

A downtown tour of art



Downtown Calgary has a bevy of public art, both well-known and hidden; but what if you're like our editor and have no experience with fine art whatsoever? Read our May spread story on page 16 to see how he fared in a walking tour of sculptures in the city centre.

Inside

- Celebrating Ramadan with charitable acts page 4
- Being scam-smart online page 8
- Understanding the mystery of cryptocurrency page 12
- Prince Phillip and the Royal Rolls Royce page 20







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

PO # 0040064604



**beyond
 neighbours**

Bringing Health Home.

A new home care concept.
 Care on demand to keep you at home.

beyondneighbours.com
 info@beyondneighbours.com | 403.755.6689
 Facebook: Beyond Neighbours Instagram: Beyond_Neighbours



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!

Send

Independent Living
Assisted Living
Memory Care
themanorvillage.com

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

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

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

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

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

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

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



Larry Mathieson, CEO

A year of incredible challenges

On the day of Jan. 6, 2020, I arrived at Kerby Centre for my first day of work.

I had all sorts of ideas about what my priorities would be as the new CEO for my first 90 days on the job.

In less than two months everything I thought would be important had become

irrelevant.

The day the pandemic was declared, our team was meeting to plan how we would meet the needs of Calgary's seniors. When we closed our doors a few days later, we had already begun the work that would change our organization forever.

For nearly 50 years, Kerby Centre has been a place where seniors made friends, built community, learned, exercised, and sought resources. An organization built around programs in one building shifted to outreach and online programs.

In the 111 days we were fully closed, we delivered 7,000 meals to isolated seniors, filed more than 1,000 tax forms by phone and made more than 700 grocery deliveries to homebound seniors.

In addition, our staff made an astounding 17,000 phone calls to members, volunteers and clients to reduce social isolation.

The time the Centre was closed pushed us to find new ways to connect with Calgary's seniors. Through phone outreach, food delivery and programming on Zoom, we have connected

with thousands of isolated seniors.

To ensure that seniors who are still self-isolating are supported, these programs will continue.

There has been incredible support from the community throughout 2020. From government funding, to individuals donating \$20 on our website every dollar helped us support seniors during this crisis. In addition to financial support, hundreds of Calgarians connected with us to volunteer, shared our stories and even held their own fundraisers.

2020 was also a year of unconventional partnerships. Along with wonderful organizations like Kids Up Front and Calgary Reads, we have created new inter-generational programs, reducing social isolation not only for older adults, but for children as well.

With funding from the Calgary Foundation, we launched a brand-new website for Kerby News (kerbynews.ca) and completely revamped kerbycentre.com.

This fresh new look and improved design helped us stay up-to-date with rapidly-changing program and service information. As well

as expanding the content we can share online, the Kerby News site also adds value to our advertisers.

In a way, you could say that every way that we communicate with seniors or build community has changed, been enhanced or improved in some fashion. This year for Kerby Centre has been a year of incredible challenges, but even more, been a year of incredible innovation.

If you'd like to know further details about how the incredible milestones we've achieved this year, please check out our annual report, which is now available online at kerbycentre.com/annual-reports.

I could not be more proud of the way our staff and our volunteers found new and creative ways to connect with seniors during a year where they needed us to most.

I think 2020 was the year when we found out Kerby Centre wasn't just a place after all. I suppose Kerby Centre was always really about the people and the relationships much more than it is a building.

MAY 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.

Kerby Centre Board of Directors 2019 - 2020

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

EXECUTIVE

President: Richard Parker
Vice President: Stephanie Sterling
Treasurer: Ken Lin
Secretary: Tara Weber
Past President: Hank Heerema

Directors

Peter Molzan, Russ Altman
Deborah Durda, Jacquelyn Poetker

Chief Executive Officer: Larry Mathieson

Kerby News

Published monthly by Kerby Centre
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
(403) 265-0661 • Fax (403) 705-3212
www.kerbycentre.com

e-mail: editor@kerbycentre.com

Publisher: Larry Mathieson, Keith Callbeck
Editor: Andrew McCutcheon
Sales Consultants & Distribution: Jerry Jonasson (403) 705-3238
jerryj@kerbycentre.com
David Young (403) 705-3240
davidy@kerbycentre.com
Classified Ads: Andrew McCutcheon (403) 894-6986
Fax (403) 705-3212
andrewm@kerbycentre.com
Mailing: Don Sharpe, Ellen Hansell, Wayne Orpe, Peter Meyer, Anita St. Laurent, Lolita Kiemele, Shirley Evaskevich, Rosa McDermott, Gloria Higgins, John Becker

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

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

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

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

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

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



Richard Parker,
Kerby Centre President

2020 was the most challenging year Kerby Centre has ever faced. The Coronavirus pandemic forced us to close the Centre twice for extended periods, the first from March to July and again from November into 2021.

However, closing the doors did not stop us.

Instead, we were spurred into action to find innovative and creative ways to provide services and activities for older adults. Our team of staff and volunteers quickly identified the programs that would have the most impact, and reimagined them both

Presidents Message 2020 annual report

using technology (Zoom) and by taking services out to people's homes- including delivering over 12,000 frozen meals to "locked down" seniors.

In our annual report, which you can find available online at Kerbycentre.com/annual-reports — you will find inspiring stories and photos of Kerby Centre's work in the community.

Years from now, we will look back on this time and know that our staff, volunteers and supporters can be very proud of the work they did in their community during this crisis.

On behalf of the Board, I thank our staff and volunteers for their tireless efforts during the pandemic. We want to express heartfelt gratitude and appreciation for the over 200 new volunteers who stepped forward to help with programs, like our meal deliveries, and the way many of our existing volunteers took on new roles such as phoning isolated seniors, who tell us they really ap-

preciated hearing a friendly voice from Kerby.

Now more than ever, Kerby Centre is seen as an incredibly important resource and a means of connection among older adults, especially in a time of crisis.

Closing the Kerby Centre not only meant we could not provide in-person services, but it also impacted our revenues. Our teams were also quick to react in this regard and had great success accessing new revenue sources. We received assistance from Government programs at the municipal, provincial and federal levels.

We also had exceptional support from our personal and corporate donors, both existing and new. This meant we did not need to access our reserve funds and were still able to end the year with a positive surplus.

Continued on pg. 4

Cont'd from Pg. 3

As we move forward, we are hopeful of continued support from the many donors who helped us in 2020 and plan to attract new donors through upcoming activities, such as our spring golf tournament.

Another significant event in 2020 was the arrival of Larry Mathieson as our new Chief Executive Officer. Larry joined us in January having previously been in leadership roles with both Ronald McDonald

House and Easter Seals.

We are very pleased to have Larry in our organisation and particularly appreciated his guidance and leadership during the past 12 very challenging months.

As we move forward from the pandemic, we see new opportunities ahead. Many of the programs and innovations we introduced in the past year will continue and will grow.

We also can't wait to reopen the Centre and wel-

come both old and new friends and supporters. We continue looking for opportunities to improve our services such as the new food security programs and our revitalization of the Kerby Café.

We recently completed a review of our Strategic Plan. In so doing we adopted a new vision statement envisioning Kerby Centre as "A community of engaged older adults."

This community takes

many forms including those who come into the building, participate in Zoom programs, volunteer their time, and donate funds to support us.

Our community is also expanding. In early 2021 we were asked to take over the operations of two seniors' facilities in Medicine Hat. While we will not be taking over the physical facilities until later in the year, we are already welcoming older adults from Medicine Hat to

our Zoom programs.

Thank you to everyone who has helped us through the last year. As staff, volunteers and supporters you have all helped Kerby Centre overcome many challenges.

As we move into 2021, we know you will continue to help us ensure that Kerby Centre continues as a dynamic and forward-looking organisation.

Muslim non-profit provides meals to shelters over Ramadan



Photo by Masjid Pogung Dalangan, via Unsplash.com

By Andrew McCutcheon

Kerby News

Ramadan is a religious month observed annually by followers of Islam and is considered one of the holy pillars of the faith.

The Muslim Families Network Society (MFNS) of Calgary took the opportunity during this year's Ramadan to help support three different shelters in Calgary, providing Halal meals to the homeless at locations like the Mustard Seed Shelter in the city's southeast.

"Due to COVID we could not do it last year," said Idrees Khan, chairperson of the organization, in an email statement to Kerby News. "But this year we have found a solution ... this is our way of giving back to the community we live in."

This is in addition to other outreach program the Network provides, including a self-sufficiency program for single mothers, providing education about Islam by celebrating the festivity of Eidul Fitr with local students and providing Halal food to those in need at the MFNS food bank.

"A lot of families across Calgary are struggling," said Navaid Aziz, Ismailic scholar and Imam, in a video message released by MSFN "So as you're thinking about giving your sadaqah or your zakat this year my dear brothers and sisters, please keep MFNS at the forefront of them because they are doing some amazing work."

Some of these terms may be confusing, but the concepts behind them are not only easy to understand, but easy to support.

The term sadaqah is in reference to one's charitable giving or deeds, whereas zakat refers to an annual donation. The month of Ramadan, which lasts

a full lunar cycle — this year from April 12 to May 12 — is defined by acts of charity, self-improvement, reflection and prayer. Most notable during Ramadan is the act of fasting, which begins with a pre-dawn meal called suhur and ends with a second meal at sunset call iftar.

The term "Halal" means "permissible" in the context of Islam and conversationally, often refers to their religious dietary restrictions. If you are eating Halal, it might sound exotic, but it just means that it definitely doesn't contain pork, and was either processed or what byproducts it might not contain. The definition is similar — if not in practice, but in context — to what we might understand "Kosher" to mean, in reference to food prepared for specific restrictions.

While terms like Halal There are those in Alberta that see those with different religions from the majority as newcomers to Calgary and the province at large, but in fact, the first Mosque was built in Alberta nearly a century ago in 1938.

In fact, in a poll conducted in 2016, 83 per cent of Muslims who responded considered themselves "very proud" to be Canadian, compared to only 73 per cent of non-Muslim Canadians who responded with the same.

In the same poll, Muslim respondents reported that the greatest source of their pride in the nation was "Canada's freedom and democracy" while citing its "multiculturalism and diversity" as a close second.

If you know of a fellow Canadian who is observing Ramadan this month, or celebrating Eid afterwards, you can say "Ramadan Mubarak" or "Eid Mubarak" to wish them well!

COOPERATIVE MEMORIAL SOCIETY

a cooperative

-serving southern alberta

education

resources & information

affordable memorial services

affordable burial & cremation services

Stay
Connected

☎ 1(800) 566-9959

✉ admin@calgarymemorial.com

🌐 www.calgarymemorial.com

📘 facebook/coopmemorialsociety



Welcome home to Westview.

“I really like living here. The people are nice, polite and gentle. The atmosphere is happy and pleasant.”

- Marlene, a Westview resident



Living at Westview is a warm, intimate experience. In the 92 suites centred around a bright, airy, three-story atrium, you’ll discover a way of life that keeps you safely connected to new friends and the local community.

You and your family will love Westview for the many ways we help you thrive.

- Choose from spacious, newly renovated suites (some pet-friendly).
- Enjoy Chef Jose’s fresh, inspired menus.
- Reinvigorate your body and mind with Active Aging programs, the Learning Studio and the Creative Space.
- Find comfort knowing employees are on site 24/7.

Health and safety first

As part of the Silvera family, Westview actively promotes a strong commitment to COVID-19 protocols that ensure the safety of residents and employees.

NEWLY RENOVATED



STUDIOS from \$2,700
ONE-BEDROOMS from \$3,500
TWO-BEDROOMS from \$4,500

Discover the unique, innovative, well-priced and friendly community of Westview. Take a virtual tour at westview.silvera.ca. Or find out more by calling **403.512.8250**.



Being scam-smart online

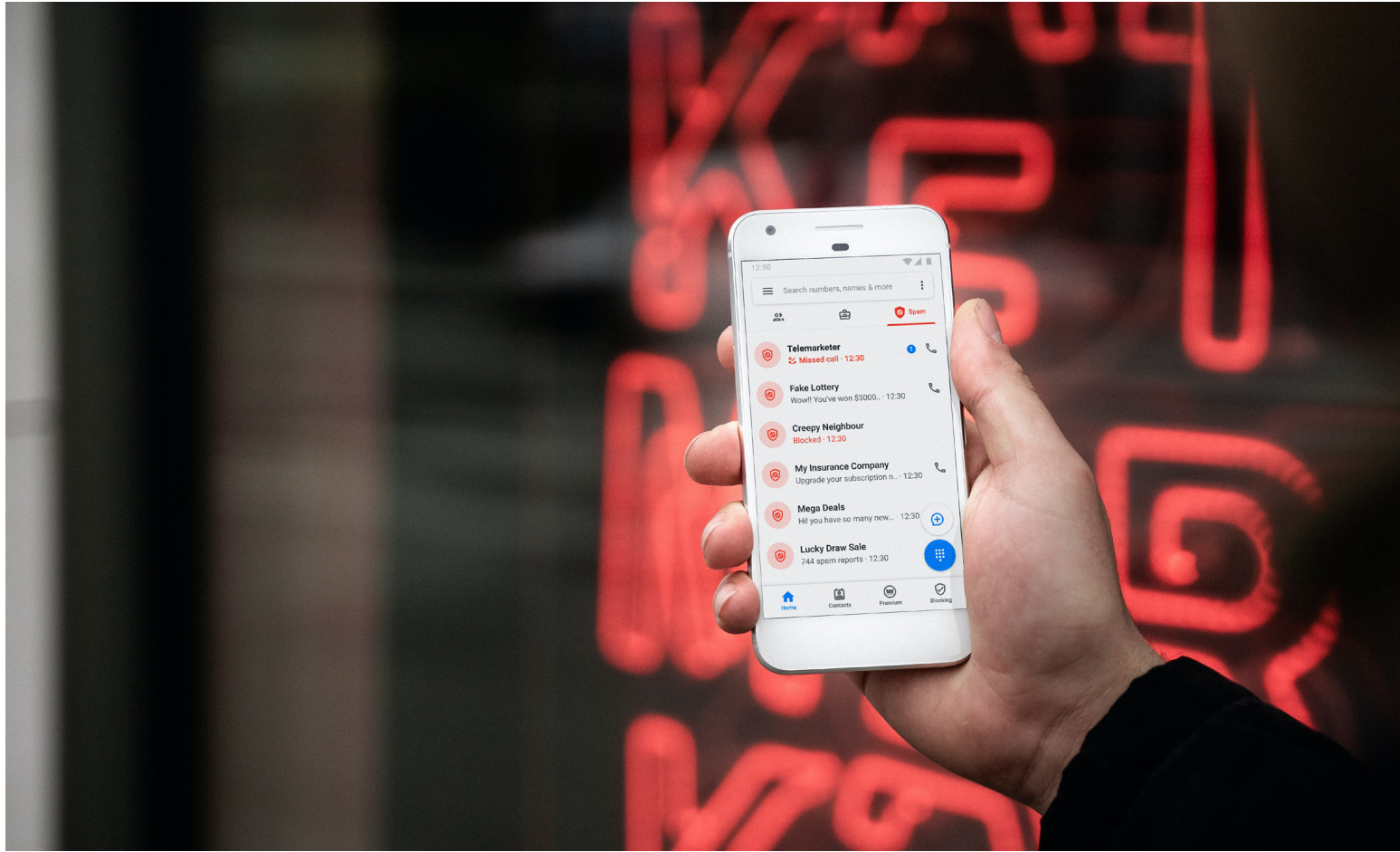


Photo by Lindsey Lamont, via Unsplash.com

tempt to imitate government services in order to get access to your personal and financial information.

These can come in the form of a well-tailored email, which looks like it's from the Government of Canada or the CRA.

These are especially popular now because these websites are being used more often, with folks accessing financial aid throughout COVID-19.

The structure of many of these scams are similar: they ask you to sign in to an account you have with the government or to input your SIN number on some made-up website, and once you've done that, they've got your information.

From there they can easily acquire your banking information or even your identity as a whole.

Another common scam is a text message claiming it's the Government of Canada, asking for personal information.

The CRA states on its website that the Government of Canada will never send texts asking you for personal information, to verify your SIN number or tell you it's been stolen, to make any form of payment or to receive any form of payment.

To protect yourself from scams such as these, always be mindful of the information you're giving out online or over the phone.

The Government of Canada will always notify you of anything through the use of sealed mail or will email you asking you to place a call to an official phone number, because if you don't initiate the call, you don't know who you're talking to.

The Anti-Fraud Centre recommends you use strong passwords online, and to do your research on any site that asks for personal information, as well as to beware of any unsolicited calls where the caller asks you for any kind of personal information.

Overall, the frightening rise in scams and fraudulent behaviour is definitely a cause for concern, and especially in the digital world which we live in today.

Always be aware of who's on the other side of the phone, and stay safe when traversing through the internet: your wallet will thank you.

By Devin Gaynor

There are a variety of scams and frauds happening all the time in Canada, with new ones being invented daily.

In 2020, Canadian reports of fraud reached 69,411, with 41,007 victims of the crime. In total, Canadians were defrauded to the tune of \$107.56 million was according to the CRA (Canada Revenue Agency).

As of Feb. 28 this year, there have already been 11,266 reports, 7,646 victims and \$34.6 million, keeping Canada on track to nearly double last year's numbers.

With all this fraudulent behaviour on the rise, it's important to understand some of the newer scams and to be mindful of existing ones in order to avoid losing hard-earned money or personal information to these less-than-friendly tactics.

The Financial Consumer Agency of Canada (FCAC), the Canada Revenue Agency (CRA) and the Anti-Fraud Centre have all posted warnings about fraudulent activity to their respective websites.

The most common scams defrauding Canadians are ones that look like they're from the Government of Canada, where they at-

Sandra G. Sebree Lawyer

Serving our community for over 25 years

1909 17 Ave SW
Calgary, AB T2T 0E9

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

Wills & Estates
Personal Directives
Enduring Powers of Attorney
Free House Calls Available



Proud supporter of the Royal Canadian Legion
sandrasebree@sebreeclaw.ca www.sebreeclaw.ca



THE MANOR VILLAGE
LIFE CENTERS™
themanorvillage.com

A DAY IN THE LIFE OF MEANINGFUL ENHANCED PRIVATE CARE SERVICES

- ✓ Music Therapy
- ✓ Tactile Stimulation
- ✓ Video Therapy
- ✓ Stimulation Therapy
- ✓ Family Photo Boards
- ✓ Pet Therapy
- ✓ Aroma Therapy



(403) 686-8386

DIGNIFIED LIVING

ADDING LIFE TO YEARS

Welcome to Vibrant Seniors Living



403 727 9400

905 Prominence Way SW, Calgary
 ProminenceWayRetirement.com
 info@ProminenceWayRetirement.com

Prominence Way Retirement Community is the ideal place to live
 Prominence Way Retirement Community is caring and warm
 with much more than this to give
 You will feel at home here with it's caring staff who really care
 All of this experience is here for you and your family to share
 Activities that will keep your body strong, your mind healthy,
 alert and wise
 So you can see that morning sun continue to rise
 Spiritual and medical services all under one friendly roof
 Come and see, just take a look around, a visit will offer you the
 proof

A poem by Dora and Roy



Dora & Roy, Residents



403 930 4848

10715 Rocky Ridge Blvd NW, Calgary
 RockyRidgeRetirement.com
 info@RockyRidgeRetirement.com

"I am very grateful for the staff and management at Rocky Ridge Retirement Community. When I come and visit my mom, I always see the residents smiling and the staff are engaged. The staff have worked and are still working very hard since the pandemic started in March 2020. Everyone in the community is so kind-hearted.

I am also thankful that they have been able to keep Covid-19 out of the building through thorough cleaning, screening and attention to detail with the residents' health. I am amazed how much freedom they have been able to provide the residents inside the building, providing great activities and thinking outside the box to keep residents mobile. My mom still enjoys the freedom of living in your retirement community."

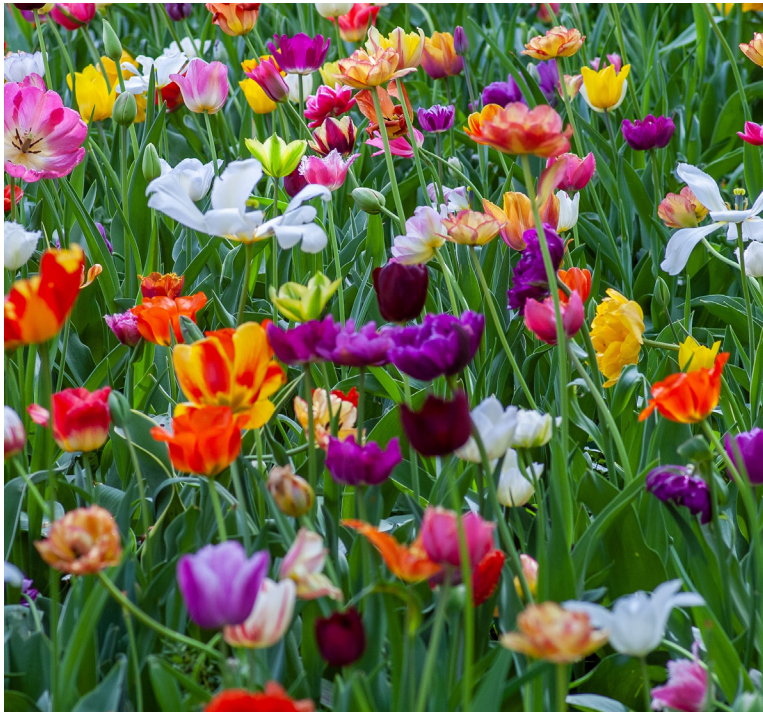
Jan - Resident's Daughter



CALL NOW

to discover All-Inclusive Living, Respite Stays, Care Options & Tours

The beautiful flowers of spring



Photograph by Yoksel Zok, Via Unsplash.com

By Barbara Ellis
Kerby News Columnist

Spring has arrived. Sort of.

In Alberta, one is never quite sure what to expect. We can wake up to warm and glorious sunshine — or fresh snow on the ground.

I have lived in Alberta for over 60 years so you'd think I would be used to our yo-yo weather. Spring one day; winter the next.

Even with this tussle between spring and “Old Man Winter,” there is an unmistakable change in the air. The days are getting longer and the sun's power is getting stronger. Walking around the neighbourhood, I can see the changes happening all around me.

Close to the foundations of houses, dormant flower bulbs are pushing up baby shoots and getting ready to burst into bloom. There is even a hint of green amongst the grasses, especially where the sun has warmed up the soil. In the trees and bushes, tiny buds are ready to come alive to renew their cycle for another year.

Most of us love flowers. Growing things and getting our hands dirty as we plant our gardens is something we look forward to every year. Even in apartments, one can

have pots filled with flowers or herbs or tomato plants to nurture and enjoy.

I admit that I was never much of a gardener, but I did plant flowers at the front of my house and in big pots on my patio in the back. I always enjoyed coming home and seeing a riot of colours in my front yard. On weekends I would take my morning coffee out onto my patio and delight in the fresh air and sunshine. It always gave me a sense of well-being.

The determination of plants to live is incredible. I remember a turnip I forgot about as it lay there in the cold fridge, hidden behind some carrots and potatoes., the poor little thing began to grow.

I was astonished when I found it and saw the exploratory roots and shoots it had produced. The new growth was a pale yellow and obviously struggling to stay alive. We were well into Spring so I took it outside and buried it in the warm damp soil.

That little turnip brought forth several arms loaded with yellow flowers and it made me smile every time I went into the garden.

In this wonderful world of ours, flowers come in many shapes and sizes. Recently, a friend sent me a video of some exotic flowers, very different from anything I had ever seen before. But to me, there is nothing more beautiful than the flowers we plant in our own gardens.

I am talking about roses that come in every colour of the rainbow, or carnations, daisies, pansies, and so many more.

I love going to Europe and walk along streets where the houses are adorned with window boxes.

Not only houses, but wooden bridges and even some street lamps have flower pots bursting at the seams with geranium and blue lobelia.

The province of British Columbia is blessed with the right climate, and so its residents have some of the most beautiful gardens in Canada. To my mind, the one that stands head and shoulders above them all is Butchart Gardens. I have had the privilege of seeing these gardens in spring, summer and fall and my favourite is definitely springtime.

My visit in May of 1994

means the most to me because I shared that experience with a couple of school friends from Australia. They flew to San Francisco and then made their way to Seattle where they boarded the Victoria Clipper for their journey to the island.

They arrived in the early afternoon and we spent some happy times walking around the grounds of the Empress Hotel before going in for high tea.

The next morning after a wonderful breakfast we made our way to the Butchart Gardens. From the moment we got out of the car, we were enveloped by the fragrance of the flowering trees. Inside the gate, we walked along a path lined with hundreds of multi-coloured tulips, blue and purple hyacinths and countless golden daffodils.

The path led us directly to the sunken gardens. We stood looking down on a magnificent panorama of trees, perfectly manicured lawns, thousands of spring flowers crowding one another in their contoured beds.

Situated in the middle were ornamental trees in full bloom surrounded by multi-coloured flower beds. Adding to the splendour and contrast to all the colour were tall sculpted dark cedars. Breathtaking was the only description I could think of.

We meandered along the meandering pathways which led us to a small emerald lake. Here we found a welcoming bench and sat down to watch the dancing fountain shoot water high into the air.

Time seemed to stop as we walked from one garden to the next, enjoying the day and each other's company. At the end of our journey through these enchanted gardens, we arrived tired and hungry at the coffee shop. Our botanical adventure was not over because the coffee shop was decorated with big bouquets of flowers and potted trees that almost reached the ceiling.

Many years later, I can open up my album and look at photos that transport me back to that day.

A wonderfully memorable day, filled with sunshine, beautiful flowers and the warmth of a friendship that continues to this day.



NORTH HILL DENTURE CLINIC
STEVE SAILER DD
DISCOVER THE NEW OPTIONS TO A CONFIDENT YOU.

Full Cosmetic Denture Services For A Personalized Smile, Implant Retained Dentures — The New Standard Of Care.

- Free Consultations • All Dental Plans Accepted
- Same Day Service On Repairs/Relines
- Alberta Health Care Program For Seniors

TAKE THIS TEST

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

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

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

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

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

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

Made for Seniors



*Some conditions may apply.

Today is just the beginning



LIVE YOUR
Best Life

Inclusive pricing starts at \$2,450

Join a community of caring residents and staff who feel just like family! A warm atmosphere, delicious food and desirable amenities await.



GRANDE AVENUE
Village

50 Grande Avenue
Cochrane
587-802-3430

EVANSTON GRAND
Village

40 Evanston Way
NW Calgary
403-768-2732

GRAND SETON
Village

4485 Front Street
SE Calgary
587-602-1316

Services

- Multiple dining options
- 24-hour emergency monitoring
- Shuttle bus
- Entertainment
- Social activities
- Personal care

Suite Features

- Large windows
- Covered balconies
- Kitchen with fridge, stove & oven
- Storage room
- Air-conditioning
- 3-piece bath with storage & linen closet

Amenities

- Pub & Bistro
- Chef's dining room
- Exercise room & games room
- Beauty salon
- Family dining & party room
- Creative space
- Library & theatre



+ Health and safety are a primary mandate for Golden Life Management. Our teams perform to the highest safety standards. Visit our website and click the top banner for up-to-date information on COVID-19.

A story of my mother's garden



By Lesli Christianson-Kellow

Kerby News Columnist

In spring, the first sign of life in my mom's garden was always in the rhubarb patch. I remember as a little girl, the balled up rhubarb pushing through the dirt like a tightly packed minia-

ture red and green cabbage. One day I would notice the little balls of rhubarb coming through the earth. A few days later I'd notice that the compressed balls of leaves had sprung free and were reaching up towards the sky. Rhubarb doesn't wait for perfect weather to start growing in the spring. What really is perfect? It likes to start growing as soon as the sun begins to warm the earth. It doesn't stop to think what might happen if there's still a spring snowstorm to come, which there usually is. The snow doesn't bother the rhubarb, not at all.

If one wants a sure bet for success in the garden they should plant rhubarb. My mom would pull rhubarb stalks from the plant and remove the large elephant eared leaves. Then she would cut the stalks into long sticks for each of my brothers and me to dip into bowls full of sugar.

We'd dip and lick, dip and lick - occasionally taking a nibble of the rhubarb stalk. The tartness made our taste buds pucker, and drool would run from the corners of our mouths. We'd offset the tartness by licking the sugar directly out of our bowls until there was no more.

We'd discard the partially chewed rhubarb stalks and go in search of some-

thing else to eat.

The Nanking cherry bushes in my mom's garden would first display tiny, pink blossoms before producing tiny, tart cherries. My brothers and I would pick handfuls of the cherries, eating them one at a time, removing the tiny bit of fruit that was around the pit with our tongues, and then we'd see who could spit the tiny pits the farthest. There was rarely a sure winner, but there would be evidence of our efforts measured by the vast amounts of cherry pits that were on the ground...in the garden...in the nearby lawn and on the patio.

My mom grew a large garden in our backyard in Calgary. She would plant rows of peas, beans, beets, carrots and green onions. Young green onions would be one of the first vegetables that would be picked from the garden in the summer.

At dinner, my mom would place a plate of washed long green onions, on the table.

My brother and I were allowed to each choose a green onion and then shake a pile of salt onto our plates to dip the end of the onion into.

The first bite of onion was strong and the burn of the onion would rise to the roof of our mouths somehow making our noses also

burn.

But, we ate the onions anyway.

After the green onions, other vegetables in the garden would be ready to pick and eat. My mom would harvest beets, carrots, beans, onions, peas, potatoes and dill to clean and prepare for borscht. I'd watch as she removed the beet greens from the beets, wash and cut the beets in irregular shapes, definitely not diced, and finally chop the beet greens. Now that I make my own borscht, I know that the beet greens are one of the key elements of borscht. Of course, the most important ingredient are the beets that give the soup its dark purple hue.

After the beets, my mom would chop carrots, beans and potatoes. All the vegetables would be put into a big pot of water, along with peas and dill. My mom's borscht recipe includes sour cream, a splash of vinegar and plenty of salt and pepper.

The beets grown in my mom's garden were also made into sweet beet pickles. It's not a task for those that prefer to keep a clean kitchen. As a little girl, I remember walking into the kitchen, to see my mom's hands covered in the juice from cutting beets. The beet juice covered the cutting board and had splattered

onto the backsplash and countertop. At first I was confused by the gore of it all, but then I realized that it was just the beets that my mom was preparing to pickle and can. If one can ignore the mess that canning beets creates, then the process is really quite simple. Cut up the beets and add the pickling liquid - basically vinegar and sugar. The result is a sweet, yet tart, meaty pickle that my mom would serve up in a bowl alongside almost every meal.

Sweet peas were not served on their own at meals. Sweet peas were meant to be eaten straight off the plant. My brothers and I would stand out in the garden and pull the pod after pod from the pea plants.

We'd use our small thumbnails to cut the seam of the pea open and then pick the perfect peas out one by one with our fingers. We'd pick from the pea plants until there were no more peas that were fat and ready. There would be flat pea pods that weren't quite grown yet and we knew if we came back to the pea patch in a few days, that there would be more peas ready to eat.

"A garden isn't meant to be useful. It's for joy."
- Rumer Godden

BL Braden Denture Clinic
FULL SERVICE
DENTIST IN OFFICE
 609 - 14 St. NW
 OFFICE NO. 168
 GROUND FLOOR
 Wheelchair Accessible
 SENIORS may qualify for special health care assistance
403 283-1134

 **Nurse Next Door®**
home care services

403-454-1399
 Proudly serving Calgarians since 2008

Our services include...

- Companionship
- Post-Op care
- Nursing services
- Personal care
- Palliative care
- Meal preparation
- Transportation
- Housekeeping
- Dementia care
- ... And much more!

Stay in the safety and comfort of your own home!




Photo by Markus Spiske, via Unsplash.com

Small businesses key to local economic recovery

By News Canada

If we didn't know it before, the pandemic has revealed just how important small businesses are to our communities. They are a lifeline as we all try to stay home more, and when we do venture out, it is closer to home. They provide a local, thoughtful source for whatever we need, from a great cup of coffee to a new plant stand.

Small businesses also provide local jobs for almost 10 million Canadians, making them a crucial part of our economy.

It's been a tough year for these champion businesses. Fortunately, there are supports available to help. The Canadian government's Canada Business app 2.0 can function as an easy-to-use assistant for any small to medium enterprise to sort through the supports and resources.

If you're a small business owner, downloading the app provides free, accurate, easy-to-understand government information on the go, including:

- Easy navigation to government programs and services, including easy access to COVID-19 support;

- Recommendations tailored to your business;

- Personalized notifications of new and noteworthy information straight to your phone; and answers to help you start up, scale up and access new markets.

The app was recently updated based on user feedback to enhance searching, improve notifications and simplify navigation. It's a go-to business tool during the pandemic, and users can also select favourites that help with their daily work, including links to available training and information to help stabilize and grow their business.

Find more information at canada.ca/business-app.

What Canadians need to save for retirement

(NC) Everyone wants to live well in retirement. But how much money does it take?

A recent survey found that Canadians think they need an average of \$4,000 in after-tax monthly income and around \$800,000 in total savings to feel good about their financial future.

The real numbers depend on your lifestyle, goals, pension and more, but getting there takes a lot of planning – something that many of us need help with. Here are a few ideas to help you get started.

Consider what your retirement will look like

In order to plan for retirement, you need to have an idea of what your lifestyle will be. Do you plan to travel or become a snowbird? Will you downsize or remain in your home? Should your health decline,

what type of care would you like to receive? These decisions aren't always fun, but it's important to think about them early.

Know your sources of retirement income

The survey found that many Canadians aren't very familiar with other sources of retirement income, such as the Canada Pension Plan, Old Age Security and Tax-Free Savings Accounts.

Make sure you have a good understanding of all potential income options, and plan to draw income

from multiple sources. You'll then be in a better position to forecast how much you'll need to save to achieve your desired lifestyle.

Work with a financial advisor now.

Research has shown that those who use an advisor save more money, budget better, and ultimately meet their financial goals.

"A good advisor will help by asking those tough questions, educating you on your potential income sources and examining your

holistic financial picture so you're prepared for the future," says Jack Courtney, vice president of advanced financial planning at IG Wealth Management.

It's like anything. For example, if your furnace stopped working, you'd hire a heating professional. If you want to ensure you're saving enough for retirement, work with a financial professional.

Find more on preparing for retirement at ig.ca.

TAKE ADVANTAGE OF OUR EXCITING NEW MOVE-IN INCENTIVES* LIMITED TIME OFFER

It's Time to *Enjoy Life!*

Move into a community where life can be sociable, safe and secure.

<p>THE LODGE AT VALLEY RIDGE NEWLY RENOVATED! (403) 286-4414 11479 Valley Ridge Dr NW, Calgary, AB T3B 5V5</p>	<p>TRINITY LODGE RETIREMENT RESIDENCE (403) 253-7576 1111 Glenmore Trail SW, Calgary, AB T2V 4C9</p>	<p><i>Prince OF Peace</i> MANOR AND HARBOUR (403) 285-5080 285030 Luther Rose Blvd NE, Calgary, AB T1X 1M9</p>	<p>Lake Bonavista VILLAGE (403) 258-1849 11800 Lake Fraser Dr SE, Calgary, AB T2J 7G8</p>
---	--	---	---

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

INSPIRED SENIOR LIVING WITH *CONDITIONS APPLY

Understanding Cryptocurrency



Photo by Executium, via Unsplash.com

By: Devin Gaynor

Cryptocurrencies like Bitcoin have become a global phenomenon: known by many, yet understood by few.

With a consistent increase in popularity throughout the last five years, it would be a great idea to learn about and understand exactly what cryptocurrency is, because the industry is expanding on the daily.

Start by imagining a

coin. While this coin has a real monetary value, it's not made of gold, or platinum or any other precious metal.

In fact, it's not the kind of coin you can even hold in your hand, or store in a piggy bank, because it's a digital currency. This means it only exists electronically – as a digital asset.

With the popularity of tapping cards to pay for everything, you have probably

been used to the idea of a paperless, post-cash economy by now.

It has become far easier and more practical to forgo carrying cash, and substitute a full wallet for a couple cards. Maybe it is not so surprising then, that completely digitized forms of currency are becoming more popular.

Cryptocurrency transactions are very different from digitally shopping with a credit card on online platforms like Amazon. While typical online transactions still involve conventional money, cryptocurrency transactions do not.

Cryptocurrency does not work like other currencies, because it isn't attached to a state or government. There is no central issuing authority or regulatory body.

This means there is no organization that decides when to make more, keep track of where they are or investigate fraud. It is all run on an unregulated, peer-to-peer network.

A peer-to-peer network is a group of computers across the world with equal permissions and responsibilities for processing data.

But if cryptocurrencies are digital, what's to stop someone from counterfeiting an unlimited number of these, and becoming incredibly rich?

Unlike other files, all individual cryptocurrencies are made with a string of data that cannot be duplicated. Each one is actually a data entry on a huge global ledger called the "Blockchain."

The Blockchain's job is to record every cryptocurrency transaction that has ever been made, and ensure that no coin can be faked or used to "double purchase."

When you purchase something with crypto, you aren't sending over a bunch of files. It's almost like you're inadvertently writing the "exchange" down on the Blockchain ledger.

Even though the Blockchain sounds like a central authority, it isn't. While it might be an official record, there's no official group of people who keep track of everything and update the ledger like a bank or similar institution might.

There are many, many different cryptocurrencies, and with the recent popularity spike in Memecoins and Altcoins, the number has never been higher.

Memecoins are simply a currency that does absolutely nothing, and altcoins are mostly alternative payment methods from actual cash.

There are two main coins, however, and those are Bitcoin and Ethereum.

Bitcoin was the first ever decentralized cryptocurrency, and was released as an open-source (accessible to everybody online) software in 2009 by a mysterious person named Satoshi Nakamoto. This is a false name, and the person who created Bitcoin is still a mystery.

It has been the father of all cryptocurrency since the beginning, and is worth – by far – the most monetarily.

Ethereum was launched in 2015, and actually stands to serve a different purpose.

While Bitcoin is used as an alternative to national currencies and as a place to hold one's money online, Ethereum was invented to solve issues in the Blockchain.

Not only can Ethereum be used for purchases and exchanges, it also serves as a platform for digital financial contracts and applications.

Ethereum allows someone to hold multiple types of cryptocurrency within its network, whereas Bitcoin only allows its own coin. Contracts can be filled out on the network as well, for example, if someone needs a refund for a purchase.

There are a couple ways one can go about obtaining cryptocurrency. The first way is to invest or hold your money on exchange sites and apps such as Coinbase or Wealth simple.

These apps are essentially secure, digital wallets that allow the purchase and trading of cryptocurrencies.

The second way, and perhaps the most involved is through "mining," using a rig built out of high-quality computer parts.

"Mining," is essentially just a computer solving math equations and running data at a very high speed to decode the coin's digital identification numbers. Having a high-quality computer graphics card with lots of processing power is required to achieve any real results.

The "mined," currency is then added to the Blockchain ledger we talked about earlier, and the currency is placed into the miner's

digital cryptocurrency "wallet," like what was mentioned earlier.

Cryptocurrencies may sound like a great investment due to the increasing popularity, but there are a few inherent risks and downsides to leaping into this world of digital coins.

The first is the market's volatility. Coins like Bitcoin and Ethereum have a history of jumping up and down in value up to 15 per cent within a week and aren't a safe bet by any means. For instance, on March 20, 2021, Ethereum was at \$2,350.45 CAD for one coin, and by March 24, had dropped to \$1,951.25 per coin. This is why it's important to do your own research before investing in any kind of stock or cryptocurrency.

Lastly, mining takes a major toll on electricity bills, and rigs are expensive. A small rig for less efficient mining costs generally between \$700-\$3000, with some people spending upwards of \$10,000 on just one. This does make for a more powerful rig though.

A single rig will make around \$100-\$5000 a year, depending on the computer graphics card used, which determines the price of the rig in the first place.

The popularity of mining has devastated the market for high-end graphics cards, making cards like the most popular and most powerful GeForce RTX 3090, the GeForce RTX 2080 Super, Radeon RX 6800 XT and Radeon RX 6900 XT nearly impossible to find.

Electricity generally costs more than the total profit if mining from home with a less efficient rig, and up to 75 per cent of profits with a more powerful one.

Those who profit off of mining usually have a large warehouse or server room set up with tens or hundreds of separate rigs all working together, as well as either a good deal on electricity, or enough rigs that the profit vastly outweighs the overhead costs.

Overall, cryptocurrency is a massive push towards a digital future, and is an incredibly interesting topic. With endless coins making their way onto the market, and more people joining the conversation each day, this begs the question as to what life has in store for all of us next.

STEMP & COMPANY

403-777-1129 • 1-800-665-4447 • www.stemp.com

William R Stemp
LAWYER

**Wills,
Probate Applications,
Power of Attorney**

**Offering 10% reduction
to Kerby Centre clients.**



Our service is prompt and reasonably priced

**We have your best interest in mind
Suite 233, 1100 - 8th Avenue S.W., Calgary
(adjacent to Kerby Centre)
or reception@stemp.com**



Jahdiel
Home Care

**Where independence
and dignity are promoted**

Personal care

- Mobility
- Toileting/dressing
- Meal preparation and Feeding
- Medication assistance
- Bathing/bathroom
- Personal hygiene

Home Making

- Cleaning, dusting, vacuuming, mopping,
- Laundry
- Changing linens and making beds
- Emptying garbage
- Caring for plants

Companionship

- Checkups and social events
- Grocery shopping
- Transportation

**Our services are
all designed to
meet your unique
and specific needs.**

**Call us for your free home assessment at 403-397-8069
info@jahdielhomecare.com www.jahdielhomecare.com**



ENHANCE THE LIFE YOU LIVE

Enjoy friendly community living with chef-inspired dining services, weekly housekeeping and many Active Aging programs.

Choose from several vibrant communities throughout Calgary – each with caring employees and best-practice health and safety protocols.

Benefit from non-profit rents based on your income or choose retirement living communities priced lower than the for-profit alternatives.

Welcome. Make your home with Silvera.



403.567.5301 placement@silvera.ca silvera.ca

Calgary Horticulture Society



Photo by Wilfried Santer, via Unsplash.com

By Deborah Maier
Calgary Horticulture
Society Columnist

When a person thinks of a garden, typically the summer garden is what is pictured in the mind — a beautiful yard with lush green lawns, fully leafed-out trees and shrubs, mature perennial plants and containers of annuals add-

ing colour accents; frequently, it is a calm and relaxing scene.

When we think of the spring garden, flowering bulbs are some of the first plants that come to mind — the bright coloured hybrid and species tulips, grape hyacinths, snowdrops, Siberian squill, and Narcissus.

After the dull beiges and browns of late winter, a bloom that can grab the attention with its bold colour is welcome. I think it's one reason daffodils with their rich green leaves and yellow flowers that glow like bursts of sunshine over last season's dried grass are so appreciated in the spring.

However, there are trees, shrubs, and herbaceous perennials that bloom in early spring, too. These plants put on an early show, then fade away or become the green backdrop for the gardens of summer. They are important to pollinators in the spring and all gardeners should strive to incorporate some of these early spring-blooming plants into their gardens.

Aside from bulbs, what plants will bloom in a Calgary garden in the spring? One of the earliest is the prairie crocus or pasqueflower (Anemone patens).

In a warm sunny spot, they can be found blooming as early as March, but typically put on the best show in late April. If you visit Nose Hill early in May, you should still be able to see this native plant in bloom on the east-facing slopes. The pasqueflower in my garden blooms in mid-May.

Hepatica is another early spring bloomer. It often sprouts flower stalks before its leaves are noticeable, and blooms before many garden plants are showing any signs of life.

If you want to see these flowers in bloom, take a walk in Reader Rock Garden in May. The Garden should also have

white anemones (around the water feature in the lower area of the garden), hellebores, and Bergenia, blossoming.

Another showy spring plant is the cushion spurge (Euphorbia polychroma). The terminal bracts are chartreuse and the reddish crown sprouts appear at the end of March. The plant quickly grows into a mound that makes a vivid statement by mid-May.

Just keep in mind that the margarine lid-sized crown will grow into a metre wide plant by the fall. The Botanical Gardens of Silver Springs has a beautiful, variegated plant in the Old Post Garden.

A stroll in the Botanical Gardens of Silver Springs is always a treat. Look for the Alpine Crevice and Native Plants garden. You can find Geum triflorum — (prairie smoke) a native plant — in that garden. It has small pink flowers which support local native pollinators. It may not be a showstopper in the spring, but the seed heads which look like pink-tinted streams of smoke are eye-catching throughout the growing season.

One of my favourite May-blooming flowers is leopard's bane (Doronicum spp.). It has yellow daisy-like flowers and is the earliest bloomer of the daisies (Asteraceae Family).

Aside from being a perennial that adds colour to my garden, I like it because it does well in an area where it competes for moisture with the roots of a boulevard-planted Northwest poplar tree.

If you would like a spring-blooming vine, consider a Clematis alpina cultivar. My bluebird clematis blooms mid-May and often will have a few blooms again in the fall, when the temperatures cool down.

I've mentioned just a few of the herbaceous perennials that flower this month, but many of the fruiting trees and shrubs also bloom in May.

Visit Reader Rock Garden, the Botanical Gardens of Silver Springs or stroll your neighbourhood this month to see what's blooming. Why not choose one of the plants you see to add to your garden? If you visit a garden centre in June to purchase your selected plant, its blooms will have faded.

It may not be eye-catching then, but it's the perfect time to plant it in your garden. That spring-blooming plant will have all summer to settle in and get reinvigorated to put on a show next spring.

If you'd like to learn more about gardening in Calgary, visit our website calhort.org.

Membership Invitation to the Parkdale Seniors Writers Guild

Are you a senior with some writing experience, want to improve your writing skills, and would like to become published - senior centre membership fee only.

Call: 403 229 4108



GRANDDAUGHTERS
Home Care for Seniors

- ✓ Dementia Care
- ✓ Respite Care
- ✓ Medication Reminders
- ✓ Hourly and Overnight Care
- ✓ Hospital Support
- ✓ Personal Care
- ✓ Companionship Care

Support in Private Home, Assisted Living and Long Term
Care Communities

403-828-0550

www.granddaughters.ca



Robo-advisers: The best way to invest?

By Alberta Securities Commission

First launched in the early 2000s, robo-advisers were used as an online interface to assist investment managers in handling their client's assets efficiently. Since 2008, robo-advisers have become publically available, providing beginner and experienced investors with a simple and relatively low-cost automated investing service.

As with any investment product, it's essential to understand how a robo-adviser works and if it aligns with your goals, risk tolerance and investing needs before diving right in.

How do robo-adviser's automate investing?

At the core of any robo-adviser platform are complex mathematical rules and algorithms designed in collaboration with investment managers, financial advisers and data scientists.

These algorithms' common goal is to provide investors with a standardized investing portfolio aligned to their desired risk preference, time-horizon and expected return range. The portfolios can include any mix of securities, including exchange-traded funds, stocks and bonds, which are auto-rebalanced over time to maintain the right amount of risk and diversification.

Investors can contribute to the portfolio whenever they like and can change their portfolio risk level as they see fit, but they can't change the individual investments held within their standardized portfolio.

Robo-adviser fees

Considering robo-advisers do not require an investment manager or financial adviser's assistance in managing the portfolio or meeting with the client, the fees are generally lower. The fee structure for most robo-advisers includes two main components: an account management fee for using the platform and an investment expense ratio for the securities held within the portfolio.

Is a robo-adviser right for you?

Robo-adviser's may sound like the ideal investing service, but there are a few considerations to keep in mind before opening an investment account or changing your current investment strategy. When it comes to personalization and risk, robo-advisers are designed to provide a relevant portfolio by asking you a series of pre-determined questions when opening an

account to help meet your preferred risk tolerance and investing goals.

While this does help to suggest an optimal portfolio, robo-advisers do not compare to the comprehensive and personalized services a registered investment manager or financial adviser can offer.

Registered investment professionals can develop a tailored investment strategy that helps you achieve your current financial goals and adjust your investments as your risk tolerance and priorities change in life.

Human interaction with a registered investment professional can also grow your understanding of investment products, your investment portfolio and enable you to stay focused on your goals.

Robo-advisers have skyrocketed in popularity, providing many investors with a low-cost, diversified and hassle-free approach to wealth management. If you are interested in a robo-adviser, consider the level of investment guidance you need and whether a standardized portfolio is the right tool for your investing strategy.



Live life to the fullest

Enjoy a rich and full life with comfort and peace of mind in a true aging-in-place community as you experience the 'BSF Way' and our 'people-first' approach to seniors care and living.

Our Private Choice seniors wellness lifestyles include:
Independent and Assisted Living | Enhanced Care | Specialized Memory Care | Short Term Respite Care

The health and wellness of our people and our community is always our top priority – tours are available in a limited capacity for Private Choice residents with important health and safety precautions in place. We welcome your inquiries, as we continue to welcome new residents who choose to make their home with us.



Now Open

Welcome home to Cambridge Manor, our newest seniors wellness community

University District | NW Calgary
403.536.8675 | CambridgeManor.ca

Make yourself at home in our newly renovated private suites at Wentworth Manor

Christie Park | SW Calgary
403.242.5005 | WentworthManor.ca

Find out more about our renowned, award-winning care and services at theBSF.ca

A downtown tour of art*

*By someone who knows nothing about art.



Blue Mustang, also known as, Blucifer. Photo courtesy of Denver International Airport

By Andrew McCutcheon
Kerby News

We all know how this story starts.

Since the rise of COVID-19, every single story has to include some sort of mention of the world-changing pandemic, how it's made it more difficult to do basically anything fun or recreational.

This is where I'd say that I'd had plans to go on a downtown walking tour of the various sculptures and public art pieces in Calgary

but I'd only got the chance to do it once the pandemic gave me an opportunity.

This would be a story of finding a silver lining in an unbearably grey cloud; it would be a story of getting out there and seeking joy and beauty even in the darkest of times.

This is not that story.

This is the story of how I went on a downtown walking tour because I'd done more or less everything else available to me to pass the agonizing boredom created

by COVID-19 restrictions and this was the last thing left on my list.

I know I'm relatively privileged: I'm young and healthy with a pair of relatively good-working legs, but art — particularly fine art — is not my forte or realm of expertise.

In fact, back in kindergarten I actually failed art class. How can a child only five years old, at most, fail a class in kindergarten? And art of all things?

I don't understand it.

My fiancé can paint pictures and my friends can sew or knit or sculpt and to me, they might as well be flying or turning invisible for how easily I'd be able to replicate their success.

Art is not my wheelhouse. But, I've done all there is to do.

I've read novel after novel; I've taken up crosswords — what's a six-letter word for drilling a hole that starts with B? —; and I've walked every single nature path from here to Fish Creek and back.

There was nothing left to do. So it was time to venture into a realm I barely understand, and to be fair, it was quite enjoyable.

So as I figure that I am probably the person in Calgary with some of the least sense in art — I don't know if I've ever met another person who's failed the subject in kindergarten — that means you, dear reader, have a good chance of enjoying yourself as well.

Family of Man

Family of Man is a set of sculptures originally created to be displayed at Expo 67 in Montreal, and now reside on 1st Street in Downtown Calgary.

This set of ten, 21-foot tall statues depict faceless,

raceless humanoids standing in a circle, seemingly enjoying the sights of downtown themselves despite being large enough to climb Calgary tower as if it was a particularly tall backyard oak tree.

According to several sources I found after my downtown tour, the statues were originally part of an exhibit called Britain in the World, placed next to displays of what the British thought were gifts to the world: namely, language, systems of government and baked beans on toast, I assume.

Without this context, the average person just sees a group of extremely tall and lanky humanoids in a circle. And to be completely honest, as I stood under them taking pictures and the sights in equal measure, all I could feel was fear.

There's something vaguely unsettling about the statues, uncanny in their proportions and poses. They seem as though they could be monuments to what we might have thought the gods would have looked like in an earlier age. I couldn't get the image out of my mind of one breaking its frozen tableau to reach down and pick me up.

A friend once tried to ex-



Women are Persons



Mechanical Horse

plain to me that if art makes you feel an emotion — regardless of what that emotion is — it has done its job.

Fear is an emotion, right?

Family of Horses

I'm not trying to make this entire tale to be about fear but.

We went from a very unnatural fear — that is to say, the fear of 21-foot statues — and to what I consider an extremely natural fear: horses.

This piece, which stands proudly outside of City Hall, depicts a stallion overlooking its foal and mare. I would imagine it would represent something like the Albertan way of looking out for one another in the true frontier tradition, but all it represents for me is terror.

I was six years old — awhile after failing kindergarten art — when we travelled to a ranch on a school field trip. I was told to keep my fingers flat and to offer a horse a sugar cube in what I was told was a perfectly safe activity.

Have you ever seen a horse's teeth? Can you imagine what it felt like to be bit by the unbridled fury of a terrifying single-tonne creature of pure muscle?

I am sensing that over this walking tour, I may have learned quite a bit more about myself than necessarily about art.

That being said, I can appreciate the aesthetics of the piece. It was on one of

the warmer, sunny days in April that I made my trek, and the horses shined beautifully in the glow of the spring heat.

Doesn't mean I didn't take my eyes off them for a second, however.

Mechanical Horse

Oh, you've got to be kidding me. Another horse?

I kid, I kid. This sculpture was actually really interesting; the intricate inner workings of gears and cogs made me think about this province; how many active, moving parts go into taking care of everyone, especially these days.

There are so many people that remain nameless, just another working part, but without them the entire system would fall apart.

Nurses and teachers and postal workers, these are the sort of folks that keep the trains running on time.

Well, and quite literally, train conductors would be included in that list as well.

This gorgeous piece is located on a corner along Stephen Avenue, and was significantly less scary than an alive horse.

However, I would be remiss if I wrote a piece about public art, horses and fear and not mention Blucifer.

Blue Mustang, known to the locals of Denver, Colorado, as Blucifer is a horse sculpture located outside the city's airport.

It's 32-feet tall, entirely blue with burning, terrifying red eyes.

Cont'd on pg. 24



Family of Horses

Rainbow Elders; a Trans-Calgary Perspective

The views expressed in this piece belong to the author and do not necessarily reflect the opinions held by Kerby Centre or its staff.

By E. Peel

Most who live in Canada and the US are aware of the near familial connection between our two countries.

It should therefore come as no surprise that we Canadians have, along with a degree of well-mannered resignation over the years, put up with our more belligerent and boisterous American cousins, even to the extent of adopting some of their less than desirable idiosyncrasies.

This may help to address that prospect should it be seen to arise in our government in the future.

There are some matters about which we should not be afraid to speak up, whether it be within or without Canada. We should feel free to advise our American friends and relations that there are more rounded, inclusive and humane ways of going forward than what has, up until recently, come from some of their leaders' mouths.

I encourage all of you to contact your friends and relations south of the border to do just that.

The anti-masking/anti-vax movement, despite where it originated, took greater hold in the hearts and minds of many North American people once the previous president was seen to adopt and reiterate its tenets. It was he who propagated the mistruths and lies regarding not only the alleged harmless nature of the virus, but also the efficacy of mask-wearing, and the vaccines themselves, to the point where a large portion of the population continues to regard the former as an infringement on our rights and the latter as some Qanon plot to do much, much worse.

The US has a member in the house of representatives who unabashedly states that the vaccine and the cards necessary to prove you've had it to travel between countries is some biblical "mark of the beast" — I kid you not. Her name is Marjorie Greene from Georgia.

Meanwhile, the current social climate which was made possible by the previous US regime's support of white nationalism and religious fundamentalism has led to physical attacks on not only our black, brown

and indigenous brothers and sisters, but more recently on an increased number of Asian people in both our countries.

The previous regime's policies that visibly embraced and supported far-right extremist groups, both secular and religious, empowered these extremists and their political representatives with platforms that emboldened them to place their despicable propositions on the tables of federal and legislative houses in most every US state, especially the "red" ones. The latest set of proposals totals over 100, and comprise voter restriction laws that so obviously target visual minorities. All concocted in response to the "Big Lie".

As vile and as regressive as that apparent resuscitation of Jim Crow ideals may be, it does not compare with what they are planning for our children. In no less than 3 states (proposed in over 20), Republican legislators have passed laws that not only ban young transgender girls from playing sports with their girlfriends but have made it illegal for doctors to treat all trans youth; children who had previously benefitted from proven and universally recognized treatment.

Their goal is obvious — to legislate away a natural human condition that is no longer considered a mental illness by any respected medical authority. They do not care one iota that bypassing and enforcing these draconian and inhuman laws, they are effectively sentencing these children to social isolation and marginalization with resultant suicidal ideation on a scale never before seen and if successful, they will embolden and empower extremist legislators, not only in other states but across international borders where the likes of wannabe Putins, Trumps, Dudas, Bolsonaros, an Erdogans wait gleefully ready to assert their racist and homo/transphobic will upon others.

Don't for a minute imagine it cannot happen here, in Canada, and we should be ever watchful it never does.

Imagine yourself, dear reader, at public school age being told you cannot play with your friends for something over which you have no control — because you're black or brown, because you're Jewish or Muslim, or because you're transgender. A Missouri State

Representative, Brandon Boulware, spoke passionately and convincingly on the house floor on behalf of his transgender daughter in regards to the fact that Missouri was considering passing such anti-transgender legislation.

His plea is not hard to find: <https://www.youtube.com/watch?v=GeHv16d4a->

LU and I highly recommend watching it.

On April 12, a brave young trans girl, Kai Shappley, who is in Grade 4, spoke in the Texas house of representatives telling them, among other things "I do not like spending my free time asking adults to make good choices." Her astonishingly

compelling video can be seen here: <https://www.youtube.com/watch?v=bh5s-9KhpGL>.

Live and let live, in peace — thank you.

Any questions, interests to concerns with this article can be addressed to rainbowelderscalgary@gmail.com and I will answer any and all.



Photo by Delia Giandeini, via Unsplash.com

**Right Home
Right Time
Right Place**

**Affordable Housing
for Seniors...**



Sharon Manor

Ideal for those who want to stay active, Sharon Manor has easy access to Munro Park which hosts walking/running pathway with fitness stations. There are 43 one-bedroom units including one barrier free unit.



Rose Manor

In the heart of Calgary and in a beautiful older residential area, close to all amenities, Rose Manor offers 30 one-bedroom units including one barrier free unit.

Vacancies Now Available! Call 403-277-0961

Rents are based on the income criteria set by the Alberta Government.

Discover your new home at
BethanySeniors.com



bethany
CREATING CARING COMMUNITIES

Canada's Bill C-7 – A Compromise for Compassion and Choice



Photo by Cristian Newman, via Unsplash.com

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

Do you know what the letters MAID stand for? The person you call when your house is desperately messy? Possibly, but for us

older folks it is more likely to mean Medical Assistance in Dying. If you knew that, you are ahead of the more than one-third of Albertans who either don't know what MAID means or don't know that it's legal in Canada.

MAID has been legal in

Canada for people with an irremediable medical condition and intolerable suffering since the passage of Bill C-14 in June 2016 — but, somewhat ironically, only for those whose death was “reasonably foreseeable”. That meant that people whose suffering was likely to go on for years and years were not eligible for MAID. Fortunately, with the passage of Bill C-7 on March 17, 2021 that is no longer the case.

This does not mean that accessing a MAID, death will be easy or a sure thing — far from it. There are stringent requirements, whether or not death is foreseeable, but especially if it is not. Two independent medical assessments must confirm eligibility for MAID and if neither of these assessors is an expert in the condition causing the suffering, they must consult with such an expert.

It must be established

that applicants have considered all other means of relieving their suffering and there must be a 90-day reflection period before they can receive MAID. This period can be shortened if the patient is at risk of losing capacity because express consent is required before the procedure can be administered.

There are many other safeguards as well. Bill C-7 does not provide for “drive-through death”, as some critics have characterized it. It allows those who are suffering intolerably — and who may be years away from relief — to exercise their constitutionally protected right to a peaceful death.

For those whose deaths are reasonably foreseeable, Bill C-7 eliminates the 10-day waiting period that was originally required between assessment and provision of MAID. It also allows final consent to be waived. This cruel requirement led to several cases where patients who feared losing capacity requested MAID well before they wanted it. They can now live their remaining days secure in the knowledge that when they are ready, they can die as they wish. With that peace of mind, it is quite possible that many will die naturally, rather than by MAID.

Another change that applies whether death is or is not reasonably foreseeable is that the number of independent witnesses required to sign the patient request for MAID has been reduced from two to one. Also, this person can now be a professional health care worker. This addresses the difficul-

ties that some people have had in finding two witnesses who are not part of their health care team. It should be noted that witnessing relates only to the signing of the request for MAID; it has nothing to do with the procedure.

Under Bill C-7, people whose sole underlying condition is a mental illness — such as depression and personality disorders - are still not eligible for MAID. However, this restriction will automatically be removed within two years — that is, by March 17, 2023. During this time, the Government will consult with medical, psychiatric and ethics professionals to ensure that protocols and safeguards are in place prior to the March 17, 2023 deadline.

Another important provision under Bill C-7 is that it mandates a Parliamentary review of issues such as eligibility of mature minors, advance requests and the protection of Canadians living with disabilities. This review must begin by April 16, 2021 with a report submitted to the House by April 16, 2022.

Advance requests would allow people, who are mentally capable at the time of making the request, to specify certain conditions or scenarios under which they would like to seek MAID. Although the Senate approved an amendment to Bill C-7 to allow this, it was not accepted by Parliament.

As a result, people with capacity-eroding conditions such as dementia are denied their right to MAID. This is despite overwhelming public support for advance requests. According to an IPSOS poll conducted for Dying with Dignity in February 2021, over three-quarters of Canadians are in favour. This applies across all religions and age groups although, not surprisingly, Baby Boomers are particularly supportive — 82 per cent of them approve of the idea. In Alberta, 76 per cent of respondents support advance requests.

Since Dying With Dignity Canada was founded 40 years ago, the history of assisted dying in Canada has been a prime example of democracy in action. Let's hope that MAID continues to reflect the power of the public's dedication to a cause.

Peter & Debra Molzan Seniors Real Estate Specialists “Assisting Families Since 1991”



- Adult Condos, Villas & Townhouses
- Retirement Communities
- Independent Living
- Probate and Estates
- Free Market Evaluation
- What you need to do to get your home ready to sell

It's important to understand your housing options. We will answer your questions. We offer complimentary, confidential consultations.

Making your move less stressful & helping you every step of the way.

Call us direct 403-605-3774
info@TheMolzanTeam.com



Call for a free market report on your community



Licensed supportive living
for seniors in a caring,
Christian community

A place to call home...

- Affordable community living
- Close to amenities
- Spacious studio suites
- Large, bright windows
- Nutritious, chef-prepared meals
- Pastoral care
- Recreational services
- Housecleaning services
- Emergency alert system
- 24/7 staff presence

Partnering with Alberta Health and Home Care Services

STUDIO SUITES CURRENTLY AVAILABLE, FOR \$2,120 PER MONTH

403-240-2800 www.shalem.ca



3008-51 Street SW
Calgary, AB T3E 6V8

Shalem Haven

Prince Phillip and His Rolls Royce

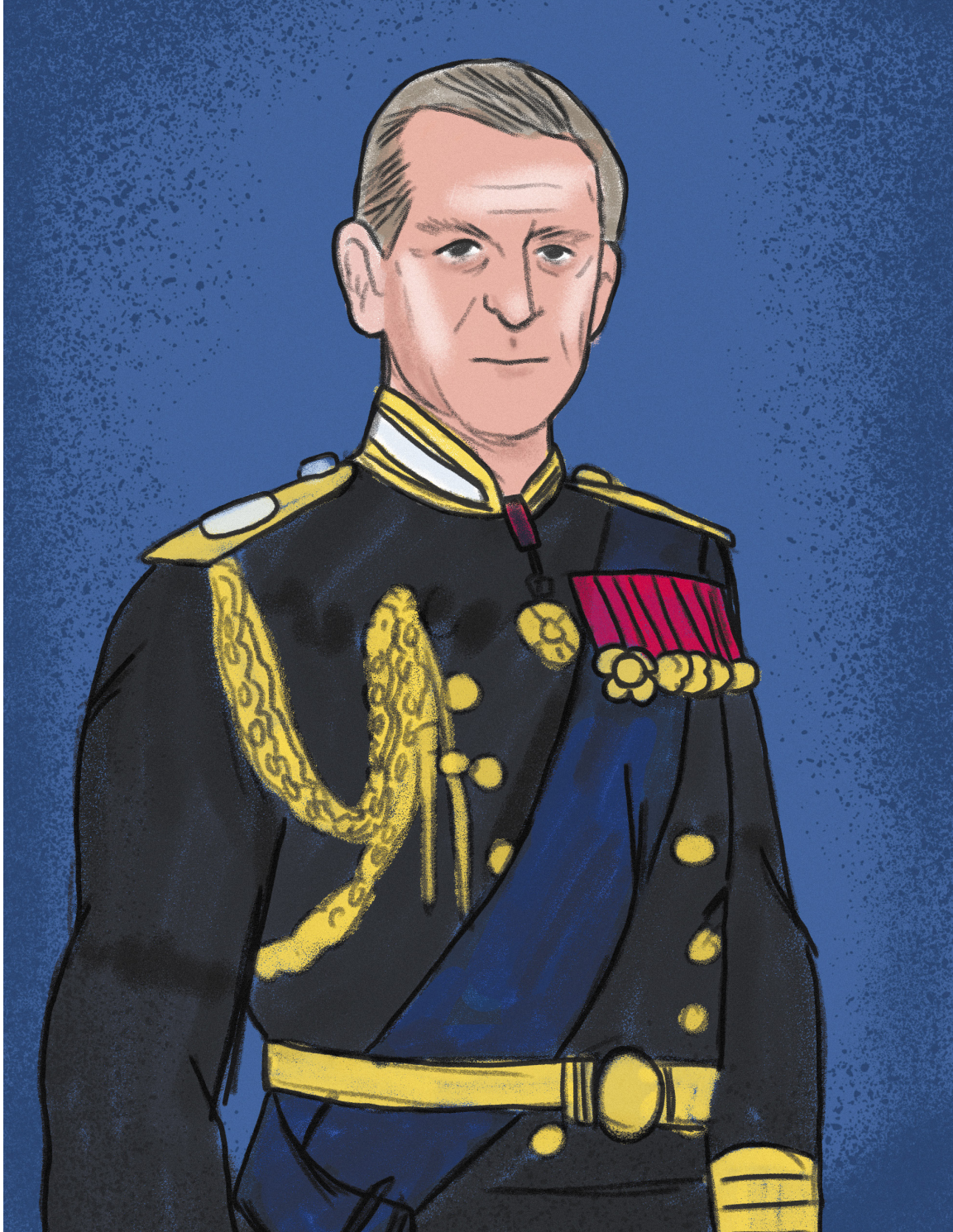


Illustration by Becca Lowe

didn't understand the customs of other countries, social rules and the freedom of expression west of the Iron Curtain.

So once we left the airplane on the tarmac of the Heathrow airport, the two of us were as green behind the ears as any bumpkin from the back-country would have been if dropped off on the intersection of Broadway and Seventh Avenue in New York City — better known as Times Square.

We were confronted with traffic moving on the left-hand side, and although we had known about that, it was hard to get adjusted to. We were surprised that the famous London Bobbies appeared to be rather jovial, and tolerated our jaywalking and other small indiscretions.

Being maimed by traffic seemed to be one of the freedoms the locals enjoyed together with littering, indolence and petty misbehaviour if they so desired. I caught one Bobby likely making sporting bets in his mind if we would survive the traffic circle when chasing a double-decker at Marble Arch in order to jump on an already moving bus. Once accomplished he lost interest, satisfied he didn't have to scrape us off the pavement.

How different they were from the forever harassing police, giving fines at every opportunity in our birth country.

We were visiting my grandparents and my uncle, who by now were British subjects for 20 years and happy for it!

We were clearly befuddled by what we saw and asked a lot of very naive questions, like after we had listened to the speakers on the Hyde Park corner.

I remember asking my uncle Milo, if I could stand there and say anything, even derogatory or politically incorrect about politics or politicians, religions, capitalism, communism or any other subject, and he said to go ahead. I upped the stakes asking if I could really climb up on a stool and declare that Queen was a woman of loose morals. He looked worried and said I could not.

"Aha!" was my retort, "There is not such a thing as unfettered freedom, then!"

"Legally" he said, "you can, but in fact, it is not recommended because you will be lynched by the crowd."

Another time I also asked what would happen if the people wouldn't want monarchy anymore and he said that it wasn't likely, but should that happen Prince Phillip would be elected as president.

That was when Prince Phillip started to emerge from being just a Queen's consort and taking on a more definite form in my mind.

I was probably a big nag with all these questions, but I can be relentless.

One of the things I had noticed was the license plate on my grandfather's car because it was so different from all the others, with just two letters and two numbers on it, while the normal plates had many more digits. I was curious why. The concept of vanity plates was new to me.

He explained, that when he immigrated in 1948, he applied for this license plate because he had had it in 1920s when he lived in London and worked in the Czech embassy as first secretary.

"Why would you want that?"

"Because it is old and it is short. In England," he explained, "Old is good and revered. Besides, it's significant because the number was short due to so many fewer cars on the roads in those days, signifying you were 'a person of substance'. The shorter the license plate, the more venerable it is."

That intrigued me and it led to the question: 'so, then what kind of license plate is on the Queen's car? Does it say just #1?'

"Ask a silly question," I thought.

"As a matter of fact," I was told, "the Queen's car is a Rolls Royce and it is the only car in the United Kingdom that has no license plate."

During that vacation, we spent the first week in Scotland. Didn't see "Nessie" in Loch Ness, but went all the way up to Inverness and found the north scarcely populated, covered with heather. Then we stayed one week around York and Huddersfield. England is lush, generously watered and many shades of green.

By Jaroslav Maria

In 1968 my wife and I were permitted to visit our emigre relatives in England, our first ever journey into the western European democracy. The sixties were the darkest years of the Cold War the Iron Curtain was impenetrable in both directions. On one side, an incredibly free world compared with the dull and straightjacketed life on the other, where our generation was growing up being brainwashed in lieu of education.

Our parents still remembered what it had been like before the totalitarian regime was installed by the Soviets in 1948. There were many differences between the two sides and on our side most of them unpleasant. We were lied to about history and the way of life in the "western world." Ours was a life of restrictions and fear of repercussions in case we would break the rules or did not agree with the reigning ideology. We also

Suites Now Available in
Olds & Sunde



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

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

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



Olds Life Lease



Sunde Life Lease

Is a MVSH Life Lease Suite Right for You?

To request an information package, please contact:

Sam Smalldon, CAO
Mountain View Seniors' Housing
Phone: +1-403-556-2957
Cell: +1-403-586-2702
E-mail: sam.smalldon@mvsh.ca

www.mvsh.ca



The people are reserved and they leave you alone. There is so much to see! It was wonderful.

For the last two weeks, we returned to London. One day we visited St. Pauls' cathedral and were returning to the City through fairly deserted streets. It was not an exciting part of town tourist-wise, but we were short of money and rich on time, so we walked. We were in a dull commercial district with nondescript buildings all around and not even many cars parked by the sidewalk. In a distance, we saw an old-fashioned dark-coloured car and as we were getting closer I noticed it had no license plate. Getting closer yet, I saw it was a Rolls Royce. There was a man leaning on it with a chauffeur's cap on. I turned to my wife and yelled: 'Look, it's the Queen's car!'

"You are crazy," she said.

"No, no, it's the Queen's car. It's a dark-coloured Rolls Royce and has no license plate."

My wife is a nice person, but sometimes she lacks proper respect for her husband: "Go away," she said.

Well, the car was parked on a level with an entrance to this ugly, dime a dozen type of office building with not much of even signage on it. I pulled her inside against her protests. There was a short vestibule with no doorman, then the narrow hallway turned sharply left, we passed two elevator's doors and entered a larger room that turned out to be a bank floor with



Photo by David Hellmann, via Unsplash.com

tellers and TV sets hanging above our heads. An international cricket match between England and New Zealand was on that week and most of the customers were watching. Nothing ever happens in a cricket game, I assure you, but the spectators were riveted to it; but then again there are a few events more important than an international cricket Test Match to an Englishman. That was it.

Disappointed, we turned around and when we were passing the elevators on the way out, the door opened and out came a tall, smartly dressed man, lean and gangly, an unmistakable Prince Philip. He was followed by two bank employees, who were officials seeing him out. Just inches in front of us Philip

stopped in the middle of the hallway, hesitated then made the right decision to turn left. He was followed by these two bank officials and by us, the tourists from an enemy block country in the middle of the Cold War right behind. None of them cared who we were.

The Prince was smiling, he was a very handsome young looking 46 years old then. Other than wearing a well-tailored Savile Row business suit or better yet, he was a perfectly normal affable person. We got to the building's exit door, the two bankers bowed slightly and he stepped out. Now we were the people immediately behind him. When we emerged on the sidewalk there was a crowd of half a dozen people who knew what an old Rolls

Royce without a license plate was, and were just waiting to see who would show up.

The Prince waved to the crowd with a grace that only thousands of years of grooming will teach you, the chauffeur opened the back seat doors, the crowd cheered, the car left and the crowd dispersed.

The only time in my life I came close to any real celebrity and it was Prince Philip! Only six weeks later, after our country had been attacked by Russian armies and we were on the run, the episode on that summer day in the drab London street helped us to decide to settle, if not in England, but one of the British Commonwealth countries, and find our freedom and home there.

Frankly, I wouldn't want him to become a president any more than my uncle had wanted, I liked him the way he was.

I'm saddened by his passing, he seemed so wholesome and carefree, man then. But 99 years take their toll on an individual and he had a full and productive life! Times have changed, I bet one couldn't get so close to him through the walls of security men these days, and it's a bloody shame.

I know now His Royal Highness will never get another chance to meet poor refugees, even inadvertently, again, as he did on that day and so will not I. He probably didn't remember that encounter as well as we do, but as a symbol of freedom, he'll last in our

Come home to a warm and friendly place.

At Trinity Lodge Retirement Residence, we believe that inspiring our residents and supporting their mind, body and spirit opens the door to achieving better health and well-being.

- ✓ Elegantly appointed studios and 1 bedroom suites
- ✓ Housekeeping with Enhanced Covid-19 cleaning
- ✓ Health Centre and 24-hr Health Staff on-site
- ✓ Respite care and short-term stays
- ✓ 3 Beautifully landscaped inner courtyards
- ✓ 5-Star meals that meet dietary needs
- ✓ Breakfast Lounges, Bistro and Bar
- ✓ Life enrichment & recreation programs
- ✓ Underground heated parking
- ✓ Pet friendly and much more!



INCLUSIVE PRICING
STARTING AT
\$2200
* CONDITIONS APPLY

Celebrate Spring with Savings!



TRINITY LODGE
RETIREMENT RESIDENCE

403-253-7576 | 1111 Glenmore Trail SW, Calgary | verveseniorliving.com



Top COVID-19 Vaccine FAQs

By 19toZero

Vaccines are the single scientific breakthrough that have most prolonged average life expectancy.

Vaccination is the only way to end this pandemic and return to our normal lives.

Protect yourself, your loved ones, and your community by being vaccinated.

Why should I get vaccinated?

COVID-19 infection can result in death in ill and healthy people of any age.

Even if a person does not die of COVID-19,

they may have long-term complications including memory loss, fatigue, unexplained breathing difficulties, and damage to the lungs and heart. Clinics have already been set up to support the many COVID-19 patients who, although they are no longer infected, cannot go back to work or live normal life.

How does the vaccine work?

The vaccine teaches our body's immune system how to fight the virus and protect us from getting sick if we are exposed to COVID-19. The vaccine cannot give you COVID-19.

What is herd immunity and why does it matter?

If enough people have immunity, the virus is less likely to spread. We need to vaccinate 70 per cent of the population to achieve herd immunity and go back to our daily lives, re-open businesses, hug and see loved ones again.

I already had COVID-19. Should I still get a vaccine?

Even if you had COVID-19 in the past, it is uncertain how long immunity will last. It is possible to get COVID-19 again. You should still get the vaccine to protect yourself and others.

Will I still have to mask and distance after getting vaccinated?

Yes. It is still important to practice public health measures until most people are vaccinated.

How long will it take to become immunise after I receive the vaccine?

It takes one to two weeks after the second dose for the body to build immunity after vaccination. Someone could be infected with the virus just before or just after vaccination and get sick, because the vaccine didn't have enough time to provide protection.

Was the vaccine rushed?

No steps were skipped, and all safety procedures were followed. The vaccines were developed quickly because of technological advances and because non-medical parts of approval (bureaucratic processes and rubber-stamping) were fast-tracked.

Are there side effects?

There can be side effects from the COVID-19 vaccine, but they tend to be mild and go away in a few days. The most common side effects are muscle soreness, headache, and fever and chills.

You will be monitored for any potential allergic reaction after vaccination.

Is the vaccine safe?

Immunization is safe. It is much safer to get immunized than to get this disease and potentially suffer long-term side effects. Tens of thousands of people have been given the vaccine in the trials and many healthcare workers have received it. The mRNA vaccine cannot alter your DNA.

If you have a history of severe allergic reactions, a weakened immunise system, or are pregnant, check with your physician before getting vaccinated.

AstraZeneca Vaccine: What you should know

How does it work?

The Oxford-AstraZeneca vaccine is a viral vector vaccine. It uses a harmless virus that carries information to teach your cells how to make the spike protein found on the surface of the COVID-19 virus. The vaccine is given in two doses.

The AstraZeneca vaccine is very effective at preventing severe disease, hospitalization and death.

Safety

The vaccine has been linked to an extremely rare blood clot complication in a small percentage of people. This complication has



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

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



SEPTEMBER 9TH 2021 CARMONEY GOLF CLUB
SPONSORSHIP OPPORTUNITY

Why Sponsor the 1st Annual Kerby Centre Charity Classic?

Our golf sponsorship will help reinforce and promote your brand both on and off the course, entertain clients, and support a local charity doing amazing work.

Your community investment will help change lives and make a real impact for vulnerable seniors in southern Alberta.

For more information please contact:
Danielle Murphy 403.705.3253
daniellem@kerbycentre.com

Player registration is open!
Register at kerbycentre.com/golf

 <p>PRESENTS LIVE WELL BE WELL, A KERBY CENTRE SERIES OF FREE ONLINE MENTAL WELLBEING PRESENTATIONS</p> <p>Join Us For Mental Health Week May 3 - 7th, 2021</p>	
<p>Monday, May 3rd 10:30 am</p> <p>Followed by 30 min Peer Group Discussion For Those Who Wish</p>	<p>Hope, Connections & Belonging</p> <p>Presented By Karen Gallagher-Burt, Director of Philanthropy & Stewardship</p>  <p>Canadian Mental Health Association Calgary Mental health for all</p> <p>Register Free at https://cmha-mhw.eventbrite.ca</p>
<p>Tuesday, May 4th 10:30 am</p> <p>Followed by 30 min Peer Group Discussion For Those Who Wish</p>	<p>Alzheimer Disease, Dementia & The Mental Health of Caregivers</p> <p>Presented By Padmaja Genesh, BSc, MBBS, BA (Gerontology), BF-CMT, Learning Specialist</p>  <p>Alzheimer Society CALGARY 30</p> <p>Register Free at https://alzheimer-mhw.eventbrite.ca</p>
<p>Wednesday, May 5th 10:30 am</p> <p>Followed by 30 min Peer Group Discussion For Those Who Wish</p>	<p>Good Sleep Habits</p> <p>Presented By Vineeta Kapoor, M.Psyc, PGDGC Manager of Information Services</p>  <p>Kerby Centre</p> <p>Register Free at https://kerby-mhw.eventbrite.ca</p>
<p>Thursday, May 6th 10:30 am</p> <p>Followed by 30 min Peer Group Discussion For Those Who Wish</p>	<p>About The Schizophrenia Society of Alberta Community Education Program</p> <p>Presented By Kimberly Sinnett Community Education Program Coordinator</p>  <p>SCHIZOPHRENIA SOCIETY OF ALBERTA</p> <p>Register Free at https://schizophrenia-mhw.eventbrite.ca</p>

Provided With The Support Of



included instances of blood clots in the brain (cerebral venous thrombosis).

The National Advisory Committee on Immunization in Canada had recommended pausing the use of the vaccine in individuals under 55. They wanted to confirm the safety and benefits of the vaccine for younger people, who are less at risk of severe disease and death from COVID-19.

After careful review, Health Canada has stated that the benefit of the vaccine outweighs the risks in all adult age groups. Alberta and Ontario have made the vaccine available to those 40 years and older.

The risk of blood clots (e.g. in the legs and lungs) is much higher in those who develop COVID-19 compared to recipients of the AstraZeneca Vaccine.

165,000 cases of blood clots in 1,000,000 COVID-19 cases versus four cases of rare blood clots in 1,000,000 AstraZeneca vaccines.

Effectiveness

The AstraZeneca vaccine was tested in multiple areas where case numbers were high and variants were circulating.

The vaccine is 85 to 95 per cent effective against severe disease and hospitalization.

Real world data: in regions where lots of people have received this vaccine, there have been large decreases in hospitalization and death.

The AstraZeneca vaccine provides protection against COVID-19 and brings us one step closer to loosening public health restrictions.

For more information about COVID-19, visit Canada.ca/covid19

For more information about opportunities to support 19toZero, please contact: info@19tozero.ca

www.19toZERO.ca



Photo by Mat Napo, via Unsplash.com

Take Home a Taste of Evanston Summit

When you book a personal private tour of Evanston Summit, you'll find that the visit will come to a delicious end – courtesy of Executive Chef Chris Clark. The talent behind all the good things produced in the Evanston Summit kitchen, Chris sends each touring guest away with a delicious, home-cooked "lunch-to-go".



**Covenant Living
Evanston Summit**

150 EvansPark Manor NW, Calgary
587-355-2031

EvanstonSummit.ca

Taste test Evanston Summit
Call Sandy at **587-355-2031** to book your private tour and lunch-to go. Or visit us online at **EvanstonSummit.ca**.



A downtown tour of art Cont'd from pg. 17

Can you imagine flying in with plans to head to Aspen for some skiing and staring out your window to see a demonic horse, missing its knight of the apocalypse, staring directly back at you?

I'd give up skiing for good. Trade in my tickets for Hawaii.

But of course, it's just a statue. It's not like it's ever hurt anyone.

Wrong!

You couldn't be more wrong.

Blucifer is also well-known, not just for its striking appearance, but the fact that Blucifer himself has a body-count.

Its creator was killed when a section of the sculpture fell on him. It was finished with the help of the artist's staff and family.

Many might point this out as an unfortunate accident, but I say conspiracy.

(Please note that I don't mean to find joy in a death of another human; the tragedy of this artist's passing is real, but my Irish-Catholic background does tend to find humour in even the darkest of events)

Denver Police, you have a murderer in your midst and you've done nothing to make headway in the case.

Your complacency just

lets the other horse sculptures of the world know they can get away with it.

Mechanical Horse? I've got my eyes on you.

Women are Persons

These sculptures were in the process of getting a spring cleaning with a power washer at their home in Calgary's Olympic Plaza.

And as they should be. The fight they represent for equal and equitable treatment for all persons is something we should not quickly forget as the seasons pass.

It depicts five historic heroes when it comes to the battle for feminist and equal rights: Emily Murphy, Irene Parlby, Louise McKinney, Henrietta Muir Edwards and Nellie McClung.

The detail in their faces and poses are stark and grim, again, as they should be. It will be a reminder in bronze for decades to come about the battles that have past and the battles that have yet to be fought.

May we all one day look upon these faces with confusion, that our children's children may have no idea what these sorts of battles would even look like, that they've all been fought and finished in their pasts, our future.

Wonderland

This sculpture easily

turns heads.

I'm sorry, please find it in your heart to forgive that pun.

Outside of The Bow downtown, Wonderland is a stainless-steel representation of a massive, to-scale human head.

Not only do the features seem soft and so utterly human from a distance, there is another striking opportunity to view the structure: from inside.

Two small entryways allow the passerby to go within Wonderland and look from the inside out.

Standing there in the moment, the head looks and feels even larger, and the mesh of the sculpture almost feels like a cage.

I know I'm not the only one that's felt caged in the past months of this pandemic.

Not only in our homes or residences, but also stuck inside our own heads, with our cellmates: depression, anxiety and fear.

At times and inside that large, metaphorical head, I remembered every single day we've gone through to get to this point where the shining spring sun, the light at the end of the tunnel, is finally within reach.

And then I stood up and walked out.





LUXSTONE

Senior Living



Rates Starting at \$1600

Spend your retirement years with us.

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

Book your tour today!

For more information contact us at
403-945-4700 or info@luxstone.com

Pea Pesto Pasta with Sun-Dried Tomatoes & Arugula



PESTO

- 1 1/2 cups packed basil
- 1/2 cup packed flat leaf Italian parsley
- 1 cup green peas
- 4 cloves garlic
- 1/4 cup toasted pine nuts (plus more for serving)
- 1 medium lemon, juiced
- 1/4 cup parmesan cheese (plus more for serving)

- 1 pinch sea salt (plus more to taste)
- 1/4 cup olive oil

PASTA

- 10 ounces gluten-free pasta
- 1 Tbsp olive oil
- 2 cloves garlic, chopped
- 1/4 cup sun-dried tomatoes, chopped
- 1 cup loosely packed arugula

Fill a large saucepan 3/4 full with water, salt generously, and bring to a boil.

In the meantime, prepare pesto. To a food processor, add basil, parsley, peas, garlic, pine nuts, lemon juice, parmesan cheese and sea salt. Mix to combine. While the machine is running, stream in olive oil through the spout.

Continue blending, scraping down sides as needed, until creamy and fully combined. If it has trouble blending add a bit more olive oil or water.

Taste and adjust seasonings as needed, adding more lemon juice for

acidity/brightness, vegan parmesan for cheesy flavor, salt for saltiness, or peas for sweetness.

Next add pasta to boiling water and cook according to package instructions. Be sure not to overcook, and drain when noodles are 'al dente' and still have a slight bite to them. Return to pan off heat and set aside.

Once your pasta is drained, heat a large saucepan or cast iron skillet over medium heat. Once hot, add olive oil, garlic, and sun-dried tomatoes. Sauté for 1-2 minutes, or until the garlic is fragrant but not yet

browned.

Turn off heat and remove skillet from burner, then add cooked pasta and toss to coat.

Transfer to a serving platter or mixing bowl and add 3/4 of pea pesto and the arugula. Toss to combine.

Serve warm with additional pesto on the side, and garnish generously with additional parsley, pine nuts, and vegan parmesan cheese.

Best when fresh, though leftovers will keep in the refrigerator up to 2-3 days. Enjoy chilled or at room temperature.



Recipe and photos courtesy of Minimalistbaker.com

Riddle

Mr. James was found dead in his room. The room had no window and the door was locked. The only 4 people who had a key to the room were questioned.

Sophia the maid:

"I came to wake up Mr. James; when I saw him dead, I screamed!"

John the butler:

"When I heard the scream, I ran into the room, turned on the light and saw Mr. James with a knife in his neck."

Sarah the governess:

"I rushed up alongside John; when he turned on the light, the room was all bloody."

Jack the cook:

"I was prepping breakfast and didn't see anything."

Who did it?

It was Sophia. If the room was dark, she wouldn't have seen Mr. James lying there — unless she already knew it.

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 31

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

PREMIER Crossword

By Frank A. Longo

RECORD PLAYING

ACROSS


- 1 "Same Old Love" singer Gomez
- 7 Taken-back autos, e.g.
- 12 Most adultlike
- 20 Sanctuary
- 21 Novelist Jong
- 22 Undeveloped expanse
- 23 Carole King album hanging as a decoration?
- 25 Surpass
- 26 Drags to court
- 27 Endures
- 28 Big primate
- 30 San — (Texas city, informally)
- 31 Nixon veep Spiro
- 32 Taylor Swift album signed for a Catholic dignitary?
- 34 Title ship in a 1997 Spielberg epic
- 38 Hullabaloo
- 40 Hoodwink
- 41 John Lennon album sitting there all by itself?
- 43 Shoe parts
- 45 "Attack, dog!"
- 48 Portions out
- 49 In the style of
- 50 Closest buds, in brief
- 51 Savoir- —
- 53 Get as profit
- 54 Historic start?
- 55 Write preliminary lyrics to a Patti Smith album?
- 57 Healing sign
- 59 Cello's ancestor
- 60 Pop's Grande
- 61 Michael Jackson album that plays mind games?
- 68 Pope before Stephen IV
- 69 Having no depth, in brief
- 70 Spellbound
- 71 Bob Marley album that's very popular in big cities?
- 74 Granola bit
- 75 Dearth
- 79 Works by painter Joan
- 80 Small bouquet
- 81 Polymer used in piping, for short
- 82 U.S. Navy builder
- 84 Major Calif. airport code
- 85 General — chicken
- 86 Looking to buy a Beatles album?
- 88 Only OK
- 90 Frequently
- 92 Least distant
- 93 Badly damaged Fleetwood Mac album?
- 97 Assessed
- 99 Mad magazine's Alfred E. —

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

- 100 Dryly funny
 - 101 Peeling knife
 - 102 Smartphone extras
 - 106 Mark up with comments
 - 108 Joni Mitchell album upon being hit by lightning?
 - 111 Billy Joel hit
 - 112 Stones
 - 113 Celestial dust cloud
 - 114 Parts of car wheels
 - 115 Cheeky
 - 116 Old Faithful is a famous one
- #### DOWN
- 1 Toothed tools
 - 2 Jacob's twin
 - 3 Actor Waggoner
 - 4 Edifice extensions
 - 5 Granola bit
 - 6 Mixtures
 - 7 Della of song
 - 8 Of times past
 - 9 Fruit stones
 - 10 Scanner of bar codes, for short
 - 11 Doc's throat-checking request
 - 12 Copied a cow
 - 13 Clerk on "The Simpsons"
 - 14 The "T" of the DPT vaccine
 - 15 Detach, as a jacket fastener
 - 16 Toy in a crib

- 17 Mistake
- 18 River by the Louvre
- 19 Affixed, as gift wrap
- 24 Bamboo-eating bear
- 29 Comical tumble in slapstick
- 31 Very busy
- 32 Sebastian of England
- 33 That is, to Tiberius
- 34 Not closed all the way
- 35 Stubborn sort
- 36 Land in el agua
- 37 Go no further
- 39 Go — diet
- 42 Greta of the silver screen
- 44 Part of OTB
- 45 Cordage fiber
- 46 Dunne of the silver screen
- 47 Labor leader Chávez
- 50 Extensive
- 51 Supporting the idea
- 52 Seed casing
- 54 Compadre
- 55 Chopped into small cubes
- 56 Lyre relative
- 57 Tibias' places
- 58 Spiral shape
- 59 Title cousin in a 1992 film
- 61 Purple fruits
- 62 Letter flourish
- 63 "Hey, dude!"
- 64 Turin "Ta-ta!"
- 65 Turns rancid

- 66 Part of OTB
- 67 Chapeau
- 72 — salts
- 73 Slimy stuff
- 74 Bakers get their mitts on them
- 75 Oz lion player Bert
- 76 Busy as —
- 77 Cartoon pics
- 78 Retained
- 81 — -wee Herman
- 82 Smiling evilly
- 83 "Yikes!"
- 85 Huge wave
- 86 Rds.
- 87 Bury
- 88 Actress Raven- —
- 89 Speechifier
- 91 Fast-food cookers
- 93 Not inclined
- 94 Spirits in lamps
- 95 Of the moon
- 96 "Hee Haw" co-host Buck
- 98 Bohemian
- 101 Deltas' neighbors
- 102 "Dear" advice columnist
- 103 In addition to
- 104 Cry feebly
- 105 Blacken, as a steak
- 107 Scot's cap
- 109 Mauna —
- 110 Mediocre grade



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 & Informative Kerby Centre Health, Wellness, Information & Entertainment Presentations, taking place ONLINE each month

For further details of these upcoming events, please see the ad within or visit www.kerbycentre.com or kerbynews.ca

JOIN US IN MAY FOR THESE SPECIAL WEEKLONG PRESENTATION SERIES

Mental Health Week, May 3rd - 7th

Spring Into 2021, May 17th - 21st

Look for the ads within or visit www.kerbycentre.com for both weeklong presentation schedules



Alberta Seniors' Week - June 7 - 11th


Join us **Monday, June 7th** as Kerby Centre Kicks Off Seniors' Week Celebrations With an Exciting Presentation

And

June 17th National Cancer Wellness Awareness

Presented By Kerby Centre & Wellspring

Watch for Details In Next Month's Kerby News & www.kerbycentre.com



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


New Education & Recreation Programs!

Zoom Classes


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

Outdoor Participation

Step into spring with our Sidewalk Seniors Walking Program



For further details please contact Education & Recreation 403-705-3233 or visit our website at www.kerbycentre.com



A Group For Mature Jobseekers

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

May 4th Self Assessment

Self assessment before job hunting is important. Explore what you want to do, where you want to work, and what you have to offer

Meeting ID: 863 3931 8343 Passcode: 504651

May 11th Linked In

Participants will participate in an exclusive group session to receive tips about:

- Using LinkedIn strategically to create professional networks
- LinkedIn trends in 2021
- Utilizing other LinkedIn products and platforms

Meeting ID: 894 0123 9757 Passcode: 332857

May 18th Resume and Cover Letter

Participants will receive information and tips about:

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

Meeting ID: 810 3165 6432 Passcode: 841676

May 25th Elevator Pitch

- Learn how to craft a perfect elevator pitch that explains to people who you are
- What you do and what kind of position you're seeking

Meeting ID: 842 0099 4335 Passcode: 230466

For more information phone 403 705-3219

Kerby Centre FREE Rescued Bread & Goodies Market



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

10:30am – 12pm

Every Tuesday (May 4, 11, 18, 25)
 Every Friday (April 7, 14, 21, 28)

And join us for our external market at the **Parkdale Nifty Fifties Association** (3512 5 Ave NW, Calgary AB T2N 0V7)
Tuesday, May 11th, 11am – 12pm

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

Seniors Scene

Spring is here so it is time to get moving! Good Companions 50 Plus offers a variety of programs to stimulate the body and mind. Please call us at 403-249-6991 or check out our website at www.gc50plus.org for details on events and classes offered. And please join us for online programming offered every weekday morning at 11 am including Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Tai Chi. Yearly Membership only \$30. We are located at 2609-19 Avenue S.W. Hope to see you soon!

May in Fish Creek Provincial Park

Friends of Fish Creek – Virtual Annual General Meeting

Thursday, May 13, 2021 7:00 pm – 8:30 pm

2020 has been an exceptional year of growth and development for the Friends of Fish Creek and we would like to thank all of our members, volunteers, donors, community partners and other supporters for your assistance this past year.

The Friends are honoured to organize and facilitate programs, courses, and events in and around the park throughout the year. All of our activities are designed to help people feel more connected to the park, enhance their quality of life and in turn help maintain the park's ecosystems for the enjoyment of future generations.

We invite you to join us for the 2020 AGM on Thursday, May 13 to meet with Friends staff and Board of Directors, learn about the year that has come to a close and hear about plans for this year that are underway. This event is free to all community members, however only current 2020 - 21 members are eligible to vote. To register visit <https://friendsoffishcreek.org/event/agm>



Volunteer Spotlight

Lucie Lennon

Lucie is a very dedicated and helpful volunteer who started volunteering at Kerby Centre in March 2012. She worked as a City bus driver for 24 years. Lucie is currently volunteering in the Membership Desk at Kerby Centre. She has also helped us in various special events, Tax Clinic, Kerby Café and at the bread markets.

Lucie enjoys volunteering at Kerby Centre because it gives her an opportunity to meet new people and interact with them.

She said –“Volunteering at Kerby Centre keeps me busy and active. I also participate in the exercise classes at Kerby Centre”.

Besides volunteering, Lucie likes to spend time golfing, crocheting and playing Pokémon.

So far, Lucie has contributed over **1575** hours.

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

KERBY CENTRE PRESENTS

Spring into 2021 May 17 – 21

A **FREE** Online Information Presentation Series To Help You Get Ready to **Spring Into 2021**

Discover how you can live your best life! Join us to learn about a wide range of topics and interests that will help you maintain a healthy and rewarding lifestyle

For Further Detail On Each Presentation and **FREE** Registration Please Visit kerbycentre.com

Monday May 17th

10:00 – 11:00 am

Sanofi Pasteur

2021-22 Influenza Season Update: What Older Adults in Alberta Need To Know

Presented by: Dr. Mary Szabo, Family Physician & Clinical Associate Professor at University of Calgary



1:00 – 2:00 pm

AIM Therapy

How Athletic Therapists Adapt Their Expertise To Meet Seniors' Needs

Presented by: Jeffrey Owen & Jeffrey Peach - Co-Founders of AIM Therapy



Tuesday May 18th

10:00 – 11:00 am

PROSTAID Calgary

Prostate Cancer: What You Need To Know

Presented by: Brad Sterling, President & David Lunn, Past President



11:00 am – 12:00 pm

Alberta Securities Commission

Recognizing and Avoiding Investment Scams

Presented by: James MacTavish, Senior Advisor - Investor Education, Alberta Securities Commission



1:00 – 2:00 pm

The Manor Villages

The Benefits of Community Living & How To Get Started!

Presented by: Tina Cameron Lifestyle Marketing Professional



Wednesday May 19th

10:00 – 11:00 am

Verve Communities

Explore Verve Communities in Calgary

Presented by: Jan DeLisle, Angela Caton, Ruth Loughlin, Edlyn Balicao and Charles Kumar



11:00 am – 12:00 pm

Next Stage Services

Transitioning To Your NEXT Stage: Myth vs Reality

Presented by: Zoe Agashae, MA CRTS & Lisa Falkowsky, MBA

NEXT Stage Services

1:00 – 1:45 pm

Cooperative Memorial Society

What is a Cooperative Memorial Society?

Presented by: Barb Montgomery-Membership Manager



Thursday May 20th

10:00 – 11:00 am

Hospice Calgary

What Would I Want To Know About Palliative and Hospice Care?

Presented by: Elaine Munce, Director Community Hospice Services, Sage Centre-Hospice Calgary



11:00 am – 12:00 pm

Audiology Innovations

How To Know When It Is Time To TAKE ACTION On Your Hearing Loss

Presented by: Dr. Carrie Scarff, PhD Audiologist



Friday May 21st

10:00 – 11:00 am

Hotchkiss Brain Institute University of Calgary

Brain Health in Later Life: Understanding Protective and Risk Factors

Presented by: Brandy Callahan, PhD, RPsych



KERBY ELDER ABUSE SHELTER: HELP A SENIOR TODAY

The Kerby Centre Elder Abuse Shelter has been a safe place for seniors experiencing elder abuse since 1999. For more than 20 years, we've helped vulnerable seniors **BREAK THE CYCLE OF ABUSE** and get a **FRESH START**.



“ Thank you from the bottom of my heart for taking such good care of me through this terrible time in my life. You helped me when I was exhausted. You provided me with food so I could begin to eat again. You listened to me and heard my pain and heartache and never made me feel judged or ashamed. You encouraged me and allowed me the time for me to stand up again. I will always be grateful. ”

Helen, Shelter client, 2020

“ I thank you for all your compassion and kindness. You are all wonderful people. I wouldn't have known what to do without the Kerby Shelter staff. Because of all your help and support I have found a beautiful apartment and I can get my kitty. I am moving today **STRONGER** and more confident. Thank you all – I love you for the work you do. You saved me. ”

Amy, Shelter client, 2020.

2020 Stats

99% Kerby Shelter occupancy for 2020.	3,300 safe nights for seniors fleeing abuse.	370 seniors were turned away due to lack of funded beds.
96 nights was the average stay for each senior.	80% of our clients were women.	4,000 crisis calls were received by our Elder Abuse Resource Line.

You can help a senior fleeing abuse.

\$25 Feed a senior for a day.	\$50 Provide a senior with a Care Package.	\$125 Give a senior a safe place to sleep for a night.
---	--	--

Donate today at www.kerbycentre.com/donate

SIGNS OF ELDER ABUSE

- Changes in behaviour including anxiety, fear, and depression
- Injuries like bruises, scratches, or sprains
- Changes in living arrangements like new friends or family members unexpectedly moving in
- Changes in financial situations, including unpaid bills or missing belongings
- Changes in social activity like missing church, social gatherings or events

80% of elder abuse in Canada is hidden or goes undetected.

To report a suspected case of abuse or for more information, call our Elder Abuse Resource Line at **403-705-3250**

Leave a Legacy of Inspiration



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

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

-Anonymous donor

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

Please choose to make a difference today

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



YES, I want to help seniors facing elder abuse!

Kerby Elder Abuse Shelter

<input type="checkbox"/> \$25 - Feed a senior for a day	<input type="checkbox"/> \$125 - Give a senior a safe place to sleep for a night
<input type="checkbox"/> \$50 - Provide comfort to a senior with a Care Package (including cozy blanket, slippers, book)	<input type="checkbox"/> My choice \$ _____

Payment by: Cheque Visa MasterCard

Credit Card Number _____ Expiry Date _____ Signature _____

Please send tax receipt to (Please print) Name _____ Address _____ City _____

Province _____ Postal Code _____ Phone _____ Email _____

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 June issue must be received and paid by May

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

10 Health

Hearing Aids

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

20 HOME MAINTENANCE

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

The Scottish Painter and Sons

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

Tony Peterson Eavestrough

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

Londonderry Painting

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

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

Tony Peterson Eavestrough

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

Senior working for seniors

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

Millenium Contracted Ltd.

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

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

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

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

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

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

Please view www.contest.millenniumcontracting.ca Once 25 jobs are secured, we will create a separate, but similar contest outlining rules, regulations and contest dates. **Any questions please call Shawn 403-703-9132**

11 FOOT CARE:

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

Special promotion for new clients.

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

Alberta's Mobile Foot Care

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

12 HOME CARE

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

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

Susan's HomeCare is here

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

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

phone 403-273-6424 or 403-803-9493

26 SERVICES

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

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

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

GEEK COMPUTER

PC Repair Setup TV/Netflix Serving Canada over 25 years Senior Discount Available 403-560-2601

Corinne's Mobile Hair Service

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

Mobile massage at your own home.

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

We fix computers

Local computer repairs & lessons. Affordable rates Free diagnostics, no travel fees, great service. xentas.ca 403-481-8080.

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

"THE YARDIST LTD" TREE & SPRAY SERVICE

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

Geek Computer PC Repair Setup TV/Netflix Serving Canada over 25 years Senior Discount Available 302-560-2601

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

COMPUTER SERVICES & LESSONS

Great Service, Competence, Reliability and Trustworthiness. Honest solutions for you. 25+ years of experience. Call today 403-481 8080 service@xentas.ca – www.xentas.ca

AZPERLEGAL SERVICES

30+ yrs exp drafting Wills,

Endurnig Powers of Attorney & Personal Directives (Living Wills) at a fraction of the cost of a lawyer.

I am a mobile service – I will come to you. Pls call 403-629-5702 or email cherrington@azperlegal.com for appt. AzPerLegal Services specializes in drafting legal docs & providing court agency representation. For info visit www.azperlegal.com

30 FOR SALE:

For private sale in Mountain View Memorial Gardens, two side-by-side plots located in the Last Supper Garden, one of the oldest gardens in the cemetery. Each plot can accomodate 1 casket or 3 cremation urns, or one casket plus 2 urns. Current cost of one plot in this prestigious garden is \$8,250, plus internment and transfer fees. For these plots, internment fees are includd in the price of \$4500 each. Transfer fees are negotiable. Interested parties can contact us via email, marilyncoale4415@gmail.com

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

Selling lift chair. Brown leatherette.

Perfect condition. Less than a year old \$500. 403-232-8209

Rotec Wireless remote electric multi-positional medical bed. Waterproof covered mattress. 54x80x6 inches. Invacare 6629 custom full-length bed rails. Dresser covered with padded vinyl.

Stainless steel wheelchair. Low pressure wheeleez balloon tires. For use in sand, snow, grass, etc. Has folding side support. Reclining leg support. Seldom used. 403-243-7432

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

33 WANTED

Professional conscientious, ethical and honest dentist

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

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

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

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

Electronic parts – propellers – any

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

48 Real Estate

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

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

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

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

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

50 RELOCATION SERVICES

ABC MOVING

Specializes in relocating seniors from one place to another. \$\$ low low rates \$\$\$. Call Don at 403-383-9864. www.abcmoving.ca

A-SAV-ON MOVING

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

A message from Druh Farrell and Ward 7: Get vaccinated!

Vaccines are a safe, effective, and essential part of tackling the COVID-19 pandemic. With the recent announcement of AstraZeneca (AZ) vaccinations opening up to those 40+ in Alberta, I am again encouraging Calgarians to get their shots if they are eligible. To book your vaccination, visit: <https://www.alberta.ca/covid19-vaccine>

All of the vaccines are safe and all of them help prevent serious illness. I received my AZ vaccination five weeks ago. I consulted with my family doctor first and she said, "YES! YES! YES! Go ahead with the AZ vaccine! It is just as good as Moderna and Pfizer at preventing serious illness as

I'm sure you know."

You may have read that there is a rare risk of blood clotting with AZ. Research and Dr Deena Hinshaw confirm that the risk of this is extremely low, that it is less than with many common medications, and that the risk is far outweighed by the benefits of the shot. Just two cases have been reported in Canada after over 700,000 AZ shots. That is only 0.0003%. On the flip side, if you are 55+, you are 1,500 times more likely to be hospitalized after contracting COVID-19 than you are to experience a blood clot after being vaccinated with AZ. With increasing COVID-19 cases and variants spiking in Alberta, taking the vaccine

that is available to you now is more important than ever.

If you are still worried, or have a serious health condition, talk with your doctor. Also be sure to always check reputable information on COVID-19 by visiting: <https://www.alberta.ca/covid>

As more Albertans are vaccinated daily, remember that we all need to keep following public health guidance and restrictions. Practice physical distancing, wear your masks, wash your hands, avoid non-essential trips, isolate when you are sick, and get tested. Above all else, remember to be kind.

CROSSWORD SOLUTION

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

PUZZLE ON PAGE 22

SUDOKU ANSWER

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

PUZZLE ON PAGE 22

ADVERTISERS' INDEX MAY 2021

Bethany Care.....	18, 32	Manor Village	2, 6
Beyond Neighbours.....	FP	Molzan	19
Bill Stemp.....	12	Mountain View Seniors	20
B.L. Braden Denture Clinic.	10	North Hill Denture.....	8
Bowbridge Manor.....	22	Nuvo Elevators.....	31
Brenda Strafford.....	15	Nurse Next Door	10
Co-op Memorial Society	4	Prominence Way.....	7
Evanston Summit	23	Sandra Sebree	6
Golden Life.....	9	Silvera for Seniors	5, 13
Grandaughters	14	Shalem.....	19
Heart to Home	8	The Estate Lady	31
Jahdiel.....	12	Trinity Lodge.....	21
K. Buchner.....	14	Verve Senior Living.....	11
Luxstone Manor.....	24		



IN MEMORIAM

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

- Chizuko Helen Yamazaki**
- Constance Helen Labicane**
- Donelda Lila (Donna) Schadt**
- Gerald Joseph (Jerry) Jones**
- Gerhard Arthur Nitsch**
- Hans Harold**
- John Han Weintz**
- Margaret McGruther**
- Maxine Gerald Gulstene**
- Merlin Michael Traboulay**
- Stella King**

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.



Kerby News Business & Professional Directory

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

The Estate Lady

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

Kimberly Wallace

Paralegal, Commissioner for Oaths
25+ Years' Experience

Website: theestatelady.ca

Phone: (403) 870-7923

Email: kimberly@theestatelady.ca

NUVO

Pneumatic Elevators Inc.

We Lift You Up

Beautiful, quick to install, and eco-friendly
Choose from 3 sizes and 6 color options

www.NuvoElevators.com Call Phil @ 587-707-6700



YOU COULD ADVERTISE HERE CONTACT

JERRY JONASSON 403-705-3238
JerryJ@kerbycentre.com

or
DAVID YOUNG 403-705-3240
DavidY@kerbycentre.com



Right Home Right Time Right Place

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

Explore Your Options Today...

Affordable Housing for Seniors

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

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

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

Riverview Village
2945 26 Ave SE, Calgary

Affordable Housing
403.272.8615

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

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

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

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

First Assembly Manor

614-57 Ave SW, Calgary

Glenmore Manor

1111-68 Ave SW, Calgary

Menno Court

2808-25 St SW, Calgary

Menno Gardens

2637-25 St SW, Calgary

Affordable Housing
403.252.4744

A New Lease on Life!

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

Amenities include:

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

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

Sundance on the Green

3 Sunmills Green SE, Calgary

Life Lease
403.254.9800

Call for more information or to view a suite by appointment.

Discover your new home at
BethanySeniors.com

