

+50 NEWS | **Kerby**
NEWS "The most read publication in Calgary and Southern Alberta for older adults"

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The health and wellness issue



Your health and wellness are some of the most important things which contribute to the vitality and happiness of every single day. In this issue, we're celebrating and looking into a variety of topics that all cover and encourage people to be at their very best, no matter their age.

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THANK YOU

THE COMMUNITY WITH HEART

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

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

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

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

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



— Dr. M. Garth Mann: Director

From Residents and Families

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Fantastic job all around."

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

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

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

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

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

Thank you for trusting The Manor Village!

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

The Manor Village at
Fish Creek Park
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Supporting Kerby over the holidays



Larry Mathieson, CEO

Let's Make 2022 the year for a stronger, healthier you! This is the first sentence in our information package for our new year-long fitness program; BENEFIT. In 2022 Kerby Centre and Veiner Centre will be unveiling a multitude of new programs, classes, services, and events targeted at helping you to live your best life, your healthiest life.

If you read our Strategic Plan (available on our website) you will find our first strategic goal is to ensure that our programs and services are continually evolving to meet the needs of older adults.

We have learned a few things through the pandemic, and we intend to use these learnings to revitalize our Health and Wellness Programs for seniors.

Because our centres were closed for significant portions of the last two years, we learned how to use zoom and other technologies to hold classes and events that we could no longer hold in person.

We asked various health and wellness experts to help us hold classes online for our members. What did we learn from this? Well, we

learned that some great presenters and experts would gladly help us and that more older adults would participate in the events on zoom than if we had held the classes in our gym or lecture hall.

Throughout 2022, we will be unveiling some great new additions to our Wellness programs, some of these will be aimed at your physical health and some will be supporting your mental health. Some will be digital or virtual and some will be in person.

We are very excited about these changes and about the opportunity to be a small part of helping you to live your best life. By the way, if you can't join us on zoom for all the great wellness presentations we are holding — we will continue to post them

on our YouTube channel so you can view them on your own time.

It is February, but it is not too late to join us for our yearlong fitness journey. You just need to call our Education and Recreation program at 403-705-3233 and they will send you all the info you need and sign you up. We didn't want there to be any barriers to your 2022 fitness journey, so there is no price or registration fee, you just need to give us a call.

With that being said, there is no fee but there are some great prizes and recognition for those of you who join us. Be sure to call and register today, I am signing up myself, in fact!

FEBRUARY 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

In the last two years, a lot of things have changed at Kerby. While the pandemic created many challenges for everyone it also created opportunities to do new things or old things in new ways. Examples include our multitude of Zoom programs, our expansion to Medicine Hat, the Cyber-Seniors helpline and many more. Once an organisation starts making changes it leads to more creativity as people say "why don't we try this!"

In a recent discussion with staff, I asked "what new things can we look forward to in 2022". Here is some of what I heard:

At the Veiner Centre in Medicine Hat both our membership and range of activities continues to grow;

- In February we will be offering over Zoom, Compass. This is a 4-week caregiver support program following which we plan to create support groups for caregivers.

New programming!

- We are starting a Silver Song group, a program aimed at improving the health and wellbeing of older Canadians through music.

- The Community Volunteer Income Tax program will now be offered at the Veiner Centre.

- Veiner Liners, a line dance group, will be returning to the Centre offering line dancing three times a week.

- The centre will also be offering Elder Abuse Education programs in partnership with Medicine Hat Family Services.

For information about these programs and others offered at the Veiner Centre call 403 529 8307 or email info@veinercentre.com

At the Kerby Centre, we continue to offer a wide range of programs both in-person and over Zoom. Some new initiatives include:

- We will be having our Seniors Advisors information booth at some Pop Up bread markets at Kerby and other Centres.

- We will continue with our Seniors Community Kitchen, where we help vulnerable seniors make low-cost nutritious meals both for themselves and for seniors who can't get to our kitchen in the Kerby Café.

- In the spring we will start offering Classes in Art and Beginner Spanish at the Dalhousie

Community Centre in NW Calgary. This is part of our effort to be where seniors are rather than them having to come to us.

- We will continue to offer fitness classes, a beginner Ukulele program and hold Community Concerts at the Living Spirit Centre in SW Calgary.

- We are scouting for locations to set up a "Garden Shed" to complement and expand the range of activities currently offered through our Men's Shed in Kerby Centre. Stay tuned for more details.

- We are expanding our Seniors Supporting Seniors program. We all face challenges from time to time and this program creates opportunities for people to chat and gain support from others who have similar backgrounds and life experiences.

- Our new year-round fitness program called BeneFit helps seniors create and follow their fitness program while also getting the motivational and other advantages of being part of a group pursuing similar goals.

If you want more information about any of these opportunities please call 403 705 3233 or email henriettaf@kerbycentre.com.

Keep safe and warm
Richard Parker

How to successfully approach your new year's resolution to invest

James MacTavish
Alberta Securities
Commission

Now more than ever, investing has become top of mind for many, with new investors ready to jump in and start their investment journey in 2022.

While investing can be a core component to growing your wealth, approaching it wisely will help you reach your goals and avoid costly mistakes and fraud.

If your new year's resolution is to start investing, consider the following steps to hit the ground running and invest wisely in 2022 and beyond.

Map out your financial goals first

While you may be raring to go with starting your investing journey and building out your investment portfolio, remember that success relies on planning your goals and utilizing the appropriate investments

to get you there.

By understanding the time horizon (the length of time you expect to hold an investment before needing the funds), you can assign suitable investments with varying levels of risk to drive the best returns over time.

Before you consider any investment, first map out your short (6 months to 5 years), medium (5-10 years) and long-term goals (10 years or more).

Learn about the reg-

istered and unregistered accounts available to you

As a Canadian citizen, registered accounts are available to you with unique properties to help you reach your financial goals. A registered retirement savings plan (RRSP) is an account designed to reduce the income tax you pay on the money you contribute towards your retirement. A tax-free savings account (TFSA) is an account allowing you to save or invest a defined

amount tax-free each year throughout your life. These are examples, and you have access to a variety of accounts that can help you achieve your goals. Learn more about the different accounts and how you can leverage them at <https://checkfirst.ca/how-to-invest/types-of-investment-accounts/>.

Understand your risk tolerance

Investments carry a level of risk in line with their potential for return. One of the most common mistakes investors make is exposing themselves to a level of risk far outside what's appropriate for them. This is called investment risk tolerance, and ignoring or not knowing your ability and willingness to take risk can expose you to dramatic losses. If you are unsure what your risk tolerance is, you can take the Check your risk tolerance quiz at www.checkfirst.ca/resources/quizzes/check-your-risk-tolerance/. By answering these questions openly and honestly, you can get a better sense of the level of risk you are comfortable taking with your investments, before you start.

Improve your investment literacy

If you feel like you still need to learn more about investing before starting, that's great. It's important and worthwhile to enhance your knowledge and learn how to invest your hard-earned money wisely. The Alberta Securities Commission offers free, unbiased investment literacy programs with partners across Alberta, covering everything from starting your investing journey to recognizing and avoiding scams and investing in cryptocurrency. If you are interested in attending a virtual program, visit <https://checkfirst.ca/resources/investment-courses-and-events/>.

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‘Male menopause’ is real and treatable, say pharmaceutical researchers

Gillian Rutherford
University of Alberta

Fatigue, weight gain and low libido are just three of the symptoms middle-aged and older men face as their testosterone levels decline, but many don't realize what's going on.

Sometimes referred to as “male menopause” or “manopause” in reference to the symptoms women experience when their estrogen levels drop, the medical term for men is “late-onset hypogonadism.”

A pair of University of Alberta pharmacy

professors have published guidelines to help pharmacists support men experiencing the common but underdiagnosed problem.

Unlike women's menopause, which usually occurs over a few years in the 50s, men's sex hormones may start to drop as early as the late 20s, with symptoms progressing gradually over subsequent decades.

“Men can have trouble sleeping, they can have difficulties with erection, they can have a depressed mood because of other reasons, or people think, ‘I'm

just under stress,’” said lead author Cheryl Sadowski, professor in the Faculty of Pharmacy & Pharmaceutical Sciences.

“Low testosterone is not the first thing that comes to mind for patients or their physicians.”

It's not like the sudden drop-off that happens in menopause, Sadowski added. “So the way to assess it and determine when to start treating it is more difficult than for women.”

Pharmacists can help men understand that their symptoms aren't just a normal part of aging and that they may be treatable, said co-author Nathan Beahm, assistant clinical professor.

“Pharmacists may see patients more often than physicians and interact with them more,” Beahm said. “Pharmacists can engage in screening and ask some initial questions to identify patients who might benefit from treatment and might otherwise slip through the cracks of the system.”

The researchers said the evidence so far indicates that 50 per cent of men will experience symptoms at some time during their lives, but more study is needed to determine the exact prevalence of late-onset hypogonadism.

Men with diabetes, obesity, kidney disease or rheumatoid arthritis, or who are on long-term opioids and some cancer therapies, are more prone to dropping testosterone levels. While not everyone with low testosterone will experience negative symptoms, the condition can be difficult to diagnose because the symptoms can be caused by other medical issues as well.

The new guidelines, published in the Canadian Pharmacists Journal, are designed to give pharmacists the tools to screen patients, address risk factors, initiate and counsel for lab testing, and collaborate with primary care physicians to manage treatment.

The authors began the project when they found they needed better resources for a class

they were teaching to U of A pharmacy students.

Testosterone levels are easily measured with a blood test but it is not part of routine blood work.

The test can be ordered by either a pharmacist or a doctor, but only MDs can prescribe the treatment — testosterone supplementation — because it is a controlled substance.

Testosterone supplements are available in various forms, including a pill, nasal spray, gel, injection or patch, depending on what is most convenient and best tolerated by the patient.

This treatment is generally not recommended for people with a history of prostate cancer, those with poorly controlled sleep apnea and those who are at risk of a blood clot. It will also interfere with sperm production, so is not recommended for those who are trying to become parents.

Beahm and Sadowski said they hope the taboos around talking about men's sexual health will fall away, just as they have around menopause, mental health and other topics.

“In geriatrics, we talk about a lot of things that you could say are uncomfortable, but we try to take care of all aspects of health for the patient,” said Sadowski. “We don't just measure the blood pressure — we ask about sexual activity, social relationships, financial security, things which are very sensitive issues.”

“It's about creating a safe space for the patient. We have to start the discussion.”

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The importance of self-care

By Barbara Ellis
Kerby News Columnist

Personal hygiene has always been important to me. Not that I ever obsessed about it, I just want to look clean and tidy.

I always kept my spending on cosmetics to a bare minimum; just lipstick and nail polish. I was always in too much of a hurry in the mornings to worry about all that other paraphernalia. You know, powder, eye-liners, mascara, and so on.

By the time my face could have used some cosmetic help, I became allergic to anything containing perfume.

Back then there was no such thing as “hypoallergenic” anything. You bought what they had and learned to like it.

I did make an exception for the company’s annual Christmas Party. This was my time to get all dolled-up in something smooth and satiny or soft and velvety and to also have my makeup done professionally.

There was a great little place called About Face owned by a makeup artist who used to work in Hollywood.

He got tired of the rat race of working on movie stars and decided to retire and move here. My face always looked so much better, and different, when he finished

with me.

There is one indulgence that I began in my thirties and still practice to this day. The leisurely bubble-bath. I got hooked on this practice the first time I poured that soapy liquid into a tub of steaming water.

Since then, I have enjoyed many hours of soaking, reading, and just plain luxuriating in a warm bubbly bath. I plan on enjoying this pastime for as long as I can climb in and out of a tub.

Yesterday, after one of those long enjoyable soaks, my fingers brushed against my chin and I felt them. Yes, it was once again time to take care of those two pesky little chin hairs.

These two hairs have enjoyed living on the left side of my face for many years. I do not know when I first noticed them and started to pluck them out, but they are hardy little fellows and keep growing back.

I picked up my tweezers and tried finding them with my thumb.

No good; can’t see them. Where are my glasses?

Wonderful, this getting old is. Can’t hear well! Can’t see well! The one thing I can do, however, is grow chin hairs.

Sort of the beginnings of my feminine beard. OK, with glasses on my nose and a mirror under my chin, I try again and locate the elusive hairs. Got one, got two. Done. But not truly done.

While I was looking at my chins, (I say chins, because there is more than one loosely flapping about), I noticed that there were more than a few white hairs at the side of my mouth. My own version of a moustache. So, time to get rid of them as well.

As I scrutinized my face, I caught sight of my eyebrows and decided to do a little landscaping there as well. Gosh, my eyebrows reminded me of Andy Rooney from 60 minutes. I loved his commentaries and when they did a close up of his face, I was fascinated by his bushy eyebrows.

Well, my eyebrows are not bushy but did appear to be growing in all directions. I picked up a small brush and brushed them into some semblance of order.

As I did that, I noticed that some of the white ones were sort of crinkly. Might as well get rid of them too. My gaze then picked up a dark one that would not lie flat. It protruded out from under the

rest of the now perfectly aligned ones. This little monster would also have to go.

To my surprise, this hair was very, very long. It might even have been as long as one of Andy’s eyebrows.

First, the hair resisted, but I was determined and tugged again. The third time did it and the hair was captured between my tweezers. “My gosh, how long is this thing?” I said out loud. I placed it on my sink and went to get a ruler.

That stubborn hair would not lie flat so I glued it to the surface of the sink with some liquid shampoo. It measured one and a third inches! I was flabbergasted. Wonder if like my chin hairs, this one will also grow back? It is amazing the things I can grow on my face.

If I started to wear makeup, would the creams and potions discourage such facial invasions? Probably not.

Face taken care of I try to remember what else needed attention.

Yes, of course, my toenails. Time to call the podiatrist. For a long time now, I have not been able to reach down and cut my toenails. In fact, the last time I tried, I almost cut part of my small toe off. It hurt too. Now, I let a proper doctor take care of my feet. Feels good to have them soak in their version of a bubble bath before he begins to work on them.

Chalk up one more thing that comes with age, not being able to do everything for me. Why should that matter?

There are so many things and people to help me in my senior years, so why not take advantage of them? With very little effort, I can still feel and look neat and tidy, no matter my age.



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Time to hang up the keys?

Andrew McCutcheon
Kerby News

One of the most important aspects of aging that older adults seek to hold onto is their independence.

However, there are times when difficult decisions and conversations may be required and independence may have to take a backseat to one's safety and personal wellness.

The most common of these difficult decisions involves the hard choice of when or whether to hang up your keys and no longer operate a vehicle.

This is an especially heartbreaking prospect for some. Getting a car and a license is an enormous life milestone, giving young adults the opportunity to see friends, go on dates and attend events with impunity, no longer requiring reliance on family members or public transportation.

By no means is this an eventuality for all older adults, as many can safely continue to drive well into their aging journey.

In Alberta, you are legally required to report any physical or medical conditions that may impair your ability to operate a motor vehicle. If your doctor or nurse practitioner recommends that you complete a road test, Driver Fitness and Monitoring will review this recommendation and determine if a road test is required.

Moreover, medical examinations are required for most driver's licenses at ages 75, 80 and every two years after that.

But there are several aspects of one's physical wellness that affect our ability to drive safely which go hand-in-hand with aging.

Vision

Having strong vision is vital to safe driving practices. As individuals age, pupils reduce in size and don't dilate as much — requiring more light to properly see. This can make night driving a more dangerous prospect

and the glare of bright headlights can range from annoying to painful.

Moreover, various conditions can affect the eyes that often come with age: glaucoma, cataracts or macular degeneration are a few of the more common ones.

Hearing:

Emergency sirens, the honks of an incoming driver or any other number of important sounds can warn a driver of incoming danger.

Hearing loss reduces

the ability of an individual to properly react in time to these stimuli, and the Canadian Hearing Society estimates that more than 60 per cent of Canadians over the age of 65 have age-related hearing loss.

Side effects:

There's a stereotype of the older adult with a whole host of prescription bottles and blister packs to treat a variety of conditions and aches, but there's a small bit of truth in said stereotype.

One in four seniors are on 10 or more prescription medications in Canada, according to a report from the Canadian Institute for Health Information.

The side effect of these medications can be numerous, and many of the more common side effects can have a negative effect on one's driving ability: dizziness, drowsiness, blurred vision and more.

Motor Skills

Common age-related

conditions — such as arthritis — can cause diminished motor skills that can reduce one's reaction time to unexpected driving situations, according to the Canadian Automotive association.

Some of these conditions can be solved, in terms of vehicle operation, through modifications to one's vehicle, seat or driving techniques, while others may be more difficult with which to deal.

Continued on page 18.



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Natural environment linked with quality of life for people with COPD

By Ross Neitz
University of Alberta

People with chronic obstructive pulmonary disease who live farther than 500 metres from water or a green space report lower quality of life related to their health, according to a new study.

High levels of air pollution are also associated with worse health-related quality of life in people with COPD, the researchers said.

In the study, researchers from the University of Alberta and the Barcelona Institute for Global Health (ISGlobal) evaluated, for the first time, the association between environmental factors and disease effects in more than 400 patients living in Barcelona, Spain, and its nearby provinces.

Researchers looked at the exposure of patients to air pollutants, traffic noise, land-surface temperatures and how far patients lived from green or blue spaces such as parks or rivers.

“If you spend time in any blue or green space — like in the forest, a park or near to the ocean or to a river — it gives immense benefit to mental health,” said Subhabrata Moitra, first author on the study and a post-doctoral fellow in the U of A’s Division of Pulmonary Medicine.

“And if you have access to those places, then you’re more likely to achieve better physical activity by walking or jogging, and this also helps in improving one’s physical and mental health.”

Land-surface temperatures and noise pollution were not found to have an

impact, although the researchers say there were factors that need to be further explored. The authors also acknowledge that the findings show association rather than causality, and that further studies are needed to better understand the effect of each pollutant.

COPD causes obstructed airflow from the lungs and makes it hard to breathe. It is expected to be the second most predominant illness in the world by 2030. More than two million Canadians aged 35 and older — 10 per cent of the population in that age range — were living with diagnosed COPD in 2012-2013, according to the Public Health Agency of Canada.

Moitra said the findings underscore the importance of urban plan-



Photo courtesy of Christian Bowen

ning for cities to account for clean air and increased access to blue and green spaces.

“A large part of the population is living with COPD. If we are able to provide a clean and green

environment to those patients, that will help in improving their quality of life.”

The study was published in the journal Environmental Research.



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Kerby News wants to hear your influenza stories

Kerby News

In 1918, the science and medical community knew very little about the spread of viruses. Medical science had barely begun to uncover the anonymities of the human immune system, and WW1 focused the public's attention at the time. Now, over 100 years later, we face the same global predicament, armed with more knowledge

than ever. This forgotten historical significance paved the way for the advancement of vaccination science, offering insight into dealing with a pandemic.

Education and knowledge, including storytelling, is one of the best ways to protect each other and our older adult community against the Influenza virus.

What effects has influenza had on you or your loved ones?

What experience have you had getting the flu vaccine?

Have you ever had to seek medical care for the flu?

What are your feelings or thoughts on the importance of being vaccinated for the flu?

If you or someone you know is interested in sharing influenza stories, please contact Andrew McCutcheon by e-mail at andrewm@kerbycentre.com



U of A seeks senior cannabis users for study

Univeristy of Alberta

Professor Sherry Dahlke at the University of Alberta is leading a research study on how older Canadians learn about and access Cannabis for medical reasons.

We are looking for two kinds of participants: 1) Persons 60 years of age or older who use medicinal cannabis (or are considering using can-

nabis). 2) Professionals in the cannabis industry who provide guidance on medicinal cannabis to persons 60 years of age or older.

Participation will involve completing an on-line questionnaire OR participating in an interview via videoconference.

Participants will receive a \$30 gift card in recognition of their time. If you are interested,

could you please contact us and provide us the contact email, where we could send you study details and poster/flyer to post.

Our contact email: AgeCann@ualberta.ca

*Kind regards,
Rashmi Devkota
Research Assistant
Faculty of Nursing/
University of Alberta*



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Warm wishes for a healthy & happy 2022!

Planning ahead for success



Photos courtesy of Deborah Maier and the Calgary Horticultural Society

*Deborah Maier
Calgary Horticultural
Society*

The sun is noticeably higher in the sky and the day is longer but don't let the chinook weather fool you, it's still winter.

It's a wonderful time to start planning for the growing season and almost time to start many of those longer-season plants, such as tomatoes and peppers.

Before getting your fingers in the potting mix, it's a good idea to start with a clear plan for what you want to achieve in the garden this year.

I'm often enticed to purchase seeds of plants that weren't on my list when I visit the seed rack at the local garden centre. Without a plan, I also tend to plant all the seeds in a packet when I start seeds. This leads to a scramble later.

Four trays of seedlings fit on the grow light rack, but what do you do when they need to be transplanted to bigger pots? Is there really room in the garden for the 300 plants you started ... at their mature size?

If not, where can they go? It would be a shame to have spent all that time and effort to have the plants destined for the compost, or so crowded that they don't perform well.

To reduce wasted effort and growing material before you start, make a plan. Do you put containers on your patio or step? How many plants can they hold?

What garden space do you have? What are the growing conditions: full sun, part shade, shade? Is it dry or wet?

What kind of plants do you want to start? Is there a place in your garden where they will thrive? If you are going to have extra plants, do you have friends you can share them with? (Let them know what you're starting so that they won't start the same seeds.)

Is there a plant share that you can participate in? Is there a community garden that could use your extra plants?


Once you have that information, make a list of which plants will go where, and how many it will take to fill the location. Include on the list when to sow the seeds.

Most seed packages will note how many weeks in advance of planting outdoors the seeds should be started.

Usually, there is a range. It may make your gardening work easier if you stage the seeding, as it will mean you can stage your outdoor planting, too.

Taking care of 300 seedling on a rack is time consuming, but remember you will be kneeling, bending, and digging to plant them in the garden—as well as taking time, that is demanding work.





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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 Education Consultant Advance Care Planning/Goals of Care

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

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There is always a worry that some seeds won't germinate or survive to be planted outdoors, so planting extra is a recommended practice.

Plan for a few extra plants in total and plant two seeds in every sowing hole. If both seeds germinate, snip the weaker one off. If a few weeks after planting germination is spotty, plant more seeds.

Now that you know how many and what kind of seeds you're going to start, you can prepare your planting trays. Label the rows with the seed name and leave a place to add the date.

Fill the trays with moist potting mix. Take the trays to a storage location outside. They can freeze. When you are ready to plant, you can bring them inside the night before and let them thaw. The next day, the soil will be moist and ready for seeding.

Plan your garden, make your list, organize your seeds, and prep your trays—the gardening season is off to a great start! And ... while you're on a roll of getting things done early, tidy the garden shed and clean and sharpen your tools.

To learn more about the Calgary Horticultural Society, visit our website calhort.org—it's time to Think Spring!



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From stage to sound; seniors' theatre company turns plays into podcasts



Story by Geoff MacMaster
Photo by Jen Shaw
University of Alberta

Carlean Fisher has been in love with the stage for as long as she can remember. As a young woman, pulling the curtains from backstage was enough to feel the rush, until years later when she got involved as a player with Edmonton's Walterdale Theatre.

"It's an important part

of who I am, ever since I was very young, something that's a deep need for me — that connection with other people," said Fisher.

"If I'm able to be authentic onstage, it's deeply satisfying."

As a senior, Fisher brings that yearning for authenticity to the GeriActors, an Edmonton theatre company that produces plays based on true stories and issues of

aging. While Fisher has some drama experience, many of the GeriActors have never been onstage.

For more than 20 years the group, founded by University of Alberta drama professor emeritus David Barnet, has explored situations seniors grapple with every day — such as being forced to give up driving, experiencing senior abuse or coming out late in life.

Other sketches are "very, very funny," said Barnet, such as one called Love Me Tinder about seniors dating online.

Since the beginning of the pandemic, however, the troupe has temporarily transformed into the AudioGeris, producing audio plays of their virtual performances over Zoom.

The GeriActors troupe was born in 2000, when the director of the Society for the Retired and Semi-Retired — which later became the Sage Seniors Association — approached Barnet while the two were watching their sons play soccer.

There was a group of seniors who wanted to start a drama club, said the director, and would Barnet care to have a word with them?

"I went downtown to meet with them, and we had a good chat. I enjoyed them — we were all laughing, and at the end I said, 'Shall I come back next week?'"

Barnet had just finished his term as chair of the U of A's Department of Drama and was looking for a new project. So he did return, week after week, year after year, to serve as artistic director.

One early sketch, based on a true story, features a woman who sets off alarms going through security at the Calgary airport. It turns out she has a cow embryo in a steel case, keeping it at the right temperature for transport to her farm.

"I thought, 'This is magnificent,'" said Barnet. "Where else in the world are you doing a scene like this? So peculiar, so special and unique, and yet acted by people of the right age."

Barnet soon invited U of A students, including BA and BEd majors from the drama department and graduate students from drama and human ecology, to work with the GeriActors. "It changed everything instantly," he said.

"The moment the students walked through the doors of Sage, the older members perked up. The relationship between them has stayed dynamic ever since."

Their latest project began when the GeriActors shared family photos on Zoom — especially those that brought to life "moments of joy and hardship that we've experienced in our lives, that took our breath away or stopped us in our tracks," said associate director Becca Barrington.

Some of the photos inspired personal reflections on historical rites of passage such as the Second World War, the Apollo moon landing or the fall of the Berlin Wall — all assembled and shaped into a single piece called Way Back with the help of lead writer Meg Braem.

"One example was Carlean's photograph from the '60s of her husband lying on the floor, holding his kid up in the air, with another kid there

and a radio and television. It was all about (the assassination of) JFK and the news from Dallas.

"It was something we all in the audience connected with, and it was crystallized by this incredible photo."

Way Back was performed online and from home for family and friends from as far away as Trinidad, the U.K. and Australia. With the help of a Canada Council grant and support from the EPCOR Heart + Soul Fund, it was then crafted into a radio play, complete with sound effects, ambient noise and music by producer Kim McCaw and audio technician Josh Gwozdz.

"It can be shown to so many more people who can enjoy the connection, understand and reflect on it," said Barnet.

The AudioGeris are now accepting private bookings to hear Way Back, and have provided a sample on their website. They plan to adapt three more of their original stage plays to audio over the next year, which they will make available to rent on their website.

While the audio play has been enormously rewarding, allowing people across Canada and beyond to get a taste of the GeriActors' remarkable creative energy, nothing compares to workshoping with the full group in person, said Fisher.

She's already thinking about a new sketch to pitch to the group — an issue on everyone's mind but on which seniors have a unique perspective.

"I'm starting to find that I've been denying how afraid I am," she said. "Not of the pandemic so much as what's happening to the environment. That heat dome last summer really scared me.

"I have to deal with that every day. I've got four great-grandchildren now. What are we passing on to them?"

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Kerby seeks board members

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We serve more than 30,000 people each year through adult services, information, events, and programming. Kerby Centre is a not-for-profit organization recently governed by an eight (8) Board of Directors and we are looking to increase that number.

In 2022, Kerby Centre's board is seeking to add three (3) to five (5) Directors, as well as three(3) to five(5) committee members that can offer expertise on specific committees. As a committee member there is not a requirement to become Directors at a later date, but that could be option.. Kerby Centre has no age restrictions for these positions.

The Kerby Centre Board of Directors is a governance & policy board. Board meetings are typically held every second month. As stewards for the organization, Directors provide strategic direction to staff, regularly review the organization's financial statements, and approve the annual budget. In addition, Directors are a key part of the public face of the organization and occasionally represent Kerby Centre at events. Committees looking for members: Fund Development, Communications & Marketing; Finance and Audit;. Committee meetings are held as required normally 4-6 per year.

We are looking for candidates who have experience in areas such as:

- Not-for-Profit Board Governance

- Regulatory/ not-for-profit Law/ Legal

- Investing/ Fund Management

- A knowledge of gerontology and passion for issues facing older adults

- Finance/ Accounting/ Audit

- Government Relations/ Advocacy/ Lobbying

- Social Services Sector/ Health

For more information on the Kerby Centre, visit <http://www.kerbycentre.com>

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A restaurant with air conditioning

Story and photo courtesy of Jerry Cvach

There are cities with *je ne sais quoi* that sets them apart from the countries they inhabit. An example would be City of New York and the USA. To which extent New York represents Americanism could be debated but hardly denied.

This is not unique. There is also London and England, Paris and France, Vienna and Austria, Prague and Czechia and last but not least Athens and Greece.

Not all of them stand out for the same reason. It certainly is not just size. Sometimes it is commerce, often ambiance, arts and entertainment or combinations of the above. In the case of Athens it is the history.

Not many cities are as ancient and with so tumultuous past. There was hardly an era or an empire in the so called western world that would not leave a mark, with the possible exception of Jerusalem.

We have visited Greece several times, but spent enough time in Athens only twice. First

in 1977 and then again eleven years later. In the decade between the two visits, the historical part of the city did not change much and it is likely much the same today.

Ancient Greek civilization still percolates to the surface everywhere, but in no other place more than on the Acropolis.

The ancient citadel originally protected by ramparts up to 13 feet thick sits on the top of a limestone rock rising high above the city.

Parthenon situated on the very top is best known. Even though it was robbed of its many artefacts by Venetians in the 13th century, damaged during the siege in 1687, and robbed again of its freezes by the British between 1801 and 1805, it is considered the most perfect and magnificent ruin in the world.

Surrounding the Acropolis is Old Athens that already in the 5th Century BC included the Ancient Agora with Temple of Hephaestus, the temple of Zeus and the Theater of Dionysus. Roman Agora was added by Emperor Augustus and then more churches were

built in the Byzantine Era and so on.

And then there is the residential part of Athens, occupying for 3,500 years the eastern slopes under the Acropolis and bordering on Ancient Agora. As one can imagine it had had number of names over the years, Alikokou, Koutito, and Kandili before it became Plaka.

The narrow streets retain their characteristic local color at night, filled with music as the one or two storey houses are now a restaurant district.

It is a peaceful oasis in the midst of modern, chaotic and skyscraper covered metropolis, without much vehicular traffic because the streets are narrow, very steep and often interrupted by stairways.

Once the weary tourist is saturated by all the history and architectural wonders, the time comes to relax.

This is when Plaka comes handy. Its restaurants are overpriced, it is a tourist trap, but is conveniently near to all the main sites! Still the food, ambiance and charm of the place is worth the price of admission.

Professional greeters at the doors skillfully hook you and then slowly reel you in. They are very good at what they do and the competition is fierce.

One day after a full day in the sun we yearned for air-conditioning and didn't really care about the menus. Not much luck.

Finally the fifth hustler offered: "You want air-conditioning? Of course, follow me!"

He took us through a stuffy ground floor, then upstairs to a table next to wide open French windows. He pointed at them and said: "air-conditioning".

We had to laugh, liked his panache and enjoyed a long meal in a fresh, cool breeze.

Cunning as the Greeks can be, they also appreciate cunningness of others. There are strict rules for women wanting to visit monasteries. For one they are required to wear



The monk and my wife in Palaiokastritsa Monastery

full length skirts lest the monks, their deity or both are offended. Misogynistic rule considering the relentless heat.

In 1988 ruched skirts were fashionable. My wife had one with side cords attached to her skirt waist inside and out with which, when outdoors, she could draw the skirt well above her knees in the manner theatrical curtains are raised, and lowered when entering monastery.

An old monk, the guardian of chastity at the Palaiokastritsa Monastery watched her handling the cords with an unmitigated admiration.

I wanted to have a picture of them together but was fairly sure it would not be permissible. But a lazy tongue is often the source of disappointment so I asked. Permission was granted under the condition that I would mail a copy to him. I hope the heavenly father above exonerated him.

In 1977 we still had to take a taxi cab to the airport. The cab was fighting morning rush-hour and we were nervous about getting there on time.

Every street was in a different state of being

blocked, the intersections outright chaotic.

Greeks don't respect traffic lights much and ignore the traffic circle rules altogether. On one located in a small square we saw kiosks on the sidewalks selling vegetables and fruits.

It must have been a market place. The fact that we were stopped again was not surprising, but shockingly our driver jumped out of the cab right in the middle of the general mayhem, leaving the engine running.

He weaved between the cars until he was out of sight.

After a while the traffic started moving. Enraged drivers around us blasted their horns, yelled, their arms flailing and fingers pointing. All we could do was to shrug and cower.

Soon our man resurfaced carrying a paper bag filled with beautiful, juicy and very sweet pears. He gave one to each of us, blasted his horn, waved nonchalantly to other drivers and we resumed our journey.

Such are the Greeks; sometimes trying, often excitable and unpredictable, but always kind and charming.

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Stories from the drawer; Nelson's Bar

Story and photos by Jerry Cvach

I admit it! I love garlic and order garlic soup every opportunity I get.

My wife is not given to such indulgencies because garlic emanates unsavory odors from every pore of the body and it is definitely unfeminine to smell like a stevedore or the way I do the next day. So she orders a vegetable soup instead.

Yet, prudence is not a failsafe defense in a country where garlic is sold solely in bulk and ingredients for making even a simple dish like mushroom soup are: 2 heads of garlic (about 25 cloves); 4 cups of white button mushrooms, 6tbsp of butter, 4tbsp of flour, 2/3 cup of chicken stock and 2/3 cup of milk, 1/3 cup of cream, salt and pepper to taste. You get the picture!

There is much difference between the cuisines of Mediterranean countries and more temperate parts of Europe. The popularity of spicy, hot and garlicky food and preference of beef and lamb meats over pork and poultry, or vegetables over cereals could be, that certain meats when cooked with spices and garlic just do not spoil as fast as without them.

Seafood, although it can go bad really fast, is always available fresh directly from ships or in the markets and is consumed on the same day. Perhaps the unintended result is that it is so healthy and tasty.

Food is certainly not the only reason to visit Spain, but eating out is one of the pleasures when visiting. Spain is one of the more exotic parts of continental Europe and particularly its southern province, Andalusia. It is consistently hot and dry country akin to the northern Africa just across the Mediterranean Sea, narrow at that point.

From time immemorial the sweltering heat chased the people indoors for the duration of the hottest part of the day, and that is when the midday meal is served

followed by an afternoon rest, the siesta. Work resumes in the middle of the afternoon and the dinner is served at nine and often lasts until midnight. This rhythm of the day is still in place, even though air-conditioning is now available.

Other difference is the Moorish influence, the Arabs who had come from what is Morocco today and were in charge for many centuries. Traces of their different culture, architecture and urban design, even technology are still detectable. All that adds to the mystique.

When sun worshipping became the new obsession for northern Europeans they began to vacation on the southern beaches. Costa del Sol south of Málaga became popular in the 1950s.

They presumably come for the Andalusian charm, yet they want warm, sunny and dry versions of England, Germany or Sweden. Formerly made up only of a series of small fishing settlements, today the region is a world-renowned tourist destination with all amenities.

Somewhere along the line the original ambience is disappearing.

In 1985 we had travelled the length of the Andalusian beaches for the first time. We returned number of years later while on our way to Morocco via Málaga to go on an adventure tour.

To shake off the jetlag, visit a few of the storied white towns up in the hills again, and to enjoy more of the Spanish cuisine we had liked so much, we arrived a few days earlier before joining our group.

Commercialization of Costa del Sol continues. More modern condos sprung up in the interim. They have better plumbing and likely are air-conditioned.

But in the same towns we had known, we could not find any of the restaurants we remembered so fondly, restaurants serving the good Spanish garlic or vegetable soups



and the spicy local dishes. Every next establishment seemed even more British than the last one.

Peeking inside of the next one, the same thing again. Before we could beat a hasty retreat an apparent owner appeared.

"Can I help you?"

"Yes we are looking for a Spanish restaurant but no such luck yet. We remember one from few years back, but can't find it due to all the changes.

Perhaps further inland, could you direct us?"

"Why, we are a Spanish restaurant" he said.

"You could really fool me. On the menu there are hamburgers, hot dogs and fish-n-chips. I even fear haggis. After dinner you advertise that 'Joyce the Voice', the former BBC star will sing. To top it off you are called Nelson's Bar".

One does not insult

the Spaniard's pride and much less his patriotism.

There was no escape, we were seated and the owner cooked for us a Spanish dinner with his own hands. It was complete with plenty of garlic, flavors and succulent meat, simply delicious.

To be honest, Joyce the Voice wasn't bad either, although her best years were clearly behind her.



Warning signs

Con't from page 9.

If you're wondering whether or not it's time to hang up the keys and make alternate arrangements, the Canadian Automobile Association lists some early warning signs which may point to that direction.

- Have I been issued two or more traffic tickets or warnings in the past two years? Tickets can predict a greater risk for collision.

- Have I been involved in two or more collisions or "near-misses" in the past two years? Rear-end crashes, parking lot fender-benders and side collisions rank as the most common mishaps for drivers with diminishing skills, depth perception or reaction time.

- Do I have difficulty working the brake and gas pedals? A driver who lifts their leg to move between pedals, instead of keeping their heel on the floor and

pressing with their toes, may have reduced vehicle control.

- Do I occasionally miss stop signs and other traffic signals? This may indicate difficulties with spotting road signs in a crowded, constantly moving visual field.

- Do I weave between or straddle lanes? Signaling incorrectly or not at all when changing lanes can be particularly dangerous, especially if there are challenges with checking mirrors or blind spots.

- Do other drivers honk or pass frequently, even when the traffic stream is moving relatively slowly? This may indicate difficulty keeping pace with fast-changing conditions.

- Do I get lost or disoriented easily, even in familiar places? This could indicate problems with working memory or early cognitive decline.

tational manner.

Talk about various solutions or modifications the individual could make: not driving at night or in low visibility conditions, not driving long distances or doing highway driving.

Agree on a course of action for the future, whether that might be to have their driving assessed, to modify their driving behaviours, eye exams, or even a later date to have a continued conversation about how the individual feels about their skills.

And if you truly feel as though the person is driving unsafely in a way that could be harmful to others or themselves: address it. The potential consequences are absolutely worth having a difficult conversation.

Looking towards the future

If the conversation does reach the point where an older adult decides to hang up their keys for good, it's important to make a plan to ensure their well-being is not negatively affected as much as possible.

This could look like finding what destinations are most important to their overall wellness: it could be church, the local library, or even Kerby Centre!

From there, identifying different modes of transportation that are available for them to get to these specific places, whether it is public transportation, local volunteer driver organizations or even close family and friends who have availability to assist with mobility.

It's good to get introduced to these options before you need to rely on them: take a few trips on public transportation with a close friend or family member before going on them alone in order to get more comfortable with the process. That way when it finally comes down to making the switch, you'll feel experienced and safe with the entire situation.

The loss of transportation and individual mobility is a difficult prospect. But, there are always methods to ensure one's wellness, agency and routine are affected as least as possible so that every person can continue to enjoy the things in life important to them for many years to come.

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E-mail: sam.smalldon@mvsh.ca



www.mvsh.ca

KERBY CENTRE PRESENTS ANOTHER IN OUR SERIES OF ONLINE HEALTH, WELLNESS, INFORMATION & ENTERTAINMENT PRESENTATIONS



How Did I Get Myself In This Mess?!

Declutter, Organize & Downsize With Mindfulness!

10:30 - 11:30 am on February 23rd, 2022

Is your cluttered home taking a toll on your mental health? Are you overwhelmed by where to start? Join us as **Raylene Place, Owner of Organized Place**, explores the emotional side of clutter; provides tips for stress free downsizing & shows you how decluttering from a mindful perspective can benefit your state of mind.

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





www.organizedplace.ca Phone: 403.804.2134

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Cannabis In The Closet

Tuesday, February 9th, 2022
10:30 am to 11:30 am

Join us to learn the preliminary results of a recent study, conducted by AgeCann and the University of Alberta, on

Seniors' perceptions of accessing information about, and the use of, cannabis for health conditions.

Presented By
Dr. Sherry Dahlke, PhD, RN, GNC (C)



FREE Registration - <https://kerby-cannabisinthecloset.eventbrite.ca>
For Further Details Visit www.kerbycentre.com/events

How to have The Talk

For those who care for and about older adults in their lives, whether it be a partner, a parent or a close friend, you may have noticed some of the above warning signs and be concerned about your loved one's driving ability.

Having that conversation, however, may be a difficult proposition. By no means do you want to reduce a person's independence, but unsafe warning signs are difficult to ignore.

There are various ways you can make The Talk go smoother and be less confrontational.

Don't surprise the person with The Talk. Let them know in advance it's something you're wanting to speak about. Let them know that this isn't going to be about forcing them to stop driving, but rather about finding ways so that they can drive safely.

Talk openly about how the aging process can affect driving ability — the aforementioned talking points about the physical effects of aging can be of assistance.

Ask if the individual has any concerns themselves about their driving ability. If your own concerns are based on observation, bring up specific examples that are fact based, while reassuring them you're trying to find a solution in a non-confron-

The hidden danger of caregiver fatigue

By Andrew McCutcheon
Kerby News

When we think of wellness for older adults, one often forgotten aspect includes those who care for seniors.

Whether it's an adult child caring for a parent or an older adult caring for their spouse, the health of caregivers is just as important as those for whom they care. In fact, according to the Statistics Canada, it is estimated that over 8 million Canadians provide some level of care to a family member or friend with a mental or physical illness or disability.

Caregiver fatigue — also known as caregiver burnout — is when a caregiver is at their end of their rope, whether that be physically or emotionally. Not only can this lead to feelings of discontent and irritation for those for whom they're caring, but it can have potentially dangerous effects in terms of health for both individuals.

Causes of caregiver fatigue

When an individual puts a huge portion of their mental and physical strength into caring for another person, it can begin to sap both their energy and their emotional ability to cope.

Common causes of caregiver fatigue include:

Role confusion: often times, caregivers are thrown into the role to care for someone with whom they already have an established role. For many, this means that your spouse is now your caregiver — or vice versa. This can blur the lines between your relationship with this person and can cause a great deal of stress when attempting to differentiate your roles, whether it be as a child, a spouse or a sibling.

Expectations: When entering into a caregiver role, there may be little chance for the individual to “get better” or recover. Some of the conditions that often put spouses in caregiver roles, such as dementia or similar neurological diseases, do not have a cure. It can be hard to grasp that as much effort as you put into caregiving, it does not mean you'll be

able to influence a person's recovery.

Financial strain: Being thrown into a caregiver role while also working full-time only adds to a multitude of stresses. Having to take additional time off work, in addition to the potential for costly treatments, adds to the potential stressors that can lead to caregiver fatigue.

In addition to the causes of caregiver fatigue, there are a multitude of symptoms that have been identified by the Canadian Psychological Association associated with caregiver fatigue. These include:

- Depression, anxiety, and/or irritability
- Disturbed sleep
- Feeling exhausted despite adequate rest
- A weakened immune system
- Loss of interest in personal needs, desires, and pastimes
- Increased feeling of resentment towards the care recipient and/or family/friends
- Loss in satisfaction of being a caregiver
- Feeling helpless,

hopeless and isolated

Caregiver fatigue can be debilitating, and can result in the reduction of one's ability to properly give care. Thankfully, there are a variety of methods to help address the issue.

The biggest thing is communication. You are not alone in being tired, exhausted, physically and emotionally drained. There are others like you out there, and it's okay to feel like you need either assistance or even someone to vent to.

Many experience feelings of guilt, that they “should be able to handle things,” but approaching assistance is what's best not only for the carer, but also for the person for whom they are giving care.

Meeting with other caregivers in similar situations can give an outlet and provide a community, assisting with these feelings of guilt, anger or helplessness.

There are also a variety of resources available for individuals who provide care. Kerby Centre has the ability to point you in the right direction for these resources.

Even beyond official resources, it's alright to ask for assistance from family or friends. Reaching out to these people may surprise you with how many responsibilities and tasks they will be willing to take on.

Self-care is also extremely important. It's just like the idea of the pressure masks, which fall down from the ceilings of airplanes. Security measures repeat to us, over and over, that is important to put on your own mask before helping others. If you're out of energy and unable to give care, it doesn't benefit yourself or the other person.

In this way, make sure to keep up with your own health appointments. Eat a balanced diet and ensure you're getting enough sleep. Make time each week to socialize or do something that makes you happy, like a hobby or leisure activity.

Caregiving is an important role to play, but no one should have to sacrifice themselves entirely without help, and these strategies can assist with caregivers experiencing fatigue.



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403-288-4014

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- concrete construction
- two elevators
- large atrium area
- laundry facilities on each floor
- large kitchen and eating area for functions
- games room and lounge
- on-site manager



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Canada Pension Plan & Old Age Security Benefits

Tuesday, February 1st, 2022
10:30 am to 11:30 am

Presented By
Lisa Despas and Angelo Remo,
Citizen Services Specialists,

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

FREE Registration - <https://kerbypresentscppoas2022.eventbrite.ca>
For Further Details Visit www.kerbycentre.com/events



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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</p> <p>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>KERBY TRAVEL</p> <div data-bbox="1421 848 1588 1097"> </div> <p>Barry Luft Concert At Living Spirit Friday, February 11, 2022 1:00pm - 2:20pm Member/Non Member \$12</p> <p>Cowboys Casino Trip Date: Thursday, February 24, 2022 Time: 9:30am – 2:00pm Price: Member \$10 Non Member \$30 Cut-off Date: Feb 10, 2022</p> <div data-bbox="1743 1277 1897 1432"> </div> <p>Jubilations Dinner Theater Date: Tuesday, March 8, 2022 Time: 9:30am – 2:00pm Price: Member \$65 Non Member \$85 Cut-off Date: Feb 22, 2022</p> <p>Call Travel Desk at 403 705-3237</p>
<div data-bbox="137 1662 278 1805"> </div> <p>Wise Owl ½ price sale on all donated items Feb 14th – 18th</p>	<div data-bbox="701 1386 834 1532"> </div> <p>Kerby Centre FREE Tax Clinic Kerby Centre 1133 7 Avenue SW, Calgary 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>	

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

1133 7th Ave SW 10:30 – Noon Every Tuesday (February 1,8,15,22) & Friday (February 4,11,18,25)

And join us for our Community Bread Markets

Parkdale Nifty Fifties Association **Tuesday, February 8th (11:00 -12:00 pm)** Located at 3512 5 Ave NW, Calgary AB

Bow Cliff Seniors **Thursday, February 17th (11:00 –12:00 pm)** Located at 3375 Spruce Dr SW, Calgary AB

Banff Trail Community Association **Monday, February 21st (12:30 - 1:30 pm)** Located at 2115 20 Ave NW, Calgary. AB

*NEW Northminster United Church **Wednesday, February 23rd (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>CRIBBAGE RM 312 1:00 - 3:30 PM \$2.00</p> <p>PICKLEBALL - GYM 2:30 PM - 4:00 PM \$2.00 <i>Temporarily Cancelled</i></p> <p>Coming Soon Shuffleboard</p>	<p>RECORDER GROUP RM 313 10:00 AM - 12:00 PM \$2.00 <i>Temporarily Cancelled</i></p> <p>MEMORY WRITING GAMES ROOM 10:00 - 11:00 AM 2ND TUES OF EACH MONTH-FREE</p>	<p>GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE</p> <p>CRIBBAGE GAMES ROOM 1:00 PM - 3:30 PM \$2.00</p> <p>WEDNESDAY DANCE KERBY CAFE 1:00 AM - 3:00 PM \$2.00 <i>Temporarily Cancelled</i></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 <i>Temporarily Cancelled</i></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>BADMINTON & PING PONG GYM 1:30 PM - 330 PM <i>Temporarily Cancelled</i></p> <p>ENGLISH AS A SECOND LANGUAGE RM 205 1:30 - 3:30PM</p> <p>MONTHLY MOVIE IN THE LOUNGE 1:00 PM LAST FRIDAY OF THE MONTH</p>

Getting the most out of your tax return

• The Canada Revenue Agency (CRA) understands that the COVID-19 pandemic may have affected the usual ways seniors manage their taxes.

Here are some tips to help prevent disruptions to your tax and benefit affairs, as well as to help you when completing your income tax and benefit return in order to ensure you receive all the benefits and credits to which you are entitled!

Sign up for direct deposit and file online to reduce delays

The CRA encourages you to sign up for direct deposit, file your income tax and benefit return online, and update your address and personal information, to get any refund faster and avoid delays. The CRA also encourages you to sign up for My Account, the fastest and easiest way to view and manage your tax and benefit information.

If you filed your return on paper last year, the CRA will automatically send you an income tax and benefit package by mail, so there is no need to leave your home to get one, reducing your po-

tential exposure to COVID-19. File your return soon after you receive your package to get any refund for which you may be eligible for, and to help ensure that your benefit and credit payments are not interrupted.

How COVID-19 benefits affect your return

If you received the Canada Emergency Response Benefit (CERB), Canada Emergency Student Benefit (CESB), Canada Recovery Benefit (CRB), Canada Recovery Sickness Benefit (CRSB), or Canada Recovery Caregiving Benefit (CRCB) payments, these are considered taxable income, and you will have to enter on your return the total of the amounts you received.

You will receive a T4A (for benefits issued by the CRA) and/or a T4E (for benefits issued by Service Canada) tax slip in the mail with the information you need for your return. You can view tax slips online as of February in My Account.

In addition, you may owe tax when filing your return. This will depend on

your personal circumstances, and the type of COVID-19 benefits you received:

- If you received the CERB or CESB, no tax was withheld when payments were issued, and you may owe tax when filing your 2020 tax return.

- If you received the CRB, CRSB, or CRCB, 10 per cent tax was withheld at source. However, this may not be all the tax you need to pay. When you complete your personal income tax return, you may need to pay more (or less), depending on how much income you earned in 2020.

We recognize that for some individuals, repaying these benefits could present significant financial hardship. For this reason, payment arrangement parameters have been expanded to give Canadians more time and flexibility to repay based on their individual financial situations.

Get free tax help

If you have a modest income and a simple tax situation, volunteers near you may be able to complete your return for free. This

year, to reduce the spread of COVID-19, volunteers may be able to complete and file your return in person, by videoconference or phone, or through a document drop-off arrangement.

Get benefits, credits, and claim other expenses

As a senior, you may be eligible for benefits and credits when you file your return, such as the:

- goods and services tax / harmonized sales tax credit
- related provincial or territorial benefits and credits

If you owe money this year, you may be able to claim credits that will lower what you owe at tax time. For example, you may be able to claim the:

- Canada caregiver credit
- disability tax credit
- medical expense tax credit
- home accessibility tax credit
- age credit
- pension income credit

Also, you may be able to take advantage of pension

income splitting.

Do you receive the guaranteed income supplement? The supplement is a monthly benefit for old age security pension recipients who have low income and are living in Canada. If you receive the supplement, by filing your return on time you will avoid any delay in the payments for which you are eligible.

If you're a resident of Alberta, Saskatchewan, Manitoba, or Ontario, you may be eligible for the climate action incentive payment when you file your 2020 return. You could receive a larger payment if you live in a small or rural community. The incentive will first lower the taxes you might owe, then create or increase your refund.

Making sure you claim potential benefits and credits is important. It helps you pay for what you need, and puts more money in your pocket. Do your homework on the benefits and credits you may be eligible to receive so you don't miss out!

For more information on Kerby Centre's free tax clinic, turn to page 24.

You are invited to our
FREE
Tax Clinic



We will do your Income Tax For free!

Kerby Centre income tax volunteers are available to help fill in tax returns for seniors 55+ and AISH clients

Starting February 28th to April 28th, 2022
(Monday to Thursday)

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.

To schedule an **IN PERSON / VIRTUAL / DROP OFF** appointment

Call 403-705-3246

Our Address: **Kerby Centre 1133-7 Avenue SW, Calgary T2P 1B2**

Signs of mental health struggles

News Canada

Canadians' perception of mental health has come a long way. Far from the stigma that once made people feel ashamed to admit to experiencing mental health issues, nowadays it's common for people to seek out supports and treatment. Professional services benefit those struggling with mood and emotions, substance use, life changes and, especially in the past year and a half, feelings of isolation and anxiety during the pandemic.

Here are some signs that it's time to seek help:

It's affecting your daily routine.

If you're feeling overwhelmed with the thought of returning to your pre-pandemic life, or fearful to even test the waters with what you are comfortable with, it might be time to seek professional help. A healthy dose of fear is normal, but when it's preventing you from functioning in your daily life, it's a good idea to find out why.

You're feeling extreme emotions, or nothing at all.

Anxiety, fear, hopelessness and anger are all perfectly acceptable, especially during hard times. But if you're feeling overcome with too many emotions and your mind is racing a hundred miles per minute with stress, it can lead to serious health concerns.

At the same time, losing interest in the activities and hobbies that brought you joy and feeling unmotivated can also be indicators of something much more serious.

You're withdrawing from friends and loved ones.

Spending time alone is normal and can be therapeutic and calming. Introverts might even feel energized from spending some time solo. But if you're withdrawing from your social circles altogether or feel nervous about reaching out to your friends and family, you might need some extra support. Therapy can help you understand why you're dealing with these feelings, and help you get set on the right foot in reclaiming your social and mental health.

Support is just a call or click away. Find more information at wellnesstogether.ca.

CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE

7	2	3						4	
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PREMIER Crossword

By Frank A. Longo

LOVE OF SOLVING

ACROSS

- 1 Picked instrument
- 6 Type of small grocery store
- 12 Blobby light source
- 20 Viva voce
- 21 Spoil, as "my parade"
- 22 Roast joke
- 23 Like baggy clothes
- 25 Winter wreath ornament
- 26 Gave away temporarily
- 27 Money, informally
- 29 Jagger of the Stones
- 30 "Raggedy" doll
- 31 Monty Python tune about a logger
- 37 Addams who created Morticia
- 40 Quick attack
- 41 Cover girl Macpherson
- 42 "— gratia" ("by the grace of God")
- 43 Dwell in the company of
- 46 Outer: Prefix
- 47 "— the Night" (2007 Joaquin Phoenix film)
- 49 Had to admit a goof-up
- 50 "Behold!," to Caesar
- 53 Totally bummed out
- 55 Stuff in a sty
- 56 Avian hooters
- 58 Texas banner
- 61 Big twitch
- 63 Safari sight
- 65 Envoy's asset
- 66 "There — comparison"
- 67 Chinese black tea with a smoky flavor
- 72 Anita of jazz
- 75 Env. notice
- 76 Estrada of TV
- 77 Ones staring
- 81 Best Actress winner for "The Farmer's Daughter"
- 84 Grammy winner Bareilles
- 87 "And how!"
- 88 German city on the Elbe
- 89 With 115-Down, "Piece of cake!"
- 91 Web page
- 93 Slacks
- 94 Extra charge
- 96 Pea-souper in England
- 98 Anticavity gp.
- 99 Supreme Norse god
- 101 "I love you," to Luisa
- 103 Jane in an 1847 novel
- 104 Go bankrupt, say
- 108 Del.-to-Vt. direction
- 110 Bakery treats
- 111 Snootiness
- 112 Noisy tigers

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126																					128	

- 116 Cite famous people as friends
- 120 Method for calculating a quotient ... or what occurs eight times in this puzzle?
- 123 Accepted, as conditions
- 124 Made flush
- 125 Maggot, e.g.
- 126 Sailor's dining place
- 127 Shows as an "encore"
- 128 Clifflike
- 28 Frightful dino
- 31 Chilling Chaney
- 32 Strong desire
- 33 "Selena" actress, to her fans
- 34 Nonalcoholic beer brand
- 35 Georgia city near Atlanta
- 36 Ornamental street tree
- 37 Bivalve mollusks
- 38 Ask for moola
- 39 Brand of skin care and cosmetics
- 40 Turkey, e.g.
- 44 Pleasant odor
- 45 Do some yard maintenance
- 46 Poet's twilight
- 47 Major battle
- 48 Crude model of a despised person
- 51 Choke up
- 52 Give the OK
- 53 Strong desire
- 54 Big mil. alliance
- 57 Dull, dark bluish-gray
- 59 Decorative sewing case
- 60 Burlap bags
- 62 Most cunning
- 64 — uncertain terms
- 68 Pricey liver spread
- 69 Superhero creator Lee
- 70 Agcys., e.g.
- 71 "Nifty!"
- 72 Chum from way back
- 73 El — (treasure city)
- 74 Vying venues
- 78 Uplift
- 79 Whirlybird blade
- 80 Drawn-out battle
- 82 Six-pt. scores
- 83 Driver's 180
- 85 Year, to Caesar
- 86 Garnet, e.g.
- 90 Ladd of "Shane"
- 92 Shows lip-curling contempt
- 94 Holiday tree
- 95 "Orinoco Flow" vocalist
- 97 Texter's "I'm shocked!"
- 99 Carry to excess
- 100 Spanish explorer Hernando
- 101 Grew vigorously, old-style
- 102 Former Disney exec Michael
- 105 Sword types
- 106 Duck type
- 107 Mosaic maker
- 108 Autumn mo.
- 109 Manicurists file them
- 112 Divests (of)
- 113 Ireland, in Ireland
- 114 Be a drifter
- 115 See 89-Across
- 116 "Rambo" setting, briefly
- 117 Era or eon
- 118 "— Doubtfire"
- 119 Fluffy lap dog, for short
- 121 Safari sight
- 122 Safari sight

The best wellness recipes

We're celebrating Wellness this month at the Kerby News, and one of the most important ways we can improve both our physical and mental health is by improving the fuel we put into our bodies: namely, food!

Here are some delicious, easy and — most importantly — healthy recipes from aplaceformom.com that will not only please tastebuds, but continue 2022 in the direction of wellness and healthy aging for months and years to come!

Roasted Eggplant

Eggplant is the star of this easy meal for seniors and a great source of senior nutrition that boasts phytonutrients — a memory booster — and fiber for digestive health. It's also a soft food that's easy on dentures without being mushy.

Ingredients

- 1 eggplant, cut into ½-inch slices
- 2 cloves of garlic, finely chopped (use pre-chopped from the jar if easier)
- ¼ cup olive oil
- 1 teaspoon Mediterranean spice blend, or your favorite blend

Instructions

Place eggplant slices on a baking sheet and sprinkle with salt. Let them sit for a couple minutes while your oven preheats to 400 F (this softens them and reduces bitterness).

Mix garlic, olive oil, and spice blend in a small bowl. Add a squeeze of

lemon if you want!

Brush both sides of eggplant with the olive oil mixture for a dose of heart-healthy fats.

Roast eggplant for about 30 minutes, until caramelized, flipping once about halfway through.

For the Creamy Yogurt Sauce

- 1 cup Greek yogurt (great source of probiotics for digestive health)
- 1 clove garlic, finely chopped
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1 tablespoon fresh herbs, like basil or mint (optional)

Mix all ingredients in a small bowl; add salt and pepper to taste.

Serve your roasted eggplant with the yogurt sauce for a fresh, Mediterranean dish.

Consider brown rice, whole-grain pasta, or chopped cucumbers and tomatoes as a side dish.

One pan salmon and veggies

This recipe is so easy, it's almost not even a recipe. It showcases flaky and richly pink salmon, a low-calorie protein source full of heart-healthy omega-3 fatty acids and energy-boosting B vitamins.

This non-recipe is versatile! Replace salmon with another flaky fish like tilapia or trout. Swap out the veggies for whatever's in your fridge, or add potatoes for a heartier meal.

Ingredients

- 1 squash or zucchini, sliced into rounds
- ½ onion, cut into

wedges

- 1 cup cherry or grape tomatoes
- 1 bell pepper, sliced
- 3 tablespoons olive oil, divided
- 1 teaspoon Cajun seasoning or your favorite fish-seasoning blend
- 2-3 salmon fillets, about 4 ounces each
- 1 lemon, optional

grease the pan with vegetable oil.

In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.

Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil, and top with 2 thin lemon slices each.

Roast for 12-15 minutes, until salmon is flaky and mostly opaque.

Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!

Instructions

Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly



Berry Chicken Salad

For a colorful and protein-packed lunch, this easy recipe for seniors repurposes leftover shredded or chopped chicken into a salad that replaces classic grapes with fresh, antioxidant-rich berries.

Ingredients

- ¼ cup olive oil mayonnaise (regular mayo works just fine but is higher in cholesterol)
- 1 teaspoon sugar
- ½ teaspoon dried tarragon
- 1½ cups chopped or shredded leftover chicken (about 1 breast)
- 1 cup quartered fresh strawberries

or whole fresh blueberries

- ½ cup fresh or frozen peas, thawed
- ¼ cup chopped celery
- Torn salad greens or spinach

Instructions

Whisk the first three ingredients together in a large bowl. Season with salt and pepper to taste.

Add chicken, berries, peas, and celery, and stir well to combine.

Scoop chicken salad over salad greens or spinach for a fresh and filling lunch.



Client Information/Drop Off Form

Date: _____

NAME OF PERSON DROPPING OFF _____
PHONE _____

CLIENT NAME _____ New? _____ Returning? _____
ADDRESS _____
 _____ **POSTAL CODE** _____
Can the client be called if there are questions? Yes _____ **No** _____
TELEPHONE NUMBER: _____
DATE OF BIRTH: Y/M/D _____/_____/_____ **M** _____ **F** _____
Did the client immigrate to Canada in the tax year(s) being filed?
What date? Y/M/D _____
Legal Marital Status () Single Never Married () Married () Separated () Divorced () Widowed () Common Law
Did your Marital Status Change in the tax years being filed? Date of change _____

If you are Married or Common Law, your partner's tax must be done at the same time.
Partner's Name _____ **M** _____ **F** _____
Partner's Date of Birth Y/M/D _____/_____/_____
Did your Spouse immigrate to Canada in 2021? What date? Y/M/D _____/_____/_____
Did marital status change during 2021? Yes _____ **No** _____ **If Yes, Date of change** _____

1. What province did you live in on December 31, 2021? _____
2. Are you a Canadian Citizen? Yes _____ No _____
3. Authorization for Elections Canada? Yes _____ No _____
4. Are you claiming a Disability Credit for yourself or dependent? Self _____ Spouse _____
5. Do you have medical expenses? Yes _____ No _____

(Medical Expense Report from Pharmacist and Receipts)

6. Do you and/or your spouse have charitable donations? (*Receipts*) Yes _____ No _____
7. Do you have simple rental income? Yes _____ No _____

(Simple rental income is a basement or room in primary residence. Not a revenue property.)

8. Do you have Foreign Pension amount? _____
9. Did you sell your Primary Residence in 2021? _____

Date tax return completed _____ **Volunteer completing return** _____

The above form can be cut out and filled in advance of the Kerby Tax clinic for your convenience. The chart on the right is to be used to determine whether or not you are eligible for assistance with the Kerby Tax clinic. More information available on page ??

Use this checklist to decide if you can access the Kerby Centre tax clinic 2022

I am and have the following	If any of the following apply, you are <u>unable</u> to access the Tax clinic
<input type="checkbox"/> Over the age of 55 or receiving AISH	<input type="checkbox"/> Under the age of 55
<input type="checkbox"/> Income for a single person is less than \$35,000 or for a couple, less than \$45,000	<input type="checkbox"/> Income for a single person is more than \$35,000 or for a couple, more than \$45,000
<input type="checkbox"/> Tax return is simple and includes any of the following:	<input type="checkbox"/> Tax return is complicated and includes any of the following:
<input type="checkbox"/> Simple income: CPP, OAS, GIS, ASB, Alberta Works Support Income, AISH, CPPD	<input type="checkbox"/> Business Income, Farm Income, Capital Gains Trade Summaries
<input type="checkbox"/> Rental Income with all deductible expenses totaled and categorized	<input type="checkbox"/> Estate tax returns or Bankruptcy returns
<input type="checkbox"/> Deceased person's taxes if they are simple	<input type="checkbox"/> Deceased persons taxes if they are complicated

Mind, Body & Spirit Wellness at All Ages

Kerby Centre is committed to the wellbeing of seniors, now and long-term. We approach seniors' wellness in a holistic way, literally from head to toes!

To support a HEALTHY MIND, we offer a peer-to-peer mental wellness initiative run by trained staff and volunteers to offer seniors mental health supports along with

vital social connections.

To keep the BODY MOVING, we have a diverse range of both in person and virtual recreation programming for seniors including yoga, tai chi, and strength training. We have a full fitness facility and run activities like weekly pickleball sessions out of our gym.

In January we launched a new year-

ly initiative, BeneFIT, to help seniors stay focused on their health goals.

With ongoing support on how to set smart goals, stay on track and keep motivated, we're excited to help seniors thrive throughout the year.

To help seniors maintain their mobility, we offer "happy feet" foot care. This person-

alized, professional care is not only therapeutic, but ensures that seniors are able to keep on the go in comfort.

We help LIFT SPIRITS with our Sidewalk Seniors and Social Calling initiatives.

Having someone to talk to – or walk with, can open the door to feeling less isolated and more connected.

This February, show seniors some "head to toes" love and support our "We Seniors" campaign at kerbycentre.com/donate-now or call Joy at 403-705-3254.

If you'd like to learn more about our Mind, Body & Spirit wellness programs, contact us at 403-265-0661.



Kerby Centre is committed to the wellbeing of seniors, whether it be their physical, spiritual or emotional health. Your donation will go directly to programs that improve the wellness of older adults in your community.

 **Support a Healthy Mind, Body & Spirit at All Ages**



www.KerbyCentre.com/Donate



HEALTHY MIND - MOVING BODY - LIFTING SPIRITS

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

Credit Card Number _____

Expiry Date _____

Signature _____

Planned Giving is another way to make a big impact

I would like to receive more information about planned giving.

I have included Kerby Centre in my will.

Send tax receipt to:

Name _____

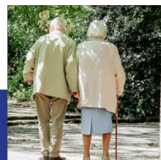
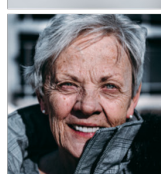
Address _____

City _____ Province _____ Postal Code _____

Email _____

Phone _____

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



Donate your old car, support seniors in need, and get a tax receipt from Kerby Centre!

1-877-250-4904

www.DonateCar.ca

Kerby Centre 1133 7 Avenue SW Calgary, AB T2P 1B2
 Donate online at www.kerbycentre.com/donate or call 403.705.3235

Charitable Registration
 #11897-9947-RR0001



February senior listings

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

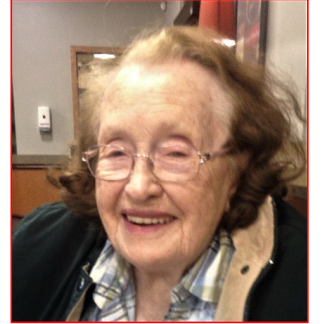
Two cemetery plots in Eden Brook Memorial Garden in Calgary Each plot accomodates one casket and two turns, or three turns. Make an offer for one or both (cemetery price \$4,900 each) Contact Jim - 403-236-2682.

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.

Doris Reiffer

Happy 101ST Birthday!



Dear Moma, You are more beautiful every day. You create a world of love, making our lives more glorious and full of sunshine. We love you with all of our hearts. Love, Marjorie, Dennis, & Linda

Medicine Hat programming

Veiner Centre February Schedule 2022

Hours of Operation Monday through Friday 9:00 AM - 4:00 PM

Walking Club (Monday - Friday) Meet at the South entrance of the Veiner Centre @ 9:50 AM - 11:00 AM

Snooker (Monday - Friday) Drop-in daily *Outside of Shuffleboard* 9:00 - 4:00 VC Games Room

Monday	Tuesday	Wednesday	Thursday	Friday
Quilting 9:00 - 4:00 Crafts Room	Strathcona Arts Studio 9:00 - 4:00 Crafts Room	Bocci 9:30 - 12:00 North MP Room	Strathcona Arts Studio 9:00 - 1:00 Crafts Room	Quilting 9:00 - 4:00 Crafts Room
Board Games 9:30 - 11:00 South MP Room	Bridge Lessons 10:00 - 12:00 South MP Room	Mahjong 9:00 - 12:00 South MP Room	Water Colours & More! Drop-in 1:00 - 4:00 Crafts Room	Mahjong 9:00 - 12:00 South MP Room
		Member of a Constituency 11:00-12:00 Boardroom	Canasta 12:00 - 4:00 South MP Room	
Canasta 12:00 - 4:00 South MP Room	Chair Based Exercise Video 2:00 - 3:00 Crafts Room		Euchre 1:00 - 4:00 North MP Room	Duplicate Bridge 1:00 - 4:00 North MP Room
Euchre 1:00 - 4:00 North MP Room	Crib 1:00 - 4:00 South MP	Scrabble 1:00 - 4:00 North MP Room	Shuffleboard 1:00 - 4:00 Games Room	Mexican Train Dominoes 1:00 - 4:00 South MP

Strathcona Centre February Schedule 2022

Hours of Operation Monday through Friday 10:00 AM - 4:00 PM

Fitness Centre (Monday - Friday) 10:00 AM - 4:00 PM

Orientation and Assessments offered! Sign-up at the Veiner Centre or call (403) 529-8307

Monday	Tuesday	Wednesday	Thursday	Friday
Table Tennis 10:00 - 12:00 Gymnasium	Fun & Fitness (Erynn) 10:15 - 11:15 Gymnasium	Table Tennis 10:00 - 12:00 Gymnasium	Fun & Fitness (Erynn) 10:15 - 11:15 Gymnasium	Pickleball 10:00 - 11:00 Gymnasium
	Pickleball 11:15 - 2:00 Gymnasium		Table Tennis 11:15 - 1:00 Gymnasium	Hatha Yoga (Krista) 11:00 - 12:00 Gymnasium
		Mind-Body Class (Krista) 12:00 - 1:00 Gymnasium	Silver Steppers (Krista) 1:00 - 2:00 Gymnasium	
Pickleball 12:00 - 4:00 Gymnasium	Floor Curling 2:00 - 4:00 Gymnasium	Pickleball 1:00 - 4:00 Gymnasium	Floor Curling 2:00 - 4:00 Gymnasium	Pickleball 12:00 - 4:00 Gymnasium

Veiner Centre & Strathcona Centre are participating in the (REP) Restrictions Exemption Program which requires proof of QR Code to access facilities. Mandatory masking and social distancing will continue

Volunteer Spotlight



Belkis Roche

Happy New Year! We are featuring our very dedicated and hard-working volunteer Belkis Roche who has been with the Kerby Centre's Food Rescue program since July of 2021. Belkis came to the Kerby Centre after a few years out of town and wanted to reconnect with the Calgary community.

Belkis continues to volunteer due to "the people, the excellent organizational effort being done in the program, and the extent of the impact made by our contributions." She also added "I enjoy being a part of the Kerby Centre as a volunteer because I am proud to be a part of their efforts to take care of our seniors, who are such valuable and important members of our community. Lastly, I appreciate being recognized for my contributions and being welcomed by everyone at the Centre. Everyone there has inspired me to be a better person one way or another."

Belkis spends her free time knitting, biking, hiking, or walking with her family and dog.

Who is Belkis' hero? "My mom. She is a very strong and resilient person who has forged ahead despite the various challenges she has faced in her life. I also admire her for maintaining a positive attitude and outlook on life, even during the toughest of times."

So far Belkis has contributed over 117 hours.

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

Kerby Centre

Education & Recreation

Course Registration

Winter Session

W
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Registration opens February 1st for members and February 15th 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 Year, 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!

Plus, keep an eye out for the Spring Session of Arts in the Afternoon and Spanish at Dalhousie Community Centre!

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 Mar 10 – Apr 28
 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 Rescheduled from January Session
 Dates to be determined

A03 Tuesday Mar 15 – May 3
 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 Mar 11 – Apr 29
 9:00 – 10:00am Gymnasium

Let's Dance Member \$29 Non Member \$59

Instructor: Tibor Kaldor & Megan MacFarland
Are you looking to shake up your fitness routine? Join us for a unique and fun dance class, no partner required.

A05 Monday Feb 7 – Mar 7 (No Class Feb 21)
 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 Mar 10 – Apr 28
 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 Feb 23 – Mar 30
 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 Mar 9 – Apr 27
 1:15– 2:15 pm Room 205

Zumba Gold Member \$49 Non Member \$79

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

A09 Tuesday Mar 8 – Apr 26
 10:00 – 11:00am Room 205

A10 Thursday Mar 10 – Apr 28
 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

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 Feb 23 – Mar 30
1:00 – 3:00pm Room 313

Watercolour: Advanced Techniques

Instructor: Katy Morris

The cost of supplies is not included in the price. Please bring your own watercolour supplies.

Butchart Garden.

We are going to be working with composition, color, form and structure of Butchart Garden. A whole variety of flowers, flowering trees and seascapes.

B02 Friday Mar 4 – Apr 8
10:00am – 3:00pm Room 313

Calligraphy Continuation of "Pointed Pen Variations"

Instructor: Renate Worthington

We'll explore different alphabets with a unique nib that creates thin and thick strokes by pressure, not pen angle. Come play with loopy descenders, flowing curves, tall thin letters, showy capitals and some delicate flourished art. The Nikko G pointed nib (about \$3) is a popular one for beginners. The instructor will have some for you to purchase. Non-waterproof ink is preferred, and smooth layout paper is best.

B03 Monday Feb 28 – Apr 4
10:00am – 12:00pm Room 313

French

Instructor: Georgette Pare

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

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

French Level I

Member: \$85 Non Member: \$115

B04 Thursday Feb 24 – Mar 31

9:45 – 11:45am Room 301

French Level II

Member: \$85 Non Member: \$115

B05 Thursday Feb 24 – Mar 31

12:15 – 2:15pm Room 301

Spanish

Member: \$85 Non Member: \$115

Instructor: Norah Hutchinson

per course

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

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

B06 Monday Feb 28 – Apr 4
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 Feb 22 – Mar 29
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 Feb 22 – Mar 29
10:00am – 12:00pm Room 311

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

B09 Thursday Feb 24 – Mar 31
1:00 – 3:00pm Room 311

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

B10 Wednesday Feb 23 – Mar 30
10:00 – 12:00pm Room 312

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

B11 Wednesday Feb 23 – Mar 30
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 Feb 28 – Apr 4
1:00 – 3:00pm Room 311

Sing & Play



Singing Circle

Instructor: Barry Luft

Member: \$39 Non Member \$69
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."

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

B13 Thursday Feb 24 – Mar 31
10:30am – 11:30am Room 205



Ukulele

Intermediate Level I

Instructor: Barry Luft

Member: \$50 Non Member: \$80

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

Pre-requisite: an introductory course or equivalent.

B14 Wednesday Mar 2 – Apr 6
11:00 – 12:00pm Room 313

Ukulele

Intermediate Level II

Instructor: Barry Luft

Member: \$50 Non Member: \$80

This class will include a review of basic chords in the main ukulele keys and useful strumming patterns to accompany singing. Also presented will be playing by ear, finger picking accompaniment, one finger picking instrumental, endings, plus new and old songs. Other topics to be selected at the whims of the instructor – too fierce to mention in print!

Alumni are always welcome to register to brush up on skills.

Pre-requisite: a previous basic (Level I) intermediate course.

B15 Wednesday Mar 2 – Apr 6
9:45 – 10:45am Room 313

Ukulele

Introductory Level

Instructor: Barry Luft

Member: \$50 Non Member: \$80

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 Mar 14 – Apr 18
10:30 – 11:30am Held at the Living Spirit Building

Personal Interest & Wellness

Winter Walking: Learn the Step

Instructor: Robert Black

Member: \$29 Non Member: \$59

Walking on a slippery surface requires a different way of walking. Join us to learn new step and walk with confidence during the winter months.

B17 Monday to Friday Feb 14 – Feb 18 (5 days)
9:30am – 10:30am Zoom - Online

Laughter Wellness

Free

Instructor: Sharon Falconer

Life is better when you are laughing. Let's laugh together!

Laughter Wellness is a combination of yogic breathing, gentle stretching, laughter exercises and relaxation designed to enhance health and wellbeing.

By laughing with our body, we initiate powerful positive changes in our body, mind and emotions.

B18 Wednesday March 2
9:30 – 10:30am Zoom - Online

Oil Painting Workshop

Free

Instructor: Tayebe Joodaki

Design for beginner oil painters. This free workshop 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.

B19 Tuesday March 8 and March 15
1:00pm – 3:00pm 313

Indoor Kite Flying

Free

Workshop

Instructor: Wayne Marshall

Are you ready to try something new and unique? Come discover the joy of kite flying in a windless environment. Kites provided. Maximum 6 participants.

B20 Monday Feb 14
10:30am – 11:30am Gymnasium

Zoom Courses

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

- Fitness with Dan
- Ski Fit
- Chen Tai Chi & Tai Chi Qi Gong
- Drum Fit
- Muscle Strength & Core Balance
- Yoga for You
- Gentle Seated Yoga
- English as a Second Language



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SUDOKU ANSWER

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

PUZZLE ON PAGE 22

CROSSWORD SOLUTION

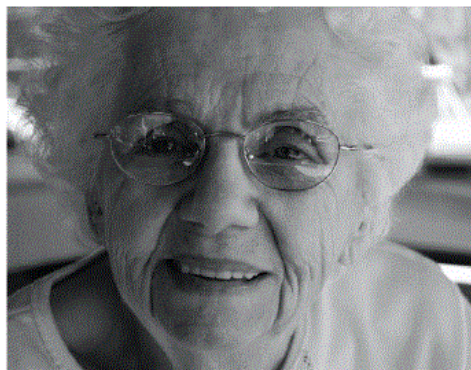
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PUZZLE ON PAGE 22

"Every morning we are born again. What we do today is what matters most."
-Buddha

"I can be changed by what happens to me. But I refuse to be reduced by it."
-Maya Angelou

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.

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

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Affordable Housing
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Sundance on the Green

3 Sunmills Green SE, Calgary

Life Lease
403.254.9800

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