



Kerby NEWS

"The most read publication in Calgary and Southern Alberta for older adults"

April
2022
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Sending Sunshine through the mail!



Isolation is a massive issue facing a large swath of the senior population. Thankfully, ever since the start of the COVID-19 pandemic, Sending Sunshine aimed to break the monotony of isolation with handwritten cards. Now, the organization is opening their first chapter in Calgary! Story on page 8

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Necessity, the mother of invention



Larry Mathieson, CEO

You have probably heard the expression “necessity is the mother of invention.” Over the years, our team had become pretty good at creating a community for seniors at the Kerby Centre.

In March 2020 we had to close our building. The question before our team was how do we connect with Seniors and keep that community alive without our building. Well,

you know the end of that story — we learned how to use zoom and provide all sorts of classes, events and lectures to our members. We also learned how to provide outreach to seniors on the phone and through deliveries of frozen meals. Some of our presentations and lectures on zoom started to be viewed by more seniors online than we would have been able to have come to our lecture hall to listen to the same presenter.

Necessity forced us to learn some new high-tech tricks to connect with and support our users. In a post-COVID-19 world, we know that some of the tools we have started to use should never go away. Thank goodness we can now run more activities and events, both online and in-person. Since the summer, we have also begun running programs and activities in Medicine Hat as well. However, we have learned that our use of streaming, zoom and social media has added so

much value to our members that Zoom is never going to go away as a service we offer to seniors.

We can reach and support many more people than we ever had and we are not only supporting Seniors in Southern Alberta but also much farther afield. Recently we had a Zoom event called Declutter, Organize and Downsize with Mindfulness. I think we had about 150 people sign on to this event. Participants in the chat bar identified where they were signing in from, most were in Alberta.

However, we did have participants from a variety of other locations: New Hampshire; Mississauga; South Carolina; Bermuda Dunes, CA; the U.K. and Mauritius, East Africa. We have done online presentations on a variety of topics about health, wealth, and all sorts of topics geared towards supporting our mission: to support older adults to live well in their community.

We want these presen-

tations to be a long-term resource for older adults, so we are recording them and posting them on our Kerby Centre YouTube channel. Our Marketing and Communications team is also working on enhancing our social media channels and website so that it keeps you more informed about what we are doing at Veiner Centre and Kerby.

We are already seeing more of our users and supporters engage with these tools. In the last seven days alone, we have had our Instagram engagement go up by 1364 per cent, our Twitter Impressions are up 4700 per cent and our active website users are up 16.7 per cent.

If you haven't taken advantage of these resources please go to our website and sign up for a zoom class or event. Check our Facebook Page or Instagram. Did you know we have a website just for Kerby News alone?

You can check it out at kerbynews.ca

APRIL 2022

KERBY CENTRE'S MISSION:

To support older adults to live well in their community.

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Richard Parker,
Kerby Centre Board Chair

April is always a busy time at the Kerby Centre as our springtime activities begin and this year it also marks the start of our return to regular programming as the pandemic recedes.

It is also a time to look back on the past year and forward as part of our Annual General Meeting, which this year is being held virtually on April 12 starting at 10 a.m..

The AGM provides an opportunity for Members of the Kerby Centre and other interested parties to hear about and ask questions regarding our organisation. The presentations will include a review of our major activities and accomplishments in 2021 and a look into the future.

Kerby's AGM

2021 was a challenging year for everyone due to the ever changing pandemic. I am very pleased to say that, despite the challenges, Kerby had another successful year due to the extra efforts and dedication of members, staff, volunteers and supporters.

Major accomplishments include

- The expansion of our Food security programs including multiple Bread Markets both at Kerby Centre and in partnership with other organisations elsewhere in the City. A special thanks to Cobbs Bread for their support of this initiative.

- A successful start of operations at the Veiner and Strathcona Centres in Medicine Hat, including the Meals on Wheels Service.

- Initiation of the Kerby Charity Classic Golf Tournament, which raised over \$60,000.

- Ending the year “in the black” primarily due to the exceptional support of our Members, Businesses and Foundations who donated over 1 million dollars to

support our many charitable activities.

The AGM provides us the opportunity to celebrate these successes and for Members of Kerby Centre to do two very important things.

1. Elect the Board of Directors who help run the organisation. We anticipate having at least two new Members join the Board at this AGM.

2. Approve an updated set of Bylaws that establishes how the Kerby Centre is governed. Details of the proposed Bylaw changes are currently available on the Web site

Copies of the Financial Statements, the Annual Report etc. will be posted on the web site on April 6, 2022.

The AGM is open to both Guests and Members of Kerby Centre but only the Members are entitled to vote at the meeting.

Details of how to register and to review information regarding the meeting may be found at <https://www.kerbycentre.com/events/2022agm/>

What to know before you crypto

By James MacTavish
Alberta Securities
Commission

The increasing popularity of crypto assets and the ongoing media coverage of coins like Bitcoin and Ethereum have piqued the interest of many new and experienced investors alike. Whether you're interested in investing in crypto assets or simply learning more, consider the following before jumping in.

Understand your risk tolerance

Crypto assets are high-risk alternative investments that have the poten-

tial for high returns.

Judging the inherent value in any crypto asset can be difficult, with its values largely determined by its evolving utility, public interest and the current levels of supply and demand.

Before investing in any security, a crucial first step is to weigh the risk of the investment against your risk tolerance. Risk tolerance is your ability and willingness to take risks with your money.

By recognizing the amount you can afford and are comfortable with potentially losing in a crypto investment, the more likely you are to invest

suitably.

If you are unsure of your risk tolerance, you can take the risk tolerance quiz at CheckFirst.ca.

Be mindful of the crypto to asset trading platform you choose to use

The popular way for many investors to buy or trade crypto assets is through a crypto asset trading platform.

You should be aware that if you are considering using a trading platform that holds custody of your crypto assets and/or allows for the trading of crypto assets deemed shares or other forms of securities or derivatives, you should

choose one that is registered with the Alberta Securities Commission (ASC).

By utilizing a registered platform, you are afforded protections intended to address matters such as secure handling of client funds, safekeeping of client assets, protection of personal information, pre-trade disclosures, and measures against market manipulation and/or unfair trading.

To check the registration of any crypto asset platform, use the check registration tool on CheckFirst.ca or the list of registered crypto asset trading platforms across

Canada on the Ontario Securities Commission website.

Be cautious of crypto scams and frauds

Fraudsters are always looking for the next big trend or buzzworthy event to leverage. As crypto assets continue to generate excitement with new and potential investors, fraudsters will continue to take advantage of people's interest to promote crypto scams. Be mindful that many crypto scams involve one or more of the following:

- Unusual requests for payment like wire transfers or the transferring of crypto assets from one platform to another.
- High-pressure sales tactics, confusing jargon and complex documentation regarding an investment opportunity.
- New initial coin offerings with limited or no documentation like whitepapers on the coin or the coin's founders.
- Promises of high returns with little to no risk.
- Unsolicited crypto investment offers online, over social media and in dating apps.

Strengthen your investment literacy and conduct thorough research

Investing wisely in new alternative investments like crypto assets requires you to strengthen your knowledge to ensure that you fully understand the investment opportunity before you hand over your hard-earned money. Before investing in a crypto asset, visit the Innovation in Finance section of the Alberta Securities Commission's website for important questions you should consider asking.

Crypto assets are high-risk investments that are not suitable for all investors.

The nature, longevity and future application of crypto assets are largely unknown and evolving.

While the excitement can be overwhelming, taking the time to learn about crypto assets before investing can help you invest suitably and avoid scams.

Learn more about crypto assets at CheckFirst.ca.

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

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When everything changed for me

By Barbara Ellis

During 1957, the world experienced many important events. There was the conflict over the Suez Canal which caused the formation of the UNEF Peacekeepers. Russia launched Sputnik which began our venture into space.

We even experienced a pandemic known as the Asian Flu that killed over 150,000 people worldwide. These were very important and historic happenings, but for me, it was the year that turned my world upside down.

Literally.

I moved from the southern hemisphere to the northern hemisphere; from the cosmo-

politan city of Sydney to the small prairie town of Lethbridge; from a population of over two million to a population of just over thirty thousand; from pounds, shillings and pence, to dollars, quarters, dimes and nickels.

Everything changed.

We arrived in Vancouver on the first of April. Yes, April Fool's Day! An auspicious beginning in my new homeland.

The first thing I had to get used to was cars driving on the wrong side of the road. In school, it was drummed into our heads to - look to the right, then to the left, then to the right again, before crossing the road. That lesson would have gotten

me killed the first time I stepped off the sidewalk. Sidewalk, not footpath. Oh, there were so many words and meanings to get used to. I would repeat them under my breath - sidewalk, not footpath; trunk not boot; hood not bonnet; downtown, well, there was no equivalent for that one.

In Lethbridge the streets were wide and cars parked at an angle, while in Sydney the streets were narrow and parking, if allowed, was at a premium. But at least the traffic was not as busy and people did not blow their horns all the time.

My first milk shake was also different. In Sydney, it was mostly milk with one small ice-cream scoop whizzed into it, while here, the drink was so thick that it took real effort to suck it through the straw. Then there was the wonderful beef-dip with fries. I was used to fish and chips, but this new treat became an instant favourite.

One of my newest and most joyful experiences was spending time at the malt shop. My new friends and I would talk and giggle, as young girls do while sipping a coke and playing the jukebox. For a quarter, the jukebox played five songs, so it was never

silent. There was even a small area for the more energetic to dance if they wanted to.

Another fascinating thing that entered my life was cruising. My sister and I had never heard of cruising. In Sydney, we were beach converts and spent as much time as we could by the ocean, but here we learned that young people "cruised". When we were asked if we wanted to go cruising, we said "why not?"

We had no idea what we were getting into, but driving around a city block was never in our imaginings. Round and round we'd go until it was time to have a shake or a coke. After that, we'd get back in the car and begin driving around the block again.

It was almost hypnotic, sort of like an unorchestrated parade. The same cars, the same people, and the same block until it was time to go home.

Watching television was also new to us. When we left Sydney, television had only just arrived and we didn't know anyone who had one. In Lethbridge, every house had one. One house, one television and one channel.

I remember watching the Plouffe Family and trying to understand the concept of the show.

Their accent was very different, and the situations the family faced in each episode, was foreign to us. We decided that you had to be Canadian to understand what was going on. The Honeymooners were not much better. The constant arguing and yelling between Ralph and Alice, or Ralph and Ed, eventually became tiresome. Our favourite during those first few months was the Ed Sullivan Variety Show.

There was also a Canadian variety show that we enjoyed very much. The Don Messer's Jubilee. It was a happy and light-hearted program with lots of singing and square dancing.

Our house was built on 10th Avenue North. Back then, our street was the last row of houses before the expanse of the prairies began. The area is known as the big sky country, and for us, it took some getting used to.

During our first summer, we witnessed immense dark clouds rolling in from the north. These storms produced incredible lightning flashes that raced across the sky. The thunder that followed was almost deafening, and certainly somewhat frightening. We had thunderstorms in Sydney, but we never experienced such fierceness. Perhaps it was because Sydney was so much larger and built on hilly and rocky terrain while Lethbridge was built on flat land.

That winter we also experienced our first Aurora Borealis, the Northern Lights. What an incredible show! One that fascinates me to this day.

Hard to believe that 65 years have passed since our arrival. Do I ever wonder what my life would have been like had we stayed in Sydney? Sometimes. But what's the point of that? Here is where fortune has brought me. Here is where I have spent most of my life, and happy to have done so.

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A book by Barbara Ellis

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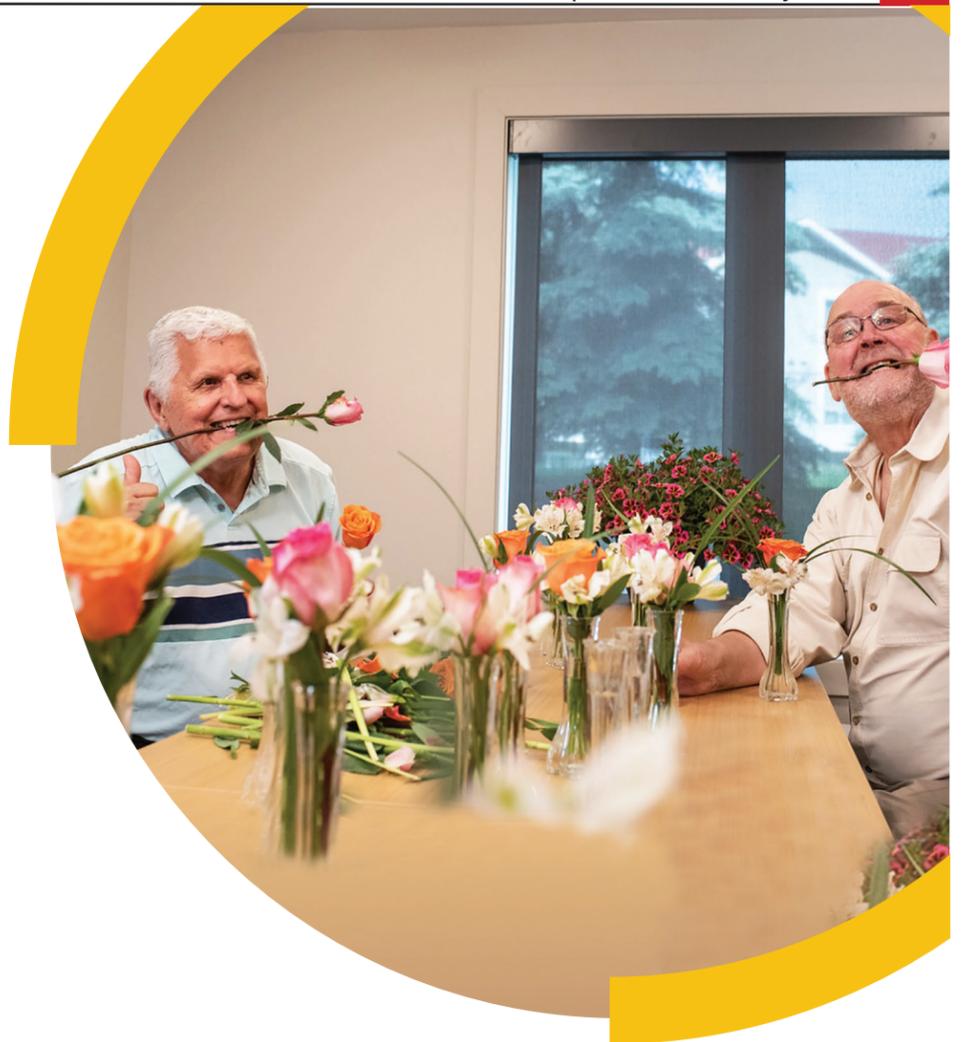
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Sending Sunshine with handwritten cards

By Andrew McCutcheon

Kerby News

Let's be frank: 90 per cent of the mail one receives is pretty boring stuff.

It's bills, invoices, random political flyers or business coupons. But whenever you receive an actual, addressed letter with words from a friend, it's something to treasure.

With the isolating nature of the COVID-19 crisis, getting correspondence has taken on a new level of importance: regardless of the amount of family Zoom sessions or Facetime calls, there's something significant about opening an envelope to see your name and a few kind words.

This is why Sending Sunshine, an Ontario based non-profit, has risen to prominence over the past two years. They seek to send messages of joy and positivity to isolated seniors in communities across Canada, and one of the newest chap-

ters has opened up right here in Calgary.

Marissa Parker — executive director and co-founder of Sending Sunshine — and Marilyn Bridges — long time Kerby volunteer and founder of the new Calgary chapter — sat down with the Kerby News to discuss the origins of the organization and the benefits it provides to the community.

For Parker, it was a number of coinciding events that started Sending Sunshine. She had had a job lined up in Ottawa that fell through following the declaration of the COVID-19 pandemic in March 2020 and moved back to her hometown of Mississauga. She was looking at various ways to get involved in her community and came across various organizations in the United States that did letter writing — whether it was creating penpals between women or writing letters to incarcerated individuals.

"I always loved writing letters throughout my University career," Marissa said. "And I thought there was something we could do here to help our seniors affected by isolation."

Isolation had been a problem on a national level for older adults, even before the pandemic hit. One third of all seniors live alone, with 40 per cent reporting they regularly experience loneliness. Moreover, socially isolated seniors are 60 per cent more likely to predict a decrease in their quality of life due to isolated nature.

Even past the mental health implications, studies from Global Health and Research Policy have linked isolation with physical health issues, including increased blood pressure, heart disease, diminished immune system functionality and an increase in the risk of stroke.

Continued on page 27

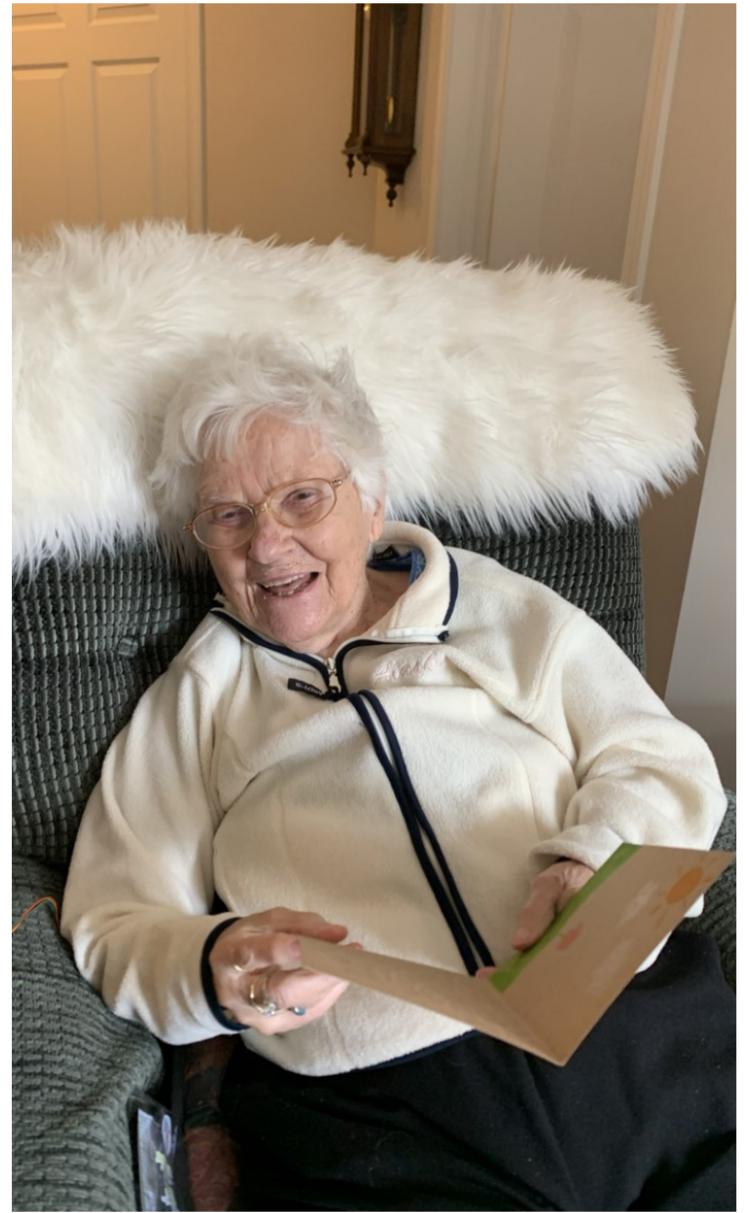


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When you've gotta go, you may need help

By Gillian Rutherford
University of Alberta

You've probably seen the ads: A row of women in nothing but their undies. Look closer and you realize they are wearing special panties — extra protection so they don't leak urine in public.

The market for such products is growing as the population ages. In fact, people's preferences for "absorbent briefs" (no longer known as "adult diapers") over pads or other products is even a topic of research for Kathleen Hunter, professor in the University of Alberta's Faculty of Nursing and nurse practitioner at the Continence Clinic at Edmonton's Glenrose Rehabilitation Hospital.

The clinic started out just for older patients but has since expanded to serve adults of all ages.

Hunter has devoted her gerontological nursing career to providing improved quality of life — and hope — for people with incontinence.

"Not being able to control your bladder can be embarrassing. It's highly stigmatized in our society, and it can be brushed off as one of those, "Oh, you're getting old, dear" things, when it's not," Hunter said.

"Even though we may not be able to 'cure' incontinence, we can work with people to improve their continence status and help them find ways to manage it."

Folio asked Hunter to explain how and why urinary incontinence happens and what can be done to help.

About half of Canadian adults report bladder symptoms such as incontinence, Hunter estimates, and these become more common with aging. For frail people in long-term care settings, the rate is as high as 80 per cent, especially for those living with dementia.

People can experi-

ence symptoms in three ways, Hunter noted:

Stress incontinence — when you leak urine with a cough or laugh, or even while running or jumping — is more common for women than men.

Urgency incontinence — when you're suddenly overcome with the urge to go and you're in trouble if you don't make it to the bathroom immediately— affects both women and men.

Nocturia — when your bladder wakes you up during the night — can mean getting up two to three times or more, and is bothersome for both men and women.

The causes of these symptoms can be complex, Hunter said. Women may not realize they have suffered damage to the perineum during childbirth, and though their pelvic floor muscles may be able to compensate for years, that becomes more difficult as hormones change and tissues age. In women, sometimes pelvic organs prolapse, or slip down, causing pressure and discomfort.

Similarly, surgery or changes to the prostate can lead to bladder symptoms in men. Conditions ranging from diabetes to sleep apnea

to heart problems can all contribute as well.

The first step for patients who come to the continence clinic is a thorough assessment, including a physical exam and medical history and an understanding of all of the symptoms (bladder and bowel) the person is experiencing.

For Hunter, one of the key questions is which symptoms are the most bothersome and get in the way of what she calls "Kathleen's marker of manageable" — which is being able to go for at least two hours without a bathroom visit.

"If you can hold it for at least two hours, then you can get around the grocery store, you can get out and have lunch, or visit with your family — those social interactions that are so important," she said.

Things that can help

Pelvic floor muscle exercises: One of the first therapies Hunter's team prescribes is learning how to strengthen the pelvic floor muscles using "Kegel" exercises and other techniques, often under the guidance of a physiotherapist with special training. These can help with stress incontinence, urgency and frequency.

Absorbent products: Whether it's a pull-up style brief or an absorbent pad, these can give you assurance that you'll be able to get through their errands or social visits without an accident. But Hunter noted the cost can add up quickly, so these products shouldn't be the only strategy.

Diet: Over time, even a 10 per cent weight loss can improve some symptoms of incontinence, Hunter said. Changing what you drink, how much and when may also help, particularly when it comes to caffeinated drinks.

Medication: Hunter finds sometimes low-dose vaginal estrogen for women can decrease irritation and urinary tract infections, which contribute to incontinence for some women. Other medications may help with urinary urgency.

Pessaries: Sometimes a device called a pessary can be inserted into the vagina to provide support for prolapsed organs.

Further investigation or surgery: If conservative measures aren't helping, further testing such as "urodynamics" — a computer readout that shows exactly what's happening as the bladder fills

and empties — may be ordered. A gynecologist or urologist may suggest more invasive therapies. For example, botulinum toxin can be injected to help the bladder muscle relax, and surgical procedures can be done to correct prolapse.

"We have a range of strategies, working with our clinical partners, to help people with what can be a horrendously disruptive problem in their lives," Hunter said.

Along with her clinical practice, Hunter's research is focused on making life better for people with incontinence, including trying to improve training programs and toileting protocols for nurses and care aides in hospitals.

She noted that continence issues will often worsen while someone is in hospital, and it may not be just due to illness, but also to overuse of catheters and pads, loss of function, and staff being too busy to help patients get up to use the toilet regularly.

Hunter's work is supported by Alberta Health Services' Seniors Health Strategic Clinical Network, the Canadian Institutes of Health Research and the Glenrose Rehabilitation Hospital Foundation.

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Regular exercise, healthy diet could improve odds of surviving cancer

By Adrianna McPherson
University of Alberta

Engaging in regular physical activity and following a healthy diet could help cancer survivors increase their likelihood of long-term survival and reduce the odds of their cancer coming back, according to the American Cancer Society's newly released guidelines for cancer survivors.

"From a cancer patient perspective, these are the things you can do for yourself, to help yourself," said Kerry Courneya, a cancer researcher and professor in the Faculty of Kinesiology, Sport, and Recreation.

Courneya is the only non-American co-author of the guidelines, which were compiled by a committee of experts in nutrition, oncology, physical activity, community health and health disparities.

The new guidelines are an update to previous health recommendations published in 2006 and

2012. The latest edition compiles a decade's worth of data and evidence that identifies regular physical activity and a healthy diet as two of the most important modifiable factors in long-term health for cancer survivors.

According to Courneya, while previous editions were focused on improvements in health and quality of life, the latest guidelines focus on cancer recurrence and survival, and the lifestyle factors that may be linked to these outcomes.

"Those are probably the biggest concerns of anyone diagnosed with cancer."

The guidelines suggest nutritional and physical activity assessment and counselling should ideally begin as soon as possible after diagnosis and continue throughout treatment and into survivorship.

"If you're interested in improving your odds with things you can do yourself, data shows that exercise, nutrition and lifestyle can improve your chances of

survival."

The information presented in the guidelines is segmented by type of cancer, allowing health-care providers and cancer survivors to inform themselves about evidence-based nutritional or physical activity recommendations for their particular type of cancer, in many cases.

"This is how oncologists think, this is how most cancer patients think," said Courneya. "A breast cancer patient wants to know what diet will help with breast cancer, what exercise will help with breast cancer. Oncologists want to see the evidence for the particular patient group they're treating."

The link between exercise and improved outcomes for cancer patients isn't established for all types of cancer. However, the guidelines do highlight that exercise leads to a lower risk of recurrence and a higher likelihood of survival for three common types of cancer — breast,

prostate and colon cancer.

Exercise has the potential to lower the risk of cancer recurrence through a variety of mechanisms, explained Courneya, who holds a Canada Research Chair in Physical Activity and Cancer and is a member of the Cancer Research Institute of Northern Alberta. These mechanisms include stimulating the immune system to activate and target cancer cells, reducing overall inflammation in the body and reducing risks related to sex hormones.

"We know estrogen is linked to breast cancer growth and testosterone is linked to prostate cancer growth. Exercise can have impacts on these types of sex hormones."

The data that informed the guidelines are based mainly on observational studies, Courneya noted, so next steps will involve large-scale randomized controlled trials. "These are the experimental studies that provide a defini-

tive answer to whether or not adopting these changes after a cancer diagnosis causes an improvement in survival and recurrence risk."

Courneya pointed out that people look to the American Cancer Society for accurate information about anything related to cancer, so "for them to publish guidelines saying we think physical activity and nutrition is important, that will influence a lot of cancer survivors."

He added that it may also prove influential for cancer organizations and treatment centres, encouraging them to incorporate lifestyle components into their programming.

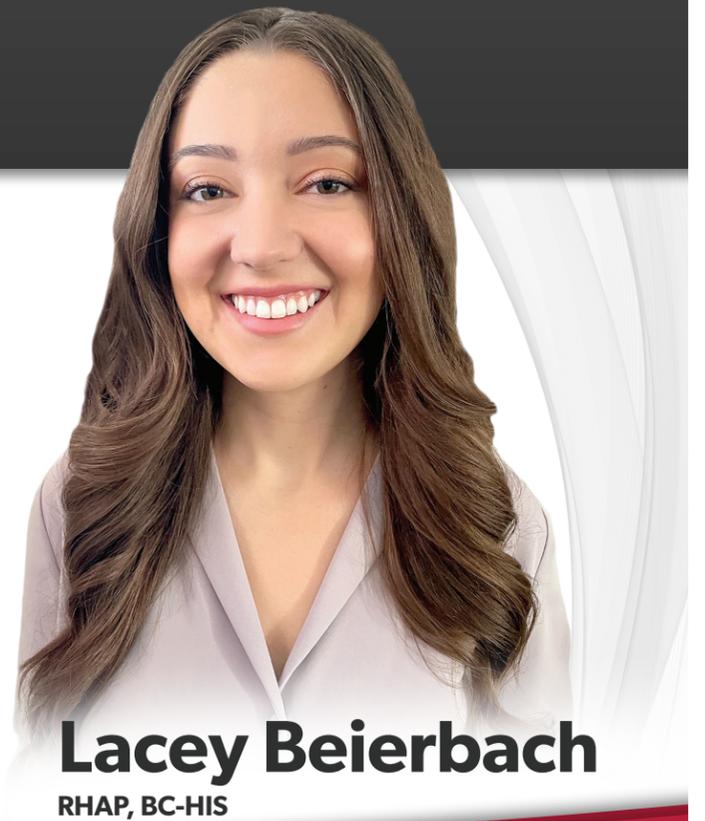
"I think that's the hope, to make sure this gets far more attention among the organizations whose mandate is to help cancer survivors, as well as letting cancer survivors know these are important behaviours for you to do in addition to the life-saving medical treatments."



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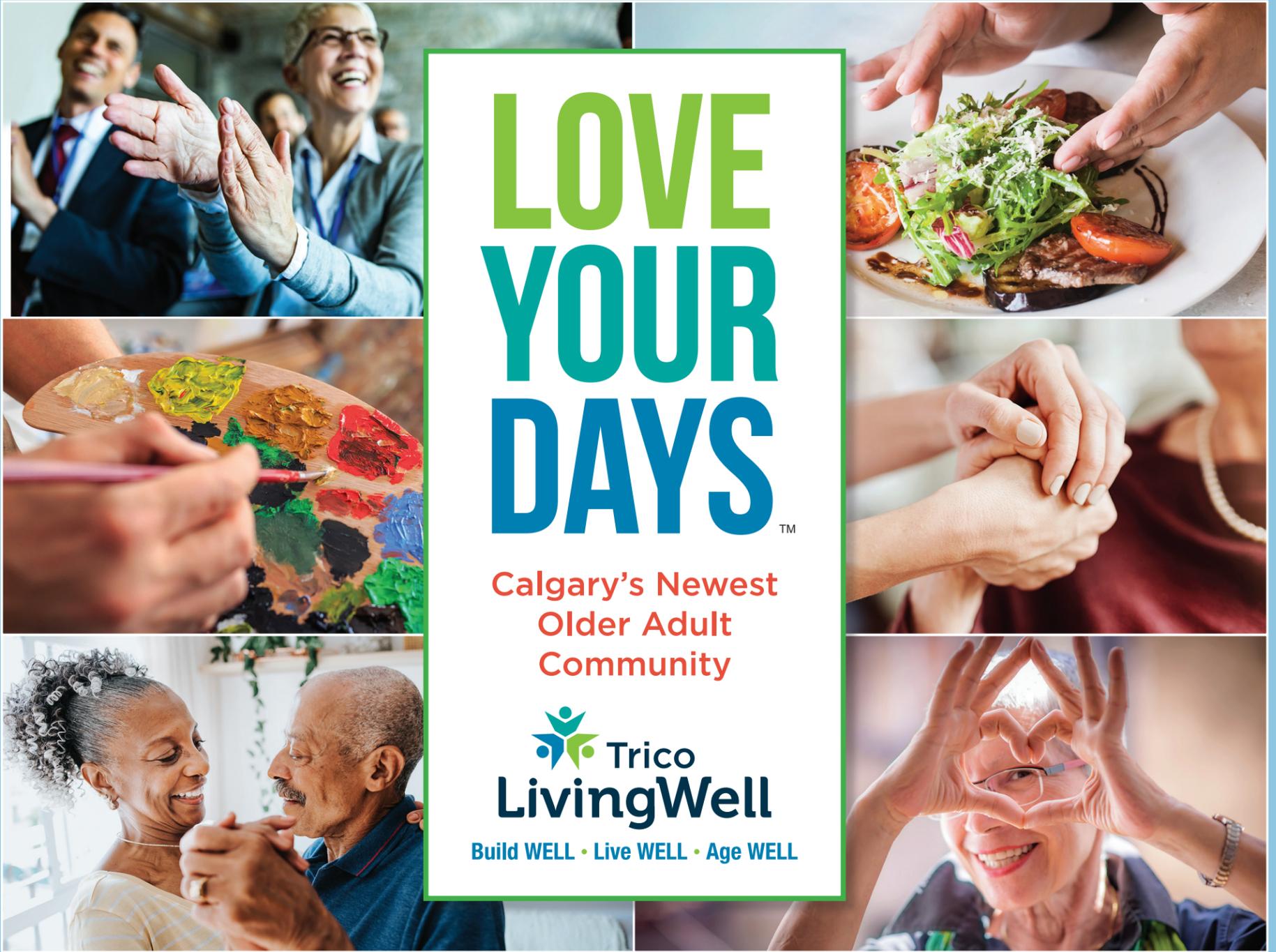
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End-of-life advanced planning

Conversations about what happens when you lose the capacity to manage your health and affairs, or what happens after you die, do not typically come up at a friendly dinner party, but they should!

Any End of Life Advance Care Planning you do while you are of sound mind and body will help ensure your wishes come true, your estate is managed as you desire, and your loved ones can grieve your death without the onerous responsibility of planning your funeral (If you even want one?) and closing your estate.

My parents gave my siblings and me the greatest gift by including us in their End of Life Advanced Planning. My parents, married for just shy of 62 years, always did things their way. When they were in their early 80s, as mom's health began to decline, they put their End of Life Advanced Plan in place.

My parents had been snowbirds for over 30 years and had travelled the world. I already was in the position of managing their affairs while they were away, including having joint access to their banking, and as their estate executor on their wills that they had completed several years ago.

My parents invited me along on their visit to a funeral home where they preplanned and paid for their funeral arrangements. Unknown to me, they had previously chosen and paid for a grave marker with the phrase "We Did It Our Way" emblazoned on it and a spot in a columbarium at a cemetery that had opened a couple of years previous.

As this cemetery arrangement was a surprise to me and with their new funeral plans in place, I felt it necessary to create a binder to keep every-

thing together and accessible to anyone who would need it.

As my siblings had not been along on the funeral planning trip, I wrote up and forwarded to them a document summarizing what our parents had planned and paid for. As I wanted to be prepared for the inevitable, I continued to gather all information that would help me and my family following the decline in capacity and death of our parents.

Tracking down their 1954 marriage certificate turned into a real scavenger hunt at their home and my dad had a vague recollection of a small life insurance plan he had gotten years ago that we tracked down amongst his many files.

My parents' End of Life Advanced Plan was priceless following my mom's passing at home in 2016 and my dad's MAID — medical assistance in dying — provision in 2018.

My husband and I, in our 50s, have followed in my parents' footsteps and prepared our End of Life Advanced Plan as our gift to our children. With our funeral plans in place and paid for, our wills, powers of attorneys and personal directives finalized, and our End of Life Advanced Plan binder complete, we sat down with our two adult sons.

While both our sons at first thought this was a very morbid conversation to be having with their parents, they quickly came on board as we reviewed our step-by-step plan as outlined in our binder.

We took them both to the bank and showed them how to access our safety deposit box, something they had never done before.

We also discussed how we had made our oldest son our primary estate executor with the expectation that they



Photo by Wesley Tingey. Accessed on Unsplash.com

would both work as a team to manage my husband's and my estates. Our sons know where in our files our binder is kept.

They ended up feeling that our review of our End of Life Advanced Plan was very informative and useful. I highly recommend you do the same as a wonderful gift to your loved ones. Since completing our binder we have facilitated several friends to do the same.

To keep things organized and available to anyone that may need access to your End of Life Advanced Plan, such as your children, executor, or lawyer, I recommend putting together a sectioned binder to keep everything in one place.

Alberta Health Services offers the "Green Sleeve – Goals of Care" program for planning your medical care in advance. This document is important for communicating your wishes to emergency personnel if you are unable to do so.

A copy of this document in your binder will be useful. The original copy of the Green Sleeve is typically kept above or around your refrigerator as recommended for standard access by emergency services.

In your binder, you can include a couple of sheet protector pages to hold odd-shaped documents such as business and health cards. Having a copy of your last will and testament, power of attorney, and personal directive documents sealed and labelled in an envelope in your binder will allow for easy access following your decline in capacity or death.

The original copies of these documents should be stored in a separate, secured location such as with your lawyer or in a safety deposit box.

Preparing a detailed contact and information list including family, friends, and professionals like your doctors, accountant, and lawyer will expedite communication.

Although you may feel like you are exposing all your personal information, having a list of your bank accounts, account passwords, investment portfolios, and health and insurance policies, to name just a few, will assist your survivors in managing your estate. You should list your social Insurance and healthcare numbers, as they will be needed when dealing with government agencies.

Funeral homes, cemeteries, and other agencies

offer the opportunity to plan and pay in advance for the handling of your body after you die.

Placing a written summary of these plans and contact information in the binder will ensure your loved ones follow your wishes and keep costs manageable.

Most of us cannot imagine the day when our loved ones will have to make the hard and very personal decisions regarding how to handle and manage our loss of capacity or our death but by having your End of Life Advanced Planning binder and reviewing it with your executor and family you will be giving them the most wonderful gift.

Judy Smith is an active volunteer of the Calgary Chapter of Dying with Dignity Canada and a supporter of their Advance Care Planning initiative.

Check www.dyingwithdignity.ca under 'Education' and 'Webinars' for an Alberta focused

Advance Care Planning webinar facilitated by Alberta Health Services on April 12th at 7 pm MST.

Kerby Centre welcomes new board member

Andrew Glen McCutcheon
Kerby News

Kerby Centre is excited to announce that Gordon Nott of Medicine Hat has officially joined its board of directors

Nott brings with him not only a wealth of experience in volunteering, non-profit work and seniors advocacy but also a local perspective for Kerby Centre as it enters its second year of running the Veiner and Strathcona Centres in Medicine Hat.

“I look forward to supporting the Kerby administration team here in our city and building upon the opportunities and programs already available,” he said in a release. “Their enthusiastic work to enrich lives within our senior community is inspiring and I cannot wait to start.”

“We offer a sincere congratulations to Mr. Nott,” said Medicine Hat Councillor Andy McGrogan. “By including a local voice of someone who is so passionate about the senior population, we are confident that member needs will continue to be met.”

Not only does Nott have a variety of experience with non-profits, but Medicine Hat is also his hometown. Born there in 1942, Nott got his start in volunteering in the 70s with his involvement in minor sports.

“I was never a hot-shot at baseball or hockey,” Nott said. “My purpose was to bring them along as individuals. Their personal growth, learning concepts of teamwork and respect for one another ... for me, it was

all about the young people and developing them as individuals.”

In the 80s, Nott moved to Sherwood Park. There, he worked with the Robinhood Association — an organization that assists individuals with disabilities in a number of group homes.

He returned to Medicine Hat in 2003, however, and kept working with non-profits and volunteering — partly spurred on by his experiences visiting aged family members

and other older adults in the community.

“It was discouraging to see many other residents who didn’t have any support line at all,” Gord said. “I saw a need, it was time in my life to give back in the community because I’ve been so fortunate. That’s the bottom line.”

At the start of the 2010s, he got involved with the Seniors Advisory Committee in Medicine Hat, and he was chair when the Veiner Centre was lost

in the flood in 2013. Nott was at the forefront of negotiations to help re-establish the centre within the city.

Now, he’s seen the Veiner Centre bounce back yet again, this time after Kerby has taken over operations in the midst of the worst of COVID-19.

“You can hear the buzz now. The buzz is back...” Nott said. “Kerby is ... doing a fantastic job. They are bending over backwards to help individuals there.”

For Nott, the most important part of his new position on the Kerby Centre Board of Directors is bringing his community-minded focus to his work.

“The key thing is to listen,” Nott said. “As a member of a board, that’s one of the key factors. Being open-minded and a good listener.”

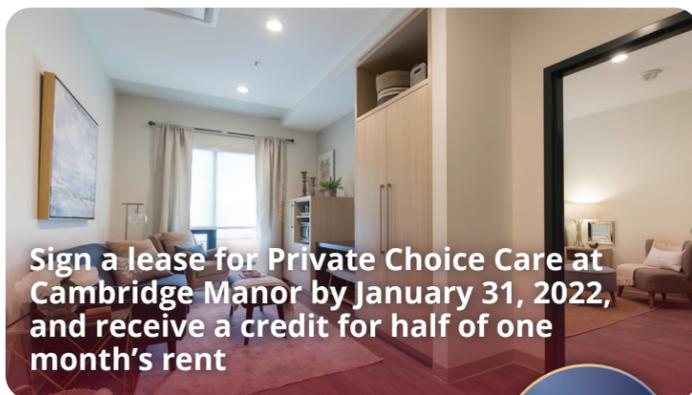
“I’m here to support the folks that are managing Veiner ... and if there’s something that can be done to help them, I’ll listen.”



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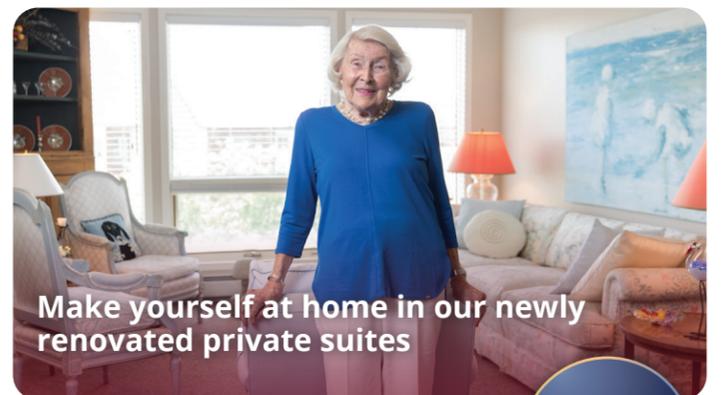
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Story and Photos by
Deborah Maier
Calgary Horticultural
Society

Even though frost is still in the ground and snowfall anticipated, April brings visions of summer colour.

In about eight weeks, Calgary gardeners can count on it being the start of the frost-free period and expect soil temperatures to be warm enough to support warm season crops.

At that time, many gardeners will be planting warm-season annual flowers to green-up and add a splash of colour to containers and flower beds.

Instead of waiting until May to purchase plant starts, why not start some annuals yourself? Even choosing to plant a package of seeds can save a gardener money—and it's fun!

The beauty of annuals is their purpose is to flower and produce seeds. That means if they are watered, fed, given the right light conditions, and dead-headed if they are not a self-cleaning variety, they will bloom all season long.

The light through a sunny window in late April and May will support their seedlings for the four to six weeks they are being grown indoors, so there is no need for

grow lights.

Plants need to reach maturity before they can flower. By starting seeds indoors, you can expect to see blooms on those plants earlier than on the ones that were direct seeded later. Most annual seed packages will recommend the number of weeks before planting outside as the seed starting period.

Choose the date you want to plant outside, usually during the last week of May or the first week of June, then count back the number of weeks.

Resist the urge to

sow the seeds earlier, you just want a bit of a head start.

Growing seedlings too long indoors, even in a sunny window, can cause them to become spindly. Spindly plants have long weak stems which can make their transition to growing outside difficult.

Don't worry if your plants are smaller than the plants at a garden centre (those plants have had the benefit of being grown in a greenhouse), your plants will do fine and fill in quickly once moved outside.

I like to sow my

seeds in repurposed fruit containers (the ones used to sell strawberries or plums at the grocery store).

When using this style of container for small seeds, expect to have to separate and pot up the seedlings once before planting them outside.

For plants that don't like to be transplanted, I've purchased deep, folding, seed starters called a root trainer. This container provides room for the roots to grow down. The container unfolds, making it easy to remove the seedling when it's time to plant them outside. Last year, I started Zinnia's in these containers.

Most years, I start annuals indoors. For as long as I can remember, my garden has had at least a few marigolds—usually started from seeds. They are an easy plant to grow and are rewarding with their cheery orange, gold, and burgundy blooms.

For many years, I have also been growing white alyssum.



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White alyssum is also easy to start from seeds. However, Zinnias are the inspiration for this story.

I grew them for the first time last year. Many Society gardeners recommended them for summer colour, so I thought I would try them.

I started the seeds in the root trainers at the beginning of May.

It was later than planned, but then I didn't get them planted outside until June 19.

They bloomed from July 1 until the end of September. The flowers were eye-catching and long-lasting.

In warm weather, the bees were active on the flowers. In cool weather, the bees rested on them.

The deer left them alone. I can't wait to plant more! Why don't you start some annuals this spring, too?

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Three generations and a cabin

Story and photos
by Jaroslav Maria

My close friends surely take me for an old sentimental fool. Why else would I reminisce so often about the summer holidays spent in my parents' rustic cabin when I was a child? Well, why indeed?

Dad lifted me up to a seat fashioned on top of the verandah railing. I have a clear view across the dirt path in front, then farther over the large grassy field sloping all the way down to the paved road bypassing the village called Vír, and a very steep hill known as Kača behind it. In the distance I see the crumbling tower of a mediaeval fort peaking above the woods.

The view is very nice. The village is stretched along the river for about four kilometers in one of the valleys of the highlands called Vysočina that split the country into two halves.

Today is my sister's tenth birthday, and mom will have another baby.

The commotion is keeping everyone busy, so they put me out of the way. I don't mind, because there is something unusual and interesting happening down on the edge of the village.

A column of tired and dispirited men marches west on the main road that will soon start climbing into the hills. They are German soldiers in olive colored uniforms. Some have ri-

fles. They want to get to the railroad nine kilometers away.

I have never seen so many people on this road, but that is not all. In several places abandoned cars are burning in the ditches. From my perch I can see three of these blazes.

Suddenly small bands of much perkier and smiling soldiers, men and women in bright green uniforms are walking jauntily, literally dancing on our narrow lane that is parallel to the main road.

They also have weapons slung over their shoulders. The girl soldiers wave at me and are blowing kisses. They are the allied troops.

These are my earliest memories. On May 9, 1945 I was four years and one month old. The Wehrmacht, beaten and humbled was in full retreat. Berlin was occupied, Hitler was dead, Germany surrendered, but we were still hiding in the country. We did not know that WWII had already ended the day before.

After the war the life returned to normal. We lived in the city where us children had to be well behaved Little Lords Fauntleroy's; but the best part of our year was the summer holiday in our cabin where the days were filled with adventures fueled by our imagination.

By today's standard the cabin was not far, but then it was a complicated trip.



"Vysočina." Photo by Jaroslav Maria.

We had to go by train on the main line towards the mountains, then transfer into another one consisting of just a little steam engine plus three coaches that chugged along at much slower pace.

Four stops later we transferred again, now into a bus. The bus service was run by Matuška family from Vír. The driver knew everyone, talked incessantly, held the steering wheel with his left hand, the shift stick with the other and gesticulated with whichever one he did not need at the moment.

He drove as fast as the rickety old bus would go on a road closely following the river and all its meanders.

My father liked to say that although he had sailed on open seas during storms, it was not as scary as riding in Mr. Matuška's bus.

On the other hand us children liked it, and always sat in the rear where we were shaken and tossed around the most.

Our cabin and three others were on

the edge of the village. Between them there were five boys and three girls. We were just a few years apart in age, it was our gang.

I kept a diary that is still an interesting read after 70 years. I wrote about what fascinated me, essentially that the country folks were simple, worked hard and lived in harmony with nature.

I could watch them for hours going through their daily routines, learning how things were made and food was grown.

Only a five minute walk away from our cabin lived Mr. Jančík, the cobbler. He was very good at what he was doing. In his workshop he sat on a three legged stool by a low table strewn with tools and crowded with little containers with supplies.

Everything was within an easy reach. I was fascinated by his skills, utility of his tools, the ease of his movements and quick selection of just the right piece of leather to cut and hammer into a concaved shape on his knee.

Then he punched round holes through it and the sole of the shoe threaded on his anvil, and drove square wooden pegs into them in neat rows.

The proverbial square peg in a round hole was what kept the joint strong and durable.

He needed just one hit, not too hard to break the peg, but enough to drive it in. The excess leather was cut off, edges stained brown or black and voilà, the shoe was repaired!

Mr. Jančík enjoyed telling stories about his apprenticeship with a "master" shoemaker.

He had lived with the master's family, learned the trade and helped with the household chores. Afterwards he went for a "wander" to hone his skills by working for reputable shoemakers as far as in Vienna, Austria 180 km away, eventually returning home and starting family.

It was the longest trip he ever took.

Mrs. Jančíková worked the little farm where she raised much of the food they needed. She would show us how the butter was hand made in a simple wooden churn. I had not known that the yellowish tint of the country butter came from adding carrot juice into the cream, and why it tasted differently than the butter bought in stores. They did not have a refrigerator so the cream would go sour before they saved enough for the churning.

Mr. Špaček's bakery occupied the whole main floor of their house. Big traditional oven was placed in the back by the wall. Built from bricks it was preheated by making a fire inside that was removed prior to baking. To assure all the bread loaves would be the same weight and shape, the dough was put into hand woven straw baskets to rise, then planted in the oven using a wood shovel with a very long handle.

We knew when bread would be finished and cool enough to be carried in a paper bag. Still warm it smelled deliciously and tasted even better. To our mother's dismay we had always eaten the crust off half of the loaf before we brought it home.

That is how things were still done in the mountain villages of Eastern Europe in 1950s. Compared with already modern industries in the cities it was primitive, but easy to grasp. We kept learning.

Landscape of Vysočina is neither large like the deserts or prairies, nor majestic as the high mountains. It is rather diminutive, the terrain is crenelated,

shaped by countless little creeks and shallow rivers winding through the valleys.

The land has been lived on and cultivated from the time immemorial until it gradually morphed from primeval wilderness into what it is today. There is so much variety and yet it is tame enough for a gang of children to roam around safely.

Within our range there were four ruins of primitive forts built from undressed stones, abandoned and free to explore, plus two castles still in pristine condition from 13th century.

Mixed forests covered the steeper slopes, meadows with profusion of flowers lied closer to water. Narrow strips of cultivated fields on gentler slopes were separated by borders grown over with brambles and raspberry or hazelnut bushes. Here and there would be short alleys of cherry, plum and apple trees, usually by the dirt wagon roads that provided access to the fields and forests, some cut deeply into the land from heavy use.

We went wherever our curiosity would lead us. Because of the quickly developing orientation skills, we never got lost even though we had no maps, watches or compasses; and miraculously always found the way home in time to eat.

During winters we had read books for teenagers by Jules Verne, the first sci-fi writer, Arthur Michell Ransome who wrote about Swallows and Amazons or Karl May who created Old Shatterhand, the German explorer and Winnetou the Chief of Apaches. These books depicted adventures of various characters that became our he-

roes. We never missed an opportunity to imitate them and gave ourselves Native American or famous gunslingers' names.

We pictured ourselves in the American wilderness and looked for places to hide, build rudimentary forts from stones and with wood sticks pilfered from Mr. Špaček's wood pile. We stacked them with a good supply of ammunition of tree cones and small rocks that we never used because our enemies were only imaginary.

Village kids knew how to catch trout hiding under rocks in creeks using just their bare hands, at which they were masters and we were terrible. They also showed us where the old and now abandoned silver and tin mines had been and took us to their entrance tunnels shaped as gothic arches.

For two months every year we tasted the uncomplicated rural life. In the forests we hunted for mushrooms, picked wild berries or poached the fruits from trees and edibles like poppies and peas in the fields. We borrowed kayaks and canoes to paddle across the lake above the village, slept in the tents in the backyards and had bonfires. We played games, raced each other, even staged wars and battles. Those two months, when we were between eight and fourteen years old, were crammed with activities.

It all ended when we grew up. Several years later half of the original gang was blown to four corners of the world, and all that is left are memories!

The second generation, my niece, neph-

ew and their friends still went to the cabin occasionally on weekends to stage theatrical shows and to party, but would not be interested in staying for the whole summer holiday.

Perhaps because there was not a gang of the same age kids, or the new technologies surreptitiously killed the adventurous spirit and creativity it had fueled in us.

The village became less isolated. The tradesmen abandoned their three-legged stools, the backbreaking ways of baking the bread and tending the fields; and lost their uniqueness.

Another twenty years later it became possible to visit the old playground again and see if any of the old charm has survived. My wife and I arrived on a balmy summer Sunday and found the third generation of early teen kids of my family sitting on the verandah reading books, bored. It was the same one from which I had observed the end of WWII 45 years before.

I asked if they liked being in the country and they just shrugged. They didn't

venture out of the yard much.

The parents and grandparents were relieved, as they now feared for their children safety as if the country would suddenly become overrun by weirdos, rapists, wild animals and whatever else. And, of course, there was no way these kids could find their way back home from the woods without GPS in time for dinner, if ever.

The well above the cabin is dry, the roof is leaking and paint is peeling from the doors and windows. The garden is unkempt, the back yard where the Ping-Pong table once stood and tournaments were staged is overgrown by grass that nobody cuts.

There likely will not be the fourth generation of children in the cabin as nobody is interested anymore in dreaming or running the whole summer around barefoot, wearing just shorts and T-shirts looking for adventure and even less in catching a slimy live trout with their bare hands.

Excitement is now available "virtually there" right on their iPhones.



View from an old ruined fort. Photo by Jaroslav Maria.

Keeping your grocery bills low



Lesli Christianson-Kellow
Kerby News Columnist

I'm pacing. From the living room sofa to the dining room and looping back into the living room again. Every so often I peek out the front window. I'm watching. I'm waiting.

Today is the day that my grocery store flyers arrive. I need to buy groceries, but first I need to see what foods are on sale and where.

The last few months have seen a marked increase in food prices in the grocery stores. If you're like me, your grocery budget could be taking a beating.

At first it was just meat that was so expensive, but even staples like sugar and flour are up week to week. And vegetables.

I like to make Greek salad at least once a week. Have you seen the prices of cucumbers these days? They might as well be made of gold.

I've paid the price occasionally. What's a Greek Salad without cu-

cumbers, afterall?

There's a few strategies to try when shopping for groceries these days:

Stock up on your favourite foods when they're on sale

If possible, stock up on the foods you use most often when they go on sale. It's a guarantee that you'll save money in the long run.

Buy the foods that are on sale

Try new foods! Try cooking using the foods that are on sale in the flyers. Maybe this means you buy cauliflower instead of broccoli; or pork chops instead of steak; or Steelhead Trout instead of Salmon. You get the idea, be flexible to adapting your taste to what's on sale. Be creative!

Shop at a grocery store that price matches

Try to avoid driving all over to get the best prices. The more economical way to shop is to shop at a store that matches competitor sale prices. Be prepared to show the sale price in the flyer to the cashier when you pay for your groceries.

Find recipes that contribute to a low cost per serving

Cost per serving is when you take the total cost of the ingredients for the meal and divide by the number of servings the recipe yields.



The cheaper the total cost of the ingredients, the lower the cost per serving will be.

Cabbage often goes on sale. One head of cabbage can become a whole meal or several side dishes all for a small cost per serving. Plus it's actually quite nutritious. You could add chicken or sausages to round out this cabbage dish.

Cabbage and Bacon (4 servings)

- 1 head of cabbage, sliced and diced
- 2 slices of bacon, chopped into small pieces
- 1 onion, thinly sliced
- 3 garlic cloves, minced
- 1 tsp of salt (or more to taste)
- 1 tsp pepper (or more to taste)
- ½ - 1 cup of water

1. Cook the bacon in a large pot until it is limp and has released all of its fat.

2. Add the garlic and onion. Cook until soft.

3. Add the cabbage, ½ cup of water, salt and pepper. Cover and cook on a medium temperature, stirring several times, until tender, about 15 to 20 minutes.

4. Add additional

water to prevent cabbage from sticking to the pot, if needed.

Lentils are another economical ingredient. This recipe is easy to make and can be a main dish, just add a bun or some naan bread.

Curry in a Hurry (4 servings)

- 2 Tbsp. water
- 1 cup chopped tomatoes
- ½ cup chopped onion
- 1 garlic clove
- 1 Tbsp. ground curry
- 2 1/2 cups water
- 1 cup split red lentils
- ½ tsp. Salt

1. Saute tomato, onion, garlic in 2 Tbsp. of water, add more water if necessary. Add ground curry.

2. Stir in 2 ½ cups of water, lentils and salt. Cover and simmer for 30 minutes, or until lentils are soft.

Another way to save money is to avoid letting food go to waste. Here's a recipe to use up those ripe bananas sitting on your counter.

Banana Date Bran Muffins

- ¾ cup bran
- ¼ cup wheatgerm

- 1 cup buttermilk (simply add 1 Tbsp. of white vinegar to 1 cup of milk and let sit for 10 minutes - instant buttermilk)
- ½ cup brown sugar
- ¾ c. flour
- 1 tsp. Baking soda
- 1 tsp. Salt
- ½ tsp. Cinnamon
- 1 egg
- ⅓ cup melted butter
- 2 ripe bananas
- ½ cup chopped dates (optional, but worth it)

1. Preheat the oven to 350° F.

2. Soak bran in the buttermilk for 15 minutes.

3. In a medium bowl mix the brown sugar, flour, baking soda, salt and cinnamon.

4. Stir in the egg, butter, bran and buttermilk mixture, wheatgerm and dates. Stir just until everything combines together (Do not over mix).

5. Dollop batter into muffin pans lined with muffin papers (should be ⅔ full).

6. Bake 15-20 minutes, or until a toothpick comes out clean.



A Membership at Repsol Sport Centre gives you access to amazing amenities including a large Fitness Centre, 5 gyms with Basketball, Pickleball and Badminton, two pools for lane swimming, FREE parking and more.

Annual Monthly Membership
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Senior (65+) - \$51.50

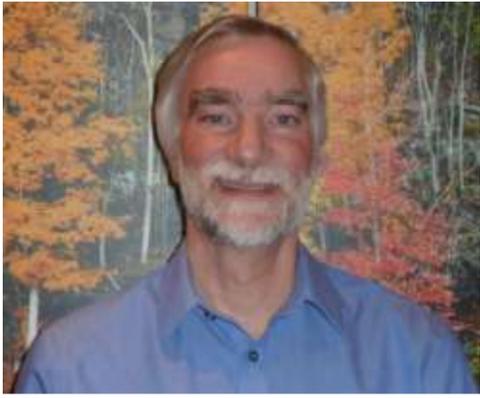
10 Pass or 30 Day Card
Adult - \$139
Senior (65+) - \$85

Drop-in
Adult - \$16.50
Senior (65+) - \$10



REPSOL / forever active. forever strong.

Volunteer Spotlight



Peter McCurdy

Peter McCurdy is a very hardworking and caring volunteer. He was wanting to help seniors with their taxes when coincidentally his neighbour Karen mentioned Kerby Centre runs tax clinics. He began as a Kerby volunteer doing meal deliveries in May of 2020 and became a tax receptionist for the 2021 clinic. He expanded to positions of Sidewalk Seniors, directory deliveries, and is one of our tax preparers for 2022.

Regarding his Sidewalk Seniors position Peter said "I enjoy helping seniors and seeing how pleased they are when I am with them. I had a very interesting senior to walk with last year; she escaped from Vietnam and is now living on her own while being legally blind." Peter enjoys being at Kerby Centre because "It has a broad reach into the community and the other volunteers really like what they are doing".

Perhaps because his hobbies are Alpine skiing, hiking, canoeing, and reading, the place he most wishes to live is "Canada: We live in a country that provides opportunity to its youth and gives us the chance to enjoy its variety of landscapes... and cultures... We are lucky to have such a cosmopolitan population as it brings a richness to our communities."

So far Peter has contributed over **148** hours.

Thank-you Peter for all you do for the Kerby Centre!

Senior Listings

YOUR MESSAGE, PEER TO PEER

WANTED

Buying coins, paper money & stamps. 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

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

FOR SALE

Two cemetery plots in Eden Brook Memorial Garden in

Calgary Each plot accomodates one casket and two turns, or three turns. Make an offer for one or both (cemetery price \$4,900 each) Contact Jim - 403-236-2682.

Like new portable, electric wheelchair for sale. When charged it lasts a long time. It has arms that can be moved out or in, depending on your size.

It's easy to handle with a joy stick, good tires for outdoors but not road worthy. It folds up to carry and weighs 70 lbs. Call or text Cathy at 250-258-8014 for more info or pictures.

For Rent in Claresholm - 1 bedroom apartment in senior building, close to hospital, elevator, in-suite storage, smoke & pet free, rent is 30% of income plus \$65

utilities, available March 1 call 403-625-4133

LOCAL EVENTS

Planning for the Future: Health Decisions Matter.

Tuesday, April 12 at 7:00 p.m.

If you were unwell and unable to speak for yourself do those you are close to know your wishes for health care and personal decisions?

Advance care planning is important at all times but COVID 19 has brought the importance of knowing people's wishes and values regarding their health care to the forefront.

In this session you will learn:

- The importance of Advance Care Planning and the role of Personal Directives.
- The process of thinking, talking about and documenting your wishes for health care should you become unable to speak for yourself.
- Goals of Care and what they mean for you.
- Resource information.

To Register: www.dyingwithdignity.ca

Presented by Alberta Health Services Education Consultant for Advanced Care Planning/Goals of Care, Alexandra Kushliak

Spring Open House

Join us for a guided tour of Trinity Lodge.

Free on-site consultation with a team of experts: Financial Concierge, Realtor and Senior Relocator.

Enter to win door prizes and take advantage of the amazing specials that we are offering this Spring.

Date: Saturday, April 23rd | **Time:** 11:00 am - 3:00 pm

Call today to book a personal tour.

(403) 253-7576

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Serving seniors and stopping scammers



Hello my name is Mary O’Sullivan-Andersen. I am the president and CEO of Better Business Bureau Serving Southern and East Kootenay based in Calgary. I am excited to have Better Business Bureau partner with Kerby Centre to provide this

column for the *Kerby News*.

This will be a space where I plan to share information on some of the trending scams in our community and what steps you can take to stop scammers in their tracks.

Scams in Calgary, in Alberta, in Canada, and across the world, are on the increase, with criminals attempting to steal your personal information and money. They do this online using fraudulent websites, email and text messages.

Yet, it doesn’t stop there. Scammers use the telephone, mail and even make con-

tact in person. Just last month the Calgary Police Service reported that Calgarians lost more than \$4 million in 2021 due to fraud.

Reports to the police in relation to fraud doubled between 2015 and 2021.

I share all of these facts not to scare you, but to let you know that there are people motivated to cause harm.

The good news is we can all take steps to protect ourselves from this activity. So what do we do about this?

The answer is to arm ourselves with knowledge so we can spot a scam and stop it before there is yet another victim.

And we can share this knowledge with our friends and family members.

In recent weeks what we call the Grandparent scam has been occurring in the Calgary area.

This involves a fraudster making contact, typically by telephone, and telling the senior who answers the phone call that their grandchild is in danger.

The scammer may claim the grandchild requires money

due to some unforeseen emergency. The scammer may claim the grandchild has been arrested and needs bail money, or has had an accident, is injured, and is in hospital.

Do not hand over any money. Ask lots of questions, ask about the identity of the caller and ask for details about the grandchild. Confirm details of the story with other members of your family. If there is a real emergency, come up with a plan as a family.

And please do not be pressured into making any quick decisions.

If in doubt, call the Calgary Police Service using the non-emergency number and report this activity. Through knowledge we can stop these scammers.

In addition to reading this column, I encourage all of you to stay in touch with BBB through our social media accounts including Facebook, Twitter, and Instagram. We also offer free consumer education in-person and through webinars.

BBB has been a relevant organization since 1912. This is largely due to the community; individuals, organizations, and businesses who value the work we do each and every day.

Your BBB is here for you today and long into the future.

Mary O’Sullivan-Andersen

President and CEO of Better Business Bureau Serving Southern Alberta and East Kootenay



Bowbridge Manor
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403-288-4014

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



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Online Presentations & Events

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Kerby Centre for the 55+ plus **KERBY CENTRE PRESENTS ANOTHER IN OUR SERIES OF ONLINE HEALTH, WELLNESS, INFORMATION & ENTERTAINMENT PRESENTATIONS** **Speak Up**

Did you know that all Albertans over the age of 18 should have a Personal Directive? If you were unwell, and unable to speak for yourself, do those you are close to know your wishes for health care and personal decisions? Advanced care planning is important at all times but COVID 19 has brought the importance of knowing people's wishes & values regarding their health care to the forefront.

Planning for the Future – Health Decisions Matter

10:00 am to 11:30 am on Thursday, April 14th

Presented By
Alexandra Kushliak B.A.B.S.W.R.S.W., Alberta Health Services
 Alberta Health Services Education Consultant Advance Care Planning/Goals of Care

In recognition of Advance Care Planning Day, join us to learn about...

- The importance and role of Personal Directives.
- The process of Advanced Care planning: thinking, talking about and documenting your wishes for health care if you are unable to speak for yourself.
- Explanation of Goals of Care and what they mean for you.
- How to use the Green Sleeve and other information and resources

FREE Registration At <https://kerbyacpdpersonaldirectives.eventbrite.ca>
 For Further Details Please Visit www.kerbycentre.com/events

ADVANCE CARE PLANNING
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Kerby Assembly Annual General Meeting

To be hosted online:
Tuesday, April 12, 2022
10:00 AM

Register at:
[Kerbyassemblyagm2022.eventbrite.ca](https://kerbyassemblyagm2022.eventbrite.ca)

If you have any questions please contact:
ColleenC@kerbycentre.com

We look forward to seeing you there!

Kerby Centre for the 55+ plus **KERBY CENTRE PRESENTS ANOTHER IN OUR SERIES OF ONLINE HEALTH, WELLNESS, INFORMATION & ENTERTAINMENT PRESENTATIONS**

Wills and Estate Planning

A Kerby Centre Financial Wellness Online Presentation

Wednesday, April 20, 2022
 10:30 to 11:30 am

Presented By Jonathan Ng
 Underwood Gilholme Estate Lawyers

In recognition of Advance Care Planning Day on April 16th, join us to learn what you need to know about preparing a Will, the legal issues that affect Wills, how to select an Executor, about Enduring Power of Attorney, and other valuable information to ensure that you're your intention and assets are clearly directed.

FREE - Register at Eventbrite
<https://willsandestates2022.eventbrite.ca>

Kerby Centre for the 55+ plus **KERBY CENTRE PRESENTS ANOTHER IN OUR SERIES OF ONLINE HEALTH, WELLNESS, INFORMATION & ENTERTAINMENT PRESENTATIONS**

How To Have The Difficult Conversation About End of Life Planning

Tuesday, April 26, 2022
 10:30 to 11:30 am

Presented By
 Kathleen Kellner
 End-Of-Life Consultant

FREE - Register at Eventbrite <https://empoweredendings.eventbrite.ca>
 OR VISIT WWW.KERBYCENTRE.COM/EVENTS

MENTAL HEALTH WEEK MAY 2– 8TH

Join Us As We Explore Ways To Help You Maintain Good Mental Health

Monday, May 2nd 10:30 am-11:30 am
Stress Management and Healthy Coping

This interactive workshop provides an overview of what the stress response is, and how it impacts our lives. Through this workshop, participants will develop an awareness of their own particular stressors, learn how to cope in healthy ways, and develop an appreciation of self-care and self-compassion. **#GetReal** Presented by Keirstyn Secord, CMHA Calgary's Community Education Team

Tuesday, May 3rd 10:00 am-11:30 am
Meditation & Mindfulness For Better Mental Health

Learn the many benefits that mindfulness and meditation offer, how to incorporate it into our daily lives and join us for a session to learn how to apply the techniques to attain a healthier mind.
 Presented by Vivian Woods, Certified Mindfulness & Meditation Coach

Thursday, May 5th 10:00 am-11:30 am
Keeping Depression At Bay, Simple Steps For A Healthy Mind.

This presentation focuses on the topic of depression, explores the connection between depression & dementia & provides simple steps we can take to keep depression at bay. Presented by Padmaja Genesh, Learning Specialist Learning & Support Services, Alzheimer Society of Calgary

To Register For These Presentations Visit www.kerbycentre.com/mentalhealthweek

SAVE THE DATE

Plan To Join Kerby Centre
 As We Celebrate

Seniors' Week
June 6-10th

Fun Activities All Week
 To Keep Us

"Moovin & Groovin"

Heritage Calgary plaque recognizes residence of Violet King



The Sunnyside home of Violet King with Josh Traptow, CEO of Heritage Calgary; Councillor Terry Wong; homeowner Dr. Angela Pucci and her two daughters; Dr. Malinda Smith, Vice Provost of Equity, Diversity and Inclusion at the University of Calgary; Lorna Cordeiro with Hillhurst Sunnyside Community Association; and Black Law Students' Association members Chyna Brown, Keshia Holloman-Dawson, David Isilebo, and Mirabelle Harris-Eze.

Heritage Calgary

On Feb. 25, 2022, Heritage Calgary with the UCalgary Black Law Students' Association presented a heritage plaque recognizing the King Residence to homeowner Dr. Angela Pucci. The residence is nationally significant as the home of the King family, including siblings Violet King and Theodore King, who are recognized for their work to advance racial equality

in Alberta and are a significant part of Alberta's civil rights history.

The King family were early Black settlers in central Alberta. John & Stella King immigrated to Keystone, Alberta in the early 1910s, and moved to Calgary in the 1920s. They purchased the property at 518 7 AV NW in 1939 and raised 4 children there.

Violet King (b. 1929) grew up in this home in

the working-class community of Sunnyside. She attended Crescent Heights High School and went on to become the first Black Canadian to obtain a law degree in Alberta, the first Black person admitted to the Alberta Bar, as well as the first Black woman to become a lawyer in Canada in 1954.

"I learned of the remarkable Violet King during last year's Black History month and quickly became enthralled with her story," said Senait Yohannes, Vice President of Administration with the Black Law Students' Association. "People balked at the idea that Violet wanted to pursue a career in law, and despite blatant racial and gender discrimination of the time, she went on to do just that."

Violet King's accomplishment made headlines as "a milestone in Canadian history." In 1963 she moved to New Jersey where she became the first woman appointed to an executive position within the YMCA in the US. Throughout her life, Violet King was an advocate and inspiration, particularly for women and racialized people.

Violet's older brother Theodore 'Ted' Stanley King, born in 1925, was also an accomplished civil

rights activist. In 1961, as the President of the Alberta Association for the Advancement of Colored People (AAACP), Ted launched a legal challenge against a Calgary motel whose owner utilized a loophole in the Innkeeper's Act to deny accommodations to Black patrons. The case made it to the Alberta Supreme Court and though unsuccessful, Ted's tenacity and the publicity of his case ensured Black people could no longer be refused lodging due to the colour of their skin in Alberta.

Originally built in 1912, the King Residence also has symbolic heritage value as an early and typical Edwardian-era residence, which was representative of the historic working-class demographic of the community of Sunnyside. "From the beginning, Sunnyside was a family-oriented neighborhood with a small-town atmosphere," said Josh Traptow, CEO of Heritage Calgary. "In those days, most of Sunnyside's population was employed by the CPR. John King worked as a Sleeping Car Porter with the CPR for 35 years, one of the few occupations available to Black Canadian men

during that time."

The Sunnyside home was owned by the King family until a year after Stella's death in 1974 and was purchased by Dr. Angela Pucci in 2009. "As a mother raising two daughters in this home, the history and accomplishments of Violet King create both teachable moments and perspective, and give us a feeling of overall gratitude," she said. The home was added to the Inventory of Evaluated Historic Resources by Heritage Calgary in April of 2021.

A small outdoor presentation took place on a Friday afternoon with members of the community and the Black Law Students' Association. "The King family home gives us a sense of place and strengthens our community identity," said Lorna Cordeiro with the Hillhurst Sunnyside Community Association. "It tells us about our past, including stories of racism, injustice and the perseverance of Violet King and her family." The residence has been formally recognized as an important legacy for the community and for Calgary's shared heritage.



Graduation photo of Violet King. Credit: Dolly Johnson. Used with permission of the Breton and District Historical Museum, Breton AB.

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

<p>ZOOM CLASSES</p> <p>MONDAY Fitness With Dan 9:30 –10:30am Gentle Seated Yoga 2:00 3:00pm</p> <p>TUESDAY English as Second Language 10:00 - 11:00am Tai Chi 1:30 –2:30</p> <p>WEDNESDAY Men’s Shed 11:00am – 12:00 pm</p> <p>THURSDAY Yoga for You 9:00 – 10:00am Drum Fit 10:15 - 11:00 am</p> <p>FRIDAY Muscle Strength and Core Balance 11:30 – 12:30 pm</p> <p>Call Education & Recreation at 403 705-3233</p>	<p>“benefit” Take Control, Accomplish Your Goal</p> <p>Let’s make 2022 the year for stronger, healthier YOU!</p> <p>Set your goal, join our monthly indoor/outdoor group walks, and share your inspiration!</p> <p>Goal setting workshop included! Monthly draws for prizes & final grand prize draw in December 2022. More you move, the greater your chance to win!</p> <p>To register please contact Education and Recreation 403-705-3233 and pick up motivational starter kit for your free monthly program, benefit. Let’s get started!!</p>	 <p>Next to New ½ Price Sale</p> <p>½ price on all donated items April 18th - 22nd</p>
	 <p>Kerby Centre FREE Tax Clinic Kerby Centre 1133 7 Avenue SW, Calgary</p> <p>February 28th to April 28th, 2022 (Monday to Thursday)</p> <p>Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients</p> <p>Income limit: \$35,000 per year for single or \$45,000 per year for a couple Please note: We do not prepare tax returns for self-employment, business/rental income, capital gains/ losses/bankruptcy.</p> <p>To schedule an IN PERSON / VIRTUAL / DROP OFF Appointment please call 403-705-3246</p>	<p>Education & Recreation Craft Sale</p> <p>All items 50% off!</p> <p>Thurs. March 31st 2022</p> <p>10:00am – 2:00pm Kerby Centre Cafe</p>
		<p>KERBY TRAVEL</p> <p>Telus Spark Rescue Exhibition</p> <p>Date: Tuesday, April 26th, 2022 Time: 9:30am – 2:00pm</p> <p>Price: Member \$45 Non Member \$75 Cut-off Date: April 12th, 2022 Call Travel Desk at 403 705-3237</p>

Kerby Centre FREE Rescued Bread & Goodies Market - Drop In - First Come

1133 7th Ave SW 10:30 – Noon Every Tuesday (April 5, 12, 19) & Friday (April 7, 14, 21, 28)

NOTE that there is no market on April 26th due to our Volunteer Appreciation Event

And join us for our Community Bread Markets

- Parkdale Nifty Fifties Association **Tuesday, April 12 (11:00 -12:00 pm)** Located at 3512 5 Ave NW, Calgary AB
- Bow Cliff Seniors **Thursday, April 21 (11:00–12:00 pm)** Located at 3375 Spruce Dr SW, Calgary AB
- Banff Trail Community Association **Monday, April 18 (12:30 - 1:30 pm)** Located at 2115 20 Ave NW, Calgary. AB
- *NEW** Northminster United Church **Wednesday, April 27 (1:30–3:00 pm)** Located at 3311 Centre St NW Calgary AB

KERBY EDUCATION & RECREATION WEEKLY PROGRAMS

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 - 12:30 PM -\$2.00</p> <p>INDOOR KITE FLYING 10:00 - 11:00 AM \$2.00</p> <p>PICKLEBALL - GYM 2:30 PM - 4:00 PM \$2.00</p>	<p>RECORDER GROUP RM 313 10:00 AM - 12:00 PM \$2.00</p> <p>MEMORY WRITING GAMES ROOM 10:00 - 11:00 AM 2ND TUES OF EACH MONTH-FREE</p> <p>GAMES SHUFFLEBOARD, FOOSBALL 1:00 - 3:00 PM \$2.00</p>	<p>GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE</p> <p>CRIBBAGE Rm 312 1:00 PM - 3:30 PM \$2.00</p> <p>WEDNESDAY DANCE KERBY CAFE 1:00 AM - 3:00 PM \$2.00</p>	<p>ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day</p> <p>PICKLEBALL GYM 2:30 PM - 4:00 PM \$2.00</p> <p>GAMES SHUFFLEBOARD, FOOSBALL 1:00 - 3:00 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 \$1.25 HR</p> <p>TECH HELP EVERY OTHER FRIDAY 11:00 - 1:00 PM \$2.00 CALL TO REGISTER</p> <p>BADMINTON & PING PONG GYM 1:30 PM - 3:30 PM</p> <p>ENGLISH AS A SECOND LANGUAGE RM 205 1:30 - 3:30PM</p>

Sending Sunshine

Con't from pg. 8

Parker's plan was to introduce a level of personalized positivity into the lives of older adults who were experiencing isolation — and it's been a resounding success.

Sending Sunshine has received over 100,000 cards since its inception in August 2020. Eight thousand students in both Canada and the United States have participated in the program, and it only seems to be growing in popularity and effect.

"We've grown a lot and hope to keep continuing spreading sunshine as much as possible," Parker said.

As for Bridges here in Calgary, she had a personal reason behind wanting to get involved with the organization. She acted as the primary caregiver for her mother

for 20 years, and when her mom finally entered a care centre, Bridges saw how lonely folks could be.

"I remember one individual, didn't see her very often, she kept to herself, and I often gave hand-made cards," Bridges said. "I gave her a card one day, and she said 'why would you do this I'm just an old lady'."

"I said: 'you're not just an old lady. You're important'."

Bridges recalled this woman was driven to tears by her small act of empathy.

"It's reinforced what I saw and heard on a daily basis," Bridges said. "People feel like they're forgot and COVID-19 compounded that."

Parker said cards are meant to be uplifting and positive, to help the recipients know that they're



not forgotten.

"It's about creating a connection with someone else," Parker said. "And the response has been so positive, it really has filled our hearts."

Those who are interested in getting involved can email Bridges at bridgesm@telusplanet.net. Soon, she hopes to have card making workshops held at Kerby Centre as well.

Keeping active when retired

News Canada

Being retired has a lot of benefits — more time with family, not having to go to a job every day and getting more opportunities to do what you really want. But we may want to make some adjustments to our daily routine to help keep our minds and bodies healthy and strong in the years ahead.

Here are some ideas with surprising benefits for your body and your mind. Following these tips can help boost physical activity while reducing the risk of depression and social isolation — which all can contribute to reducing the risk of dementia.

1. Be social

Your social network can change when

you stop going to work every day. Retirement may present an opportunity to renew or rebuild your social connections. Whether you join a new group activity or make extra efforts to keep up old friendships, being social is an important part of being happy and healthy — even if you have to do it virtually.

2. Keep learning

Stay engaged in the world around you. Find a new hobby or take a class on something completely new to you. Regularly challenging your brain with new things to think about can keep you entertained and help prevent depression.

3. Get active

Even if you've never been a fan of exercise, it's never too late to find

an activity that keeps you moving. Make regular physical activity part of your new retirement routine, especially if you have more free time or a flexible schedule.

From a simple daily walk or yoga, to dancing in your living room or taking a virtual exercise class, there are plenty of ways to get active in ways you will enjoy whatever your level of ability. What is most important is to move as often as you can. It will help ease the transition to your new life chapter, boost your mood, keep you engaged with the world, and keep your mind and body in shape.

Find more information about dementia at canada.ca/dementia.

Suites Available
Now Scheduling Tours

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

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



Flexible Options... Affordable & Accessible!

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

Is a MVSH Life Lease Suite Right for You? To Find Out More Call: 403-556-2957

To request an information package, please contact:

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

www.mvsh.ca



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Kerby Centre Education & Recreation

Course Registration Spring Session

S
P
R
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N
G



Registration opens April 4th for members and April 6th 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



New Locations!

Fitness with Dan and Beginner Ukulele are being offered at the

Living Spirit Building
629 49th Ave SW

Registration details on the following pages!
&

Spring Session of Arts in the Afternoon and Spanish are being offered at

Dalhousie Community Centre
5432 Dalhart Rd NW

Registration details on the following pages!

2 Membership Saves

Please ensure you have your 2022 membership before registering for courses. Contact the Education and Recreation Department to renew or to apply for a membership 403-705-3233.

0 Don't Miss Out!

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!!!

2 Refund Policy

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.

2

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

Member \$49 Non Member \$79
 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 May 12 – June 30
 2:15 – 3:15pm Room 205



Fitness with Dan

Member \$49 Non Member \$79
 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 May 4 – June 22
 10:00am – 11:00am Gymnasium

A03 Tuesday May 10 – June 28
 11:30 am – 12:30pm **Held at the Living Spirit Building**

Muscle Strength & Core Balance

Member \$49 Non Member \$79
 Instructor: Dan Leung
Strong core balance is necessary for good posture, balance, mobility and safety around the house or for your outdoor activities. Various equipment will be used to train muscles associated with activities for daily living.

A04 Friday May 13 – July 8 (No Class July 1st)
 9:00 – 10:00am Gymnasium



Feet to the Beat

Member \$49 Non Member \$79
 Instructor: Kym Butler
Are you looking to shake up your fitness routine? Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.

A05 Monday May 2 – July 4 (No Class May 23 and June 6)
 1:00pm – 2:00pm Gymnasium

Line Dancing

Member \$49 Non Member \$79
 Instructor: Glenis Martin
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 May 12 – June 30
 1:00 – 2:00pm Gymnasium

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.

A07 Wednesday Apr 20 – May 25
 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.

A08 Wednesday May 11 – June 29
 1:15– 2:15 pm Room 205

Zumba Gold

Member \$49 Non Member \$79

Instructor: Maaike 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!

A09 Tuesday May 3 – June 28 (No Class May 10)
 10:00 – 11:00am Room 205

A10 Thursday May 12 – June 30
 10:00 – 11:00am Gymnasium

benefit

Take Control, Accomplish Your Goal

Let's make 2022 the year for stronger, healthier YOU!

Set your goal, join our monthly indoor/outdoor group walks, and share your inspiration! Goal setting workshop included!

Monthly draws for prizes and a final grand prize draw in December 2022. The more you move, the greater your chance to win.

Please contact Education and Recreation 403-705-3233 to register and pick up motivational starter kit for our free monthly program, benefit. *Let's get started!!*



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 Apr 13 – May 18
1:00 – 3:00pm Room 313

Arts in the Afternoon Member \$40 Non Member \$70
Summer Hats & High Tea!

Instructor: Carol Marasco

All supplies and "High Tea" are included.

Join us for a fun afternoon decorating beautiful summer hats and then partaking in a social high tea!

B02 Wednesday June 15
1:00 – 2:00pm 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 your own watercolour supplies plus pen and ink.

Around the world in watercolour.

We are going to paint Tanzania, Caribbean shells, European Castle and Machupichu. We will be working with lightings, buildings, animals etc..

B03 Friday April 22 – June 3 (No Class Apr 29)
10:00am – 3:00pm Room 313

Oil Painting Member \$85 Non Member \$115

Instructor: Taybe Joodaki

Design for beginner oil painters. This will teach you new technique and help to develop your style. Supplies not included. Please bring your own supplies: Oil paints, Some brushes in different sizes, Canvas, Palette, Palette knife, Odorless thinner, Linseed oil.

B04 Tuesday May 3 - June 7
1:00 – 3:00pm Room 313



Calligraphy Member \$85 Non Member \$115

Instructor: Renate Worthington

Calligraphy: Versals and Borders

Explore the colourful and playful side of decorated letters with a six-week course in drawing and embellishing easy-to-draw capitals. We'll be using pencil, eraser, fine-tipped markers and adding colour with either coloured pencils, markers, watercolour paints and brush. Any kind of practise paper is suitable. Exemplars will be provided. Beginners are welcome.

B05 Monday Apr 25 – June 6 (No class May 23)
10:00am – 12:00pm Room 313

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 Apr 11 – May 16
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 Apr 12 – May 17
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 Apr 12 – May 17
10:00am – 12:00pm Room 311

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

B09 Thursday Apr 14 – May 19
1:00 – 3:00pm Room 311

Advanced Grammar This course is aimed to brush up and improve your Spanish language skills for students who have finished studying the textbook Dicho y Hecho/Grammar 1 - 5 or equivalent. A complete refresher from the basics to in depth grammar topics. Material will be presented through visual and orderly summaries of rules and essential vocabulary. Emphasis is on practice, situational activities, and comprehensive study of troublesome areas of interest. Minimum prerequisite Grammar 5.

B10 Wednesday Apr 13 – May 18
10:00am – 12:00pm Room 312

Spanish Conversation I This course is designed for students who have finished levels 1 – 5 of grammar. You will have the opportunity to engage in conversations based on familiar topics and a variety of common daily and social situations. Emphasis is on peer interaction, speaking clearly, and expressing thoughts in a more structured setting.

B11 Wednesday Apr 13 – May 18
1:00 – 3:00pm Room 311

Spanish Conversation II This course is designed for students with a strong knowledge of grammar. 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 Apr 11 – May 16
1:00 – 3:00pm Room 311

Sing & Play



Singing Circle

Member: \$65 Non Member 95

Instructor: Barry Luft per session
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."

B13 Thursday Apr 14 – June 30 (12 Weeks)
 10:30 – 11:30am Room 205



Ukulele Magic

Play & Sing 1 Member: \$100 Non Member: \$130

Basic Intermediate Level

Instructor: Barry Luft

Here's a chance to hone your ukulele skills in a class of mostly playing and singing. These facilitated jam-like sessions will include some instruction, but the main focus will be on having fun by gaining more experience with song accompaniment in the 5 uke-friendly keys. We'll also work on some "by ear" playing - hearing chord changes.

Pre-requisite: an introductory course or equivalent.

B14 Wednesday Apr 13 – June 29 (12 Weeks)
 11:00am – 12:00pm Room 313

Ukulele Magic Member: \$100 Non Member: \$130

Play & Sing 2

Intermediate Plus Level

Instructor: Barry Luft

Making use of already-learned skills, we will now put these abilities to work. Lots of songs in a variety of keys will be presented by the instructor and occasionally by class members. Some ensemble playing will be experienced and solo presentations will be encouraged from time to time. In various segments of the course getting "off the page" will be one of our goals as we practice hearing chord changes.

Pre-requisite: An intermediate-level course from this instructor, and familiarity with the Nashville Numbering System.

B15 Wednesday Apr 13 – June 29 (12 Weeks)
 9:45 – 10:45am Room 313

Ukulele

Introductory Level Member: \$75 Non Member: \$105

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.

B16 Monday Apr 25 – June 27 (No Class May 23) (9 Weeks)
 10:30 – 11:30am **Held at the Living Spirit Building**

Personal Interest & Wellness

Watercolour Member \$40 Non Member \$70

Workshop

Instructor: Katy Morris

Colour Theory

Chart and paint included.

Please bring your own paint brush, container, and palette.

Through a greater development of techniques, we will be focusing on colour theory, form and structure.

Quinacridone Rose

Hansa Yellow Medium

Cobalt Blue

Pthalo Cyanine Blue

B17 Friday June 17
 10:00 – 3:00pm Room 313

Outdoor Personal Safety & Awareness

Member \$12 Non Member \$42

Instructor: Don Muldoon

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

B18 Tuesday June 14
 10:00am – 12:00pm

B19 Tuesday July 12
 10:00am – 12:00pm

New Classes offered at Dalhousie Community Centre!

★ **Arts in the Afternoon: Acrylic**

\$35 per session

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.

D01 Tuesday Apr 12
 D02 Tuesday May 10
 D03 Tuesday June 14
 1:00 – 3:00pm **Held at Dalhousie Community Centre**

★ **Spanish** Member: \$85 Non Member: \$115 per course

Instructor: Norah Hutchinson

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 for 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.

D04 Friday April 22 – May 27
 1:30pm – 3:30pm **Held at Dalhousie Community Centre**

Medicine Hat

PROGRAMMING

**Wellness
Wednesday –
Offered to
Members &
Non-Members**

April 6th Movie Matinee – The Bucket List | South MP | 2:00 – 4:00

Join us for free popcorn and a comedy-drama about two terminally ill men on their road trip with a wish list of things to do before they “kick the bucket”.

April 13th Free Fitness Class – Tiered Exercise Program | Craft Room | 2:00 – 3:00 ** Must register. Minimum of 5 to run**

Kirstin with Revera – Meadowlands Retirement Residence is proud to offer TEP at the Veiner Centre the 2nd Wednesday of every month. The goal of TEP is to help participants maintain or improve their current level of fitness. This supports the philosophy of physical activity as an integral part of healthy aging. The program is suitable for all fitness levels and is a chair-based program that focuses on engaging full range of motion in all the primary joints.

April 20th Revera Rocks! With Mariah | Craft Room | 2:00 – 4:00 **Must register, Minimum of 5 to run, Maximum of 20**

Mariah with Revera – Meadowlands Retirement Residence is proud to offer rock painting at the Veiner Centre the 3rd Wednesday of every month. Meadowlands will supply paint, brushes, and rocks, and you are encouraged to bring your own rock(s).

You can paint whatever design your heart desires, and there will be some inspiration available. Whether you’ve



never held a paint brush before or you’re a pro, all skill levels welcome!

April 27th Joanne Wilkins - Presentation on Real Estate “Getting your home ready to sell” | In South MP| 2:30 – 3:30 **Must register, \$1.00 to attend**

Other Activities

April 6th - Silver Song Group STARTS! Craft Room every Wednesday from 10:00 - 11:30 **FREE, Must Register**

April 9th & 10th Scrapbooking Fanatics STARTS! Craft Room. **Must provide all supplies, must register**

April 12th - Community Foundation of Southeastern Alberta 2022 Vital Conversations Survey in Lobby from 11:00 – 1:30

April 14th - Men’s Shed Information Session from 11:00 - 12:00 in the Boardroom. **Must register**

April 14th – Rusty Nails from 7:00 - 8:00 in the Craft Room

April 19th Bike Medicine Hat presents “Hatters Who Love To Cycle” presentation

from 2:00 - 3:00 in the Boardroom. **Must register**

April 26th Edwin Rijvers from TruStage Life of Canada Presentation “Do you have your ducks in a row” from 10:00 - 11:30 in the South MP. **Must register**

April 29th - Join Sheri Monk of “Snakes on a Plain” for a presentation. **Must register. \$2.00 to attend**

April 29th Book Club meets at 9:30 - 11:00 in the Boardroom. “How to Pronounce Knife” by Souvankham Thammavongsa. **Must register**

FREE Chair Based Exercise Video will be played every Tuesday in the Craft Room from 2:00 - 3:00. **Must register**

Member of a Constituency from 11:00 - 12:00 in the Boardroom every Wednesday. Assistance with Form Filling & Paperwork. **Must register**

Fitness Programs

High Beginner / Improver Line Dancing – With Carol 8:45 am – 9:45 am | April 4th - May 9th |

Strathcona Gym - FREE Learn the Basics of Line Dancing – With Carol 8:45 am – 9:45 am | March 31st - April 14th | Strathcona Gym - FREE

Fun & Fitness – With Erynn 10:15 am – 11:15am | April 12 - May 19th | Strathcona Gym Member Price: \$60 | Non-Member Price: \$80 We require 10 Registered to run this class

This class is for all fitness levels. Get moving in an energetic class that incorporates aerobics, weights, and plenty of fun

Hatha Yoga – With Krista 12:00 pm – 1:00 pm | April 22nd - May 20th | Strathcona Gym Member Price: \$32 | Non-Member Price: \$50 We require 10 Registered to run this class

This class is for those interested in learning traditional Yoga. It includes poses to increase strength, flexibility, breath work, and meditation and/or mindfulness. Get ready

to revitalize, restore, and relax with Hatha/ Restorative Yoga

Silver Steppers – With Krista 1:00 pm – 2:00 pm | April 14th - May 19th | Strathcona Gym Member Price: \$40 | Non-Member Price: \$60 We require 10 Registered to run this class

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

Mind & Body – With Krista 12:00 pm – 1:00 pm | April 13th - May 18th | Strathcona Gym Member Price: \$40 | Non-Member Price: \$60 We require 10 Registered to run this class

This class has elements of Yoga, Qigong (like Tai Chi), breath work, and meditation all rolled into one.

Enhance flexibility, strength, balance, focus, and relaxation in this gentle but effective mind/body session. This is an all-levels class that is beneficial for all ages and abilities

Medicine Hat Horticultural Association

The Horticultural Association in Medicine Hat has been around for a very long time—originally started in 1949, and we are always looking for and welcoming people who have an interest in gardening or horticulture to join our club.

The mission of our society is dedicated to the promotion of all horticultural interest in and around the city of Medicine Hat and to the education of the people of the area by featuring qualified speakers on a wide range of horticultural topics.

The Association meets on the second Monday of each month with the exception of July and August when no meetings are held. We have a short business meeting followed by a featured speaker/presentation along with a coffee social time. Currently, meetings are held in St. John's Presbyterian Church. We have hosted both local and out-of-town speakers who share their talents and expertise.

You may have heard of, or perhaps even attended, one of our summer events—the Annual Garden Tour—where we feature eight to ten yards/gardens in the city or neighbouring Redcliff or Dunmore. The garden tour has been a staple since 1992. One reason many people say they attend the tour is to pick up ideas for their own yards and gardens. Of course, the beauty of the yards and gardens is always an attraction. The homeowners on the tour are picked for a variety of reasons so that different types of gardens, plants and landscapes can be featured. Visitors from Lethbridge and Calgary make the trek to Medicine Hat every summer to attend the tour.

In addition to the summer event of the year—the Annual Garden Tour—the Association also holds a Spring Plant Sale that is open to the public but also hold “member-only events” such as a June BBQ and a Christmas Banquet.

Membership in the association is \$20.00 for a

single or \$25.00 for a couple per (calendar) year. A membership gives a person discounts at several garden centres in Medicine Hat, Bow Island, Lethbridge and Calgary. Full details appear in the monthly newsletter every member receives.

For more information, please visit our website medhathort.ca or you can find us on both Facebook and Twitter (@hort_hat). You can also email us at medhathort@gmail.com.



GENERATIONAL MENTORING

By Melissa Pearl- Director of Service Delivery, Medicine Hat

Big Brothers Big Sisters Medicine Hat (BBBS) launched the Generational Mentoring Program in 2020 however due to the Covid-19 Pandemic we were unable to get our program started here until this year! We are so excited to be able to offer this new Mentoring Program to the 55+ community here in Medicine Hat! The BIG question that everyone asks is... What is Generational Mentoring? Generational Mentoring is a one to one match, where the Mentor meets with their Mentee for one hour a week. Mentees range in age from 6-to 16 and we match based on interests and preferences. Generational Mentoring is a site-based program; meaning our matches would meet at the Veiner Centre each week- same day/same time from October to April. BBBS will provide the activities each week and they can range from playing card games/board games, crafts, gardening and knitting/sewing, etc. Join the Generational Mentoring Program today and share your wisdom, make a connection and ignite the potential in a young person! [Call 403-527-6640](tel:403-527-6640) to sign up today!

HEALTH BENEFITS OF MENTORING



1. Boosts Cognitive Performance
2. Lowers Alzheimer's Risk
3. Lowers Depression Risk
4. Boosts Energy
5. Increases Knowledge
6. Boosts Social Life
7. Strengthens the Immune System
8. Increases Longevity
9. Reduces Stress

CHILD/YOUTH BENEFITS OF MENTORING



- Build resilience and confidence
- Gain broader, positive support network
- Gain new skills
- Improved grades in school
- Positive changes in behavior



GENERATIONAL MENTORING

Run, walk and support Team Kerby!

2022

TEAM KERBY

Calgary Marathon
May 29, 2022
www.KerbyCentre.com/Calgary-Marathon



Team Kerby is lacing up our sneakers to walk and run in the Calgary Marathon in May – but it’s looking a bit different this year. We will be joined in 2022 by several seniors, all involved with Kerby Centre programs and initiatives, who will be walking and running to raise money and awareness for Kerby.

Money raised for Kerby Centre through the Calgary Marathon will support programs and initiatives our senior marathoners are involved in, including our new BeneFIT program, a free online recreation initiative and our Sidewalk Seniors program.

BeneFIT is a new annual program aimed at helping seniors reach their fitness goals. Staff help set smart goals, provide monthly inspiration and workshops and group walks for participants.

The cost – FREE! The goal is to help keep seniors physically healthy and engaged with their community.

Sidewalk Seniors isn’t just about walking, it’s about walking and talking

TOGETHER.

This new initiative has been incredibly successful with people eager to join.

While walking is good for physical health, walking together has been beneficial for seniors isolated during the pandemic.

They can safely enjoy being with others and get outside (or in the Plus 15s in cold weather) to get their steps in!

Throughout the pandemic Kerby Centre has been committed to supporting the health and wellness of seniors.

While we had to close our doors, we launched free on-line fitness classes to reach seniors in their homes.

We’ve received so much positive feedback that we will continue to offer on-line classes even though our doors are now open.

Please consider supporting Team Kerby in the Calgary Marathon today! Or join our team and help us support seniors to live well in their community.

<https://www.kerbycentre.com/calgary-marathon/>

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for the 50+ Plus

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info@donatecar.ca

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1. Tell us your vehicle info 2. We pick up your car 3. You get a tax receipt

FREE TOWING **TAX DEDUCTION**

For more information, visit our website at www.kerbycentre.com

Support Team Kerby Centre!

Leave a Legacy of Inspiration

“I hope to be remembered as a caring and thoughtful person. I want to know that Kerby Centre’s important work will continue on for years to come. My decision to include Kerby Centre in my will is part of the legacy I wish to leave.”

-Anonymous donor



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

Please choose to make a difference today

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



I would like to make a one-time donation: \$25 \$50 \$125 \$250 My choice: _____

I would like to become a monthly donor: \$15 \$25 \$50 \$100 My choice: _____

Payment Method: Cheque Visa MasterCard

Send tax receipt to:

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Name _____

Expiry Date _____

Address _____

Signature _____

City _____ Province _____ Postal Code _____

Planned Giving - a way to make a BIG impact!

I would like to receive more information about planned giving.

Email _____

I have included Kerby Centre in my will.

Phone _____

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

Thank you for supporting seniors!
Kerby Centre 1133 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897-9947-RR0001
Donate online at www.kerbycentre.com/donate or call 403.705.3234



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 -The Doctor

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 -Toa Matau

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 -Anonymous

"If we want the rewards of being loved we have to submit to the mortifying ordeal of being known."
 -Tim Krieder

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 403-472-8885



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



FREE GIFT!

ENJOY ONE MONTH FREE!

For a limited time, we are offering you one month free rent with a 12-month lease signing.

This offer applies to Kanerva House only.

For new tenants only.

Sign Up Today
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

