

**The architecture of travel**



*Do you have a New Year's Resolution to hopefully travel more? Jerry Cvach, our resident travel writer, continues this month regarding his recent journey overseas, this time heading to Spain! Photo by Jerry Cvach. Story on page 14.*

**Inside**

How to speak to family about vaccines ..... page 6  
 Avoid getting scammed by "clones" in 2022 ..... page 8  
 The quiet beauty of traveling by rail ..... page 10  
 How bladder incontinence can affect your balance .... page 18



1133 - 7th Ave. S.W.  
 Calgary AB T2P 1B2  
 403-265-0661  
[www.kerbycentre.com](http://www.kerbycentre.com)



# 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!"

"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."

"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."

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

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

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

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

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

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

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

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

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

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

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

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

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

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

"Fantastic job all around."

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

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

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

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

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

Thank you for trusting The Manor Village!

Send

Independent Living  
Assisted Living  
Memory Care  
themanorvillage.com

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

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

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

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

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

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

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

# Supporting Kerby over the holidays



Larry Mathieson, CEO

Two years ago, we thought of Kerby Centre as a place that offered programs and services for older adults.

Then March 2020 was upon us and we had to close down Kerby Centre.

For almost 50 years, 100 per cent of the programs for older adults happened in the Kerby Memorial Building.

Overnight, a total of zero per cent of what we

were provided was occurring in the building and we were doing many new things in different ways to support seniors and they all occurred outside of this building.

This past summer, we started operating Veiner Centre, Meals on Wheels and Strathcona Centre in Medicine Hat -again not inside the Kerby Memorial Building. We used to think of Kerby as a place — but it's not.

It is a group of people: board members, volunteers and staff.

Next year it will cost us over \$5 million to support older adults in Calgary, Medicine Hat and Southern Alberta. Forty-three per cent of that money will

come from the three levels of government.

The remaining 57 per cent of what it costs us to support older adults will come from people like you.

The outreach we were able to offer during the Pandemic, the new Zoom and digital programs, the food rescue and Free bread Markets were all because of people like you.

This year's Holiday Campaign was highly successful because of people like you — and this success means we will reach more older adults and provide more support than we have ever been able to.

We have had great corporate support in 2021 and we rely on this, however every week over half of

the donations (more like 70 per cent most weeks) that come as cheques in the mail or donations on the website come from people who have bought an inexpensive membership at Veiner or Kerby Centre.

Many of these members give three to six donations in a year. We used to think people bought memberships because you could get discounts on the programs and classes we offer at Kerby and Veiner.

But now we know that they become members to support and be part of a community of older adults in Alberta.

They buy a membership and donate to support people like you.

## JANUARY 2022

### KERBY CENTRE'S MISSION:

To support older adults to live well in their community.

### Kerby Centre Board of Directors 2021 - 2022

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

#### EXECUTIVE

**Board Chair:** Richard Parker

**Vice President:** Tara Weber

**Treasurer:** Ken Lin

**Secretary:** Jacquie Poetker

**Past President:** Hank Heerema

#### Directors

Peter Molzan, Russ Altman

Deborah Durda

**Chief Executive Officer:** Larry Mathieson

### Kerby News

Published monthly by Kerby Centre  
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2  
(403) 705-3229 • Fax (403) 705-3212  
[www.kerbycentre.com](http://www.kerbycentre.com)

e-mail: [editor@kerbycentre.com](mailto:editor@kerbycentre.com)

**Publisher:** Larry Mathieson, Keith Callbeck

**Editor:** Andrew McCutcheon

**Sales Consultants & Distribution:** Rob Locke (403) 705-3235  
[robl@kerbycentre.com](mailto:robl@kerbycentre.com)

**Seniors Listings:** Andrew McCutcheon (403) 705-3229  
Fax (403) 705-3212  
[andrewm@kerbycentre.com](mailto:andrewm@kerbycentre.com)

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

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

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

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

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

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



Richard Parker,  
Kerby Centre Board Chair

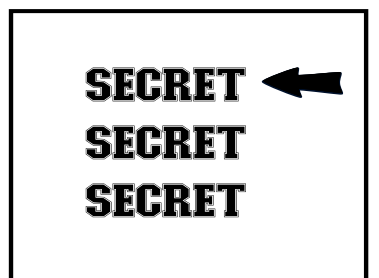
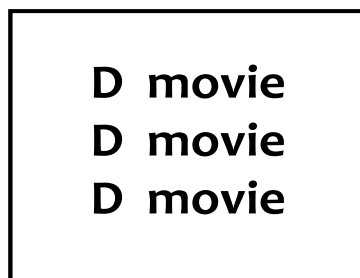
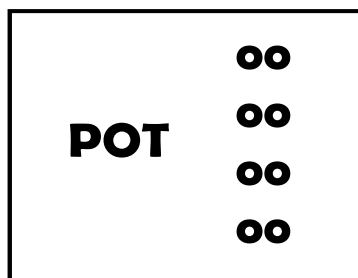
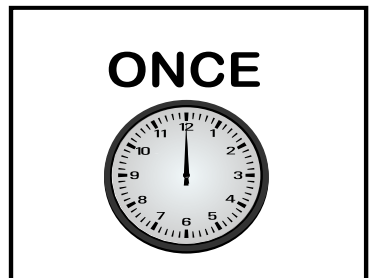
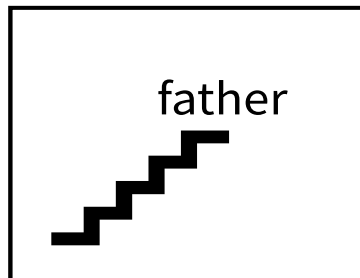
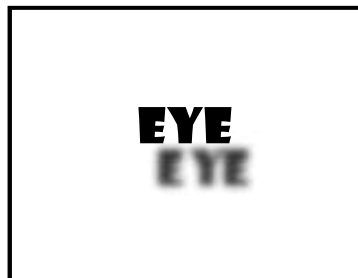
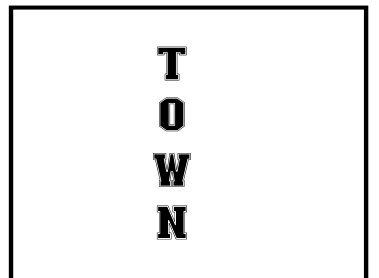
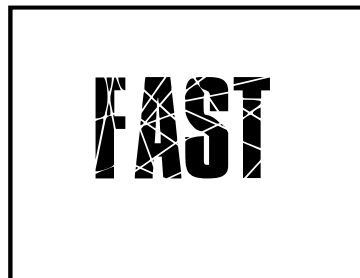
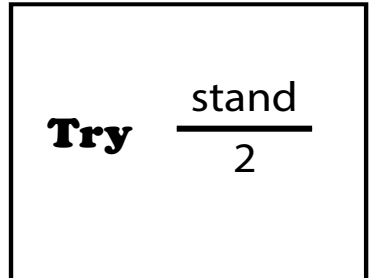
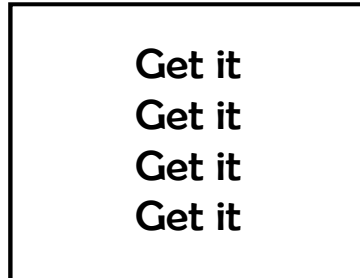
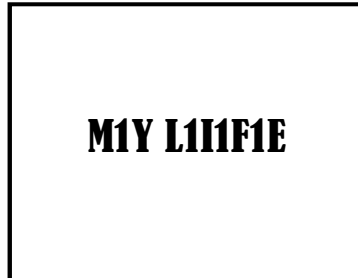
## Happy new year!

As is a new tradition, for the start of the year, we have some extra fun word puzzles for you to solve. Answers will be available on page 31.

These puzzles, called "Rebus Puzzles," involve some lateral thinking, knowledge of wordplay and are addictive once you manage to figure out how they work.

As a clue and to get you started, here's the answer for the puzzle in the top-center space: four-get it!

All the best luck in solving these and any other problems that may appear over the next 365 days!



# One fifth of Canadians are older adults according to Statistics Canada



Photo by Abi Howard, accessed on Unsplash.com

By Andrew McCutcheon

One fifth of Canadians are now 65-years-or-older, according to a recent release by Statistics Canada.

Released at the end of 2021, the data shows at 18 per cent of Canadians reported being 65 or older — along with a series of additional responses aiming at analyzing the health and policy needs of the quickly-growing demographic of older adults.

**A desire to participate**  
A large portion of older

adults responded they wanted to get out and involved in different activities according to the survey results.

Thirty-one per cent reported feeling that “they wanted to participate in more social, recreational or group activities,” higher than the year previous where 18 per cent of respondents reported the same.

There was a gender divide in those wanted to get involved in activities: a higher proportion of women (37 per cent) responded in the positive as opposed to men (25 per cent).

Among those who said they wanted to participate more often in activities, a super majority (76 per cent) said that various pandemic-related restrictions were preventing them from doing so. This is a departure from 2019, where the highest reported barriers were health limitations (32 per cent) and being too busy (16 per cent).

**Informal assistance**

Public health measures to reduce the spread of COVID also seems to have affected households of older Canadians who receive informal assistance from friends or family.

Canadians aged 65 or older reported that 14 per cent of them received informal assistance over 2020, down from 18 per cent in 2019.

Compared with 2019, there was no major change in how many older Canadians received informal help with meal preparation or delivery in 2020. However, there was a decrease in older Canadians receiving help with transportation (13 per cent against 9 per cent); with housework, home maintenance or outdoor work (11 per cent versus with 9 per cent); and with managing care such as making appointments (6 per cent against 4 per cent).

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

Reservations are required for this event minimum 2 days in advance.

Please call Guest Services @ 403.514.0900 EXT 7055, e-mail

guestservices@cowboyscasino.ca or visit www.cowboyscasino.ca



a GoldenLife  Community

Seniors' lifestyle communities

# Your golden life starts here



## The best features at the best price

Everything you need to live a vibrant, fulfilling and independent lifestyle.

**We're pet friendly!**

**Multiple dining options**

Dining room, Licensed pub, Bistro

**Something for everyone**

Games room, Theatre, Salon and more

**A sense of community**

Social activities, Entertainment, Staff and friends who feel like family

**Well-appointed suites**

Kitchen with fridge & range, Storage, 3-piece bath, Covered balconies, Air-conditioning

**Feel safe and secure**

24-hour emergency monitoring & staff, Personal care options

**GoldenLife**   
**GoldenLife.ca**

NW Calgary, AB  
**EVANSTON GRAND**  
*Village*

(403) 274-6416  
EvanstonGrand.ca

SE Calgary, AB  
**GRAND SETON**  
*Village*

(587) 319-2417  
GrandSetonVillage.ca

Cochrane, AB  
**GRANDE AVENUE**  
*Village*

(403) 851-8857  
GrandeAvenueVillage.ca

# Talking to family about vaccine hesitancy



By Andrew McCutcheon

Despite nearly two years having passed, it seems we're not close to finished with COVID-19.

Folks are tired of hearing about it, and rightly so: it's dominated conversations and the media for so long, it can feel overwhelming.

But even with the advent of new and powerful vaccines, we're still in conflict with the virus; which can sometimes put us at odds with our own families as well.

While certain demographics have been successful in reaching high rates of vaccination status, there are still folks who either are refusing and avoiding getting their jabs. More likely than not, some of these people could be within your own family.

With the holidays recently passed, you might have engaged in long and frustrating conversations about vaccines

and COVID-19. Maybe you didn't even see some family members due to their vaccination status — or lack thereof.

Talking to family can be difficult at the best of times, and a politically charged international pandemic is a much harder topic than who forgot to do the dishes after Christmas dinner.

We have some general tips about having those tough talks with family and close friends, how to convince them to rethink their views and how to address the dreaded conspiratorial thinking.

## Listening and asking

There's a big temptation to get frustrated and list all the reasons why getting vaccinated is not only a breeze, but the morally right thing to do.

But preaching on a pedestal might hurt your chances more than help.

Take the time to listen to their concerns and

ask questions. If they've gotten information from somewhere, ask where they found it and how they know it's a reputable source.

Try not to use judgemental terms; take to heart their worries and anxieties and recognize them, before asking permission to share information from reputable sources.

If they've just been wishy-washy rather than actively engaging against vaccines, you can help them find their reason "why" to get a vaccine, instead of all the reasons "why not."

Being able to socialize, having the ability to attend events that require vaccine status and seeing family members without the risk of infecting others are great reasons to get vaccinated.

From there, make it easy on them: help them set up a time and place for a vaccination, trans-

ported there and back. The more convenient you can make the whole process, the more likely they are to get things done.

## Conspiratorial thinking

The dreaded conspiracies. They've taken root in the hearts and minds of many folks the world over and, similar to COVID-19, the effects of this infection are long-lasting.

If you're wanting to have a conversation about someone's deep dive into the world of conspiracies, try not to do it online. It's too easy to double-down and get emotional on social media in order to keep up appearance. If you can have a phone conversation, a distanced social visit or a Zoom call, it's preferable to trading comments on a screen.

Approach the conversation with empathy. Let the person know how you feel or how you might be worried about them; how their vaccination status might mean they could miss out on important events in the future, like weddings or birthdays.

Don't dismiss them and their beliefs outright. Instead, try to find common ground.

It's a powerful thing to admit that, yes, some conspiracies have existed in history. But then point out how those

ended up shaking out.

Things like Watergate or sexual abuse scandals: these, when revealed, quickly unravel in a whirlwind of journalism, witness statements and further details. Start to ask questions as to the logistics: how would conspiracies similar to the one's alleged about COVID-19 be possible? The bureaucracy and logistics that would go into them seem superhuman, beyond the capability of any government body.

The idea is not to change minds immediately. This is a long process and it can take time. Avoid the temptation to debunk and fact-check every statement a person says as this can further harden them in their beliefs.

Instead, asking questions of: "where did you read that? How can you trust that source? Do you think that's possible?" will be more productive in the long term.

Conspiratorial thinking can be dangerous. Make sure that if you believe a friend or family member may have the chance to harm themselves or others, that you don't attempt to handle things on your own. Safety is a number one priority.

And unfortunately, there is a point and time where you may have to set a firm boundary.

If you have a pre-existing condition that makes COVID-19 an extremely dangerous possibility, even with your own vaccination status, you may have to let someone know that — until they can provide proof of their status — your relationship may have to change drastically.

It's not something anyone wants to do. Creating and enforcing those boundaries is difficult.

But when it comes to one's own health, well-being and safety, giving in to the demands and frustrations of others is not an enjoyable prospect either.



**COOPERATIVE  
MEMORIAL  
SOCIETY**

Annual  
General  
Meeting

Saturday, January 29, 2022

1:00 PM - 3:00 PM

via webcast and telephone

[www.calgarymemorial.com/annual-meeting](http://www.calgarymemorial.com/annual-meeting)

 a cooperative	 serving southern alberta
 education	 resources & information
 affordable memorial services	 affordable burial & cremation services

## STEMP & COMPANY

Tel. 403-777-1123 • Fax. 403-777-1124 • [www.stemp.com](http://www.stemp.com)

**Bill Stemp**  
LAWYER

Wills,  
Probate Applications,  
Power of Attorney

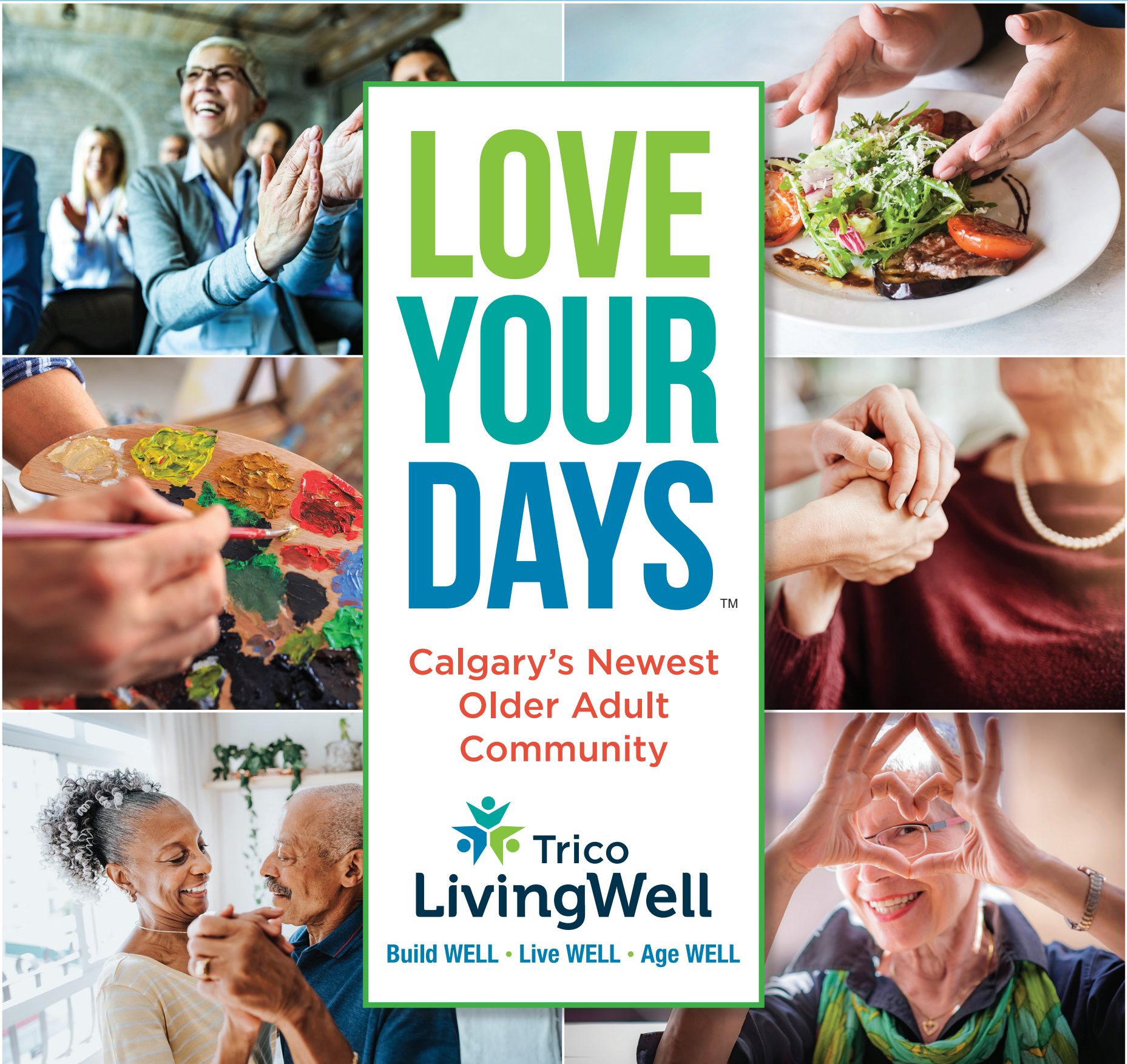
**Offering 10% reduction  
to Kerby Centre clients.**

**Our service is prompt and reasonably priced**  
We have your best interest in mind

1670, 734 - 7th Avenue S.W. Calgary, Alberta,  
T2P 3P8

[reception@stemp.com](mailto:reception@stemp.com)





# LOVE YOUR DAYS™

Calgary's Newest Older Adult Community

 **Trico LivingWell**  
Build WELL • Live WELL • Age WELL

**Independent Living. Assisted Living. Dementia Care.**

Trico LivingWell is the first older adult community to pursue **International WELL v2 Healthy Building Certification** to enhance human health & wellness. Offering a variety of flexible living options with an abundance of features & amenities at great value.

- Advanced safety, accessibility & technology features
- Wide range of comfort, health & wellness innovations
- Outdoor & indoor green spaces, including a public park
- Flexible dining options in venues or in-suite
- Concrete building for increased soundproofing
- Onsite health care team

**SUITE FEATURES INCLUDE:**

- 9' Ceilings, large triple-pane windows, & wide doorways
- Luxury vinyl plank flooring
- Large kitchens, stainless steel appliances, quartz countertops, & in-suite washer & dryer
- Spacious bathrooms, low threshold showers
- Personalized heat & air conditioning control & air purification systems
- Underground parking available

**Choice of stylish: studio, one bedroom, one bedroom + den, & two bedroom suites**

Independent Living from:

**\$2850** / month

Assisted Living from:

**\$4110** / month

**2 SHOWSUITES NOW OPEN!**

Contact us today at 403.281.2802 | [tricolivingwell.com](http://tricolivingwell.com) | 7721 Macleod Trail SW

# Staying vigilant against investment scams

By Alberta Securities Commission

In today's ever-evolving online world, we have become used to the convenience and intuitive experiences available through the internet.

While these technological improvements have been game-changers in our daily lives, scam artists are increasingly taking advantage of our comfort and complacency online to target us with websites impersonating legitimately registered banks and brokerage firms.

The act of "Cloning" or "Spoofing" is when fraudsters create fake websites that mimic a legitimate company's website and information, often unbeknownst to them.

These websites can even utilize the actual address and employee names from the legitimate company and can be promoted online through pop-up ads or found through search engine results.

Before you consider conducting financial or investing activities online, follow these key steps to avoid cloned websites and scams.

1. Avoid investments offered online or found through search engine results

Investment offers promoted through pop-up ads or found on search engine results can be fake. Be skeptical of promised attractive investment returns and take the time to do your research into the investment. Contact the bank or firm in the ad or search result using their legitimate phone number or website address listed on their registration found on the Alberta Securities Commissions registration list for Alberta-based firms and institutions and the Canadian Securities Administrators National Registration Search for those based in another province or territory in Canada. By law, firms and individuals offering

investments to you must be registered in the province you live in.

2. Pay attention to the details

Before you provide any information, money, or log in to the website, review and make sure you have spelled the website URL correctly. If you found the website online or through an ad, pay attention to oddities, including spelling and grammatical mistakes, incorrect area codes, odd logos, stock photos, and chat functions requesting personal information such as an email address.

3. Be wary of unusual forms of payment

Fraudsters may try and correspond with you over social media like WhatsApp for the investment offer or request payment with cryptocurrency or wire transfers. These are red flags of fraud and legitimate investments are never conducted over social media and typically

do not require payment in digital assets or wire transfers.

4. Be cautious of fraudsters posing as representatives

Fraudsters may impersonate actual investment professionals, using their names, job titles, and even fraudulent credentials to offer various financial products and services over the phone and online.

To further enhance this deception, fraudsters will even falsify documents, including particular statements or trade commissions and may even direct victims to check the firm's registration or incorporation details. While the legitimate bank or firm is registered, you are not talking to an actual representative employed by them.

Compare the website's contact details with the contact details listed on the registration for the firm on the ASC registration list or CSA National Registration Search

and contact the number listed in its registration to verify that you're talking to a real representative.

5. Report recovery room scams

Fraudsters often target and contact those who have lost money with an investment scam, claiming that they will be able to retrieve their money for a fee.

They may also claim there is a technical issue or tax fee and request more money from the victim to retrieve their funds. If you are contacted by someone offering to recover your investments or money, keep all records of communication with the individual and report it to the ASC.

Fraudsters are continually looking for new ways to deceive and imitate the registered banks and brokerage firms online.

By staying vigilant and following the steps above, you can confidently recognize, avoid and report bad actors.



Serving Kerby Seniors and Albertans for 21+ years

Free Estimates –

**\$25.00 off Coupon**

Call Erica @ 403-233-7212







# Welcome to Westview Community

**Westview** | **Westview**  
TOWN SUITES | RESIDENCE WEST

We are here for you.

Experience luxury without the price tag.

Please call Danielle at 403-390-2934.

## The CHOICE is yours.

Announcing Westview Residence West opening spring 2022 in SW Calgary. Offering rent geared to income and competitively priced apartments both with full sized kitchens and stunning mountain views. Westview Residence West joins our other innovative building within Westview Town Suites. Together they mark the beginning of Silvera at Glamorgan. Our two buildings contain three rental program options which creates more choices for you.

Expect to feel your best when you can choose the apartment you like, with the amenities and services you want, at the right price.

Call today and experience our new show suite.

**Affordable. Stylish.**

**The daily possibilities are ageless.**



**Westview**  
BY SILVERA

To learn more visit: [westview.silvera.ca](http://westview.silvera.ca)

**Winner in the Senior's Residences Category**



2021-22  
Readers'  
**CHOICE**  
**WINNER**



Voted best senior's residence in Calgary

403-390-2934 | [dgirodat@silvera.ca](mailto:dgirodat@silvera.ca) | 5050 50 Ave SW Calgary, AB.

# The sound of the railway track

By Barbara Ellis  
Kerby News Columnist

Like so many Canadians, I watched with horror as the weather-related disaster unfolded in British Columbia. They called it an Atmospheric River. This term is new to me but I came to understand very quickly how destructive it can be. So very sad to see all those homes destroyed and people's lives turned upside down. The loss of property and animal lives is truly staggering.

One of the images I cannot get out of my head is the one with the railroad tracks suspended in midair. Metal rails and heavy wooden railway ties just dangling in the breeze. So very lucky that the landslide did not occur at the same time that a train would have been passing by.

Those railway-ties reminded me of the many wonderful hours I have spent travelling on trains.

During our stay in Switzerland, whenever we wanted to go anywhere, it was always by train. For me, every trip was an adventure and I never tired of watching the world go gliding by.

After an unforgettable sea voyage from Sydney, we arrived in beautiful Vancouver early in the morning on April 1, 1957. It did not take long to clear customs, collect our luggage and board the Canadian

Pacific for the next leg of our journey. We had heard so much about the Canadian Rockies, and now we were about to see them for ourselves. My sister and I had our cabin but we were seldom in it because sitting in the Observation Car was far more exciting.

It took just a day and a half to arrive in Calgary, but Eva and I both thought that our initiation to our new homeland, had been breathtaking. The grandeur of the mountains; some with glaciers perched on top of them; the endless forests; and glimpses of a few turquoise lakes, were visions seared into our memories.

During a recent trip to Switzerland, I took a ride on the Centovalli Railway. It is touted as one of the most beautiful and scenic trips anywhere.

The little train runs between Domodossola and Locarno and takes two wonderful hours to complete the journey. The name Centovalli means 100 valleys. I did not count them, but we certainly traversed over many beautiful valleys.

During our trip, there were places where the little train had to hug the side of the mountain as it wound its way along the tracks.

Mountains on one side, and deep drop-offs on the other side. We crossed over fast-flowing rivers, deep gorges, many

little villages and a whole lot of short dark tunnels. For most of our trip, the highway tagged along with us, sometimes above us, sometimes below. It was interesting to watch the cars negotiate the sharp twists and turns along that mountainous road.

Another memorable trip was the one aboard The Indian Pacific. This train travels from the Atlantic Ocean to the Pacific Ocean along the bottom of the Australian continent.

This four-day 4,353 km journey, is through some of the flattest terrain in the world. Between Ooldea and Loongana, we travelled along the longest straight stretch of railway anywhere, some 479 km.

We left Perth in the morning and arrived at our first stop, Kalgoorlie, in the early evening. In 1893, gold was discovered in Kalgoorlie and overnight it ballooned into a gold rush town. To this day it's still the largest gold producing mine in Australia. Gold is not exactly mined, per-se, it is more like excavat-

ed with dynamite. They have dug out what is known as the Super Pit, which at its lowest point it is 400 meters deep.

This is below sea level. It was dark when we arrived, but as the place was floodlit by gigantic lights, the bottom of the pit was visible. We saw several massive trucks, which work around the clock, lumbering up a narrow winding road, hauling the precious rocks to the surface.

Then we visited the famous Stellas Hay Street Brothels. Yes, they still exist and are run by the government. Time spent here was limited and we had to stay on the bus; it did not include an inside look.

The next day we arrived in Adelaide and after a two hour stop, we were on the move once again. Our next stop was Broken Hill which is also a mining town, but for silver.

It is also the base for a non-profit organization known as the Royal Flying Doctor Service. They provide emergency and health care to people living in rural and remote

areas of the Outback. Leaving Broken Hill, my journey was almost at an end. Once we climbed over the Blue Mountains, it was a smooth downhill run into Sydney.

I wish that train travel in Canada was as accessible as it is in Europe. Train travel has given me a chance to relax and enjoy the landscapes as it rolled by my window. It also gave me a chance to form new friendships while socializing with my fellow travellers.

Sitting down to eat at a beautiful table; covered by a white tablecloth; set with china plates and crystal glasses; well, it sure beats the plastic utensils one gets on the airlines these days.

I know that I have to board a plane to get to where I am going. I also know I have to prepare myself for long hours of sitting in seats that have become increasingly narrower with time.

However, I much prefer the relaxed atmosphere of train travel, unfortunately yet another elegance that has been relegated to the past.



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

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

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

**TAKE THIS TEST**

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

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

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

## LTH TOURS

LIFE TIME HIGHS

SERVING CALGARY, LETHBRIDGE, MEDICINE HAT

### 2022 TOURS

EDMONTON RIVER CREE JAN 23 - 25	OKANAGAN OCT 12 - 19
REGINA FEB 11 - 14	SEATTLE - BLUE JAYS BASEBALL JULY 5 - 12
KELOWNA MAR 6 - 9	WINNIPEG FOLKLORAMA AUG 6 - 12
BONNERS FERRY MAR 21 - 24	POLSON, MT - SEPT 6 - 9
CAMROSE APRIL 24 - 26	CHRISTMAS IN BRANSON NOV. 17 - DEC 3
MOOSE JAW - SASKATOON - MEDICINE HAT MAY 15 - 18	CALGARY DAY TRIPS AND BREWERY TOURS
DEADWOOD JUNE 1 - 7	

WEBSITE

LTHTOURS.CA

EMAIL

INFO@LTHTOURS.CA

PHONE

587 223 0203

# Pet grief needs to be respected, study shows

By Bev Betkowski

A study of women 55 and older living alone revealed intense feelings of sorrow after losing a companion animal, but they were careful about who they shared their feelings with, fearing a dismissive response, said Cary Brown, an occupational therapy professor in the Faculty of Rehabilitation Medicine and one of the paper's authors.

That “disenfranchised grief” is a concern for older women living alone as one of Canada's largest and fastest-growing demographics, and can make this already vulnerable group more susceptible to wellness issues, Brown suggested.

“Many of the women chose to stay home and grieve alone, only telling a few close friends or family about the death. One of the women was told, ‘Oh come on, it's just an animal.’ People would never say that to someone who had lost a spouse. So instead of normalizing the grief and being able to talk about it, they shut down and feel worse and worse.”

“When you're grieving, the last thing you want to have to decide is who you tell. You're already upset and you don't want to have to pick and choose. It's a sad reflection on society that people would feel inhibited to talk about their loss.”

Already faced with age-related challenges of less income after retirement, housing changes, smaller social circles and declining health, the loss of a pet can further affect a person's physical and emotional well-being.

“For some people, the loss of a companion animal at that stage of their life could be the tipping point for what was keeping them healthy,” Brown noted.

“If they used to go for walks with their dog, there's now no reason for that health-promoting daily walk and social interaction with people you meet. The sense of purpose is huge when an animal depends on you; caring for them gives purpose and meaning in life. These things keep us well in the commu-

nity, aging in place, and decrease the risk of depression, isolation and general deterioration.”

The study, conducted by a team that also included researchers from the Faculty of Nursing, helps address a gap in understanding companion animal grief as a health risk.

The study confirmed the team's suspicions of that type of grief having a negative impact, said Brown, noting that followup research will be launched to include male seniors to see whether they mourn as deeply and experience the same disenfranchised grief as their female counterparts.

Most of the study

respondents lived with their pets for 13 or more years, and while believing they did the right thing in euthanizing their suffering companions, their grief was still deep. Most of them rated it 10 out of 10 in severity for weeks or months after the death.

In addition, all of the participants felt that not everyone would understand their sorrow and were somewhat reluctant or embarrassed to share their feelings, Brown noted.

“These women felt they were basically on their own in dealing with their grief.”

It's important that society legitimize that sorrow, Brown said.

“The grief from the loss of a companion animal is real, it can be significant, and we can't make people feel dismissed or that there is something wrong with them. The people around us don't need to share our grief, but they need to be supportive.”

While veterinarians often bear the brunt of consoling their clients, education programs for health-care professionals, social workers and other forms of bereavement services such as online support groups should also be developed, along with public awareness campaigns and affordable support programs for those mourning a pet, the study

authors recommend.

“There are a range of supports for people who lose a spouse or child, and we also need to incorporate an acknowledgement of grief for pets into our understanding of what well-being is,” Brown said.

“Once there is public awareness and more visible supports for people, disenfranchised grief won't happen as people get used to the idea that this is real grief and that those who experience a loss need our acknowledgement and caring.”

*The study was funded by the Kule Institute for Advanced Study and the Calgary Institute for the Humanities.*



## Live life to the fullest

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

Our Private Choice seniors wellness lifestyles include:

Independent and Assisted Living | Enhanced Care | Specialized Memory Care | Short Term Respite Care

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

The  
Brenda  
Strafford  
Foundation  
Cambridge  
Manor

The  
Brenda  
Strafford  
Foundation  
Wentworth  
Manor

Now  
Open

Welcome home to Cambridge  
Manor, our newest seniors  
wellness community

University District | NW Calgary  
403.536.8675 | CambridgeManor.ca

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

Christie Park | SW Calgary  
403.242.5005 | WentworthManor.ca

Find out more about our renowned, award-winning care and services at [theBSF.ca](https://www.bsf.ca)

# Don't throw that bulb out!



Photos courtesy of Deborah Maier and the Calgary Horticultural Society.



*Deborah Maier  
Calgary Horticultural  
Society*

The seasonal decorations are put away and everything is tidied up. The amaryllis blooms that were glorious during the holidays have faded, now what do you do with the plant?

As long as it was potted in a growing medium, the easiest thing to do is to let it be a houseplant. Cut the flower stem off close to the bulb so it does not put energy into seed production, place it near a sunny window, and it will grow lovely foliage and occasionally bloom.

If the bulb has been part of an arrangement, or covered with wax or cloth, it needs to be inspected, and if viable, planted. The basal plate needs to be intact. That is where roots form. It is flatter in shape and larger but looks similar to one on an onion. You should be able to see nubs, at least around the perimeter, where roots are forming. If the basal plate has been removed it is unlikely that the bulb is viable. If the bulb is in good condition, pot it in a growing medium leaving the top third of the bulb exposed.

If you want more than the occasional ran-

dom bloom, you can encourage an amaryllis to bloom each December. The first hurdle is to keep the plant healthy until late spring. This means, especially during February and March, not overwatering it. The light levels are still low, so once the bloom is spent the plant will not be growing and won't need much water. It does well if the soil dries out around the roots between waterings. When checking soil moisture be sure to test the soil at the root level, which is beneath the bulb. A moisture meter is a good tool for this task as it can be poked down to the roots even if the bulb fits quite tightly in its container.

The next step is ensuring that the bulb is rejuvenated. The bulb is the energy source for flower production. The bigger the bulb the larger and more flowers it can produce. Until spring, place the plant in a bright location by a sunny window.

When spring arrives, transition it slowly to the outdoors. On a warm day put it outside in a sheltered location for half an hour.

Gradually, increase the time it is left outside until after the threat of frost has passed and it can be left outside, day and night.



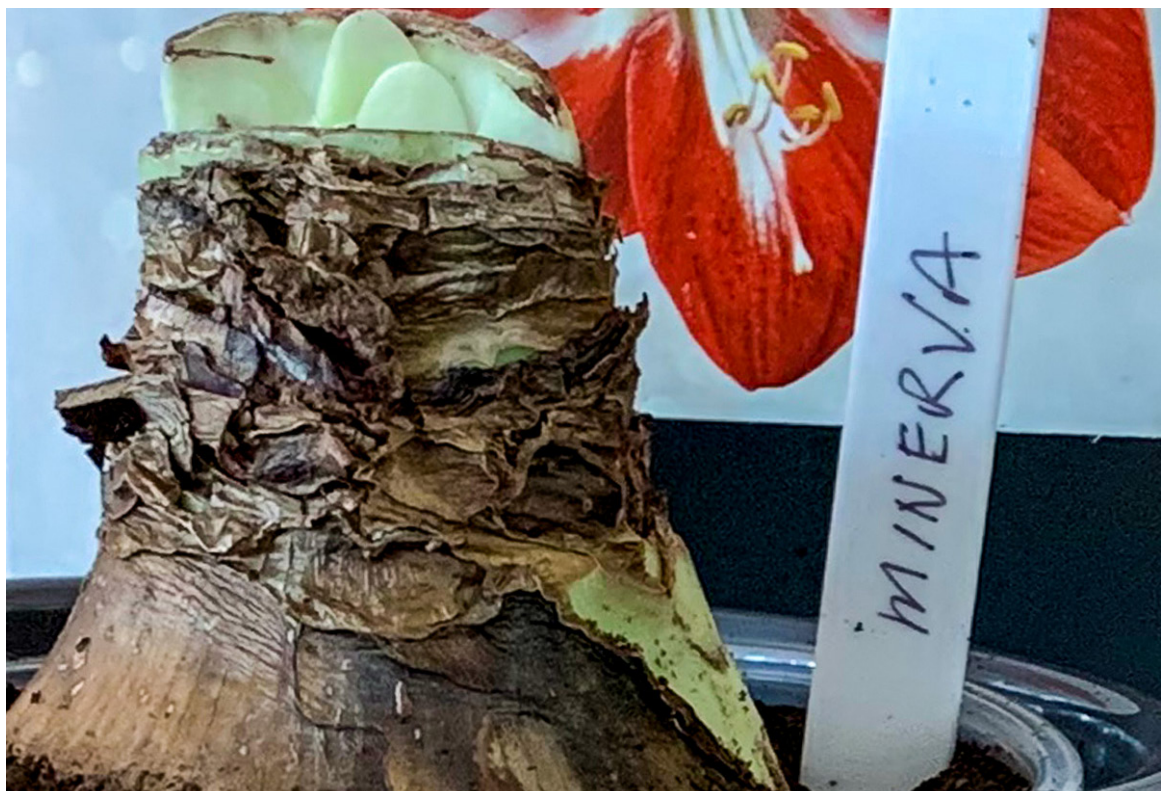
**WE HAVE PICKLEBALL!**

Check our gym schedule on our website for public times.

Stay tuned for our special promotion in January if you purchase an Annual Membership.



**REPSOL** / forever **active.** forever **strong.**



Since Calgary's summer sunlight is quite harsh, the ideal outdoor location for an amaryllis is in dappled or filtered light. This type of light provides a good energy source for the bulb and prevents leaf scorch.

Once a month, from April until July, water it with water soluble fertilizer. At the end of the summer, late August or early September, before there is a risk of frost, bring the plant back inside and store in a cool dark place. The leaves should naturally die back. Trim the dried leaves off. November first, it's time to return the bulb to its indoor growing environment.

At this time, it can be repotted with fresh potting mix, but be sure to leave the top third of the bulb above the soil.

Lightly water it in, getting the soil around the root moist. Once again, only water when

the root area is dry. It may take a week or two before you see new green leaf growth.

When it's time to water, include a water-soluble fertilizer. Often leaves will start before the flower bud. Once you see the thicker pointed head of a bud, again when you water include fertilizer.

Amaryllis (*Amaryllis Hippeastrum*) are long-lived plants. I have several pots of amaryllis that are more than 20 years old.

In the past couple of years, I've used this technique to have some of the bulbs bloom for Christmas.

*To learn more about the Calgary Horticultural Society, visit our website [calhort.org](http://calhort.org)—it's time to*

*Think Spring! See the What's Happening calendar (February 5 & 6) for event details.*



## We'd love to meet you!

A sense of community is at the core of Evanston Summit - and we'd like you to experience it for yourself. Our residence is full of people who enjoy independent living and a sense of wellbeing bolstered by strong friendships, enjoyable activities, and many amenities. Please join us for lunch and we will show you around!

**Book your visit to Evanston Summit.**

Call Charles at **587-355-2031** to reserve your personal tour or visit us online at **[EvanstonSummit.ca](http://EvanstonSummit.ca)**.



Covenant Living  
Evanston Summit

150 EvansPark Manor NW, Calgary

**Warm wishes for a healthy & happy 2022!**

# España por siempre



Above: Cadiz. Below: Roman Bridge in Merida. Photos courtesy of Jerry Cvach.



By Jerry Cvach

Driving east from Portugal I am nearing the Spanish border, nervous about what awaits me. The closer it is the faster I drive to get it over with. Will I need to prove my vaccinations? Will the flimsy documents I carry be an acceptable proof?

The border is now only seven kilometers away. The gently winding road is scenic but I pay no heed expecting a checkpoint behind every turn. My anxiety is rising as I go through turn after turn and nothing yet. Finally there is a sign in the opposite direction. Looking back over my shoulder I read – Portugal 10 km. I am in Spain, no tests, no fuss, no officials in sight and no barrier across the road!

\*\*\*

Crossing the border I entered Extremadura region. Its capital city Merida was originally a major Roman outpost and there is evidence of it in many places around town. Some are ruins, and other edifices are still pretty well intact, most notably the bridge that is the longest one in existence. It must span the wide Guadiana River, plus an island in the middle and marshes on each side. It is a half a mile long, has 62 arches and is 2,100 years old. It was crowded on the warm late summer evening. In the archeological zone within the ancient city boundary lie a forum, colosseum and theatre. Elsewhere in the

city stands the Trajan's Arch, originally the gate to the forum, and on the edge of the town are massive remnants of the now abandoned aqueduct.

Roman building material of choice was sandstone shaped into large blocks and skillfully fitted together.

Their structures were solid and durable. Once they came up with a good design they stayed with it. Their aqueducts, arenas and theaters were built from the same "blueprint" throughout the empire.

Many structures are still used, millenniums later, because they were utilitarian, an infrastructure and public spaces and buildings. If you lavish your resources on temples, your buildings

will be torn down every time the religions change.

Merida is not exceptional. Segovia aqueduct still carries water 16 km (10 miles) from the Frío River to the city, also the colosseums and theaters throughout the former empire are still busy putting on shows in many cities around the Mediterranean Sea.

In our times of rapid changes it is comforting to see structures that have endured for thousands of years and will serve thousands of years more.

In the Middle Ages Extremadura was made famous by conquistadors. They were the poor nobles living on even poorer land who had to seek their fortunes elsewhere. They crossed the vast oceans on ridiculously small sailing ships and with just a handful of men.

They were courageous, wild and often cruel men. Two leaders stand out. Hernan Cortes hailed from Medellín just east from Merida who conquered the Aztecs; and Francisco Pizarro born in Trujillo 70 kilometers to the north defeated the Inka. Despite their murky past they are remembered fondly. They started dynasties whose subsequent generations did a lot of good work with their ill acquired wealth.

Directly south lies Andalusia, the storied land of white towns. In the east the coastal mountains rise dramatically from the sea all the way up to the Sierra Nevada peaks over 3,000 meters high. Behind the mountain passes is a gentler, fertile land and the great city of Granada is crowned with perhaps the most magnificent castle ever built, Alhambra.

Beaches of Costa del Sol between Nerja in the east and Gibraltar in the west are the best in Europe. If one wants modern luxuries, perfect weather, sandy beaches, have a drink in an English style pub and to

play golf, this is the place to be.

For more Spanish flavor, it is enough to retreat just a few kilometers inland where one doesn't have to dodge the wayward golf balls.

Andalusia ends at Golfo de Cadiz that is already an Atlantic Ocean. Its most famous ports are Cadiz and Tarifa. On the banks of a river Tinto lies Palos de la Frontera, its once sizeable port is now silted over, but it will always be remembered as the port from which Christopher Columbus sailed for the West Indies in 1492 under the auspices of the royal family.

Other than the high Sierra Nevada, Andalusia is hilly but gentle, dotted with small towns, usually surrounded by endless olive plantations, walnut and almond trees in higher altitudes. It is so interesting because of its history.

After being part of the Roman Empire, it was occupied by Moors from 711 to 1492, when the Los Reyes Católicos, Fernando II de Aragón and Isabel I de Castilla finally dislodged the last Moorish ruler Boabdil and took the Emirate of Granada, the last independent Muslim state in Western Europe.

Boabdil had surrendered Granada without fight. The legend says that when he was leaving he could not contain his tears as he looked back at the magnificent city he had been obliged to leave.

The place is still remembered as El Suspiro del Moro, the Moor's Sigh. His mother reproached him: "What you weep for like a woman is what you could not defend like a man!"

Come to think of it, 1492 was a very good year for Fernando and Isabel and a big turning point in history!

Boabdil is gone, but the remnants of Arabic architecture, layouts of towns and the ubiquitous Moorish forts crowning every hill, remain.

When exploring towns, if in doubt or do not have a map, it is a safe bet to just keep going up until you come to a piazza where the church and open air restaurants will be. At the crest of the hill will be an old Moorish fort, simple, sturdy and strictly just a military object. Even in their abandonment the forts are still impressive.

Only in Olvera the fort and the main cathedral stand side by side separated by a small town square. That combination makes it the most picturesque of all hilltop Andalusian towns, the fact that has not been lost on publishers of travel guides.

\*\*\*

On vacation 36 years ago, after visiting Alhambra, we headed up to the mountain passes of Sierra Nevada, because we had heard there were remote villages on its southern slopes, an area called Alpujarras. It was late May in southern Spain, within a stone throw from Africa. We had not expected, that the passes would be ten feet under snow, impassable! Business unfinished I finally managed to return.

For centuries Alpujarras were a refuge for the defeated Moors. They were left alone by the new regime under the condition that they would convert to Christianity. For self-preservation they did, although their heart was not in it and be-

came known as Moriscos. Aided by isolation a strong Arab influence is still evident.

The picturesque villages cling to the mountain slopes that are nurtured by irrigation systems dating back to the Boabdil's time. Houses are piled on top of each other as they hug the terrain. Invariably they have flat roofs with a profusion of chimneys, tall cylindrical things that besides serving their purpose are also useful for stringing clothes lines between them. Looking from a distance, squinting and with a great deal of imagination the villages look like patches of snow on the green brown slopes.

Steeped in history and blessed with good weather Alpujarras were destined to become a tourist attraction. To be really able to explore it thoroughly, having a car is essential. Tourists don't venture too far from them, usually just to have a meal and shop for souvenirs. Besides, buses visit only the villages where they can turn around.

The first town off the main highway between the sea and Granada is Lanjaron, a spa. It is a sleepy, slow moving town like its patients. From there it is up, up and away through villages Carataunas, Soportujar and Pampaneira, threaded on a narrow winding road like beads on

a string until one reaches Capiteira, where the pavement ends. Above lies the Sierra Nevada National Park. There is no habitation above, other than an occasional abandoned shepherd's hut, poor grazing fields and further up is a forest, that gives way to weather beaten mountain ridges of the Sierra Nevada. From the last parking lots at the end of bad gravel roads it is the hikers' paradise better suited to men and women half my age. The highway that in 1985 still lead over the mountains and was the highest road in Europe, is now closed to general public.

Only the town of Trevezes is not just a tourist Mecca but it has an industry that sustains it. Its special climate is suitable to curing the Serrano Ham. This is a town stuffed with hams like a Christmas turkey! There are many brands of the Serrano Ham in Spain, but the label of being finished in Trevezes is the all-important proof of excellence.

\*\*\*

Along the highway N323, on the way down to the coast, there is a short stretch of narrow valley with vertical rock walls hundreds of feet high on both sides. It is called Canyon de Guadalfeo.

I stopped on the side of the road to take pictures and noticed a horizontal line on the rock face about 100 feet above the highway. It turned out



to be a concrete top of an aqueduct continuing

uninterrupted as far as I could see. It made a comfortable pathway marred only by rocks here and there that had fallen from high above. It was a solitary, quiet place, except for the lizards, and an occasional car hum on the highway below. Suddenly someone unseen talked to me, the hollow sounding words bouncing of the rock walls on all sides. It was a biblical like experience, quite eerie.

Looking around and then up I finally spotted the source, the man with hands white from chalk

and wearing soft climbing shoes. He seemed agitated and I could see why!

He dangled at the end of a rope and bounced off the rock wall like a pinball. But he wasn't the one in distress, he was concerned that I do not lift one of the rocks lying on the concrete, fall through the hole it covered, and be swept away by the current inside.

Warning delivered and duly noted, he continued his upward journey to meet his maker, until he disappeared above an overhanging rock.

*Continued on page 23*

Top right: Cathedral in Guadalupe. Bottom right: Ronda. Bottom left: Olvera. Photos courtesy of Jerry Cvach.



## Staying connected *never* gets old.

Calgary's older adults are an incredibly diverse group with a lot to offer, including their life experience and perspective.

Here are some ideas for making connections with older adults, for your benefit and theirs.



**BE KIND:** Choose an act of kindness and make it happen today!



**STAY ACTIVE:** Being physically active is a way for older adults to feel good and connect.



**VOLUNTEER:** Giving back provides chances to connect with others in a meaningful way.



**CONVERSE:** Start a conversation around shared interests to spark new friendships.



**LEARN:** Take a class or learn a new hobby, to meet people with common passions.



**CREATE:** Create something with red yarn and let us know with #stayconnectedyyc

There are plenty of ways that you can connect with people...



...across generations

# Staying connected!

City of Calgary

For older adults, social connections and community support are essential to feeling good, having fun, staying healthy, and continuing to live a full and happy life.

Age-Friendly Calgary is collaborating with community partners to bring awareness around the impacts of social isolation resulting from the COVID-19 pandemic. The campaign launched in June 2021 in conjunction with Seniors' Week and will continue into early 2022.

Older adults are at higher risk for social isolation and loneliness due to changes in health and social connections that can come with growing older, hearing, vision, and memory loss, disability, trouble getting around, and/or the loss of family and friends.

The impacts of the COVID-19 pandemic has brought even more challenges due to health considerations and the need to practice physical distancing.

For older adults, social connections and community support are essential. We can protect ourselves and others against social isolation when we:

- have the communication skills and resources to find and obtain needed services
- are able to build satisfying personal relationships
- have a social support network
- feel connected to and valued by others
- experience meaningful roles in society

You can get involved in the campaign and take action by downloading a copy of how to get involved and can find information about resources for making connections, event listings, things to do, volunteer opportunities and inspirational stories on the Older adults and social isolation website.



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



### 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://kerbypresentscoppandoas2022.eventbrite.ca>  
For Further Details Visit [www.kerbycentre.com/events](http://www.kerbycentre.com/events)

THE MOST  
*Delicious*  
TIME OF THE YEAR.

Choose from more than 200 fully-prepared, frozen dishes – all with free delivery.\*

Locally Owned by Tracy Brunt  
[HeartToHomeMeals.ca](http://HeartToHomeMeals.ca)  
1-844-431-2800

Made for Seniors

\*Some conditions may apply.

Get your  
*Free*  
menu






# Lower your winter heating costs

News Canada

A cozy and warm space to relax in is a wintertime must for many Canadians. But cranking up the heat can really add up. Here are some ways you can stay toasty without incurring sky-high costs:

## Change furnace filters

If you have an oil or gas-burning furnace, remember that it must work harder if the filter is dirty. If your electricity bills seem unusually high, try changing your filter more frequently and/or getting your machine serviced.

## Use a programmable thermostat

Many of us know that turning down the heat at night or while we're away all day can boost savings, but it's inconvenient to constantly be making those adjustments and easy to forget.

A programmable thermostat lets you set it to automatically turn up the heat gradually in time for your morning routine, or remotely manage your settings — turning on your heat as you drive back from the airport.

## Audit your energy and take action

An energy audit is a formal test to determine where energy is lost in your home. Maybe it's through a thin roof, poorly insulated walls or drafts around your windows and doors.

This kind of test can help you discover the and the amount of money you're spending to make up for energy loss and offers ways to reduce it.

## Install a heat pump.

A heat pump works by transferring heat from outside your home to the inside. It's more energy efficient than other types of heating, like electric heat since the pumps don't have to generate heat from scratch. Instead, they move and

intensify the heat.

This means you likely won't be paying as much for your heat each month, though there can be higher initial buy-in costs.

## Switch to solar.

While there is some upfront cost to this solution, it can be a major cost-saver pretty quickly. Not only can this be better for your wallet, but it's also better for the environment, helping reduce your greenhouse gas emissions and do your part to combat climate change.



Photo by Stéphane Juban. Accessed on Unsplash.com

## Come home in 2022!

Reach out to one of our communities to find out what incentives we are offering!

Remarkably spacious suites • Full calendar of social and recreation activities  
 Weekly housekeeping and laundry services • Personalized care lifestyle  
 Three freshly prepared meals daily with fine dining experience • Pet-friendly

As your needs change so do our services!

 <b>THE LODGE</b> <small>AT VALLEY RIDGE</small>	 <b>Lake Bonavista</b> <small>VILLAGE</small>	 <b>TRINITY LODGE</b> <small>RETIREMENT RESIDENCE</small>	 <b>RIVERWALK</b> <small>RETIREMENT RESIDENCE</small>
<b>(403) 286-4414</b> 11479 Valley Ridge Dr NW, Calgary, AB T3B 5V5	<b>(403) 258-1849</b> 11800 Lake Fraser Dr SE, Calgary, AB T2J 7G8	<b>(403) 253-7576</b> 1111 Glenmore Trail SW, Calgary, AB T2V 4C9	<b>(403) 271-7244</b> 528 25 Ave SW, Calgary, AB T2S 0L5

Ask us about our gift to you

VerveSeniorLiving.com INSPIRED SENIOR LIVING WITH 

# Study links overactive bladder to falling risk

By Ryan O'Byrne

A team of University of Alberta researchers focused on aging Albertans has found that urinary incontinence could be a contributing factor in falls among older adults.

In a study published in the journal PLOS ONE, the researchers showed for the first time that the feeling of having to pee acts as a distracting factor that increases the risk of falling.

"Falls are the leading cause of accidental death in seniors, and many people don't know that having bladder control problems makes you about twice as likely to fall over," said William Gibson, lead author of the study and assistant professor of geriatric medicine.

"There's not previously been a lot of evidence that treating people's incontinence reduces their risk of falling. So this is a jumping-off point, because now we've demonstrated that the sensation of urgency is a source of distraction."

The team studied the gait of nearly 30 older adults diagnosed with overactive bladders with the help of the gait lab in the Syncrude Centre for Motion and Balance at the Glenrose Rehabilitation Hospital. Using the lab's 3D capture technology, which takes highly accurate measurements of gait and joint position, the researchers asked subjects to walk the length of

the lab and back — first under normal conditions, then while doing a simple cognitive test at the same time, and finally after drinking enough water or tea to make them feel the urge to go to the bathroom.

The team found that the feeling of urgency caused by a full bladder induced similar changes in gait to those caused by the distracting task: the gait of the subjects tended to become slower and narrower, which is associated with increased risk of falling.

"This is pretty good evidence that people with incontinence are being distracted by their bladders, which means that they're less able to concentrate on walking," said Gibson.

"Being balanced and walking require some cognitive inputs, and for young, healthy people, they don't have to think about walking," he explained. "But when you're older, with changes to the brain, it requires more cognitive input to maintain balance. If you've then got a distracting factor of your bladder, it makes you more likely to fall."

One of the issues with incontinence is that despite being common in older adults, it isn't talked about very much, even between a physician and their patient, Gibson said.

"If you don't ask specifically about incontinence, people won't tell you," he said. "There are

many reasons for that: People think it's a normal part of getting older, people are embarrassed or think there's nothing you can do about it. But if you're a family physician looking after someone who is having problems with falls, one of the things that should be asked is, 'Are you also having problems with your bladder?' If so, then what can be done about that?"

Gibson said future research could explore whether treating incontinence has any effect on falling risk. One treatment avenue is using medications to treat overactive bladders, but another approach that may show promise is using physiotherapy and special training to reduce incontinence, he said.

Gibson said he hopes the wider health system takes away an increased awareness of the link between incontinence and balance, and a better appreciation of how much of a problem incontinence is.

"This is the first time the link between bladder urgency and falling risk has been demonstrated, and it's nice to be challenging the preconceived notion that the reason people are falling is because they're running for the toilet," he pointed out. "I think we've really put that one to bed and shown that it's much more complicated than that."

"It opens up a big field of potential research, which we'll be doing more



Photo by Christian Lue. Accessed on Unsplash.com

of moving forward."

The study involved researchers from the U of A's Faculty of Medicine & Dentistry, Faculty of Nursing and Faculty of Kinesiology, Sport, and

Recreation, and was supported through funding from a Canadian Urological Association/Astellas research grant.



**PRESENTS *LIVE WELL BE WELL***  
AN ONLINE MENTAL WELLBEING PRESENTATION SERIES



**WELCOME THE NEW YEAR WITH A HAPPY, HEALTHY START! JOIN US FOR...**

**GOOD MENTAL HEALTH HABITS**

Presented By  
Vineeta Kapoor M.Psyc, PGDGC  
Manager of Information Resources

**Tuesday, January 25th, 2022**

**9:30 am to 10:30 am**

BROUGHT TO YOU WITH THE SUPPORT OF




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

## BE OUR GUEST

**Claim Your FREE Guest Session**  
at [livewellclinic.ca](http://livewellclinic.ca)

OR

**Call 403-800-0047**



**Come exercise with us for an hour!**

We will create a custom exercise program that works for you, no matter your age, health or fitness.



# Kerby News wants to hear your influenza stories

The consequences of influenza infection can be devastating for older adults.

Older adults represent 15 per cent of Canada's population.

They are at higher risk for influenza infection and its complications, particularly for older adults with underlying chronic conditions, heart disorders, and diabetes.

Unfortunately, Influenza is also one of the most common infectious diseases in Canada and is vaccine-preventable.

What is your story about the effects of Influenza? Was there ever a time when you could not access 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?

Kerby News wants to hear from you.

If you are interested in sharing your story of Influenza and being published in Kerby news, please contact our editor at [andrewm@kerbycentre.com](mailto:andrewm@kerbycentre.com).



# U of C study seeking participants

The University of Calgary is seeking older adult participants for a scientific study. The criteria and additional information follows:

Gender: Females and Males

Age group: Between 65 to 75 years old.

Fitness level: Any person who can cycle at moderate/high intensity for ~1hr.

Any other criteria: non-smoker, non-obese, no peripheral vascular occlusive disease, and not taking some medications that are known to affect cardiovascular or hemodynamic responses to exercise (e.g.,  $\beta$ -blockers, anti-coagulants, etc.). Well-controlled blood pressure through medication and with no contraindication to exercise will be accepted in the study.

Location of study (do they have to visit UofC?):

Room #104, Kinesiology Block B (KNB), Main UofC campus.

Amount of time and number of visits that will be required:

5 visits, 1.5 hrs each, ~8hrs in total. Each visit will be composed by submaximal cycling and fatigue measurements throughout the exercise. The cycling intensity

will be moderate to high.

Benefits of participating:

No monetary benefit. Parking and transportation will be covered.

This study will characterize how elderly population fatigue during exercise, which will improve future exercise training prescriptions and benefits.

Who to contact to participate:

Rafael Azevedo ([rafael.azevedo@ucalgary.ca](mailto:rafael.azevedo@ucalgary.ca))






A DAY IN THE LIFE OF MEANINGFUL ENHANCED PRIVATE CARE SERVICES

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

## DIGNIFIED LIVING

ADDING LIFE TO YEARS

(403) 686-8386

# Kerby Centre's annual tax clinic

Every year, the Kerby Centre tax clinic offers free assistance to low-income individuals filing personal tax returns, as required by Canada Revenue Agency. Even if you do not earn an income, or if you do not pay tax, it is essential that you file your tax return. This will ensure your eligibility for the GST and if you receive the Guaranteed Income Supplement (GIS) and Alberta Seniors Benefit (ASB), filing your tax return will ensure that these supplements are continued.

Who qualifies for this assistance?

The Kerby Centre tax clinic is run solely with the assistance of volunteers. For this reason, the Kerby Centre offers these services to individuals who are EITHER DISABLED (currently receiving AISH income) OR 55 years and over and with a gross income less than \$35,000 for a single person. Kerby Centre can also file tax returns for couples with a combined household income of less than \$45,000.

Kerby Centre income tax volunteers are trained to do basic returns and cannot do returns that include business income, self-employment income, farm income or capital gains trade summaries. We book 20-minute appointments per person per year of taxes to be filed.

Kerby Centre volunteers may also be able to do returns for deceased persons if the returns are not complex. Please note when bringing in a deceased return, the executor must accompany the return with a copy of the will and a death certificate as well as last year's return and notice of assessment. Unfortunately, we are not able to file estate tax returns.

How can you get this assistance?

There are three ways to access the Kerby Centre tax clinic services.

To have your tax return prepared and e-filed by the tax volunteer while you are with them, you must book an appointment. Kerby Centre will start booking 20-minute appointments for the Tax Clinic from Tuesday, February 1, 2022. Appointments can be made by calling (403) 705-3246. The 2022 tax clinic will begin Monday February 28, 2022, and will run on Mondays,

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

Tuesdays, Wednesdays, and Thursdays from 9am to 3pm. This service continues until Thursday April 28, 2022.

You can alternately get your tax E-filed remotely over the phone. To book an appointment call 403-705-3246.

Tax returns can also be dropped off at Kerby Centre beginning March 1, 2022. A drop-off form must be completed and will include all your important information including date of birth, marital status, address, spouse's net income, contacts information such as a phone number, SIN number etc. Drop-off returns are prepared by the volunteers as time permits. When your tax return is completed, you will receive a phone call to notify you that your tax return is ready to be collected. Drop-offs can be left in the Kerby Centre Information Resources Office in Room 206.

What to bring with you? It is very important that you make sure that you have all the necessary documents with you for your tax appointment. If any documents are missing or incomplete, the tax volunteer will not be able to complete and file your tax return.

Your necessary documents may include:

- A copy of your income tax from last year if not prepared at the Kerby Centre and your Notice of Assessment
- All reporting slips (T-slips) for each type of income you receive.
- Details and amounts of any foreign incomes (including foreign pensions, social security, interest, or dividends)
- Details of any de-

ductible items that you may be eligible to claim - medical (yearly printouts from Pharmacy) for prescriptions, services and medical devices, premiums to private medical plans, charitable donations etc.

- Records of any tax installments paid for 2020.

If you are unsure of what you should bring, please discuss this with Kerby Centre when making your appointment.

If you are filing your taxes virtually over the phone, you should have the above information in front of you ready when you get a call from the tax preparer.

If you are using drop off facility, a drop-off form must be completed and include all the T-slips along with important information including date of birth, marital status, address, spouse's net income, contacts information such as a phone number, SIN number etc.

You can use the drop off form available on page 24 to fill the required information in advance for your convenience.

**Suites Available**  
 Now Scheduling Tours



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

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




**Flexible Options... Affordable & Accessible!**

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

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

To request an information package, please contact:

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



[www.mvsh.ca](http://www.mvsh.ca)



**KERBY CENTRE PRESENTS**  
 PART OF OUR FALL & WINTER SERIES OF ONLINE HEALTH & WELLNESS,  
 INFORMATION & ENTERTAINMENT PRESENTATIONS

## Financial Wellness 101 Budgeting & Debt Management Tips



On top of everything else, did 2021 hit you hard financially? Start the New Year on a positive path by improving your "Financial Wellness"!

**Thursday, January 13, 2022  
10:30 to 11:30 am**

Join Donna Carson, Senior VP with MNP's Insolvency & Restructuring Group in Calgary and Central Alberta, as she shows us how to manage the basics of;

- \*budgeting and planning
- \*credit rating
- \*good debt versus bad debt
- \*how to deal with debt if it has occurred

**FREE Registration - <https://budgetinganddebt.eventbrite.ca>**



# 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](http://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!**

**NEW!** Join us for exciting Kerby programming such as fitness classes, bread markets & concerts now running out of the **Living Spirit Building, located at 629 49 Ave SW.**  
**Contact Lauren at [lauren@kerbycentre.com](mailto:lauren@kerbycentre.com) or 403-705-3177.**

**ZOOM CLASSES**

**MONDAY**  
Fitness With Dan 9:30 –10:30am  
Gentle Seated Yoga 2:00 3:00pm

**TUESDAY**  
English as Second Language  
10:00 - 11:00am

**WEDNESDAY**  
Men’s Shed 11:00am – 12:00 pm

**THURSDAY**  
Yoga for You 9:00 – 10:00am  
Drum Fit 10:15 - 11:15 am

**FRIDAY**  
Muscle Strength and Core Balance  
11:30 – 12:30 pm

Call Education & Recreation  
at 403 705-3233

**“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.

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!!



**KERBY TRAVEL**

**Join Us For Bowling**


**Tuesday, February 8, 2022**

**10:00am – 2:00pm**

**Price: Member \$39  
Non Member \$69**

**Cut-off Date: Jan 25, 2022**

**Call Travel Desk at 403 705-3233**



**Next to New - Out With The Old And In With The New!**

**\$3.00 Bag Sale**

Friday, January 21<sup>st</sup>, 2022 10am – 2:30pm  
403-234-6570 for more info

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

**1133 7th Ave SW 10:30 – Noon Every Tuesday (January 4, 11, 18, 25) & Friday (January 7, 14, 21, 28)**

**And join us for our Community Bread Markets**

- Banff Trail Community Association **Monday, January 17th (12:30 - 1:30 pm)** Located at 2115 20 Ave NW, Calgary. AB
- Parkdale Nifty Fifties Association **Tuesday, January 11th (11:00 -12:00 pm)** Located at 3512 5 Ave NW, Calgary AB
- Bow Cliff Seniors **Thursday, January 20th (11:00 –12:00 pm)** Located at 3375 Spruce Dr SW, 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 &amp; 4TH MONDAYS—FREE</p> <p>MAHJONG RM 312 10:30 AM - 12:30 PM -\$2.00</p> <p>CRIBBAGE GAME ROOM 1:00 - 3:30 PM \$2.00</p> <p>PICKLEBALL - GYM 2:30 PM - 4:00 PM \$2.00</p> <p><b>Coming Soon</b> <b>Shuffleboard</b></p>	<p>RECORDER GROUP RM 313 10:00 AM - 12:00 PM \$2.00</p> <p>MEMORY WRITING GAMES ROOM 10:00 - 11:00 AM 2ND TUES OF EACH MONTH-FREE</p>	<p>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</p>	<p>ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day</p> <p>PEP TALK 10:00 AM - 11:00 AM FREE</p> <p>PICKLEBALL GYM 2:30 PM - 4:00 PM \$2.00</p>	<p>SPANISH CONVERSATION GROUP RM 311 10:00 AM - 12:00 PM \$2.00</p> <p>KRAZY KARVERS WOODCARVING CLUB - RM 102 10:00 AM - 3:00 PM \$1.25 HR</p> <p>BADMINTON &amp; PING PONG GYM 1:30 PM - 3:30 PM</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>

# Law reform institute seeks feedback on homeowner legislation

Kerby Centre

The Alberta Law Reform Institute, an independent body which recommends law reform to the provincial government, is considering how to improve a law that affects homeowners and their spouses or partners.

ALRI is proposing reforms to the Dower Act, a law which affects homeowners and their spouses. The Dower Act applies when one person in a couple is the sole owner of the couple's home. It protects a non-owning spouse in the case of sale of the property or the death of the sole owner.

ALRI's work so far suggests there are some aspects of the Dower Act that are particularly relevant to older adults. For example, the life estate may be important to older adults who wish to remain in their home after the death of their spouse.

The Dower Act became law in Alberta over one hundred years ago. The last substantial reforms were in 1948. ALRI's research and consultation shows that the Dower Act functions largely as intended, but it is outdated.

Before they make final recommendations to the Alberta government, they are seeking input from the public.

The Institute is conducting a short survey which briefly explains what the Dower Act is and asks about the key issues.

You can fill out the survey at <https://www.surveymonkey.com/r/P38CDTP>

# CROSSWORD AND SUDOKU PUZZLES

SOLUTIONS AVAILABLE ON PAGE 27

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

## PREMIER Crossword

By Frank A. Longo

### WOMEN'S MOVEMENTS

#### ACROSS

- 1 Golf tourney
- 7 "Nonsense!"
- 12 Wordplay bits
- 16 Jump
- 19 Tiny country in Europe
- 20 Similar
- 21 Woodwind instrument
- 22 Spring mo.
- 23 Prima ballerina who received the Kennedy Center Honors in 1989
- 26 Winning sign
- 27 Sinuous
- 28 2003 Tony winner for "Movin' Out" choreography
- 30 Vamp player in "Singin' in the Rain"
- 36 Choose
- 37 Writer Jaffe
- 38 Vast period
- 39 Doggy doc
- 40 Part of TNT
- 42 "The Wedding Singer" director Frank
- 44 Magical land of C.S. Lewis
- 46 Noted performer in a Greek tunic and bare feet
- 50 "Honest" prez
- 51 Southwestern grassy plain
- 54 Feature of "Christmas"
- 55 Raises
- 56 San — Zoo
- 58 Soda holders
- 60 Inflict on
- 61 "Su-u-ure"
- 62 1947 Tony winner for "Brigadoon" choreography
- 66 Suture
- 67 Throng
- 68 Zodiac cat
- 69 "Water" star Michael
- 71 Greek vowel
- 73 Imitated
- 76 Camera type, in brief
- 79 "Top Hat" co-star
- 85 Fishing aids
- 86 Take to heart
- 88 "Horrors!"
- 89 Rival of U.S. Grant
- 90 Rink surface
- 91 Laundromat dryers, e.g.
- 94 Radio booth notification
- 96 Golf standard
- 97 Royal Ballet legend awarded the 1977 Shakespeare Prize
- 100 City due west of Chicago
- 102 Historical records
- 103 Birthday topic
- 104 Ascot, e.g.
- 106 — Spumante
- 107 Sauce brand
- 108 Doctrine
- 111 Prima ballerina famous for her "Dying Swan"

1	2	3	4	5	6		7	8	9	10	11		12	13	14	15		16	17	18		
19							20						21					22				
23							24					25						26				
					27						28						29					
30	31	32	33						34	35		36				37						
38					39				40	41					42					43		
44				45				46				47	48	49								
50				51		52	53		54										55			
56			57		58			59			60						61					
62					63				64	65		66					67					
				68				69				70			71	72						
73	74	75			76	77	78		79				80	81					82	83	84	
85					86			87			88						89					
90				91					92	93		94			95				96			
97			98							99					100			101				
102									103				104	105				106				
	107					108	109	110		111		112					113					
114						115			116			117										
118				119						120	121								122	123	124	125
126					127				128							129						
130					131					132							133					

- 114 Courtesan whom King Ludwig I made Countess of Landsfeld
- 117 Bush replacer
- 118 Yale alum
- 119 "The Twelve Days of Christmas" gift (and what this puzzle features)
- 126 Mtn. statistic
- 127 Yemen locale
- 128 Cocooned stages
- 129 Many a web surfer
- 130 Mind-related, in combinations
- 131 Smell bad
- 132 Deficient
- 133 "— Fi" (Marines' motto)
- 15 Marine fish of the western Atlantic
- 16 West Indies' largest city
- 17 Outerwear for some high-culture shows
- 18 Get ready
- 24 Have the gall
- 25 — Jima
- 29 Tooting thing
- 30 Trudeau's country
- 31 "About this large," informally
- 32 Original Mouseketeer — Tracey
- 33 Channel for Wolf Blitzer
- 34 Parts of city grids: Abbr.
- 35 Noted times
- 41 Tyrant Amin
- 42 Structure for storing music
- 43 Some ctrs. of learning
- 45 "You win"
- 46 Charged, as particles
- 47 From long ago
- 48 Autos from long ago
- 49 Kitty chip
- 52 Maven
- 53 "Rambo" war zone, in brief
- 57 Neuters, as a stallion
- 59 Smelting junk
- 61 GIF or JPEG
- 63 Throw a few back in a bar
- 64 52, to Livia
- 65 Kin of -ess
- 70 Goad
- 72 Baseball executive Joe
- 73 Jungian inner personality
- 74 Sticky, nutty treats
- 75 Endlessness
- 77 Onetime teen idol Garrett
- 78 Nevada city
- 80 Suffix with Caesar
- 81 Nutrition amt.
- 82 Texas city
- 83 1990s "caught on tape" series
- 84 Belgrade site
- 87 Dress in
- 91 In a pillared structure
- 92 Educ. org.
- 93 Onetime rival of Atari
- 95 Diagrams for brainstorming
- 98 Infatuated
- 99 Deep longing
- 101 — Kan (classic dog food brand)
- 104 Typewriter formatting aid
- 105 Apple tablet
- 108 Kind of navel
- 109 T-bone, e.g.
- 110 Brooks of film
- 112 A lack of musical skill
- 113 Actress Vivian
- 114 Jump
- 115 French river
- 116 Electric jolts
- 120 "OB-viously!"
- 121 NYSE event
- 122 — laude
- 123 Enabler of web access
- 124 Once named
- 125 Mutt's noise

Con't from pg. 15

In early 17th century Miguel Cervantes wrote his masterpiece Don Quixote de La Mancha. The book is considered the beginning of modern literature and was a compulsory reading when I was young. Episode of Don Quixote fighting the windmills in delusion that they were unfriendly giants is suddenly becoming relevant.

In Spain there are many places where the wind blows incessantly even outside of La Mancha.

Batteries of monstrous windmills are located on the top of the mountain ridges and one wishes for an army of Don Quixotes to fight them. There are mountain slopes where the highway runs on level with the blades rotating in your face.

These blades are giant indeed, possibly 60 or even 80 feet long each. They emit steady hum as they turn. Some are so old that they are starting to show wear and tear. If it was difficult and expensive to build these things, it will be even more so when they will have to be replaced.

Andalusia is considered to be picturesque because of all the Moorish castles' ruins. Are we also going to let the modern windmills rot after they will be past their prime for the enjoyment of the future tourists?

The security guard/ticket controller by the entry gate to the Caminito del Rey shooed me away from the waiting groups to be let in, and the poor souls that did not have tickets, lest I infect them with the rot of knowing how to beat the system.

It is a very popular hike and one needs to order tickets months ahead, but I managed to talk my way into getting a spot.

I had heard about the wonders of this extraordinary five-kilometer hike through tight gorge



Above: The Sierra Nevada. Photo courtesy of Jerry Cvach.

located not that far north of Malaga. It is a truly hair-raising path seemingly hanging off the side of vertical rock walls like a string of swallows' nests.

20 years ago it was not just a bizarre hiking trail, it was in a deplorable shape and a death trap.

Using it was a sheer lunacy. There were numerous places where part of, or whole sections had collapsed and large open-air gaps were connected only by narrow steel beams. After two fatal accidents in 1999 and 2000, the local government closed it at both ends.

It is now reopened after it was fixed at a cost of nine million Euros.

The trail was originally built to provide workers at the hydroelectric power plants at Chorro and Gaitanejo Falls with a means to cross between them.

The original path was constructed of concrete and rested on steel rails supported by stanchions built at approximately 45 degrees into the rock face.

The walkway was two to three feet wide and rose over 100 meters above the river.

The construction of the power plants began in 1901 and was finished in 1905.

King Alfonso XIII crossed the walkway in 1921 for the inaugura-

tion of the upper dam, and it became known by its present name. They don't make kings like that anymore!

\*\*\*

For Andalusians hope for rain springs eternal. To them the word "rio", or a river, is a very wide concept. Some are gullies with river beds completely dry after the summer heat, all the way up to rivers capable of navigation. People must be hoping the dry gullies will become rivers one day, worthy of the designation: "rio".

This is what is so attractive about this country and its people, and why I keep coming back.

The fervent belief that the nourishing rains will come and prosperity will be here again!



*Spend your retirement years with us.*

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

**Book your tour today!**

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



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

### 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://https://kerby-cannabisinthecloset.eventbrite.ca>

For Further Details Visit [www.kerbycentre.com/events](http://www.kerbycentre.com/events)

# 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 20.

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



# Senior initiatives that are “food for the soul”

Cheryl started coming to Kerby Centre’s free food markets shortly after they launched at the beginning of the pandemic.

Hearing about the markets by word of mouth, she became the first in line every Tuesday and Friday, waiting for the doors to open.

Kerby Centre’s free food markets started in late 2020, serving generous donations pro-

vided by COBS Bread. To meet the increasing demand, we expanded the variety of items we offer to seniors including produce, protein, and delicious cooked meals.

Standing patiently at the front of the line, Cheryl is always the first to see what we have in store for the day and is never the last to give to the program herself, contributing her time, suggestions, and extra

produce – all to support her peers during these uncertain times.

To extend our outreach efforts during the pandemic, Kerby Centre trialed its first Peer Support Group this past summer.

Its goal was to provide an opportunity for vulnerable older adults to connect with their peers, share common and individual struggles, and find a sense of community and con-

nection that everyone deserves.

Cheryl joined this group, and never missing a session, connected with her community through caring and nurturing conversations in a safe and supportive space.

At Kerby Centre, we strive to take a comprehensive approach to supporting seniors in Calgary by combining emotional, physical, and social elements in

our community outreach programs.

Through initiatives like our free food markets and peer support groups, clients like Cheryl can build their own support systems of food access, community, and emotional resilience; and more significantly they have the resources to build the most important support of all – themselves.



Kerby Centre’s free food markets & food rescue program serve seniors in our community.

**Donor Spotlight**  
 Chartwell Retirement Residences  
 Thank you for supporting Kerby Centre and local seniors in need!




**2021 Golf Sponsor**



**Stuff a Stocking for Seniors donations**

Thank You!






TO ALL OUR SUPPORTERS  
**We want to**  
 Thank you!

WE BEAT OUR  
 Give the Gift

GOAL FOR 2021 AND WE COULDN'T  
 HAVE DONE IT WITHOUT YOU!  
 YOU HELPED US:

-  Provide safe nights for seniors fleeing abuse;
-  Provide nutritious meals and food;
-  Make connections with socially isolated seniors.

**MONTHLY DONATIONS** support Kerby Centre year round. A little bit each month adds up!

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 \_\_\_\_\_

**Send tax receipt to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

**Planned Giving is another way to make a big impact**

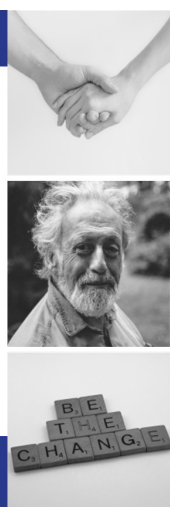
I would like to receive more information about planned giving.

I have included Kerby Centre in my will.

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

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

Charitable Registration #11897-9947-RR0001





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

1-877-250-4904

[www.DonateCar.ca](http://www.DonateCar.ca)

# Senior listings

Hey folks!  
Normally, this is the spot where we'd place the monthly Kerby News classified section. I'm here to say there are going to be some changes to this page going forward.

Kerby News is no longer going to have a paid-classified section. That doesn't mean, however, that the service is no longer going to be offered!

Introducing the new Kerby Listings. This part of the paper is going to be available for private citizens and non-profits to post For Sale content, rentals or events. And the

best part? Kerby News is going to be providing this service free of charge.

This does mean, however, that we will no longer be offering a space here to our fantastic business clients we've had over the years. We're hoping to switch them over to different spots in the paper as soon as we can.

If you're a business client, new or returning, that originally had a classified ad and are interested in advertising throughout the newspaper, you can contact us at 403-894-6986.

If you'd like something in the new, Senior

Listings, please leave a message at 403-705-3229.

Please leave a full message with exactly what you'd like posted in the paper, along with contact information and how many months you'd like your listing to run.

You can also email us at [andrewm@kerbycentre.com](mailto:andrewm@kerbycentre.com)

Space permitting, we will get that for you as part of Kerby News mandate to support older adults in our community.

Thanks and Happy New Year!

## WANTED

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

9:00 am to 5:00 pm each day  
Think Spring! is the Society's big event for 2022. We want to take the chill off winter and launch the growing season with pizzazz—in February!

While April is a start to the outdoor gardening season, many gardeners start seeds, corms, and cuttings in February to get a head start on our short outdoor growing season. Join us online for two days of presentations to inspire growing in the Calgary area, an online marketplace, a photo contest, a raffle, prizes, and more!

Tickets are \$20 for Society members and \$30 for non-members. Visit our website, [calhort.org](http://calhort.org), for details.

Calgary Horticultural Society - Tea for Two!

Thursday, January 20 2:00 to 3:00 pm

Join the Calgary Horticulture Society for tea with Kath Smyth and a guest on Facebook Live or Zoom for a gardening conversation.

Let us know what's you're growing under lights this winter. Find out what to do with the geraniums you've been storing and what seeds you should be starting. Have questions? Share them. Visit [@calhort](https://www.facebook.com/calhort) on Facebook to join the conversation.

The live event is streamed to our Facebook page. Society members can participate by using the Zoom link posted on the Tea for Two page in the Members Only area of the website ([calhort.org](http://calhort.org)).

Free, all welcome

## FOR SALE

Your ad could be here! Leave a detailed voicemail with your ad, name and contact information at 403-705-3229 or email us at [andrewm@kerby.com](mailto:andrewm@kerby.com)

## EVENTS AND SOCIAL CLUBS

THIS IS THE YEAR TO TRY SOMETHING NEW! Join us at Good Companions 50 plus to enjoy in-person and online programming.

We offer Bingo, Bridge, Floor Curling, Drumfit, Line Dancing, Pool, Rhythm Kats, Reflexology, Foot Clinics, Luncheons, Pub Nights and Social Suppers.

And you can join us online for Monday Melodies, Active Aging Yoga, StrongerU Senior Fitness, Mindfulness & Meditation and Tai Chi.

Call us at 403-249-6991 or visit our website at [www.gc50plus.org](http://www.gc50plus.org) for hours of operation and for information on the programs we offer. We are located at 2609 19th Ave SW and hope to see you soon!

Calgary Horticultural Society - Think Spring!

Saturday, February 5 and Sunday, February 6

# Medicine Hat programming

## Strathcona Centre January Schedule 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
Fitness Centre (Monday - Friday) 10:00 AM - 4:00 PM Orientation and Assessments offered! Sign-up at the Veiner Centre or call (403) 529-8307				
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

## Veiner Centre January 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
Canasta 12:00 - 4:00 South MP Room	BINGO 9:30 - 12:00 North 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
	Bridge Lessons 10:00 - 12:00 South MP Room	Member of a Constituency 11:00 - 12:00 Boardroom	Canasta 12:00 - 4:00 South MP Room	
Euchre 1:00 - 4:00 North 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
Shuffleboard 1:00 - 4:00 Games Room	Crib 1:00 - 4:00 South MP Room	Scrabble 1:00 - 4:00 North MP Room	Shuffleboard 1:00 - 4:00 Games Room	Mexican Train Dominoes 1:00 - 4:00 South MP Room
	Duplicate Bridge 1:00 - 4:00 North MP Room	Wellness Wednesday's 2:00 - 4:00 Boardroom		Stitch & Laugh 1:00 - 4:00 Boardroom



Kerby Centre



# 2022 ON SALE NOW! KERBY CENTRE MEMBERSHIP

\$25 PLUS \$5.00 FOR AN ANNUAL PARKING PASS

MEMBER RATES FOR:  
Education & Recreation programs  
Foot Care  
FIT Room Pass  
Select Kerby Centre Events  
Day Trips

AND EXCLUSIVE REWARDS:  
Kerby News mailed to you each month  
Advance Ticket Purchases  
Priority Registration

AND YOU ARE SUPPORTING KERBY CENTRE'S WORK IN OUR COMMUNITY!

Join now!

[www.kerbycentre.com](http://www.kerbycentre.com) (403) 265-0661

### REBUS PUZZLES ON PAGE 3

- 1 – For once in my life (four ones in my life)
- 2 – Forget it
- 3 – Try to understand
- 4 – Travel overseas or over-seas travel
- 5 – Breakfast
- 6 – Downtown
- 7 – Eyeshadow
- 8 – Stepfather
- 9 – Once upon a time
- 10 – Potatoes (pot 8 O's)
- 11 – 3D movie
- 12 – Top secret

FOR DISPLAY AD INFO or TO BOOK AN AD CALL

Rob Locke at  
**RLocke@kerbycentre.com**  
or 403-705-3235

### IN MEMORIAM

Join us in extending sympathy

<b>Aase Naylor</b>	<b>Layne Black</b>
<b>Carey Krukowski</b>	<b>Margaret Haynes</b>
<b>Catherine Jackson</b>	<b>Margaret Marquardt</b>
<b>Hyun-hui (Annie) Lee</b>	<b>Rosemary Miles</b>
<b>Jack Parker</b>	<b>Wayne Hanischuk</b>
<b>John Hodgkenson</b>	

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

### CROSSWORD SOLUTION

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

PUZZLE ON PAGE 22

### SUDOKU ANSWER

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

PUZZLE ON PAGE 22

### ADVERTISERS' INDEX JANUARY 2022

Bethany Care.....	28	Luxstone Manor.....	23
Bill Stemp.....	6	Manor Village .....	2, 19
Brenda Strafford.....	11	Mountain View Seniors .....	20
Care by Angels .....	27	Northmount Denture .....	27
Co-op Memorial Society .....	6	North Hill Denture.....	10
Cowboys .....	4	Nurse Next Door .....	8
Evanston Summit .....	13	ProminenceWay/RockyRidge5	
Five Star Relocators .....	8	Repsol .....	12
Golden Life.....	5	Silvera for Seniors .....	9
Heart to Home .....	16	The Estate Lady .....	31
Lifetime Highs .....	10	Trico Living Well .....	7
Livewell .....	18	Verve Senior Living.....	17

# Kerby News Business & Professional Directory

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

## The Estate Lady

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

**Kimberly Wallace**

Paralegal, Commissioner for Oaths  
25+ Years' Experience

Phone: (403) 870-7923

Email: [estate.lady.ab@gmail.com](mailto:estate.lady.ab@gmail.com)

EAT WHAT YOU LIKE  
IN COMFORT



[www.northmountdentureclinic.com](http://www.northmountdentureclinic.com)



403-289-4323



403.402.9724  
[carebyangels21@hotmail.com](mailto:carebyangels21@hotmail.com)  
[www.carebyangels.ca](http://www.carebyangels.ca)

In-Home Support Services

- Companionship specializes in dementia care and daily living assistance.
- Personalize care and nursing services.
- Respite care to relieve caregivers, can be overnight, 24hrs, weekends or more.
- Footcare for elders, diabetic foot welcome.
- Minimum of 2.5hr/visit starting @ \$28/hr.



# Right Home Right Time Right Place

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

## EXPLORE YOUR OPTIONS TODAY...

### Affordable Housing for Seniors

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

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

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

**Riverview Village**  
2945 26 Ave SE, Calgary

**Affordable Housing**  
**403.272.8615**



**FREE GIFT!**

### ENJOY ONE MONTH FREE!

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

This offer applies to Kanerva House only.

*For new tenants only.*

**Sign Up Today**  
**403.272.8615**

### A New Lease on Life!

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

Amenities include:

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

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

### Sundance on the Green

3 Sunmills Green SE, Calgary

**Life Lease**  
**403.254.9800**

**CALL FOR MORE INFORMATION OR TO VIEW A SUITE BY APPOINTMENT**

Discover your new home at  
**BethanySeniors.com**

