize your gains and reduce the amount of income taxes you owe.

You can use several types of investment accounts in Canada that are broadly categorized as either "registered" and "non-registered".

Non-Registered Investment Accounts

Non-registered investment accounts are the most flexible, with no restrictions on how much you can contribute or withdraw. They can be opened at any financial institution or registered firm. Interest income in a non-registered account is fully taxed at your marginal tax rate, with some special considerations for dividends and capital gains. Dividends are taxed based on the province you live in, while capital gains and losses are calculated on a net basis with taxes at your marginal rate paid on 50 per cent of its value. While this account may seem like a logical first step for new investors, it's worth understanding the benefits and characteristics of registered accounts

before opening a non-registered account. In order to learn more about the different investing accounts available to Canadians, visit CheckFirst.ca and the Government of Canada website.

Registered Investment Accounts

Tax-Free Saving Accounts (TFSAs)

TFSAs, launched in 2009, have unique features that allow you to shelter your investment gains from most taxes. Without the tax implications found in a non-registered account, investment gains in most cases can be fully realized once withdrawn. As a result, TFSAs are becoming increasingly popular among Canadians.

Another unique feature of TFSAs is the contribution room limit. Every year the Canadian government provides additional contribution room to all Canadians. If you were 18 or older in 2009, you are eligible to contribute the full amount of \$75,500; if you were younger than 18 in 2009, your contribution room would have started when you turned 18. For the 2021 tax year, every Canadian 18 and older received an additional \$6,000 contribution limit in their TFSA. It's important that you don't over contribute to your TFSA however, as the excess amount will be subject to a one per cent per month penalty tax.

Registered Retirement Savings Accounts (RRSP)

RRSP

RRSPs were introduced to Canadians over 60 years ago in order to encourage and reward them for building a nest egg for retirement. By using them strategically, they can ben-

efit you now and in your retirement. For example, contributions you make to your RRSP allow you to reduce your income tax in a specific year by your marginal tax rate applied to your contribution and, if contributions are invested, can even grow tax-free. Additionally, you can use the money in the RRSP account to purchase or build a first home (Home Buyers Plan) and for post-secondary expenses (Lifelong Learning Plan) tax-free if paid back within 15 years. Once you retire, any withdrawals from your RRSP will be taxed at your retired tax bracket, which in theory should be lower than when you contributed during your working years.

While an RRSP can help you grow your wealth for retirement, special rules do apply. You may only contribute up to 18 per cent of your earned income from the previous year, and if you withdraw funds from the account

early, immediate withholding tax is applied and your contribution room is permanently reduced. Once you reach 71, your RRSP is automatically converted to a Registered Retirement Income Fund (RRIF) and you can no longer contribute to the account. Instead, you must withdraw a calculated amount each month, which will be taxed at your marginal tax rate. If you withdraw more than the allotted amount, you will be subject to the same withholding taxes as if withdrawn prior to retirement.

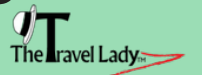
When it comes to investing, where you invest is just as important as what you invest in. With a better understanding of the different accounts and their unique benefits and downsides, you may find that one or a mix of different types of accounts can help you better realize your financial goals and grow your wealth for retirement.



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Tax scams: How to spot and avoid



Photo by @Stellrweb, via Unsplash.com

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- You get a text message or an email from the Canada Revenue Agency (CRA) claiming you're entitled to an extra refund and all you need to do is provide your banking details. Watch out—this wonderful-if-true situation is exactly what a tax scam looks like.

- Another variation is that they call you to say that you owe the CRA money and that you need to pay right away, or else they will report you to the police.

In any case, if you do receive a call, letter, email or text saying you owe money to the CRA, you can double check online via "My Account" or call 1-800-959-8281.

Tips to protect yourself

The CRA will never:

- Use aggressive or threatening language.

- Threaten you with arrest or send police.

- Ask for payments via prepaid credit cards, or gift cards, such as iTunes, Home Depot, etc.

- Collect or distribute payments through Interac e-transfer.

- Use text messages to communicate under any circumstances.

Emails from the CRA: never ask for financial information. **NEVER PROVIDE FINANCIAL INFORMATION**

The CRA's accepted payment methods are:

- Online banking.

- Debit card.

- Pre-authorized debit.

If you suspect a scam, always report it.

Source: The Little Black Book of Scams (Competition Bureau Canada)



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Show stealing sides

Both of these recipes are great separate but are really lovely together as accompaniments to a meal! They might be side dishes but don't be surprised if they upstage the main course.

WORLD'S BEST GREEK POTATOES

1kg Russet potatoes (peeled)
 2 heaping tbsp minced garlic (~6 cloves)
 2 heaping tbsp yellow mustard
 1/3 c. fresh squeezed lemon juice
 1 heaping tbsp dried oregano

1/2 c. extra virgin olive oil
 1 tsp sea salt (plus more when serving)
 1 tsp freshly ground pepper
 1 tsp baking soda

PREPARATION

Start by boiling a big pot of water on the stove and peeling your potatoes. Quarter the potatoes length-wise. If some potatoes are extra thick, you may want to cut each quarter in half.

Once your water is boiling, add in 1 tsp of salt and 1 tsp of baking soda, then add in your potatoes and cover with a lid. Immediately, set the timer for two minutes. The cool potatoes will stop the water from boiling, but that's okay — they are still cooking and getting softer. Once the timer goes, dump the potatoes out into a sieve and rinse with cold water to stop them from cooking further. You don't want them too soft. Set them aside while you prepare the marinade.

In your large casserole dish (anywhere around 11" x 9"), mix together olive oil, minced garlic, yellow mustard (like Suzie's or French's), lemon juice, oregano, salt and pepper. Add in your potatoes and stir them around until each is fully coated. Cover and place in the fridge overnight. When you have the opportunity, remove them from the fridge and stir the potatoes around so the other sides get to bathe in the marinade (I try to do this at least three times before cooking). You can get away with a very short marinade (1 hour) but I've marinated up to 36 hours and they were amazing! I could tell the difference.

When it's time to cook them, preheat your oven to 390F and cover the dish with an upside down baking sheet (aluminum foil is typically used here but I find a baking sheet works just as well and it's zero waste). Bake for an hour, then remove the cover and bake for another 45 minutes. Thanks to the baking soda in the boiling water, the bottoms should have an irresistible extra crispy layer. Remove from oven and enjoy with a Greek salad or all on their own like I do.

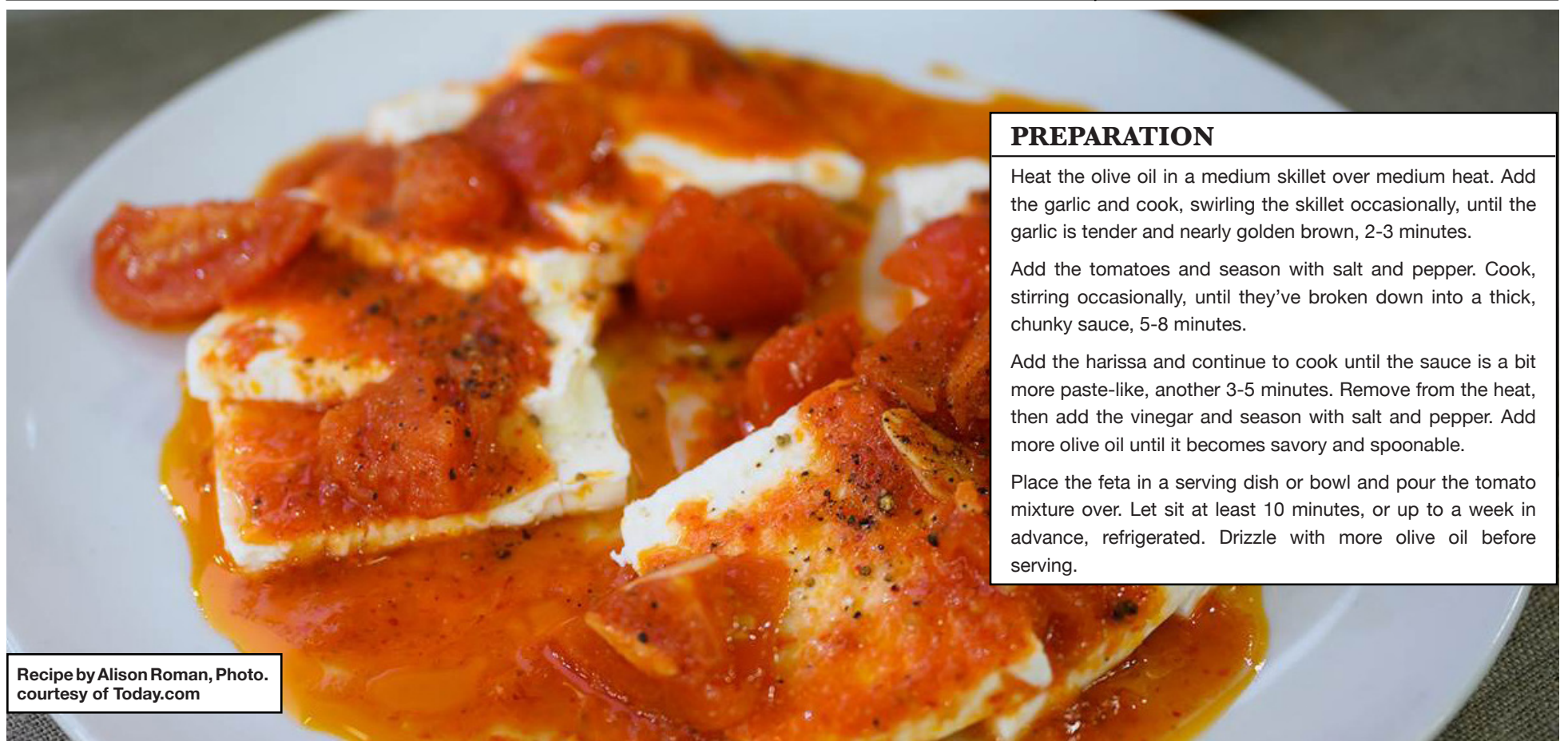


Recipe and photo courtesy of Itstodiefor.com

SPICY TOMATO-MARINATED FETA

1/2 cup olive oil, plus more as needed
 2 cloves garlic, thinly sliced
 2 small (or 1 medium) ripe tomatoes, coarsely chopped
 Kosher salt and freshly ground black pepper

2 tablespoons harissa paste or 1/2 teaspoon crushed red pepper flakes
 1 tablespoon distilled white vinegar
 8 ounces feta cheese, sliced into 1/4-inch slabs or 1/2-inch cubes



PREPARATION

Heat the olive oil in a medium skillet over medium heat. Add the garlic and cook, swirling the skillet occasionally, until the garlic is tender and nearly golden brown, 2-3 minutes.

Add the tomatoes and season with salt and pepper. Cook, stirring occasionally, until they've broken down into a thick, chunky sauce, 5-8 minutes.

Add the harissa and continue to cook until the sauce is a bit more paste-like, another 3-5 minutes. Remove from the heat, then add the vinegar and season with salt and pepper. Add more olive oil until it becomes savory and spoonable.

Place the feta in a serving dish or bowl and pour the tomato mixture over. Let sit at least 10 minutes, or up to a week in advance, refrigerated. Drizzle with more olive oil before serving.

Recipe by Alison Roman, Photo. courtesy of Today.com

Senior Scene

The Neurocognitive Disorders Research Lab at the University of Calgary is currently recruiting older adult participants for a research study to validate a new method of assessing memory for life events. We are looking to recruit participants who: 1) Are 50+ years old, 2) Are fluent in English; 3) Are cognitively healthy, with no memory problems; 4) Have normal vision, or corrected to normal using glasses or contact lenses; 5) Grew up in North America between ages five to 12.

Participants will be asked to complete an online questionnaire asking about thinking skills, behaviours, and memories of world events during childhood, as well as a telephone assessment of your thinking skills (memory, language, attention, etc.) This study is being conducted under the supervision of Dr. Brandy Callahan and has been approved by the University of Calgary's Conjoint Faculties Research Ethics Board (REB18-1907). If you are interested in participating, please contact Baeleigh VanderZwaag (baeleigh.vanderzwaag@ucalgary.ca).

Join Good Companions 50 Plus for online fitness and wellness every weekday morning at 11A.M. We offer a variety of programs to stimulate the body and mind including Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Tai Chi. We are located at 2609-19 Avenue S.W. Please visit our website at www.gc50plus.org or call us at 403-249-6991 to learn more about services and programs offered online and in-club. Yearly Membership only \$30.

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

UNBRIDLED ENERGY

ACROSS

- 1 Elevates
- 9 Faithful attendant in "Othello"
- 15 Maritime
- 20 Intensify
- 21 Quark model particles
- 22 Kagan of justice
- 23 Start of a riddle
- 25 Deserves
- 26 Violinists' rub-ons
- 27 Radio's Glass or Flatow
- 28 Fished for morays
- 30 Jostle (for)
- 31 In — (mired)
- 32 Riddle, part 2
- 37 English diarist Samuel
- 39 Confuses
- 40 Aviary homes
- 41 Apple, e.g.
- 43 Next yr.'s alums
- 45 Look after
- 49 Riddle, part 3
- 56 With 59-Across, DVD format
- 59 See 56-Across
- 60 Supervises
- 61 — Speedwagon
- 62 Liquid-emptying conduit
- 65 Bits of land in la mer
- 66 Pollute
- 68 Target of Arrid or Sure
- 69 Riddle, part 4
- 76 Some purple flowers
- 77 Drifting types
- 78 Home of Club Cal Neva casino
- 79 Place side by side for contrast
- 82 Ayres of "State Fair"
- 83 Scold
- 86 — out a living
- 87 ID for the IRS
- 88 Riddle, part 5
- 91 Part of MCAT
- 93 Fair-hiring abbr.
- 94 Irate, with "off"
- 95 "The Office" actor Wilson
- 99 Cure provider
- 103 "Cómo —?" (Spanish greeting)
- 108 End of the riddle
- 113 E. — (bacterium)
- 114 Bagel salmon
- 115 1980s Pontiac
- 116 JVC rival
- 117 Bacterium that requires oxygen
- 119 Shady recess
- 121 Riddle's answer
- 125 Sleep loudly
- 126 Turns out
- 127 Bring back in from another country

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					
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31						32	33	34				35						36			
37				38		39							40								
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79	80								81		82			83	84	85					
86					87				88	89				90							
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108	109	110								111						112		113			
114					115						116					117	118				
119				120						121				122		123	124				
125																127					
128																					

- 128 Axed down
- 129 Not wobbling
- 130 Florida city south of Tampa Bay
- 36 Oct. clock setting
- 38 Plan detail
- 42 Choose (to)
- 44 Fishing pole
- 46 Asmara native
- 47 Midday snooze
- 48 Salon supply
- 49 "Understood, dude"
- 50 Farm tower
- 51 Un-, non-, pro- and con-
- 52 Vacation getaway
- 53 Shah's land
- 54 Horse noise
- 55 Boat in Venice
- 56 Theda of silent films
- 57 Describe by drawing
- 58 Potentially offensive, for short
- 63 Disloyal sorts
- 64 Capital of South Dakota
- 66 Throw easily
- 67 Lhasa's land
- 70 Narrow inlets
- 71 African vipers
- 72 Singer Redbone
- 73 Strewn, as seeds
- 74 Military group
- 75 "Yes" signals
- 79 Boeing plane
- 80 Hawaiian guitar, for short
- 81 Lamb nurser
- 83 In — (prior to birth)
- 84 Start for eminent
- 85 — one's time
- 89 Chocolate snack cake
- 90 Lone Star State coll.
- 92 Mr. Capote, informally
- 93 Contest competitor
- 96 Filmom's Hitchcock
- 97 Ugandan despot Amin
- 98 Girls in family trees
- 100 Listening accessory for an iPod
- 101 Text written for commercials
- 102 Oahu shindig
- 104 Tiny pieces
- 105 Overly, emphatically
- 106 Writer Camus
- 107 Midday snooze
- 108 Really mark down
- 109 Singer Lena
- 110 "The — Incident" (Henry Fonda film)
- 111 Singer with the #1 hit "Royals"
- 112 Bottom point
- 118 Humorist Bombeck
- 120 Metal source
- 122 "That — lie!"
- 123 Divs. of days
- 124 "For" vote



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre Is Modifying Programs As Required To Meet the Current Covid 19 Guidelines

Please visit our website www.kerbycentre.com for up to date information on our programs and services

Please Join Us For These Exciting and Informative Kerby Centre Online Health, Wellness, Information & Entertainment Presentations
For further details of these upcoming events, please see the ad within or visit www.kerbycentre.com or kerbynews.ca

A Group For Mature Jobseekers



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

- Mar 2nd Online Job Search/ALIS**
Meeting ID: 831 7894 2736 Passcode: 328870
- Mar 9th Networking**
Participants will receive information and will learn how to:
 - Find hidden job market
 - Build additional contacts
 - Navigate through information gathering interviews
 Meeting ID: 834 1083 6122 Passcode: 722620
- Mar 16th Building Confidence & Positivity During Job Your 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: 850 3036 7943 Passcode: 060571
- Mar 23rd Mental Health in Uncertain Times**
Meeting ID: 819 1019 9480 Passcode: 068421
- Mar 30th Resumes and Cover Letters**
Meeting ID: 816 5121 0539 Passcode: 815284

Looking for a Rewarding Volunteer Opportunity?

Do you love to read and are great with kids?
Are you comfortable with or willing to learn a video platform such as Zoom or Microsoft Teams?
Can you volunteer about 1 hour per week for a consecutive ten-week volunteer period?
Then why not join us for e-wee reads!
A program offering children in kindergarten and grade one the opportunity to discover the joy of reading.
To sign up, or for more information please call Kari Stone at karis@kerbycentre.com

KERBY EDUCATION & RECREATION ZOOM PROGRAMS

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY FITNESS 9:30 - 10:30 AM SKI FIT 11:30am	ESL 10:00 - 11:00 AM TAI CHI 1:30 - 2:30 PM <i>In Collaboration with Calgary Outlink</i> LGBTaQ2IA+ Time! 7:00pm	MEN'S SHED 11:00 - 12:00 PM SEATED YOGA 1:00 - 2:00 PM	ZUMBA GOLD 10:00 AM - 11:00 AM SKI FIT 11:30am EXPRESSIVE ARTS 1:00 - 2:30 PM	MUSCLE STRENGTH & CORE BALANCE 9:30 - 10:30 AM YOGA FOR YOU 11:00 - 12:00 PM FELDENKRAIS 1:00pm

Thursday, March 11th 10:00 to 11:00 am
SENIORS BENEFITS & CREDITS
Presented By Bonnie McIntyre, Outreach Officer, Western Region Canada Revenue Agency
FREE Registration - <https://kerbypresentstaxbenefits.eventbrite.ca>

Wednesday, March 17th 10:30 to 11:30 am
CELEBRATE ST PADDY'S DAY WITH A VISUAL GUIDED TOUR OF IRELAND
Presented By Lesley Keyter, Calgary's Renowned Travel Lady
FREE Registration - <https://kerbypresentsireland.eventbrite.ca>

Wednesday, March 24th 10:30 to 11:30 am
MOVEMENT LEARNING FOR MENTAL WELLBEING
AS PART OF KERBY CENTRE'S *LIVE WELL BE WELL MENTAL WELLNESS SERIES*
Presented By Ryan Hoffman, PhD Biochemistry & Certified Feldenkrais Practitioner
FREE Registration - <https://kerbypresentsmovementlearning.eventbrite.ca>

Thursday, March 25th 10:30 - 11:30 am
WHAT HAPPENS TO YOUR DIGITAL INFORMATION IF YOU ARE NO LONGER HERE?
Presented By Esther Allman Silberg, CPCA, BPE Financial Advisor - Insight Wealth Management
FREE Registration - <https://kerby-digitalinformation.eventbrite.ca>

Kerby Centre FREE Pop Up Bread Market

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

Between 10:30 am and 12:00 pm

Each Tuesday (March 2, 9, 16, 23 30) and Friday (March 5, 12, 19, 26)

And a special external market from 11:00—Noon on Tuesday, March 9th at the Parkdale Nifty Fifties Association (3512 5 Ave NW, Calgary AB T2N 0V7)

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



It's Tax Time!

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

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

To schedule your tax appointment call the Kerby Information Office at 403 705-3246



Tennis at negative four degrees Celsius

Cont'd from pg. 21

Instead of water on the bench, players brought coffee, tea, or hot chocolate. For a while, some still played with legs bare. Soon, however, ski or lined pants prevailed. Plus head bands and tuques, not to mention, layers of clothes often topped by a down-filled jacket, giving some an appearance of the Michelin Man. I usually wore my ski underwear under my free-floating mauve tennis track suit, topped by a loose black jacket. Then, someone seeing one of our tennis pictures asked why I was playing in my pyjamas!

We have now fulfilled our commitment to play in January, though we “grab” any warm day that comes our way: 4C is sufficient, as long as there is no wind. Sunshine helps boost our spirits.

Why are we doing this? Is it really so important for seven women (and occasionally a man) aged early 60s to 79 to play outdoor tennis every month of the year, while living in Calgary? We are doing nothing dangerous or heroic.

Not even particularly amusing or clever. It is important I suppose because it's innovative; we are doing something no one else is. It is our unique way of not letting COVID overtake our spirits. We don't have to stay isolated, not while we can be outdoors. We are creating memories for the future, perhaps when we are not able to run around a court, temporarily brushing away the years.

We have even made new friendships. Two guys from nearby neighbourhoods have recently discovered “our” court. They do clear snow! that's helpful. We coordinate our times and have made a pact not to tell anyone the location of the court, lest we be overrun with outdoor winter tennis wannabees!

Perhaps playing tennis regularly is an antidote to the madness we have witnessed recently when rioters stormed the Capitol in Washington. We note that their behavior was predictable but still bizarre: when I hear their rantings about stolen elections and

revolution,

I think we have been invaded by some aliens with whom we have nothing in common. I guess many of us won't be visiting the United States, even when non-essential travel becomes permissible. It's good to be able to enjoy oneself “at home” on our local tennis court.

More personally, I just love to keep active. I want to stave off immobility as long as I can, in any facet of my life.

I don't really believe older persons choose to become disengaged. It just gets a bit harder to find meaningful modes of being. Tennis offers one a special sense of well being, even when your game is nowhere near what you were able to do in your 20s.

The point is that you are still out there. In the sunshine, running, laughing with friends and watching the geese in their impressive V-formations wing their way to their favourite places.

I know where mine is.

Volunteer Spotlight



Della McKee

Della is a very dedicated and reliable volunteer who started volunteering at Kerby Centre in September 2018 after her retirement. She is currently volunteering in the Tax Clinic as a Tax Preparer. Della has also helped us with delivering meals during the pandemic.

In the past, Della has also volunteered for the General Craft Group and the Education and Recreation Department.

Della enjoys volunteering at Kerby Centre because it gives her an opportunity to meet new people and to assist seniors to get their tax returns done.

She said-“I have enjoyed a number of things at the Kerby from the exercise programs, the gym, the craft group and most of all, getting to know some of the other members.”

Besides volunteering, Della enjoys crocheting and doing leatherwork. Della has also made fabric masks for her friends and family in her free time.

So far, Della has contributed over **639.5** hours.

Thank you Della, 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 Memberhsip

Visit our membership desk, Monday to Friday 8 AM – 4PM OR Phone (403) 265-0661 ext. 256 OR on our website, 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

Choosing your executor

By Jonathan Ng

The role of the executor is to carry out the terms of the will and administer your estate according to the law. Selecting a person, or persons, in your life to take on this job is an important decision. This article discusses some of the important considerations when making this choice.

Two heads better than one?

It is possible to choose two or more people to act as “joint executors”. These individuals must act as a team and make all decisions unanimously. This is a double-edged sword. Multiple people bring their unique skills and perspectives to the table; however, they also

bring their emotional and personal baggage, which can frustrate the work that needs to be done. Some parents feel obligated to choose all of their children as joint executors in an effort to keep the peace. Be careful with this – there is a reason why companies tend to have only one president.

The foreign executor.

If the executor lives outside of the province, an insurance bond may be required. It is possible for the executor to request that this bond requirement is waived, and, with the consent of the beneficiaries, such a request is often granted. The bigger issue is convenience. The time-consuming work of the executor can be further complicated if the execu-

tor needs to take significant time out of their life to travel. If the executor lives outside of Canada, there can be estate tax implications.

The ‘1-year job’ vs. the ‘25-year job’.

There is a critical, often overlooked, difference between the executor and the trustee of trusts in the will. Many wills direct that certain shares of the estate must be held by a trustee for the benefit of another person – this is known as a “trust”. For example, it is common that the share of minor child or grandchild is held by a trustee until the child or grandchild reaches the age of 25. It is additionally common that wills require that the executor must also act

as the trustee. Careful attention must be paid to select a person that is equipped to handle the 1-year job of the executor but also available to act as the trustee for the years that follow. It is possible to split the jobs – the executor and trustee can be different people.

Go corporate.

For many families, there is no trusted family member or friend available or willing to act as the executor. In this circumstance, a corporate executor may be the right choice. Major banks offer this service through their trust company. The quality of service provided by a corporate executor is high – they do this work professionally and are not burdened by emotions. A

corporate executor can also be appointed as a power of attorney in the event that there is a loss of capacity to manage finances.

There are many other factors to consider when choosing your executor such as: skill set, relationship with the beneficiaries, and compensation. Choosing your executor is not a simple fill-in-the-blank task. Seek legal advice to ensure that you are choosing right person.

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.



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

1-877-250-4904
www.donatecar.ca

Leave a Legacy of Inspiration



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


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

-Anonymous donor

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


Please choose to make a difference today

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

Help support Kerby Centre’s Covid Outreach Program Today.
Your gift will help vulnerable seniors get the food and care that they need.

Donate online at: kerbycentre.com



Kerby Centre

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

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

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

Donation in memory/in honour of _____

Payment method: Cheque Visa MasterCard

Credit card number _____

Expiry date _____

Signature _____

Planned giving is another great way to help.

I have included Kerby Centre in my will.

I would like more information about planned giving.

Send tax receipt to:

Name _____

Address _____

City _____ Province _____ Postal code _____

E-mail _____

Phone _____

All donations are gratefully received.

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

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

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

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 April issue must be received and paid by March 18.

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

Call Jim 403-249-4180, Cell 403-519-8761

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14 years in business
Specialized in bathrooms and all other renovations
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11 FOOT CARE:

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The company that Albertans trust the most. Advanced Foot Care
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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
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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.

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

Private Male Caregiver
\$20/hr available Mon-Sat
8AM - 6PM phone

403-273-6424 or 403-803-9493

26 SERVICES

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Mobile hair care in the Comfort of your own home, hospital, nursing home, anywhere. Please call Brenda
403-471-7500.

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

GEEK COMPUTER

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Serving Canada over 25 years Senior Discount
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Perms cuts & style
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AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit www.azperlegal.com

30 FOR SALE:

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

2 plots in mtnview mem grd The last supper garden lot 225B1 @ B2. Each space can facilitate three interments. Call: 403-255-7436.

Lightly used. Shoprider eclipse 424M. Purchased in 2018. Only used inside. Joystick control technology retractable arm to allow comfortable table position \$2000 obo. 403-988-7754

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

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

33 WANTED

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.

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.

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

AAA-Brother's Moving Co.

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Brent. 403-383-9586.

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10 Health

Hearing Aids

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20 HOME MAINTENANCE

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

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

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Call Heather 403-710-2308
Refs available

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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



A KERBY CENTRE ONLINE HEALTH AND WELLNESS, INFORMATION & ENTERTAINMENT PRESENTATION, SPONSORED BY



What Happens To Your Digital Information If You Are No Longer Here?

Presented By Esther Allman Silberg, CPCA, BPE
Financial Advisor - Insight Wealth Management

Ask yourself, if I got hit by a bus tomorrow, how would my loved ones find my email, online banking, social media accounts, cloud storage or anything else I do online on my phone, tablet or computer that requires a log in? Where does this info go?



Join Us

Thursday, March 25th
10:30 - 11:30 am

FREE Registration - <https://kerby-digitalinformation.eventbrite.ca>

PRESENTS **LIVE WELL BE WELL**, A KERBY CENTRE SERIES OF ONLINE MENTAL WELLBEING PRESENTATIONS



Kerby Centre



MOVEMENT LEARNING FOR MENTAL WELLBEING

Join us to experientially learn how to benefit from the unity of mind, body and environment

Presented By
Ryan Hoffman, PhD Biochemistry & Certified Feldenkrais Practitioner



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MOVEMENT LEARNING

Provided With The Support Of



Wednesday, March 24th
10:30 am to 11:30 am

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



IN MEMORIAM

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

**Carol Ann Sinclair,
Carol Edith Kyle
Marilyn Erickson
Theodore Max Kuervers
Violet Mary Martin**

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 Kerby News.



CROSSWORD SOLUTION

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SUDOKU ANSWER

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