

Finding friends with YouQuest



Early onset Alzheimer's is life changing. It will change your whole world. But the lives of those affected still have so much worth. YouQuest is an organization that aims to assist those in our community affected by early onset dementia. Story on page 16.

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THANK YOU

THE COMMUNITY WITH HEART

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

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

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

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

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



– Dr. M. Garth Mann: Director



From Residents and Families

“Your teams’ diligence in regard to everyone’s health and well-being is most appreciated.”

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

“Strong work Manor team! Thank you!!!”

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

“Fantastic job all around.”

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

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

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

“Thank You so much for all you do to keep residents well, engaged and comfortable. It is so comforting to know you are so aware of what needs to be done to keep everyone safe. I do not worry about Mom at all, knowing how well taken care of she is. I wish everyone calmness and continued good health during this stressful time for our world.”

“Thank you for the great work you, your staff and residents are doing in keeping this virus from entering Staywell and keeping the families up to date on the measures being taken.”

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Larry Mathieson, CEO

The difference Kerby Centre makes

Now more than ever we need Meals on Wheels Volunteers in Medicine Hat and we need our volunteers at Kerby and Veiner Centre's.

It seems ironic as our centre's open and close due to COVID that we are actually deploying more and more volunteers. Many of these volunteers are doing

outreach or meal delivery for seniors who are isolated or shut in. Some have volunteered to make social support calls or other types of virtual volunteering. Volunteers help teach our seniors how to use Zoom or their iPad so they can stay connected to family and friends during the pandemic. We are very thankful for all the volunteers who have helped us make the recent Kerby Classic and the Grand Parade a success.

I suppose while I am talking about our fundraising events I should talk about our many donors. In January of 2020 the provincial government started to make funding cuts. Our organization like many other charities experienced a reduction in government funds. We expect that af-

ter the pandemic is over, non-profit organizations like ours will face further government cut backs. Opening and closing the centres over the last 19 months has meant reductions in revenues at the stores, the Café and Bistro., These are revenues that we use to run our mission driven or charitable programs.

In 2020 and 2021 our donors made us able to convert to digital and on-line programming to replace the in person programs we could no longer offer.

They allowed us to reach many more seniors through our outreach programs and to create program like our Free Bread Market. Kerby Centre and Veiner Centre would not be able to do what we do for older adults if it were not

for people like you who are willing to give us your time-treasure and talent.

I have been moved by how many of you have helped us make a difference for older adults in Alberta at a time when we have needed your help the most.



OCTOBER 2021

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To support older adults to live well in their community.

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Richard Parker,
Kerby Centre President

Fall is my favorite time of year.

As I write this in mid-September there is a beautiful blue sky and warm sun outside which helps me ignore, for a moment, all the noise about elections, COVID and other distractions. With the days drawing in and the end of the golf season approaching, I especially enjoy the fall colours and the light seems different.

This year has been an especially good one for our garden and as I was clearing up the yard the other day the sun caught a series of marigold plants giving them a real gold lustre.

It made me realize how lucky we are to live in such a beautiful part of the world.

That leads me to think of Thanksgiving. Our family tradition for over 40 years has been to share a Thanksgiving meal with

Fall colours

half a dozen other families.

What started as 12 people squeezing into someone's living room, has grown to over 40 people and now requires us to rent a hall.

Both last year and again this it will be a virtual event, but one thing that has not changed is our tradition of going round the room asking each person what they are thankful for.

It is a great way to remind ourselves of the good things that have happened and I always find it uplift-

ing, especially when I hear the grandchildren express what they are thankful for.

In closing I encourage you all, as you celebrate Thanksgiving, to stop for a moment and think what you are thankful for.

Then tell someone about it as I am sure it will brighten their day and maybe start a conversation about the good things in our world.

Happy Thanksgiving to you and your loved ones.



Photo courtesy of Nataliia Kvitovska

Kicking off the school year with RESPs

Courtesy of Alberta Securities Commission

With the new school year kicking off and kids headed to classrooms, now is a great time to start thinking about how prepared you are for their future education.

While it may seem far away, planning for your child or grandchild's post-secondary education early on can pay off big over time.

Costs for post-secondary education — universities, trade schools, colleges — are rising every year. According to Statistics Canada's 2020-

2021 figures, the average national one-year cost of university for students in residence was \$22,730 and \$11,330 for those living at home, which is expected to rise to \$32,942 and \$16,165 for children born in 2021.

For those wanting to help support their children with the costs of post secondary education, an RESP account can be a critical savings and investment vehicle.

Why should you consider a RESP?

The registered education savings plan was created in 1974 by the

Federal Government to encourage parents to save for their children's post-secondary schooling. As a savings and investment vehicle geared towards students, there are numerous benefits RESPs have over other savings plans. These include:

- Tax-deferred growth. You can contribute up to \$50,000 per child to an RESP without any taxes payable on the money earned (i.e. accumulated income, Canada Education Savings Grants, Canada Learning Bond, Provincial Grants), until it is used. When the

money is withdrawn, income earned is taxed at the student's tax rate — which could be minimal as most students have little or no income.

- Government grants. To compliment existing funds saved or invested, the government will contribute 20 per cent on every dollar up to a maximum grant of \$500 a year. You can utilize this annual grant for a total grant contribution of \$7,200. Low income families can also benefit from additional grants provided through the Canadian Learning Bond.

The title "savings

plan" is slightly misleading, as parents are also able to invest within their child's RESP and rely on the power of compound interest to grow the plan significantly.

For example, if you invested \$210 a month for the first 15 years of your child's life in a diversified investment fund at an average annual compound interest rate of 6 per cent, at the 16 year mark, your child would have \$58,655 in their account, excluding the additional government grants.

What if my child decides not to go to post-secondary?

If your child decides that they do not want to pursue post-secondary education, you are allowed to keep the account open for up to 36 years. If you know for sure that your child will not be attending a post-secondary institution, you can withdraw the contributions you have made to the account with the accumulated interest earned on these contributions, taxed at your marginal tax rate plus 20 per cent.

You can also transfer up to \$50,000 of your contributions to your RRSP, if you have the room.

How do I create an RESP?

Start by contacting your financial advisor or financial institution. Most banks, credit unions, mutual fund companies, investment dealers and scholarship plan dealers offer RESP accounts.

Additionally, financial advisors and robo-advisors can help you open an account and recommended a suitable portfolio of investments for your child. Always remember to check the registration of any individual or firm you plan to work with.

Just like when you held their hand on their first day of school, your investment in an RESP can provide invaluable support to your child as they complete their scholastic journey.

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Menu \$14.00

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Roasted Turkey, served with a side of Mashed Potatoes, Mix Vegetables, Gravy, Cranberry Sauce, Dinner Rolls and a fresh Spring Salad with Soya Vinaigrette. & Delicious Pastries for Dessert.

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WED, OCT 27TH | 11AM-2PM

Menu \$12.00

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Chicken and Pork Cutlets, served with a side of Mashed Potatoes, Mix Vegetables, Gravy, Dinner Rolls and a fresh Spring Salad with Soya Vinaigrette. & Delicious Pastries for Dessert.

Dress up in a costume for a chance to win a Gift Basket

*Halloween masks and dangerous props are not permitted inside the casino.

Any Elite 55 Club Member attending the lunch with a birthday in the month of September will receive a complimentary buffet lunch!

Reservations are required for this event minimum 2 days in advance. Please call Guest Services @ 403.514.0900 EXT 7055, e-mail guestservices@cowboyscasino.ca or visit www.cowboyscasino.ca

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Warm food for colder days



Lesli Christianson-Kellow
Kerby News Columnist

er. Now is the time to bake with apples, pears, and pumpkins and to spice up our baking with favourites like cinnamon, ginger and cloves.

The smell of a well-seasoned pot of soup bubbling on the stove is comforting and, of course, nourishing. When I smell supper summering on the stove it fills my heart with joy. It's the small things these days, after all, and this is one of them. It's an excuse to sit down with your loved ones and eat dinner together around the table. It's the opportunity to listen to each other and exchange words of support, encouragement and share a few laughs.

Not everyone likes to cook, I know. I was never much of a baker, but I just kept following the recipe and now I've grown to enjoy baking. I want to share a few recipes to get your Autumn off to a good start. I am confident that you will enjoy both recipes below

As Autumn days grow cooler, it's our cue to dig out comfort food recipes that were put aside at the start of the burger and salad season.

Even if you don't appreciate the chilly days or snow, the food that comes along with the weather is tasty, nourishing and satisfying - lasagna, hamburger soup, split pea soup, beef stew, and shepherd's pie.

Baking opportunities arise, aslo with the changes with the weath-



- Soft Ginger Cookies and Creamy Potato & Kale Soup with Italian Sausage. I guarantee that they will be worth your time and effort.

Lovely days don't come to you, You should walk to them - Rumi

I've been making these soft ginger cookies for years and am always asked for the recipe when I give them to friends and family. Please make the cookies and be sure to pass the recipe around.

Soft Ginger Cookies

Makes: 2 dozen

Ingredients

- 2 - ¼ cups all-purpose flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¼ teaspoon salt
- ¾ cup butter
- 1 cup white sugar
- 1 egg
- 1 tablespoon of water

¼ cup molasses
2 tablespoons of sugar

Directions

1. Preheat oven to 350 degrees F. Sift together the flour, ginger, baking soda, cinnamon, cloves and salt. Set aside.

2. In a large bowl, cream together the butter and 1 cup of sugar until light and fluffy. Beat in the egg, then stir in the water and molasses. Gradually stir the sifted ingredients into the molasses mixture. Shape dough into walnut sized balls, and roll them in the remaining 2 tablespoons of sugar. Place the cookies 2 inches apart onto an ungreased cookie sheet and flatten slightly.

3. Bake for 8 to 12 minutes in a preheated oven. (Err on the side of underbaking, slightly, cookies should 'crack' slightly when ready). Allow cookies to cool on a baking sheet for 5

minutes before removing to a wire rack to cool completely. Store in an airtight container.

This soup is delicious and tastes great the next day, too! You can choose to make it with spicy or mild Italian sausage, adjust according to your taste.

Creamy Potato & Kale Soup with Italian Sausage

Ingredients

- 1 tablespoon of oil
- 1 lb. of italian sausage (remove from skins)
- ¼ teaspoon red pepper flakes (more or less to taste)
- 3 cloves of garlic, minced
- 1 onion, diced
- 4 cups of chicken broth
- 3 small potatoes, thinly sliced
- 2 cups of kale, thinly chopped
- 1 cup of heavy cream (2% works, too)
- Salt and pepper to taste

Directions

1. Add oil to a large pot and heat, brown the sausage.

2. Add onions, garlic, and red pepper flakes.

3. Stir often until onions are translucent.

4. Add chicken broth, potatoes and kale.

5. Bring to a simmer, reduce heat to medium-low until potatoes are tender (about 10 minutes).

6. Remove soup from heat, stir in cream/milk, season with salt and pepper.

7. Ladle into bowls and serve with chunky bread.

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

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The ringing of the bells

Accessed on Unsplash; photo by Rafael Garcin



Barbara Ellis
Kerby News Columnist

It is not known exactly when or where the bell was invented, however, bells have been with us for millennia. One of the oldest bells discovered so far is a clay bell and is thought to be over 3000 years old.

In ancient times, bells were rung to communicate with people over great distances. Bells were also rung to sound the alarm at the approach of enemies, or impending storms or fires. Farmers began hanging bells around the necks of their livestock. This made it much easier for the farmer to find them when they wandered away from their paddocks.

Over time, bells be-

came an integral part of many religious ceremonies. Later still, bells were incorporated into the actual structure of the church itself. Most towns and villages in Europe, ring their bells every Sunday morning to call people to worship.

Bells have also been used to ring out hope, freedom and peace.

During the Second World War, bells all around the world fell silent as the horrors and destruction of war played out.

When it was finally over, bells once again rang out with joy, declaring the return of peace to the land.

My father loved bells. I suppose that affinity was due to his background. He was born in Hungary and

as a young boy, he was an active member of his church.

He often participated in the ringing of the bells, an activity that greatly inspired him. He loved being involved and helping out in his parish. Then one day he realized that his destiny was to become a minister of the church.

Over the intervening years his calling would take him and his family far away from his homeland to many continents and countries.

Eventually, the road led to the United States. Dad and mom moved to Beaver Falls, Pennsylvania in 1959 to minister to a Hungarian congregation there. In the weeks that followed, he learned the history of the church, and, the existence of an old bell stored in the basement of the church hall.

The original wooden

church was built in 1800 by a Methodist congregation. It took them until 1870 to save enough money to have a bell made by the Bell Foundry of Seneca, NY. The bell was installed and used by the Methodists until 1910 when they sold the church to the Hungarians. The new owners used the church for several decades until it was demolished in 1957. Then a new church was built, this time with bricks, but unfortunately, it did not have a tower. Thus, the bell was boxed up and stored in the basement.

It saddened my father to hear about the bell and he decided to do something about it.

The 51st anniversary of the church was fast approaching so he convinced the congregation to resurrect the use of the old bell. A solid granite stand was placed at the entrance of the church, and then, the bell was ceremoniously placed upon it. Once again, the old bell became instrumental in calling people to worship.

After my mother died, dad moved to Calgary to live with me. On a beautiful summer's day, he and I took my two nieces to Heritage Park for a wonderful day of fun. While we were there, I noticed my father intently watching the train as it made its way around the park. Later, I learned, that it was not the train that fascinated him, but the bell

that was mounted on the locomotive.

The following week he made a phone call to Canadian Pacific with a special request. He told them who he was and that he was the minister of a small church in Calgary that did not have a bell. He said he just spent a day at Heritage Park, where he saw and heard a bell on the locomotive. It seemed to be just the right size and he wondered if Canadian Pacific might have a bell they no longer needed. He was told, that as it happened, Canadian Pacific was in the process of dismantling most of their steam locomotives, and so yes, they would be delighted to donate one of their bells to the church.

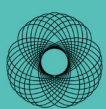
There was great excitement in the church on Sunday when dad announced that they were going to get a bell. First, they had to make sure that the small tower would be able to support the bell. Once that was confirmed, then licenses to wire and reinforce the tower had to be obtained. When everything was in place, the bell was shipped out from Montreal and installed. In appreciation, and to celebrate this new addition, the congregation put on a wonderful feast for the attending Canadian Pacific representative.

In 2000, my sister and I decided to vacation in Europe. After a long and very difficult flight, we arrived in Paris completely exhausted.

At our hotel, we stumbled upstairs and literally fell into our beds. In the morning, we were awakened by the ringing of the bells of Notre Dame Cathedral.

We jumped out of bed and opened our windows as wide as we could. We did not want to miss one single chime of those wonderful bells. From where we stood, we could see the spire and the two towers as they reached towards the sky.

What an emotional and stirring moment! What a superb welcome by Paris, the City of Lights.



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How serious is food inflation in Canada?

Sylvain Charlesbois
Dalhousie University

If you think food prices are increasing at a much faster pace than what Statistics Canada suggests, you're likely not imagining it.

For a few years, many Canadians have suspected that the federal agency was either underestimating our food inflation or there was some lag between what was going on at the grocery store and what was reported.

We now know a little more about what's happening, at least this year.

BetterCart, a Canadian company that monitors food prices across the country daily, has a slightly different reading on

how food inflation is impacting Canadians' food affordability.

BetterCart mines its data from flyers, websites and several other sources to measure the cost of a number of food products. The company has started to compare its data with Statistics Canada's Consumer Price Index (CPI), which is published every month. In some cases, variances reported by Statistics Canada are higher but in many cases they're much lower than what BetterCart is finding.

The investigation continues but evidence suggesting that Statistics Canada is underestimating food inflation is mounting.

For example, while the CPI report indicates that the price of ketchup has

dropped by 5.9 per cent, BetterCart suggests ketchup is up by 7.3 per cent since January. Potatoes are 11.5 per cent more expensive than in January versus the 3.7 per cent suggested by the CPI. Frozen french fries are similarly more expensive – 26.2 per cent more expensive since January, not 5.9 per cent as the CPI reports. Bananas are 4.9 per cent more expensive according to BetterCart, not 0.1 per cent more.

Butter offers the most shocking difference. BetterCart believes butter in Canada is up a whopping 35.5 per cent compared to a timid 2.8 per cent estimated by the CPI report. Following a scandal in the spring that revealed how dairy producers were us-

ing more palm oil byproducts, price hikes were expected.

Statistics Canada's website is very explicit about its methodology and how it accounts for its data capture. The federal agency provides many details about process and reporting, but it never discloses what brands it looks at, what stores or how the data is processed.

Another issue is shrinkflation, which is about shrinking packaging sizes and offering smaller quantities while retail prices remain intact.

While a Statistics Canada website talks about how it measures the impact of shrinkflation, about 70 per cent of products in its food basket are listed at quantities that no

longer exist in the market. BetterCart converted to market-based quantities rather than what's reported by Statistics Canada to better appreciate the impact of different packaging formats over time.

Such an analysis shouldn't be considered evidence that Statistics Canada is failing. Statistics Canada has a stellar reputation when it comes to measuring macroeconomic metrics to give our policy-makers, industry and consumers a better sense of what's happening.

Most experts and academics rely on the federal agency to tell us what's happening. The CPI is likely accurate about many aspects of our economy. Those aspects include durable goods, automobiles, energy and lodging.

But food distribution is becoming more complicated. Market dynamics have become much more intense. Food sector market undercurrents may be harder to pick up than five or 10 years ago.

This is obviously an important issue, since most Canadian social policies are influenced by authoritative data. That data is always intertwined with science-based decisions to set public programs designed to offset any negative pressures related to the cost of living in Canada.

But Statistics Canada could be underestimating food inflation by at least 1.5 per cent. A 1.5 per cent increase for an average family of four would represent \$180 to \$200 worth of food a year.

Statistics Canada's CPI methodology may not require a complete overhaul but it certainly needs some tweaking. Since prices are changing more quickly, some of the data-capturing process needs work and certainly more transparency.

Statistics Canada claims it changes its food basket constantly but it still only monitors baked beans as a vegetable-protein-based product. When it comes to fish and seafood, canned salmon is basically it. That's not quite what Canada's Food Guide recommends these days.

Many Canadians have started to view CPI statistics with some disbelief, especially when it comes to the price of food. Their reality at the grocery store doesn't mirror Statistics Canada's analysis of that marketplace. And that could hurt the federal agency's reputation over time.



The inaugural Kerby Centre Charity Classic, held on September 9th at Carnmoney Golf Club, was a huge success!

With your support, we raised over \$80,000 for the benefit of Kerby Centre programs and services for older adults.

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Biomanufacturing partnership expands Canada's vaccine capacity



By Gillian Rutherford
University of Alberta

Vaccine makers, medical researchers

companies now have a new full-service option to get their products manufactured in Canada, thanks to a recently

announced partnership. The U of A's Alberta Cell Therapy Manufacturing (ACTM) facility has signed a memoran-

dum of understanding with The Ottawa Hospital's Biotherapeutics Manufacturing Centre (BMC) and BioCanRx, a Canada-wide research network to develop cancer therapies.

The partners already collaborate to manufacture several products including a gene therapy for a deadly lipid disorder, therapeutic cells used to treat septic shock, and the Entos COVID-19 vaccine, which has just been approved for Phase 2 hu-

man clinical trials. "For Canada to play a key role in new breakthrough therapies and vaccines, we must invest in multiple facilities across the country and foster collaboration," said Greg Korbutt, professor of surgery in the Faculty of Medicine & Dentistry and ACTM scientific director. "This agreement sets the stage for a Canadian biomanufacturing ecosystem."

"Canada has some of the best scientific minds in the world working to develop new therapies and vaccines, but they have been limited by our lack of domestic biomanufacturing capacity," said Duncan Stewart, executive vice-president of research at The Ottawa Hospital and professor of cellular and molecular medicine at the University of Ottawa. "This new partnership, which combines areas of strength across the country, will greatly enhance Canada's ability to produce medical treatments and vaccines."

"Canada has deep biopharma research experience, so it's great to see expansion in the biomanufacturing sector. Hopefully, Canada continues to invest in initiatives such as this," said John Lewis, who is the Frank and Carla Sojonyk Chair in Prostate Cancer Research at the U of A, a member of the Cancer Research Institute of Northern Alberta and CEO of vaccine developer Entos. "Accessing the facilities and expertise at ACTM and The Ottawa Hospital has significantly helped propel our COVID-19 vaccine candidate into clinical trials."

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Continued on page 18.



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Flu and independence

Courtesy of Sanofi Pasteur

When 87-year-old Peggy Prendergast went to the hospital for a fractured hip in 2017, nothing prepared her for what she was about to see.

All around her, people were suffering from the debilitating consequences of the flu.

Once a senior is hospitalized because of a medical illness, like the flu and / or its complications, they are also at risk of losing their independence.

After a hospital stay, as many as one-third of seniors leave the hospital with a reduced ability to carry out their daily activities.

Peggy wants to do everything she can to

keep healthy, active and independent for as long as possible.

“I’m a volunteer art teacher in retirement residences and a proud grandmother to beautiful grandchildren, and I value my active and independent lifestyle that allows me to do the things I love,” said Peggy.

“I get my flu shot each year. It’s an action I take that reassures me I am doing what I can to help prevent the flu.”

For Peggy, a committed senior advocate, it’s important for seniors to get vaccinated this flu season.

Canada’s National Advisory Committee on Immunization (NACI) recommends influenza immunization for



high-risk individuals, such as adults 65+ and people with chronic diseases.

Vaccination does

not provide 100% protection and does not treat influenza and / or its complications or prevent hospitalization

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SANOFI PASTEUR 

Worthy of every single day



Story by Andrew McCutcheon

Photos Courtesy of YouQuest

“Clyde is one of the most incredible human beings I’ve ever met in my entire life,” Angela Kelly says of her husband. “He fights every day to stay tethered to my world. Every day he fights, to be a part of life, to be funny. He loves to make people laugh.”

Clyde is 66. Angela is 59. They should be preparing for a happy retirement and doing all the things they’d made plans for in years previous. However, their lives changed irrevocably about nine years ago. This was when Clyde first started presenting symptoms of Early Onset Alzheimer’s.

“I starting noticing things when Clyde was about 57 or 58,” Angela recalls. “At the time, you’re not thinking Alzheimer’s or whatever, you think it’s a normal part of aging.”

But it wasn’t.

Alzheimer’s disease is the most common form of neurological dementia, affecting a person’s memory, thinking and behaviour. Normally, it

affects those above the age of 65. If it begins to take hold when a person is younger than that, it’s known as Early Onset Alzheimer’s.

Scientists still don’t know what causes the roots of the neurological decay: they understand that there are fragments of proteins build up and damage different parts of the brain. Experts understand the how, but there’s still so many questions about the why.

The “How” for Clyde started with social situations.

“Clyde was an extrovert,” Angela says, comfortable in any social situation. She recalls the time going to a piano bar where Clyde got up and asked to sing song or two himself, no fear whatsoever when it came to making others smile or making others laugh.

Angela would try making plans and Clyde would have hesitations about meeting people. “He’d say, ‘well I don’t know those people’.”

“And he’s never met a person he didn’t ‘know,’ right? It was strange for me. It was small things like that.”

When Clyde was closer to hitting 60, Angela realized there was some-

thing seriously wrong, but many of the medical practitioners the two spoke with didn’t consider Early Onset Alzheimer’s at that

time.

It wouldn’t be until he was 61 that Clyde was booked for a scan, where they finally received a diagnosis.

“I was an emotional basket case,” Angela recounts. “I’m pretty emotional when it comes to him. He’s one of the kindest, funniest, sweetest people ever, and it seems so unfair.”

Clyde’s response to the diagnosis was filled with bravery; bravery and courage in front of the most impossible and impenetrable of circumstance:

“I lived a pretty good life, if someone has to take to hit, I’d rather it be me than one of those kids over at the children’s hospital.”

They had the diag-

nosis. Their lives had change irrevocably. What was next?

There aren’t nearly as many resources offered for those with Early Onset Alzheimer’s compared to those past the age of 65, Angela said.

“There was no help, because of his age. There was no help, and you just flounder... there was nothing to guide you, or help you. But life goes on.”

One of the few resources that was available was an organization Called YouQuest.

YouQuest aims to fill in the gap where resources are unavailable, for those with young-onset Alzheimer’s and dementia in their 40s, 50s and 60s.



By focusing on recreation therapy and active living, YouQuest not only provides care to improve the quality of life for those diagnosed, they help provide a much-needed reprieve to family caregivers.

Clyde and Angela got involved with YouQuest. Angela said that the first day she dropped Clyde off, she was a nervous wreck.

“It was like sending your child to school for the first time.”

Clyde got to play basketball, make new social connections, and most importantly, was treated like a person with value by other participants and volunteers.

“These people are incredible...If you watch how they interact with people, it’s a sight to behold,” Angela says of YouQuest. “They still treat them like they are valued members of society, how they think, and what they feel, it’s important to them. And most people don’t understand that.”

Angela comments also on the combined difficulty and benefit of socialization and recreation for those with young onset diagnosis: at the time in your life when you most need to go out, see people and do things, your peer group disappears.

YouQuest, once again, acts to fill the gap.

Not only for Clyde, but for Angela as well.

“I felt like I was floating out in the wind until I got into YouQuest,” Angela says.

She describes the difficulty and difference when it comes to emotionally processing young onset Alzheimer’s compared to having a parent or a grandparent diagnosed much later in life.

While both are hard and demanding in their own, specific and heart-breaking way, having a spouse receive a diagnosis while still in the prime of their

life is another beast all together.

“You have to juggle a job, plus look after someone ... other folks, they haven’t lost your life’s work, your retirement ... the stress of your husband leaving work early,” she says. “He’s still a young man and he wants to do things, to participate in life ... not that someone who’s 85 doesn’t, but they have different needs.”

“Not only am I losing my spouse piece-by-piece, day-by-day, but we’re losing all the plans we had for our future.”

Angela describes an experience that is equal parts impossible and heart-breaking. And yet, they move forward in life. With dignity, with strength and with laughter.

“He loves to make people laugh, and if you ask him, what do you want people to remember? ‘I want people to know that I was funny and I was kind’.”

“Every single day, I wake up and ask: Let me be worthy of him today, because he’s such an amazing person,” Angela says.

“We’ll get through.”



Unique facility expands capacity

Cont. from page 12

The ACTM facility contains six clean rooms, a quality control lab and a soon-to-be-completed fill-finish suite, where medications are bottled and sealed for shipment. The staff and equipment meet Good Manufacturing Practice (GMP) regulatory requirements. The facility was completed in 2014 with \$26.2 million from the Canada Foundation for Innovation, Alberta Enterprise and Advanced Education and the University of Alberta.

Korbitt was part of the original team that developed the Edmonton Protocol, transplanting donor islet cells into people with Type 1 diabetes, and ACTM will be involved with future islet stem cell research.

ACTM is also producing chimeric antigen receptor (CAR) T-cells

for use in an innovative treatment now in clinical trials that uses a patient's own immune system to battle cancer cells.

Korbitt explained that the goal is to automate the fill-finish process, expanding the current capacity of 1,000 vials per day to 5,000. The new partnership will help ACTM reach new clients and markets, and expand its revenue stream.

"The waiting period for fill-finish in the U.S. can be several months," said Korbitt. "Any pharmaceutical company making a liquid drug that needs to be fill-finished is a potential customer. Our facility is state-of-the-art."

"This partnership will not only scale up our domestic biomanufacturing capacity, but include hands-on GMP training to meet the astounding demand for

biomanufacturing personnel," said Stéphanie Michaud, president and CEO of BioCanRx. "More importantly, it serves to support our made-in-Canada approach focused on expanding access to clinical trials for potentially life-saving cancer treatments."

Korbitt said the partnership represents a significant expansion of Canadian biomanufacturing capacity, assuring a reliable and cost-effective domestic supply of vaccines and other medicines for Albertans and Canadians.

"Canada had lost most of its biomanufacturing prior to the COVID-19 pandemic," Korbitt noted. "This could be one important piece in the process of rebuilding."

Volunteer Spotlight

Laurie Manion and Sheilah Heal

We are celebrating friendships at Kerby Centre this month by featuring two volunteers who are also friends – Laurie Manion and Sheilah Heal. Sheilah and Laurie have been friends for many years but when Sheilah began volunteering at Kerby Centre in December of 2020 she decided to invite Laurie to volunteer as well.

Both volunteer by doing meal deliveries for the food security program.

What keeps you coming back to volunteer? Sheilah: "The clients. I enjoy the contact with people, even if it is a short time every couple of weeks. Everyone is lovely and so grateful."

Laurie: "I enjoy making a connection with seniors, many of whom are isolated. This is very important, and the clients are so thankful for the food and for a friendly chat at the door. Also, the Kerby Centre volunteer program is very well organized. I enjoy meeting the other volunteers at food pick-up."

Sheilah and Laurie also have a few hobbies in common. They each enjoy skiing and hiking.

So far Sheilah has contributed over 82 hours and Laurie has contributed over 66 hours.

Thank-you Sheilah and Laurie for all you do for the Kerby Centre!



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<p>Dr. Jia Hu Public health physician, clinical assistant professor in public health at the Cumming School of Medicine (CSM), Chair and Co-founder of 19 To Zero</p>	<p>Anjali Acharya BSc. Pharm, RPH, CTH Influenza, Shingles, Pneumococcal, Covid Booster...Vaccines that can help older adults stay healthy this season & how to get them.</p>	<p>Dr. Adrian Wagg AHS Professor of Healthy Aging Division Director, Geriatric Medicine University of Alberta</p>	<p>Padmaja Genesh BSC, MBBS, BA (Gerontology) BF - CMT, Learning Specialist Alzheimer Society of Calgary</p>	<p>Dr. Mary Szabo MD, Family Physician</p>
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Leaders need moral courage now more than ever, says Roméo Dallaire

By Geoff McMaster
University of Alberta

The term “moral injury” is relatively recent in our understanding of trauma.

When Canada’s Lieutenant-General Roméo Dallaire led United Nations peacekeeping troops in Rwanda during the 1994 genocide against the Tutsi that took a million lives over 100 days, few Canadians beyond the military were aware of the severe psychological damage that witnessing such moral atrocities can cause.

That changed in 2003 when Dallaire published *Shake Hands With the Devil: The Failure of Humanity in Rwanda*, recounting his experience witnessing the genocide.

Dallaire’s revelation that he experienced PTSD during the mission helped destigmatize these potentially debilitating operational stress injuries among military veterans. But it also helped us understand how all of us can confront moral injury in our daily lives.

The former Canadian senator (2005-2014) will expound on moral injury and moral courage in light of the many ethical dilemmas we face today — from health-care workers on the front lines of the COVID pandemic to America’s withdrawal from Afghanistan to the rise of extremist violence around the world — in a series of virtual talks co-hosted by the U of A’s HiMARC (Heroes in Mind, Advocacy and Research Consortium) in the Faculty of Rehabilitation Medicine.

In an introductory online conversation Sept. 22, entitled “Moral leadership and courage from different perspectives,” Dallaire will describe the moral dilemmas he faced during the genocide and how his refusal to leave has affected his mental health to this day.

He will be joined by Major-General Patrick Cammaert, former UN force commander in Congo and adviser to the UN secretary-general, and Congolese Canadian Michel Chikwanine, who was recruited and used as a soldier when he was five years old and now speaks widely as a UN fellow.

The eight-session Cleveringa Dallaire Critical Conversation Series culmi-

nates Nov. 10 with a special Remembrance Day session. The series is co-led by Leiden University in the Netherlands, where Dallaire holds the 2020-21 Cleveringa Chair.

The mental cost of moral courage

As force commander for the UN mission in Rwanda in 1993, Dallaire warned UN authorities that he lacked sufficient resources to stop the attack by Hutu extremists against Tutsi people and Hutu moderates.

The UN failed to provide help and ordered Dallaire to withdraw. He refused without giving it a second thought.

“It made sense to me that saving 32,000 lives from being slaughtered was better than abandoning them,” he told Folio in an interview earlier this month.

“I knew that no matter the legal implications — no matter how they tried to crucify me legally — it would never come close to what I would feel if I had abandoned those people.”

There was indeed a heavy toll to pay for the decision to stay, not the least of which were the PTSD and moral injury that haunt Dallaire to this day. In his book, *Waiting for First Light*, he admits attempting suicide four times before emerging from a paralyzing depression.

“Moral injury is a deep and profound assault on what you are as a human being,” he said.

“It’s when you encoun-

ter situations that go against every element of value, every reference you have in your background, your education, your family, your community, your social values. And it creates an instinctive reaction, a gut feeling ... that comes from the whole body politic of who you are.”

Examining moral injury in Canadian Armed Forces personnel is the current focus of HiMARC, a major research group in the Faculty of Rehabilitation Medicine, led by occupational therapy professor Suzette Bremault-Phillips. The collaborative initiative aims to develop, evaluate and help implement solutions to improve the health and well-being of military members, veterans, public safety personnel and their families.

“Moral injury is important because it is at the core of PTSD and involves shame and guilt, both of which are difficult to disclose and treat,” said Bremault-Phillips.

“In his leadership and struggle for peace and justice, General Dallaire has addressed the need to reconcile his feelings of shame and guilt with acceptance and human connection. In revealing his humanity, he destigmatizes PTSD and moral injury and models a transformative and engaged approach to leadership in the face of moral dilemma.”

As founder of The Dallaire Institute for Children, Peace, and Security at Dalhousie University, Dallaire

is also unequivocal on the issue that occupies most of his time these days—children recruited and used as soldiers.

“I see children as the front edge of the advancement of peace and security in the world.

“It is my fundamental belief that if we crack the code on the prevention of abuse of children — if we can get the children out of the equation and place child rights first, up front — I be-

lieve that we’ll get people around the table and start moving other scenarios.”

For registration information and more on the Cleveringa series — which will examine the cost of moral courage, spiritual recovery from witnessing and PTSD, and how embracing humanity can bring about a culture change aimed at sustaining mental health — visit the HiMARC website.



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Reflections on a growing season



Photos courtesy of Calgary Horticultural Society

Deborah Maier
Calgary Horticultural Society

ties for learning.

In February, I noticed that the seeds in the tomatoes that I was eating were starting to sprout. I'd seen it before and while normally I'd think nothing of it, this year I selected five seeds and put them in a pot to grow. The seedlings were potted up twice before being ready for the garden in June. These plum tomato plants were in addition to the cherry and ox heart tomatoes that I started in March, and the cherry tomato cuttings that I've been overwintering. That's a lot of tomatoes! Have I mentioned before that my garden is quite shady? Regardless, I ate my first home grown tomatoes in early July.

In March, I read a social media post questioning the ability to start seeds from garden store produce. "Of course, you can!" I exclaimed. Proof was needed, so I sprouted the seeds from peppers I had in the fridge, to be able to share a photo with my response. What to do with the sprouts? Plant them of course! Now, what does one do with 48 sweet long pepper seedlings when the garden is shady and cool? I gave away as many as I could.

Last fall, a Society Member Talk speaker said that she loved zinnias. So, my fall online seed order included a package of zin-

nias. There wasn't much choice as seed suppliers had sold their selections out quickly. Fortunately, I just wanted to try grow them ... and they were amazing! During an online class that I attended, the presenter mentioned grasses as a choice to add movement and interest to the garden ... a grass was added to the seed order. Once again, the supplier had run out of the one that I wanted, so another was selected. It was a sun-loving plant.

Normally, my containers for sun are planted with annuals bought at the garden centre. This year the tall interest plant was a tomato. The middle green layer was a pepper plant—they have nice foliage and produce a flower. A grass seedling was added to four pots. Alyssum and snapdragons started from seed and geraniums that were overwintered were included to add a splash of colour. Cuttings from heart-leaf ice plants (*Mesembryanthemum cordifolium*), which is a type of succulent house plant that tolerates many light conditions, was the spiller.

So, what did I learn?

- Full sun and full sun to part shade plants do best if they can be in a mid-day sunny environment.

- Not all grasses are drought tolerant.

It was another atypical gardening season with a lot of planting being driven by what was on-hand. To ensure I had seeds, they were ordered online in the fall. The spring plant browsing at the garden centre didn't happen. Nor did the garden centre shopping trip that would normally recover a significant portion of my membership fee with its discount for Calgary Horticultural Society members. While I missed the garden centre visits, my garden didn't lack for plants. It just looked different. Creating this garden provided great opportuni-



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PARENTING: THE GOOD, THE HARD, AND THE SCIENCE OF IT



with guest speaker: gail smillie, M.Ed., CCC

www.healthychildyyc.ca

THURSDAY OCTOBER 7TH, 7:00-8:30PM
ZOOM HOSTED BY KERBY CENTRE

FREE Registration
<https://www.eventbrite.ca/e/parenting-the-good-the-hard-and-the-science-of-it-tickets-162718899609>

- Choose a grass wisely or there won't be enough season for them to develop the seed head that makes them hailed as an ornamental beauty.
- Tomato and pepper plants can look beautiful in an ornamental container
- Ox heart tomatoes don't perform as well as the smaller cherry and plum tomatoes in my garden, as they don't receive enough direct sunlight. Their soil must be kept

consistently moist, or they develop blossom end rot.

- The basket weave staking method works well for a garden bed of tomato plants.
- Zinnias are great plants to grow. They like warmth, sun, and moisture. They will produce side branches without pinching.
- Pepper plants thrive in heat.
- House plants can make great outdoor con-

tainer plants. Don't be afraid to give them a try.

- A package of ground cover sweet alyssum can fill flower needs of humans and pollinators alike.
- A plant is a plant—ornamental or vegetable. Try some experimentation with what you have on hand, you may be pleasantly surprized at the results.

The next challenge ... what to do with the house-

plants that thrived outside? If you are interested in learning more about gardening in Calgary, including growing house plants

and propagating them, visit our website calhort.org for more information.



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Wednesday, October 6th

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Learn about the vaccines that can help older adults stay healthy this season & how to get them.

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BSc. Pharm, RPH, CTH

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How did reconciliation end up like this?

Many of the educational efforts associated with reconciliation are targeted at non-Indigenous peoples

*Ken Coates
Senior Fellow,
Macdonald-Laurier
Institute
Story accessed
through Troy Media*

Something strange has been happening on the road to true reconciliation with Indigenous peoples. The Truth and Reconciliation Commission produced clear recommendations on how the country could shed the bitter legacy of Indigenous residential schools. Yet, following revelations about gravesites near formal residential schools, the process seems to have morphed into measures designed to serve non-Indigenous people more than Indigenous communities.

Consider the federal government's creation of a national holiday to commemorate residential schools.

Simply put, the vast majority of non-Indigenous Canadians will likely take the holiday as nothing more than a day of rest. It is difficult to imagine this event becoming a turning point in reconciliation. Indeed, making non-Indigenous peoples the significant beneficiary of a national holiday appears an odd way to recognize the hardships and losses of Indigenous children and their families.

Many of the educational efforts associated with reconciliation — elementary and high school curriculum reform, the hiring of Indigenous faculty members at universities and the imposition of mandatory courses in many programs — are likewise targeted significantly at non-Indigenous peoples.

Undoubtedly, Indigenous students will benefit from access to Indigenous lecturers, role models, mentors, and course materials. Yet much of the effort will likely be directed at non-Indigenous students. Such education-

al opportunities may produce well-rounded and favourable attitudes to Indigenous peoples, but the results remain uncertain.

Across the country, major corporations, including resource firms, have embraced reconciliation with considerable commitment.

They have secured guidance from Indigenous academics and community leaders. Government policies, likewise, have prioritized Indigenous voices and preferences, changing fundamentally the way major projects are adjudicated in Canada.

To a significant but far from ideal degree, Indigenous peoples and perspectives are being recognized and respected.

To create an environment of true and sustainable reconciliation, we need Indigenous specialists and knowledge keepers. Indigenous leaders receive many requests to advise, assist and support non-Indigenous efforts. There is, in many instances, an earnest desire among educational

organizations, companies, government agencies, and civil society more broadly to learn more about Indigenous cultures, history and current circumstances.

Becoming educated about Indigenous issues is a vital outcome for reconciliation. But serving these needs places heavy demands on Indigenous educators, leaders, elders, and knowledge keepers. Often, this work is not remunerated or is poorly paid. Frequently, the primary beneficiaries of these efforts are non-Indigenous Canadians.

Reconciliation in Canada, as a result, involves training, cultural awareness initiatives, program and process reviews, and educational outreach, all largely directed at non-Indigenous peoples, alongside commemorative events for the country at large. Indigenous peoples now play the roles of teachers, trainers, mediators, and curriculum developers.

Indigenous peoples are not completely ignored of course. To a lesser extent, the federal government (and non-governmental institutions) had taken steps to address the symptoms and outcomes of Indigenous marginalization.

In fact, the Trudeau government has been extraordinarily keen to provide financial resources and even greater autonomy to Indigenous governments. There has been progress in many areas, from education to water supplies, but gaps between Indigenous people and other Canadians remain distressingly high.

Canadians clearly desire better outcomes, but there is no consensus on the best way to address the current and lingering challenges facing Indigenous peoples and communities.

Reconciliation is a difficult and often fraught process. Overcoming years of bitterness and animosi-

ty, and moving beyond decades of racism and prejudice, is exceptionally difficult. There are good examples of positive developments, such as the Yukon, where a series of modern treaties, self-government agreements and a whole-of-government commitment to reconciliation provide a constructive (albeit still imperfect) model. Compared to 40 years ago, Canadian attitudes toward Indigenous peoples are much more favourable. But the lived experience of Indigenous peoples often tells a different story, with numerous recent examples of prejudice and racial discrimination.

While unusual and far from ideal, Canada's approach to reconciliation contains a crucial lesson for all Canadians. Despite years of discrimination and prejudice, economic and social marginalization, often-entrenched pathologies of repression and poverty, and generations of government paternalism and colonization, Indigenous peoples remain willing to share their culture, history, and knowledge. Remarkably, they continue to extend their hands in friendship and the spirit of reconciliation.

To a degree that is difficult to comprehend, Indigenous peoples in Canada seek real partnership and a desire to share a common pathway.

If and when non-Indigenous peoples recognize this openness and willingness to share, the mutual journey toward real reconciliation will be much easier and might actually start to produce the desired outcomes.

Ken S. Coates is a Munk senior fellow at the Macdonald-Laurier Institute.



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Q+As on Truth and Reconciliation

The following article deals with frank discussion of the experiences of residential schools and their survivors and may be distressing. The residential schools crisis line is available 24 hours a day for anyone experiencing pain or distress as a result of a residential school experience. Support is available at 1-866-925-4419.

Well, let's start at the start. What is Truth and Reconciliation?

Truth and Reconciliation can refer to a few things, but when we talk about it, it's referring to a government commission that was established in 2008 and lasted until 2015. It released a host of findings, all under the mandate of documenting the history and lasting impacts of the residential school system. It included 94 "calls to action" and in its conclusion, declared that the residential school system amounted to a cultural genocide.

Cultural genocide? What does that mean?

Cultural genocide, also known as ethnocide, is the purposeful destruction of a racial, religious, ethnic or national group. It involves the eradication of what is seen as "inappropriate." In the context of Canada and the residential school system, it was the intentional removal of Indigenous children from their families, to take away their religion, their culture, their heritage and their identity.

I've heard that the residential schools weren't as bad as people say?

Not only were they that bad, they were worse. In addition to forcing children to lose their language and identity, abuse was commonplace. Sexual abuse, physical violence and corporal punishment, things that would be considered torture now and things we would have considered torture then. The conditions of the schools, beyond the intention horrors inflicted, were horrendous: overcrowding, rampant rates of illness, inadequate heating in freezing Canadian winters. Make no mistake: it's not a matter of opinion. Saying residential schools "weren't as bad" as they are made out to be is not only historically inaccurate, but takes away from the memories of those who lived through them.

But wasn't that forever ago? It's ancient history now, right?

Not at all. The last residential school was closed in 1997, just before the turn of the millennia. There are many survivors of residential schools that are alive today. Beyond that, there is also the case of intergenerational trauma.

I've heard that term before. What does it mean?

Intergenerational trauma is where the long-lasting effects of trauma are passed down to later generations, from parents to children or within communities. It was first identified by the children and grandchildren of Holocaust survivors, who would eventually be more likely to experience mental health and psychiatric issues compared to the rest of the population.

The experience of children growing up and exploring the world is directly related to how their parents and direct caregivers model behaviour. For example, if a parent experienced the horrors and trauma of residential schooling, they may develop specific symptoms of post-traumatic stress disorder (PTSD) and coping mechanisms to deal with those symptoms.

These coping mechanisms would then be modeled and passed down to their children, who might pass them down to their children. The effects of intergenerational trauma do not end when the person who experienced it passes. It can stick with families and communities, much like a virus, and there are huge swaths of the population who still

deal with issues that can be directly traced back to the residential school system: depression, alcohol or substance abuse, cyclical violence. Trauma begets trauma.

Why are we talking about this now, in particular?

The remains of Indigenous children have been recovered at a multitude of locations across Canada recently. Thousands of remains have been recovered and only a fraction of locations have been explored. It has brought the topic of residential schools and how they represent the traumatic legacy of colonialism in Canada.

So now we have a federal holiday on Sept. 30 for Truth and Reconciliation. What does that mean?

Bill C-5 was recently approved, which creates "a holiday called the National Day for Truth and Reconciliation, which seeks to honour First Nations, Inuit and Métis Survivors and their families and communities and to ensure that public commemoration of their history and the legacy of residential schools remains a vital component of the reconciliation process."

Federal employees will receive the day off, and its aim is to create a day for the opportunity for quiet reflection or to participate in community events in regard to residential schools, their legacy, or Truth and Reconciliation.

The provincial government did not mandate it as a

provincial holiday and left it up to individual employers to decide. However, they did choose to lower flags at provincial buildings on Sept. 30 to mark the day.

What can I do, as an individual?

The biggest thing you can do as an individual, to start, is to assess your own bias. Every person has implicit bias; these are the things we've learned that are unconscious, that sit in the back of our minds,

but have an overwhelming effect on how we experience and interact with the world. When you think of Indigenous communities or of Indigenous individuals, what stereotypes might come to mind? Why do you have these stereotypes? Where did they come from? And most important, how can you fight against these implicit thoughts to ensure that you act from a place of truth and of reconciliation in your day-to-day life.



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Long-term impact of influenza

Courtesy of Sanofi Pasteur

It's been just over two years since 79-year-old Kamloops, BC resident Art Bepple was diagnosed with influenza and spent the next two months in the hospital fighting for his life. Initially admitted to the Royal Inland Hospital

in Kamloops on December 17, 2019 after suffering from a persistent cough and shortness of breath, Art's influenza diagnosis was the beginning of a cascade of illness that remains a part of his life to this day.

Art experienced a major heart attack almost immediately after arriving

at the hospital, which left him in the critical care unit for eight days.

Art and his family had no idea the flu would lead to a series of complications. In fact, one Scottish study observed that catching influenza increased the risk of a first heart attack up to 10 times in the three days after the infection.

One minute Art was coughing, the next he was being transferred to the Kelowna General Hospital to undergo open heart surgery on January 3, 2020.

Art's wife, Myrna, and his daughter, Kari, dropped everything and travelled to Kelowna to be with Art at the hospital. What was supposed to be a five-day stay to recover from surgery, slowly turned into three weeks. Kari took time off work to support Art's

recovery, and she and her brother spent time visiting the hospital twice a day to keep their dad company at mealtimes.

Unfortunately for Art and his family, their troubles didn't end there: while recovering from surgery, Art developed kidney failure. Kari fought hard to advocate bringing Art back to Kamloops for further treatment, after getting him cleared from the cardiac unit.

Today, he receives dialysis three times a week. Not only does this leave Art feeling nauseous and drained well into the following day, but it also means his life now revolves around making it to these important appointments and recovering afterwards.

"It was all very scary," said Art. "Even now life

is different. I don't have the energy to do the things I use to do. My legs get tired. I have to rely more on others."

Before the flu turned their world upside down, Art and Myrna loved the simple things in life. They enjoyed dancing the jive, camping in their RV, and vacationing with their three grandkids – all activities Art can no longer do as a result of the flu.

Kari has witnessed first-hand the physical and emotional impact of the flu and its complications, the resilience of her father, and how life has drastically changed.

"It was a very stressful time in all our lives. My family was in shock and the beginning was really hard," said Kari. "It was a challenge to get him walking, he had blisters all over his legs. Over time, we have made changes to help his day-to-day, including adding a bed rail and using a scooter so he can get to and from dialysis treatments."

Once Art was transferred back to the hospital in Kamloops, Kari moved in to support her father's recovery. Art was finally released from the hospital on February 17, 2019, exactly two months after being admitted.

Art never thought the consequences of the flu would stay with him forever. That's why he wants others to know his story, and the importance getting protected against influenza. "Get in there and get your flu shot," said Art.

For Kari, her advice is simple: "Do everything you can, don't take your health for granted. It's important for all family members to get the flu shot, including elderly parents who are more vulnerable. You can't just think the flu is going to pass. I don't want another family to have to go through what we went through."

There are influenza vaccines recommended by the National Advisory Committee on Immunization (NACI) which are designed specifically for seniors. Visit immunize.ca to find out which flu vaccine is right for you.

Vaccination does not provide 100% protection and does not treat influenza and / or its complications, or prevent hospitalization or death after the onset of disease.

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 Adult - \$75/month
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Because safety is our top priority we have implemented the Restrictions Exemption Program. Visit the website for more details.

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Seniors Scene - Medicine Hat

Chair Yoga with Instructor Krista

This is a chair-based class that brings all the benefits of Yoga to participants who find it challenging getting up and down from the floor. Standing and seated poses, breathing, and relaxation are included. Stretch and strengthen, release, and relax!

1:30pm – 2:15pm
Located at the Veiner Centre in the Crafts room

Classes start October 6th and wrap up on November 10th
Member Price: \$40 | Non-Member Price: \$60

Silver Steppers with Krista

Oct. 7 – Nov. 18
No class on Nov. 11

Silver Steppers is a lively fitness class that teaches line dancing for health and enjoyment.

Register at front desk and please refer any questions to Natasha, Programs Assistant.

Member Price: \$40
Non-Member Price: \$60

Better Choices, Better Health Self-Management Program

Upcoming South Zone Workshops

These free workshops consist of six 2 ½ hour sessions for those who have a chronic condition(s). Participants will increase their confidence and learn new skills to better manage their health condition(s) in order to enjoy a better quality of life. Support persons are also welcome to register and attend.

All workshops will take place virtually using the on-line platform Zoom (www.zoom.us).

A Zoom invitation will be sent by Alberta Healthy Living Program through email.

Interested participants should have access to the following: Veiner Center Classroom/Zoom

- a working device (computer, tablet, smartphone) equipped with a camera and microphone

- access to the internet
- a private space while attending the workshop

- Maximum 5-6 participants per workshop (limited space -please register with Stacey)

Introducing Cori Fischer, the director for the Veiner Centre.

I have a Masters Degree in Social Work specializing in Leadership in non-profit organizations. I have 20 years experience in non-profit, specifically with Canadian Mental Health Association where I started as a mental health educator, became program manager and eventually Executive

Director. With 9 years experience in supervision and leadership there, I am excited to start working with the Kerby Centre and begin overseeing programs and the facility at Veiner Centre and Strathcona Centre.

I was born and raised in Medicine Hat, as is my partner/husband of 18 years. We have two beautiful teenagers which provides me additional experience as a limo driver if necessary. We play a lot

of card games as a family including our extended family

I was Interested in joining the Veiner Centre for a variety of reasons. The opportunity to be a part of developing an amazing centre for our community that supports older adults and enhances their quality of life is the main reason. I enjoy creating opportunities and developing programs that enrich peoples lives.

I am eager to explore

options to develop the programming at the Veiner Centre for the older adults in our community.

I want to hear what the members and the community want and see if we can offer programs and activities that will enrich the lives of our older population and meet their needs, social, mental, physical and psychological. There are many opportunities available in such a beautiful building.

Strathcona Centre October Schedule 2021				
Hours of Operation Monday through Friday 10:00 AM - 4:00 PM				
Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Centre (Monday - Friday) 10:00 AM -4:00 PM				
Fitness Equipment Training TBD				
			Pickleball 10:00 AM - 12:30 PM Gymnasium	
Table Tennis 10:00 AM - 12:30 PM Gymnasium	Table Tennis 10:00 AM - 12:30 PM Gymnasium	Table Tennis 10:00 AM - 12:30 PM Gymnasium	Silver Steppers (Krista) 1:00 - 2:00 Gymnasium	Table Tennis 10:00 AM - 12:45 PM Gymnasium
Pickleball 12:45 PM - 4:00 PM Gymnasium	Pickleball 12:45 PM - 4:00 PM Gymnasium	Pickleball 12:45 PM - 4:00 PM Gymnasium	Pickleball 2:15 PM - 4:00 PM Gymnasium	Pickleball 1:00 PM - 4:00 PM Gymnasium

Silver Steppers Line Dancing (Thursday's) October 7th - November 18th (KRISTA) **Requires 12 Members Registered to run**

Drop-in Fee Member \$7.00 / Non-Member \$10.00 Registration for 6 classes: Member \$40.00 / Non-Member \$60.00

CLOSED OCTOBER 11th for Thanksgiving Day

****Pickleball & Table Tennis have extended hours for the month of October. To be reviewed for the November schedule****

Veiner Centre October Schedule 2021				
Hours of Operation Monday through Friday 9:00 AM - 4:00 PM				
Walking Club (Monday - Friday) Meet at the South entrance of the Veiner Centre @ 9:50 AM - 11:00 AM				
Snooker (Monday - Friday) Drop-in daily Outside of Shuffleboard 9:00 - 4:00 VC Games Room				
Monday	Tuesday	Wednesday	Thursday	Friday
Quilting 9:00 - 4:00 Crafts Room	Water Colour Studio 9:00 - 4:00 Crafts Room	Bocci 9:00 - 12:00 North MP Room	Water Colour Studio (Drop-in 1:00 - 4:00) 9:00 - 4:00 Crafts Room	Quilting 9:00 - 4:00 Crafts Room
Canasta 12:00 - 4:00 South MP Room		Mahjong 9:00 - 12:00 South MP Room		Mahjong 9:00 - 12:00 South MP Room
Contract Bridge 1:00 - 4:00 North MP Room		Wellness Wednesday's 2:00-4:00 Boardroom	Canasta 12:00 - 4:00 South MP Room	Beginner French 9:00 - 10:30 North MP
Euchre 1:00 - 4:00 Dining Room	Crib 1:00 - 4:00 South MP Room	Crib 1:00 - 4:00 South MP Room	Euchre 1:00 - 4:00 North MP Room	Duplicate Bridge 1:00 - 4:00 North MP Room
Shuffleboard 1:00 - 4:00 Games Room	Duplicate Bridge 1:00 - 4:00 North MP Room	Scrabble 1:00 - 4:00 North MP Room	Shuffleboard 1:00 - 4:00 Games Room	Mexican Train Dominoes 1:00 - 4:00 South MP Room



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre Is Open To The Public! We Welcome You Back As We Continue To Meet the Current Covid 19 Guidelines

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



Welcome Back To Our Fall Series of Health & Wellness, Mental Wellbeing and Information Online Presentations.
We hope you will join us! Be Sure To Check Out The Presentation Ads Within This Issue For Dates & Times!



Lest we Forget
Remembrance Day

PLEASE MARK YOUR CALENDARS & PLAN TO JOIN US FOR A
VIRTUAL REMEMBRANCE DAY SERVICE - NOVEMBER 11TH

Please check out the ad in next month's Kerby News for details & link information

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A Group For Mature Jobseekers

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

Oct 5 Resources Available For Job Seekers At The Calgary Public Library

Meeting ID: 816 4051 0782
<https://us02web.zoom.us/j/81640510782>

Oct 12 LinkedIn

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: 865 4129 9052
<https://us02web.zoom.us/j/86541299052>

Oct 19 Networking

Participants will receive information and will learn how to:

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

Meeting ID: 892 2642 3269
<https://us02web.zoom.us/j/89226423269>

Oct 26 Job Search Strategies

Participants will learn how to:

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

Meeting ID: 811 1691 8677
<https://us02web.zoom.us/j/81116918677>

For more information phone 403 705-3219

Join Us For An Informative Workshop
Engaging Seniors in Civil Society
Via: Zoom Meeting

Date: October 14th 2021
Time: 9:00 –10:30
Fee \$ 10.00

To register and for more information please contact Henrietta Fisher at 403-705-3233 or Email henriettaf@kerbycentre.com

Kerby Centre FREE Rescued Bread & Goodies Market

Drop In - First Come - 1133 7th Ave SW 10:30 – Noon Every Tuesday (Oct 5, 12, 19, 26) & Friday (Oct 1, 8, 15, 22, 29)

And join us for our external markets

- Banff Trail Community Association Monday, Oct 18 (12:30 - 1:30 pm) Located at 2115 20 Ave NW, Calgary. AB
- Parkdale Nifty Fifties Association Tuesday, Oct 12 (11-12pm) Located at 3512 5 Ave NW, Calgary AB
- Bow Cliff Seniors Thursday Oct 28 (11 - 12 pm) Located at 3375 Spruce Dr SW, Calgary AB

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Registration Is Required - Please Phone Education & Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KNITTING FOR A CAUSE RM 301 10:00 AM - 12:00 PM 2ND & 4TH MONDAYS—FREE</p> <p>MAHJONG RM 312 10:30 AM - 2:30 PM -\$2.00</p> <p>CRIBBAGE RM 312 1:00—3:30 PM \$2.00</p> <p>PIICKLEBALL Gym 2:30 PM - 4:00 PM \$2.00</p>	<p>RECORDER GROUP RM 313 10:00 AM - 12:00 PM</p>	<p>GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE</p> <p>WEDNESDAY DANCE KERBY CAFE 1:00—3:00 PM \$2.00</p> <p>CRIBBAGE RM 312 1:00 AM - 3:30 PM \$2.00</p>	<p>ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day</p> <p>PIICKLEBALL Gym 2:30 PM - 4:00 PM \$2.00</p>	<p>SPANISH CONVERSATION GROUP RM 311 10:00 AM - 12:00 PM \$2.00</p> <p>KRAZY KARVERS WOODCARVING CLUB - RM 102 10:00 AM - 3:00 PM STARTS SEPT 10TH</p> <p>BADMINTON & PING PONG - GYM 1:30 - 3:30 PM \$2.00</p> <p>ENGLISH AS A S SECOND LANGUAGE RM 205 1:30 - 3:30 PM</p>

Riddle

Riddle 1:
A man is on one side of a river, his dog on the other. The man calls his dog, who immediately crossed the river without getting wet and without using a bridge or a boat. How did the dog do it ?

Riddle 2:
A boy was at a carnival and went to a booth where a man said to the boy, "If I write your exact weight on this piece of paper then you have to give me \$50, but if I cannot, I will pay you \$50." The boy looked around and saw no scale so he agrees, thinking no matter what the carny writes he'll just say he weighs more or less. In the end the boy ended up paying the man \$50. How did the man win the bet?

Riddle 2: The man did exactly as he said he would and wrote "your exact weight" on the paper.

Riddle 1: The river was froze as it was winter.

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

SHE'S OUT

- ACROSS**
- 1 Crux
 - 9 Denver gridders
 - 16 Butte relative
 - 20 "Later!"
 - 21 1990s Oldsmobile
 - 22 "Downhill" star Novello
 - 23 Going just the way one begged for it to go? [Curry]
 - 25 Medieval peon
 - 26 Scrawny
 - 27 Former Common Market abbr.
 - 28 35mm camera abbr.
 - 29 Uruguay's — del Este
 - 30 Tarzan actor Ron
 - 31 Palme — (prize at Cannes)
 - 33 "You could hear — drop"
 - 37 Property appraiser
 - 39 Rabbit action
 - 40 Reputation as a great pilot? [Salonga]
 - 42 "You're on!"
 - 46 Be a snitch
 - 47 Fleeceable females
 - 48 Late-night host Jimmy's collection of TVs? [Zadora]
 - 50 Kissing target
 - 52 Martini liquor
 - 55 Tire trouble
 - 56 Leafy recess
 - 57 Proscribe
 - 58 Hot-air bath
 - 60 Tokyo cash
 - 61 Family guy
 - 62 "Happy Days" actor Scott
 - 64 Luggage-screening official, for short
 - 67 Headline after a Harley stalls? [Meyers]
 - 71 Waits on hand and foot
 - 73 Not yet final, legally
 - 74 Family guy
 - 75 Lincoln-to-Topeka dir.
 - 78 Surrounded by
 - 79 '16 Olympics site
 - 81 Group of sub-sub-athletes
 - 83 Retort to "You weren't!"
 - 84 Tear
 - 85 Bit of change
 - 87 Comparably dense to the one here? [Arden]
 - 89 Bamboozle
 - 91 "Later!"
 - 93 Guaranteed-to-succeed
 - 94 Weep while excavating fossil fuel? [Ortiz]
 - 99 Ballplayer Ripken
 - 100 It's turned to go in and out
 - 101 Designer Saarinen
 - 102 Buddhist sect
 - 103 Rep.'s rival
 - 106 Tools with teeth
 - 107 "Angie" actor Stephen
 - 109 "No more seats" abbr.
 - 111 Mrs., in Madrid
 - 112 Take — view of (frown on)

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						
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			39				40					41										
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94	95	96							97					98			99					
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106							107		108				109	110						111		
112						113				114	115	116					117	118				
119							120								121							
122							123															124

- DOWN**
- 1 Cabinet wood
 - 2 Ear-relevant
 - 3 Twisted wit
 - 4 Nape's place
 - 5 "— found it!"
 - 6 Female rabbit
 - 7 Marine duck
 - 8 R&B singer India.—
 - 9 Valise, e.g.
 - 10 Rival of LG
 - 11 "Ex's & —" (Elle King hit)
 - 12 Light bites
 - 13 Bottom level
 - 14 Exceed, as a proper limit
 - 15 Bummed out
 - 16 Treats badly
 - 17 Nevertheless
 - 18 In a sense
 - 19 Kennel noise
 - 24 Raleigh loc.
 - 29 Certain toy dog, for short
 - 31 Knucklehead
 - 32 Sign of total acceptance
 - 34 Longtime New Yorker cartoonist
 - 35 March day to "beware"
 - 36 Packers' org.
 - 38 Tools with teeth
 - 39 Go no further
 - 40 League
 - 41 Pueblo pot
 - 42 Uncertain
 - 43 Narrative
 - 44 Like desks with sloping covers
 - 45 Intrinsically
 - 49 1930s-'40s pitcher Newsom
 - 51 The "I" of ILO: Abbr.
 - 52 Question asked while covering someone's eyes
 - 53 Hotel cousin
 - 54 "King" Cole
 - 57 Singing group for lads
 - 58 Verbalized
 - 59 Get riper
 - 61 Arctic floater
 - 63 French "here"
 - 65 Crooner Neil
 - 66 Unwillingness to yield
 - 68 Cackling bird
 - 69 Singer Amos
 - 70 — Field (Mets' home)
 - 71 Uber arrival
 - 72 Pal, in Paris
 - 76 Je ne — quoi
 - 77 "To be," to Augustus
 - 80 Cuzco native
 - 82 "Behold," to Augustus
 - 83 "— never fly!"
 - 85 Tribal bunch
 - 86 Holliday-Earp gunfight site
 - 87 Docile
 - 88 Lee of Marvel
 - 89 Some ancient warships
 - 90 Pen fillers
 - 92 Dot in la mer
 - 94 Dated music display case
 - 95 Band gofer
 - 96 Joining, as oxen
 - 97 Fell in line
 - 98 Light bite
 - 102 Mark-leaving swordsman
 - 103 "— know it!"
 - 104 Set foot in
 - 105 Taj —
 - 108 "Look — now!"
 - 110 Diana of "The Avengers"
 - 111 China's — Xiaoping
 - 113 Rx org.
 - 114 Sweetums
 - 115 Suffix with exist or differ
 - 116 Philosopher Lao- —
 - 117 Half of twenty
 - 118 Wide shoe width

Kerby Centre Education & Recreation

Course Registration Fall Session II

F
A
L
L



Registration opens October 4th for members and October 18th for non-members
Register in person at Kerby Centre in Room 305
By telephone at (403) 705-3233 or (403) 705-3232
On-Line Registration not available at this time
By mail to:

Kerby Centre
1133 - 7th Avenue S.W.
Calgary AB, T2P 1B2
Attn: Education & Recreation



Membership Saves

2

Please ensure you have your 2021 membership before registering for courses. Contact the Information Department to renew or to apply for a membership 403-705-3246.

Don't Miss Out!

0

Waiting to the last minute to register means missing out on great opportunities. We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!!!

Refund Policy

2

Request for a refund must be made before the start of the second class, after which courses are non refundable.
ALL refunds are subject to a \$15.00 administration fee.
Workshops are non-refundable.

1

Courses/workshops are designed for older adults of varied abilities. The instructor, in consultation with the Manager of Education & Recreation, may make a determination about suitability for the particular course. Kerby Centre reserves the right to cancel registration and the remainder of the cost will be refunded.

If you need clarification of which course is appropriate, please contact the Manager of Education & Recreation at 403.705.3232.

Active Living Courses



Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi & Tai Chi Qi Gong

Instructor: Adrian Buczek

Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems helps to reduce stress, increase coordination, balance and range of motion.

A01 Thursday Oct 28 – Dec 16 (8 Weeks)
2:15 – 3:15pm Room 205



Fitness with Dan

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

A02 Wednesday Oct 27 – Dec 15 (8 Weeks)
10:00 – 11:00am Gymnasium

Muscle Strength & Core Balance

Instructor: Dan Leung

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.

A03 Friday Oct 29 – Dec 17 (8 Weeks)
9:00 – 10:00am Gymnasium

Gentle Return to Fitness

Instructor: Bonnie Field

Welcome back to fitness! We are going to take this slow. Coming back from a year of Covid lock down or healing from injury/surgeries can make you feel like you are starting from scratch. If you want to start slow and get back into the swing of it, you are not alone. Let us help you stretch your mind and body by learning ways to improve your wellness, breath work and core activation.

A04 Thursday Oct 21 – Dec 2 (No Class Nov 11)
9:00am – 10:00am Room 311

Salsa Workout

Instructor: Bonnie Field

Moving to Salsa music, this aerobic workout will focus on increasing functional mobility of hips and shoulders.

A05 Monday Nov 1 – Dec 20 (8 Weeks)
1:00pm – 2:00pm Gymnasium

Line Dancing

Member \$49 Non Member \$79

Instructor: Bonnie Field

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.

A06 Thursday Oct 28 – Dec 16 (8 Weeks)
1:00 – 2:00pm Gymnasium

Movement Learning (Feldenkrais Method)

Member \$39 Non Member \$69

Instructor: Ryan Hoffman

Movement Learning is an educational system based on the integration of our motor, sensory and cognitive learning.

The instructor will guide you through small simple movements designed to create greater self-awareness. Rather than trying to memorize the instructions for moving correctly, students will bring their focus to new sensations experienced through these playful, exploratory movements.

The focus is on moving comfortably within oneself to increase mobility—all movements are done on a mat on the floor and no experience needed.

A07 Wednesday Nov 3 - Dec 8
9:00 – 10:00am Room 205



Pilates Fusion

Member \$55 Non Member \$85

Instructor: Sandi Seto

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options are provided for all levels.

A08 Wednesday Nov 3 – Dec 8
2:30 – 3:30pm Room 205

Gentle Seated Yoga

Member \$49 Non Member \$79

Instructor: Gina Komanac

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A09 Wednesday Oct 27 – Dec 15 (8 Weeks)
1:15– 2:15 pm Room 205

Zumba Gold

Member \$49 Non Member \$79

Instructor: Maaik Seaward

per course

Zumba Gold is an easy to follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh and most of all exhilarating! Classes will provide modified, low-impact moves for active older adults or anyone looking for a low impact, low intensity workout. Come lose yourself in the Latin music and rhythms that will make you feel uplifted!

A10 Tuesday Oct 26 – Dec 14 (8 Weeks)
10:00 – 11:00am Room 205

A11 Thursday Oct 28 – Dec 16 (8 Weeks)
10:00 – 11:00am Gymnasium

Academic Courses



Arts

Arts in the Afternoon: Acrylic Member \$119 Non Member \$149

Instructor: Carol Marasco

This course is designed for students who are looking to learn how to paint and have a little fun along the way. Beginners need not be daunted! Carol will guide you step by step to create a finished acrylic painting each week. Techniques will include shading, creating reflections, depth, and blending. *All supplies are included.*

B01 Wednesday Oct 20 – Nov 24
1:00 – 3:00pm Room 313



Watercolour: Advanced Techniques Member \$139 Non Member \$169

Instructor: Katy Morris

The cost of supplies is not included in the price. Please bring a permanent waterproof black pen, hot pressed paper and paint to class.

Working with the pen for line and dark to create structure to the image and watercolor to create flow and strength.

Different Animals etc.

B02 Friday Nov 12 – Dec 17
10:00am – 3:00pm Room 313

Calligraphy “Brush Hours” Member \$85 Non Member \$115

Instructor: Renate Worthington

Take a brush for a walk—we’ll be making letters and adding simple artwork. Instead of ink, we’ll use brush markers or brush and paintbox. Renate can bring supplies to try and purchase items for you if you wish. Handouts will be supplied. All ability levels are welcome.

B03 Monday Oct 18 – Nov 22
10:00am – 12:00pm Room 313

French

Instructor: Georgette Pare

The textbook used for all French levels is *French without the Fuss* and may be purchased through Amazon.com or your local retailer.

This fun course is going to sharpen your listening skills, sharpen your memory, and improve your French all at once! Level I French is for beginners and Level II is for advanced beginners. All you’ll need to improve your French conversation is curiosity. Have fun while building your confidence, and spontaneity in friendly dialogue.

Level I Member: \$85 Non Member: \$115

B04 Thursday Oct 21 – Dec 2 (No Class Nov 11)
9:45 – 11:45am Room 301

Level II Member: \$85 Non Member: \$115

B05 Friday Oct 22 – Nov 26
9:45 – 11:45am Room 301

Spanish

Member: \$85 Non Member: \$115

Instructor: Norah Hutchinson

per course

The textbook used for all Spanish levels is "Dicho y Hecho: Beginning Spanish" Sixth Edition By Laila M. Dawson and Albert C. Dawson. It may be purchased through Amazon.com and/or AbeBooks.com. Please ensure it is Sixth Edition.

Spanish Grammar I – Beginner A comprehensive course for students with no prior knowledge of Spanish. We will learn basic grammar and vocabulary through training and listening, speaking, reading and writing. Chapters 1-3 will be covered.

B06 Monday Nov 1 – Dec 6
10:00am – 12:00pm Room 311

Spanish Grammar II A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.

B07 Tuesday Nov 2 – Dec 7
1:00 – 3:00pm Room 311

Spanish Grammar III A continuation of Spanish Grammar II. For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.

B08 Tuesday Nov 2 – Dec 7
10:00am – 12:00pm Room 311

Spanish Grammar IV A continuation of Spanish Grammar III. Chapters 10-12 will be covered.

B09 Thursday Nov 4 – Dec 9
1:00 – 3:00pm Room 311

Spanish Grammar V A continuation of Spanish Grammar IV, this course will cover Chapters 12-14.

B10 Wednesday Nov 3 – Dec 8
10:00 – 12:00pm Room 312

Spanish Conversation I This course is designed for students who have finished levels 1 – 5 of grammar and are ready to put into practice their knowledge. You will have the opportunity to engage in conversations based on familiar topics and a variety of common daily and social situations. Focus is on interaction with peers. Minimum prerequisite Grammar V.

B11 Wednesday Nov 3 – Dec 8
1:00 – 3:00pm Room 311

Spanish Conversation II This course is designed for students with strong knowledge of grammar and have taken previous conversation courses. It will give an opportunity to: speak the language through discussion of selected material and topics of interest; engage in extended conversations with some fluency and control of grammatical patterns, descriptions & narrations of factual events; and recognize frequently used spoken words, expressions and questions in familiar contexts. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.

B12 Monday Nov 1 – Dec 6
1:00 – 3:00pm Room 311

Sing & Play



Singing Circle

Member: \$39 Non Member \$69
per session

Instructor: Barry Luft

Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! Note that we don't use song books or lyric sheets of any kind. We're then free to produce the real magic of community singing! "And the skies are not cloudy all day."

This class has been divided into two sessions to adhere to distancing requirements. Register for one session only.

B13 Thursday Oct 21 – Dec 2 (No Class Nov 11)
10:00 – 10:45am Room 205

B14 Thursday Oct 21 – Dec 2 (No Class Nov 11)
11:00 – 11:45pm Room 205



Ukulele

Introductory Level

Member: \$50 Non Member: \$80

Instructor: Barry Luft

This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing while playing. You will be playing on the first day! If you have a ukulele, bring it to class in good working order along with an electronic clip-on tuner. If you do not own a ukulele, please contact the Education & Recreation Department at 403-705-3233 for purchasing information.

Instruction is for the small size varieties of ukulele – soprano, concert, or tenor.

B15 Wednesday Oct 20 – Nov 24
11:00 – 12:00pm Room 313

Ukulele

Member: \$50 Non Member: \$80

Intermediate Level

Instructor: Barry Luft

This ukulele class will be a direct follow up from the introductory-level course and will include a healthy review of basics with lots of strumming and singing. New keys, chords, and strums will be explored in order to add color to your playing. Alumni are also welcome to register for brushing up on skills, keeping their playing going, and receiving further advanced instruction.

Pre-requisite: an introductory course or equivalent.

B16 Wednesday Oct 20 – Nov 24
9:45 – 10:45am Room 313

Personal Interest & Wellness

Outdoor Safety & Awareness

Member \$10 Non Member \$40

Instructor: Don Muldoon

Join retired Calgary Police Officer Don Muldoon on a downtown walkabout to learn various situational awareness techniques and safety practices.

B17 Tuesday Nov 23
10:00am – 12:00pm

Situational Awareness & Mental Toughness Level I

Member: \$16 Non Member: \$46

Instructor: Don Muldoon

In this workshop, you will develop the skills that are essential in recognizing a potentially harmful situation long before it becomes an issue, as well as developing a plan and applying it appropriately. You will also acquire the knowledge to prepare mentally for any situation with the mindset of gaining confidence, avoiding panic and responding safely.

B18 Tuesday Nov 30
10:00am – 12:00pm Lounge

Zoom Courses

We are pleased to announce we will be continuing to offer Zoom Classes this fall! If you have not yet registered, please contact Education & Recreation to sign up henriettaf@kerbycentre.com 403-705-3233

- Fitness with Dan
- Ski Fit
- Chen Tai Chi & Tai Chi Qi Gong
- Movement Learning (Feldenkrais)
- Muscle Strength & Core Balance
- Yoga for You
- English as a Second Language
- Expressive Arts



These liver and onions may surprise you!

One of the most enjoyed meals here at Kerby Centre is our liver and onions.

While oft-joked about in media, the meal is more than what the less-than-appetizing image might be conjured up in your mind.

Here's a recipe — and tips for finding the best cut of liver — from Elise Bauer for you to maybe try at home on your own!

Tips for Buying Calves Liver

These days, calf livers are sold already sliced. However, if you have to buy them whole, remove the outer membrane, freeze them for a while to firm them up, and then slice them horizontally. They are rather flimsy and delicate and would be really hard to slice yourself without partially freezing them first.

Note that calves liver may be hard to find. You may have to special order it from your butcher.

How Long Should I Cook Liver and Onions for the Best Flavor?

As tempting as it is to overcook liver slices, it's best to cook them just about 3 to 4 minutes on each side. That should be enough to brown them but not overcook the liver, which makes it rubbery.

How to Remove the Metallic Taste of Liver

Worried about your liver having a strong taste? Soak in milk or buttermilk! Place

the liver slices in a shallow pan and pour in enough milk to cover. Refrigerate at least an hour or two. Drain and pat dry before dredging in the flour.

Alternately, you can soak your liver slices in lemon or lime juice, or even vinegar. The acid counterbalances the flavor of the liver.

Even if you don't have any milk or citrus juice, just soaking in water overnight will help mellow that strong liver flavor.

What Other Types of Liver Can I Use for This Recipe?

If you hunt or raise livestock, you're in luck! Readers have commented about making this recipe with lamb, venison, and elk liver and having great results.

As noted above, don't think you can swap in beef liver and have this recipe turn out the same. Beef liver has a much stronger taste and a very liver-y aroma. You can use beef liver in this recipe if you like, but it's for hardcore liver lovers only.

Instructions:

Prep time: 10 mins

Cook time: 20 mins

Total time: 30 mins

Four singers

Ingredients

1/2 to 1 cup all purpose flour

1/4 teaspoon paprika, or to taste

1/4 teaspoon ground dry mustard powder, or to taste



1/4 teaspoon salt, or to taste

1/4 teaspoon black pepper, or to taste

1 1/4 pound calves liver (4 slices) (be sure to use calf or veal liver, not mature beef liver)

1 tablespoon bacon fat (or butter), divided

2 yellow onions, thinly sliced

Make the seasoned flour:

Combine the flour, paprika, mustard powder, salt,

and black pepper, and spread out on a shallow plate.

Dredge the calf liver in seasoned flour:

Dredge the liver slices in the seasoned flour until completely covered on both sides. Set aside.

Sauté the onions:

Heat a large cast iron skillet on medium high heat. Add a teaspoon of the bacon fat (or butter). Sauté the onions until translucent, a couple of minutes. Remove

onions from pan with a slotted spoon. Set aside onto a serving dish.

Fry the liver slices:

Add the remaining 2 teaspoons of bacon fat (or butter) to the skillet. Working in batches, if necessary, add the liver slices. Fry until browned on both sides, no more than 3 to 4 minutes on each side.

Serve hot with sautéed onions (and ketchup on the side!).



A season of giving thanks

When you hear the words “liver and onions” it may not be something you want to try (or try again) but for many seniors at Kerby Centre it’s a wonderful “blast from the past” meal! Over the years, many members have shared their memories about eating liver and onions for dinner.

Inspired by these stories the kitchen crew at Kerby Centre hosted a special “liver and onions” week at the Kerby Café.

This caught the interest of one of our supporters who decided to help cover the cost of 100 of these special meals for Kerby Centre seniors. He wanted as many people as possible to enjoy this featured meal - and had no idea the impact he would create.

Because the cost of the meal was subsidized lots of seniors came to the Kerby Café to enjoy this nostalgic dish. This included many of the residents at the Kerby Elder Abuse Shelter who were thrilled to be able to afford this special meal - and to enjoy it together in a place they feel safe and supported.

The stories of having this dish as a kid, how some had it with bacon, how their mom made it just right – staff agreed it was a memorable week to be in the Café listening to all the nostalgic conversations.

WHAT IS FOOD SECURITY?

It's when people have what they need to eat well, all the time.

It includes financial, physical & educational aspects of accessing food.

2021 FOOD SECURITY PROGRAM STATS



“The whole experience is life changing. I feel happier and just cannot wait for these two days of the week. I wish this program will go on. Thank you for helping us.”

When we think about “giving back” we often think it has to be big gestures, lots of money, or supporting programs that serve the most people. But by simply subsidizing liver and onions for 100 seniors our donor made an impact - spark-

ing fond memories and lively conversations and connections for the seniors at Kerby. Providing affordable meals to deserving seniors makes an impact, even if that impact can’t always be measured by facts and figures.

This Thanksgiving season Kerby Centre will focus on providing meals to seniors in need.

And not just food but providing the space for seniors to enjoy meals together, to share how their mom made mashed

potatoes, or what was put on the top of the sweet potatoes, or what the biggest turkey they ever cooked was.

Giving thanks for good food and good company is what Kerby Centre’s Giving Thanks campaign is all about.

9000

KG

FOOD RESCUED & DONATED TO SENIORS IN NEED

Kerby Centre's goal is to provide options, resources and opportunities for seniors to get the food they need for free.

And to help seniors make valuable connections to thrive in their community.

4500

DROP-IN CLIENTS

70

FOOD MARKETS HELD

50 FOOD SECURITY VOLUNTEERS

1300 FOOD DELIVERIES TO ISOLATED SENIORS



Give Thanks by supporting Kerby Centre's Food Securities programs — KerbyCentre.com/Donate

GIVE THANKS! Help provide food security to seniors in need this Thanksgiving.

- I would like to become a **monthly** donor: \$15 \$25 \$50 \$100 My choice: _____
- I would like to make a **one-time** donation to support seniors: \$25 \$50 \$100 \$250 My choice: _____

Payment method: Cheque Visa MasterCard

Credit card number _____

Expiry date _____

Signature _____

Planned giving is another great way to help.

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

Send tax receipt to:

Name _____

Address _____

City _____ Province _____ Postal code _____

E-mail _____

Phone _____

All donations are gratefully received.
Donations \$20 & above will receive a donation receipt.



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

Charitable Registration
#11897-9947-RR0001

CLASSIFIED ADS

To place your ad call: 403-894-6986, Fax: 403-705-3211 or e-mail: andrewm@kerbycentre.com

All ads must be pre-paid. Kerby Centre reserves the right to refuse any materials submitted and assumes no financial responsibility for errors or omissions in an ad. Kerby Centre accepts no responsibility for the performance or services offered by advertisers to their clients

CLASSIFIED RATES
Starting at \$18.50 (50 characters 2 lines)
Classified deadline for Nov. issue must be received by Oct. 15

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

10 Health

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.

Handyman Services - Home maintenance, Repairs, and Renovations. Ask for Senior Discount. Call Patrick! 403-481-0569

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.

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

Is aging in your own home your goal? Professional consulting services with a Registered Nurse & Gerontologist. Optimize the fit of your home, assess your balance, plan fo the future and live with confidence in the comfort of your own home. Call 403-408-7552, email: kendra@aevumadvantage.com www.aevumadvantage.com

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

Mom and Pop Caregiving

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

Susan's HomeCare is here

For all of your needs. MediCal/ non-medical, everything from transportation, companionship, and everything inbetween. We also provide end of life care.

Please call 403-818-1487 for more Information. Reasonable rates, insured and bonded.

Private Male Caregiver \$20/hr

available Mon-Sat 8AM - 6PM phone 403-273-6424 or 403-803-9493

26 SERVICES

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

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

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

Corinne's Mobile Hair Service

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

Mobile massage at your own home.

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

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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

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

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30+ yrs exp drafting Wills, Enduring 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:

2 Single Lift Beds. Electric with vibration. Barely Used. 2 for \$1,000 or \$600 each. Delivery available 403-507-0334.

Battery operated 4 wheel scooter. 2018 never used. Paid \$2,200. Asking \$1,000. Can delivery. 403-507-0334.

New three panel room divider. Black frame with opaque white panels. Approx. 7 feet high by 4.25 feet wide. Call 587-349-0398

Dining chairs; china, figurines and cabinet; sofa and chair; bouncy horse, dolls and carriage; washstand, jug and basin. Call Jan 403-201-4578

33 WANTED

Buying coins & paper money, Canada, US & world. Fair pricing. References upon request. Israel: 403-263-7052 403-850-9137. hombre071@gmail.com

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

Mans set of Golf Clubs and Bag Ladies set of Golf Clubs and Bag Both in New Condition \$150.00 each Phone #403-720-0136

Model airplanes new or used. Motors electric or glow — servos Electronic parts — propellers — any Other airplane pieces + etc. Phone Reg in Calgary. 403-271-1119

48 Real Estate

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

I have a resident dog and cat, so no other pets allowed. Non-smokers. On bus route #65,

five minutes from Brentwood Station, and Market Mall. Available Immediately: Rent is \$600 month, \$600 Deposit. Contact Shelley at (403) 850-4516 or s.strobl.sls@gmail.com.

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**

Pet Loss Survey

We need to take pet loss seriously because there is a strong emotional bond between humans and animals. A pet's death can be as emotional as the death of a human. However, the mourning process is different, and frequently people feel uncomfortable sharing their feelings of grief. Why do we grieve for our pets? Pets support our emotional well-being and provide us with purpose. Pets give meaning to our actions, and we may feel lost in the day/weeks after our pet dies.

Grief causes physical changes in our brain, and the loss can trigger other emotions with physical consequences. Physical effects include sadness, anger, insomnia, irritability, difficulty concentrating, aches/pains, and loneliness.

The goal of the survey is to gain a better understanding of your relationship with your pet, your social experiences when discussing the death, and your knowledge of community support programs and services. The survey consists of 35 questions. The majority of questions also include a comment box for anyone wishing to expand on their survey choice. The survey is entirely voluntary.

<https://www.survey-monkey.com/r/K8B2Z3D>

The pandemics lasting impact on home design

Courtesy of News Canada

The last year and a half has not only transformed how we live — it's altered where we live, too.

With many of us moving to a totally different location or undertaking a major reno, new design trends have emerged, which are going to have a lasting impact far beyond COVID. Here are the top trends to keep in mind if you're house hunting or planning a makeover.

Multigenerational homes

With property prices skyrocketing and parents needing more help with the kids at home, more families are trying multigenerational living on for size. In fact, according to a recent report from insurance company Aviva Canada, this is now a reality for 16 per cent of Canadians.

This means houses are being adapted to accommodate multiple families under one roof, whether it's with an addition or an in-law suite in the basement. Homes that offer this flexibility are in demand, and your property value could increase if you decide to adapt your home for multifamily living.

Creative custom adaptations

While many people moved because of the pandemic, others preferred to avoid the added stress and have modified their current home so it works better. A fully independent home office, luxury entertainment space and decked out kids' playrooms are some of the most popular renovations. However, keep in mind that any changes you make may impact your insurance.

"With people spending so much time at home

last year, it's no surprise Canadians are changing their spaces to fit their current needs. These renovations may change the home's rebuild value.

It's always good practice to check in with your insurance broker or agent when considering renovations so you are adequately covered," recommends Phil Gibson, managing director, personal insurance and data science at Aviva Canada.

Outdoors becomes essential

The outdoors has pro-

vided a much-needed escape and an opportunity to interact safely with friends and family. So, it's no surprise that much more time and money are being invested in upgrading our patios, balconies and backyards.

Whether it's a pool, hot tub, firepit, outdoor kitchen or even outdoor home movie theatre, people are stepping up their outdoor living game.

Beautiful landscaping, flowers and vegetable gardens are part of this trend, and don't expect the focus on outdoors to go away anytime soon.



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

IN MEMORIAM

Join us in extending sympathy

Karen Ruth Erber
Josephine Homulos
Florence Kereluk
Helga Erika Kuenzel
Beverly Oliver
Dawn "Bunny" Smith

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

CROSSWORD SOLUTION

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Kerby News Business & Professional Directory

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

The Estate Lady

Wills, Powers of Attorney, Personal Directives
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Paralegal, Commissioner for Oaths
25+ Years' Experience

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Phone: (403) 870-7923

Email: kimberly@theestatelady.ca

FOR DISPLAY AD INFO or
TO BOOK AN AD CALL

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

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



403 402 9724
carebyangels21@hotmail.com
www.carebyangels.ca

In-Home Support Services

- Companionship specializes in dementia care and daily living assistance.
- Personalize care and nursing services.
- Respite care to relieve caregivers, can be overnight, 24hrs, weekends or more.
- Footcare for elders, diabetic foot welcome.
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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 for adults 60+

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



October 2021

Throughout October 2021, we are offering open houses at Riverview Village.

Wednesdays
10:00am to 3:00pm
Mikkelsen House
2933 26 Ave SE, Calgary

Open House
403.272.8615

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

