



Kerby NEWS

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

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Resources addressing missing adults



Being lost without knowing where you are is a terrifying prospect. A new collaborative in Calgary, however, seeks to help individuals and their caregivers address the risk of older adults going missing with a new resource book. Read our cover story on pages 14 - 15 about this initiative. Photo by Aaron Andrew.

Inside

- The importance of having emergency funds page 4
- The amusing story of an unlikely trucker page 11
- Why does osteoporosis affect women more often ? . page 16
- Looking out for seniors with the BBB page 17



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A year of great challenges



Larry Mathieson, CEO

2021 was a year of great challenge, but also of great hope. As we make our way out of the pandemic, Kerby Centre continues to set the standard for older adult services and programs.

I am very proud of the work done by our team, and humbled by the efforts of our hundreds of volunteers who give a most precious gift

every day — the gift of their time.

This was the first year of Kerby Centre's three-year strategic plan, and we are meeting the marks set for the organization's goals. This strategic plan document is available on our website.

Alongside our plans for growth, we also have a commitment to sustainability.

Too often programs can outlast their utility for any number of reasons. The needs of older adults shift, alternate programs become available elsewhere, or the financial model changes.

It never leaves my mind that every dollar we put into our services is an earned dollar, a donated dollar, or a tax dollar. I believe it's our moral and fiscal responsibility to ensure we use those dollars carefully to fulfil our mission.

This focus on sustainability has led us to make many changes in how we operate. Our dining room has rebranded as the Kerby Café and operates more efficiently and with a wider va-

riety of offerings — including delivery.

With more than 400,000 total copies distribution annually, Kerby News and our directories have always been the most widely available services we offer.

Our publications are supported primarily through advertising revenue and that led to difficult challenges in the past two years.

A grant from the federal government enabled us to continue operations and in 2021 we streamlined publishing operations to focus on the communications and fundraising potential of our publications.

This is my second report as CEO of Kerby Centre and my first as CEO of Veiner Centre. We find ourselves in the very unique situation of offering programs in two municipalities.

To my knowledge, we are the first seniors agency in Alberta to expand in this way, and I look forward to the opportunities created.

We said many times that 2020 was the year

Kerby Centre stopped being about a building and started being about a community.

We evolved again in 2021 to be about many communities — Calgary, Medicine Hat, and beyond with the power of our online programs.

As we look toward how to develop these programs, I am pleased to see how seniors continue to engage with us.

Next year will be Kerby Centre's 50th anniversary. In 1973, Patricia Allen led the way to begin this organization.

Over the decades, she dedicated herself to developing and expanding it, adding programs that continue to this day including the Adult Day Program, Kerby Shelter, and so many more.

To honour Mrs. Allen's work, we have recently renamed our Board Room the Patricia Allen Room.

We thank Mrs. Allen and her husband Grant for their tireless efforts.

Thank you for supporting our work and we look forward to a bright future.

MAY 2022

KERBY CENTRE'S MISSION:

To support older adults to live well in their community.

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Richard Parker,
Kerby Centre Board Chair

In April, Kerby Centre held its Annual General Meeting. This is always an opportunity to look back on the year behind us.

To celebrate the successes and acknowledge those who make our work possible. 2021 was a challenging year for everyone due to the ever-changing pandemic.

I am very pleased to say that, despite the challenges, Kerby Centre had another successful year thanks to the extra efforts and dedication of members, staff, vol-

unteers, and supporters. We began 2021 with great uncertainty about what financial resources we would have and what programs and services we could offer in person.

Over twelve months, our team of staff and volunteers worked tirelessly to respond to the rapidly changing rules and needs of our clients and program users.

The introduction of vaccines in early 2021 was a very real turning point for all of us. After a year of older adults being the most at-risk for COVID-19, vaccines began enabling many of us to return to some of our regular activities.

We were happy to be able to open the Kerby and Veiner Centres up again for certain activities. These included the Bistro in Veiner and the Kerby Café with a new outside summer patio.

I am pleased to report that Kerby Centre ended

2021 with a small surplus, primarily due to the exceptional support of Kerby Centre members, businesses, and foundations who donated generously to our many charitable activities.

As of the AGM, we also welcome a new Board member, Marianne Rogerson. Marianne holds a PHD in Kinesiology with specialization in Gerontology.

Marianne has had many years experience dealing with issues relating to older adults including in many roles at Kerby Centre in the early 2000s.

I invite you to read our annual report at www.kerbycentre.com/annual-reports to learn more about our programs and the growing Kerby Centre community. I look forward to another successful year in 2022.

Kerby's 2021

The importance of emergency funds

James Mactavish
Alberta Securities
Commission

Emergency funds are one of the most important accounts you should have to establish long-term financial security. Also known as a slush or rainy day fund, an emergency fund is a dedicated account for life's unexpected costs and emergencies.

As the ongoing pandemic has shown all Canadians, having an emergency fund is not just optional, it's critical. In general, the

Financial Consumer Agency of Canada recommends having an emergency fund with the equivalent of 3-6 months of regular expenses saved.

What do emergency funds have to do with investing?

Investing for success requires thinking long-term and maximizing the compounding interest of your investments over time. Compound interest is simply the money you earn on re-invested interest from a

previous period. If you contribute consistently, and do not withdraw funds early, it can grow rapidly.

A common mistake many investors make is disregarding an emergency fund to dedicate more money towards their investments.

This leaves them in a precarious position in which they can't afford to pay for an unexpected cost (like a car repair) without cashing out investments early.

It can also significantly impact their

wealth building and financial goals. If you haven't started an emergency fund or have trouble building and keeping an emergency fund, consider the following:

Automate contributions to your emergency fund

The more you can make dedicating a small portion of your income towards your slush fund a habit, the easier it becomes.

One of the easiest ways is to review

your budget, establish a figure you can comfortably tuck away, and then set up automatic deposits with your bank.

Keep your emergency fund separate from your regular accounts

To avoid inadvertently spending your emergency fund on non-essential purchases, a common practice is to hold your emergency funds in a separate high-interest savings account or even another bank.

This ensures the money is still accessible when needed, but not readily available for daily or online purchases.

Pause your investment contributions

If you have no emergency savings, you should pause the money you direct towards your investments for enough time to build up some emergency savings.

While it may feel underwhelming to stop your contributions, you are establishing a safety net that can help you maintain your investments and weather the unexpected in your daily life.

Replenish your emergency fund

One of the most important things you can do to maintain your emergency fund is to replenish it when it's depleted.

After using the fund, establish ongoing contributions to build it back. This way, you ensure it's ready for the next unforeseen cost.

By establishing an emergency fund and maintaining it throughout your life, you can confidently invest for the long term and rely on a solid foundation of financial security to support you through life's many challenges.

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Hold the salt; study reveals how reducing sodium intake can help heart failure patients

By Gillian Rutherford
University of Alberta

For the past century, people with weak hearts have been told to lower their salt intake, but until now there has been little scientific evidence behind the recommendation.

The largest randomized clinical trial to look at sodium reduction and heart failure reported results simultaneously in *The Lancet* and at the American College of Cardiology's 71st annual scientific session over the weekend, and the findings were mixed.

Though reducing salt intake did not lead to fewer emergency visits, hospitalizations or deaths for patients with heart failure, the researchers did find an improvement in symptoms such as swelling, fatigue and coughing, as well as bet-

ter overall quality of life.

"We can no longer put a blanket recommendation across all patients and say that limiting sodium intake is going to reduce your chances of either dying or being in hospital, but I can say comfortably that it could improve people's quality of life overall," said lead author Justin Ezekowitz, professor in the Faculty of Medicine & Dentistry and co-director of the Canadian VIGOUR Centre.

The researchers followed 806 patients at 26 medical centres in Canada, Australia, Colombia, Chile, Mexico and New Zealand. All were suffering from heart failure, a condition in which the heart becomes too weak to pump blood effectively. Half of the study participants were

randomly assigned to receive usual care, while the rest received nutritional counselling on how to reduce their dietary salt intake.

Patients in the nutritional counselling arm of the trial were given dietitian-designed menu suggestions using foods from their own region and were encouraged to cook at home without adding salt and to avoid high-salt ingredients. Most dietary sodium is hidden in processed foods or restaurant meals rather than being shaken at the table, Ezekowitz noted.

"The broad rule that I've learned from dietitians is that anything in a bag, a box or a can generally has more salt in it than you would think," said Ezekowitz, who is also a cardiologist at the Mazankowski Alberta Heart Institute and director of the U of A's Cardiovascular Research Institute.

The target sodium intake was 1,500 milligrams per day — the equivalent of about two-thirds of a teaspoon of salt — which is the Health Canada recommended limit for most Canadians whether they have heart failure or not.

Before the study, patients consumed an average of 2,217 mg per day, or just under one teaspoon. After one year of study, the usual care group consumed an aver-



Photo courtesy of Bank Phrom

age of 2,072 mg of sodium daily, while those who received nutritional guidance consumed 1,658 mg per day, a reduction of a bit less than a quarter-teaspoon equivalent.

The researchers compared rates of death from any cause, cardiovascular hospitalization and cardiovascular emergency department visits in the two study groups but found no statistically significant difference.

They found consistent improvements for the low-sodium group using three different quality of life assessment tools, as well as the New York Heart Association heart failure classification, a measure of heart failure severity.

Ezekowitz said that

he will continue to advise patients with heart failure to cut back on salt, but now he will be clearer about the expected benefits. He urges clinicians to recognize that dietary changes can be a useful intervention for some of their patients.

The team will do further research to isolate a marker in the blood of patients who benefited most from the low-sodium diet, with the aim of being able to give more targeted individual diet prescriptions in the future. The researchers will also follow up patients in the trial at 24 months and five years to determine whether further benefits are achieved over the longer term.

"There are many challenges to eating a healthy diet, but it is achievable. It's not some unachievable goal for patients," Ezekowitz said. And the odd treat from time to time is fine.

"If that bowl of ice cream is really important to you, that's great, but you shouldn't have it every day," he said. "It's not about the hills and valleys, it's all about the averages."

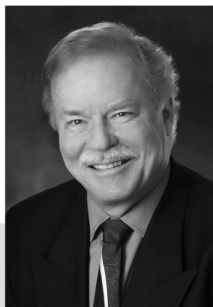
The study was funded by the Canadian Institutes of Health Research, the University Hospital Foundation and the Health Research Council of New Zealand.

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Exercise for falls prevention



United Active Living

As we get older it's increasingly important to stay active. According to the World Health Organization, physical activity can prevent the onset of impairments that lead to an increased risk for falls. In recent research by the Public Health Agency of Canada, falls are cited as the leading cause of injury-related hospitalizations among seniors. Research also shows that older adults who exercise regularly are less likely to suffer from mental and emotional health issues like anxiety and depression. Not only is exercise good for seniors, but staying active helps them live independently.

According to the Canadian Physical Activity Guidelines for those aged 65 and over just 150 minutes of exercise per week has been shown to help manage and prevent diseases like arthritis, heart disease, and even 8 different types of cancer in addition to an overall lower

risk of mortality.

One of the ways regular exercise helps, is to reduce falls by improving strength and balance. Some 85% of all senior injury-related hospitalizations are caused by falls, with falls being the cause of 95% of all hip fractures.

"Staying active and educated are two incredibly important ways to keep from becoming part of those statistics," said Heather Wiebe, resident kinesiotherapist at United's Garrison Green, a Calgary-based Assisted Living community.

"Maintaining balance and mobility is essential to aging successfully," said Professor Debra Rose, of Fullerton University, in her book *Fallproof*. "In addition to making it possible to perform basic activities of daily living, such as rising from a chair or climbing a flight of stairs, good balance forms the foundation on which a healthy, active lifestyle is built."

United's full-time kinesiotherapists, Heather

at Garrison Green and Cynthia Chiu and Amanda Rande at United's Fish Creek community, have created a wide range of activities including risk assessments, exercises, games and education for residents to increase their overall health by improving balance, strength and proprioceptive awareness (the body's ability to sense its location, movements and actions.)

Hugh, a resident of United's Fish Creek community, has Parkinson's so is very aware of balance. "Cynthia assessed my ability to balance and I do exercises to help me improve my sense of balance. Because of my work with her and Amanda, I'm more aware now of my concerns with balance so I use a walker or walking poles to improve my stability. Just being aware of your limitations is an important first step."

"One of the interactive, social and team programs is based on well-known TV programs such as Jeopardy

and Family Feud where residents are challenged to find the right answers, and/or participate in the physical challenge," said Heather. "Another program is a floor-to-standing workshop where we teach residents how to return to standing should they take a fall. It's an area that doesn't get much attention, however we think is very important to a plan, if a fall happens."

Allan, a resident at Garrison Green, is keenly aware of the need to exercise to maintain strength and stability. "It can be quite debilitating when a person falls. I've been lucky. I've had the odd fall but haven't broken anything. But I

now work with Heather on exercises to keep my balance and strength up."

While there are many group-activity classes for seniors every individual will have their own needs and limitations so it's important to find what works best for you. If exercise is too easy or too difficult, you might not be interested in continuing so start small and work your way up.

Motivation is a huge part of starting and maintaining a healthy lifestyle. Find activities that keep you engaged and interested and exercise doesn't have to be a chore. It's all about maintaining and improving quality of life.



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My weekend as a trucker

Barbara Ellis
Kerby News Columnist

There has been a lot of news lately about cargo ships being stranded in Vancouver harbour. They call it a “grid-lock” of merchandise.

Strange to see ships sitting motionless, each loaded with hundreds of containers, waiting for their turn to be unloaded. The problem is, there is no place to unload them. This becomes clear when the cameras turn towards the docks to show hundreds of containers already there.

Those containers are also static. Nothing is moving.

The news said that it was the lack of trucks causing the problem. Then the news said trucks were available, but it was a shortage of drivers that was causing the problem.

What a conundrum! Stores with empty shelves, goods sitting on the docks, and ships waiting to be unloaded.

One more thing to blame on the pandemic. Perhaps I should offer my services as a truck driver, after all, I did drive a truck once in my life.

It was a very unassuming question the day my friend asked, “Could you help us move?”

She went on to explain that no one in her family had a driver’s license and she was going to rent a van but had no one to drive it. “Sure,” I said, “I can drive a van”.

The plan was simple. After work, we would walk to the car-rental lot; pick up the van; drive it to her place; loaded it; drive it to her new home; unloaded and repeat it until the move was finished. Sounded simple enough and a great way to spend the weekend, helping out a friend.

So, on Friday morning, I drove to her place and we took the bus downtown to work. After work, as planned, we walked the six blocks to the car-rental place.

As we approached the lot, my eyes began searching for the van I

was to drive. All I could see were large trucks. Guess the van is around the back, I told myself. While Pat went into the office to do the paperwork, I walked around the lot looking for that elusive van.

As my friend and the manager were walking towards me, I heard him say, “Well, there it is”. “Where what is?”, I asked, all I could see were trucks. “This one,” he said and pointed at the monster truck I was standing in front of.

“But that can’t be, I was supposed to drive a van, a utility van and this is a truck!”, I protested.

“No, this is it,” he said, “You’ll do fine.”

“I can only drive automatic vehicles and this is probably a standard”, I stammered hopefully.

“No, it’s automatic, you won’t have any problem, it is easy to drive”, he said in an overly cheery voice. To say I was terrified would have been an understatement. It was going to be a weekend I would not soon forget.

The first problem was getting into the truck. I obviously had worn the wrong outfit, great for the office, but not for truck driving. I had on a pencil skirt that did not have a large enough slit at the back for me to step up onto the running board. I was trying to figure out how high I would have to pull up my skirt when strong hands picked me up and hoisted me upwards and planted me on the running board.

Surprised and a little shaken, I took hold of

the side mirror to steady myself. Fine, now how to open the door? While Pat and the manager were laughing at me, I squeezed myself as far to the right as I could, and gingerly open the door.

The next problem was immediately obvious when I sat down. I could not reach the pedals. He moved the seat as far forward as possible, but in order for me to drive that thing, I would have to sit on the edge of the seat.

Continued on page 23



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Why do women get knee osteoarthritis?



Surgery professor Adetola Adesida and his team tested bioengineered cartilage in simulated low gravity to find out why women are more likely to suffer from knee osteoarthritis — and possibly find better ways to prevent and treat it. (Photo courtesy of the University of Alberta, Faculty of Medicine & Dentistry)

Gillian Rutherford
University of Alberta

Female astronauts could avoid knee injuries during space flight — and better tests, prevention and treatments could be developed for knee osteoarthritis in women here on Earth — based on newly published research on the sex differences in knee meniscus tissue.

Knee osteoarthritis is more common in females than in males, but hormones alone are not enough to explain the difference. The new research identifies a genetic difference in the meniscus that makes about 50 per cent of females more vulnerable to developing osteoarthritis than males or other females.

Researcher carried out the experiments in part by simulating low-gravity conditions in space, which mimics the damage that can happen to the meniscus due to lack of exercise.

“Some of the genes that were found in the females that responded more to simulated space microgravity were also associated with the development of knee osteoarthritis,” said principal investigator Adetola Adesida, professor of surgery in the Faculty of Medicine & Dentistry.

The research suggests the potential for a blood test to identify who has the high-risk gene, allowing for early interventions such as physiotherapy, and eventually even drug therapy. It might also allow women to stay in space longer.

“We’ve uncovered the mechanisms that lead to this higher response, and we are hoping to develop drugs to target those pathways and block those responses,” Adesida said.

Meniscus is a kind of cartilage in the knee that acts as a load distributor for the body’s full weight. At one time, it was thought to be like the appendix: you wouldn’t miss it if it were gone. But now it’s known that just a small tear in the meniscus — usually caused by

a sports injury — increases the risk of osteoarthritis later in life, even if the damaged tissue has been removed.

On the other hand, lack of use can also lead to deconditioning of the meniscus and increase arthritis risk. You’ll notice the short-term effect of deconditioning when you get out of bed in the morning and feel stiff, but then your joints loosen up once you’ve moved around for a while. It’s the same thing that happens to astronauts in space, unless they use specially designed resistance equipment to make up for the lack of weight-bearing exercise in microgravity.

Knee osteoarthritis is the most common joint problem, affecting an estimated 250 million people worldwide, including 14 per cent of females older than 60 and 10 per cent of males in the same age group. About 75,000 knee replacements were performed in Canada in 2019-20.

Adesida’s team has developed bioengineered meniscus tissue grown from cells that have been removed from the damaged menisci of otherwise healthy individuals. The hope is one day to be able to replace damaged tissue through transplant, preventing the development of knee osteoarthritis.

“The goal is really to be able to use a patient’s own cells to make a new meniscus for them,” Adesida explained.

For their experiment on sex differences, the team studied how the bioengineered tissue functioned while at rest and under mechanical loading and unloading conditions. For the loading, they used a device that exerted hydrostatic pressure on the cells. For the unloading, they put the cells into a bioreactor designed by NASA to mimic minimal-gravity conditions.

They needed to do all this because it would not be ethical to just cut someone open to see what happens to their meniscus during exercise, a long hospital stay or a space flight, Adesida pointed out.

“Our loading and unloading experiment mimics what we actually see in a clinical situation where the development of spaceflight microgravity-induced knee osteoarthritic changes is possible,” he said.

“This will help us to have human relevant models to study knee osteoarthritis in the future. And our research has both Earth benefits and space benefits.”

Adetola Adesida runs the Adesida Laboratory of Cartilage Bioengineering and is director of the Orthopaedic Basic Science Research program within the department of surgery, associate director of the Otolaryngology Basic Science Research program and co-director of the ELITE Program for Black Youth at the U of A.

The research was a cross-disciplinary project co-led by Lindsey Westover, assistant professor in the Faculty of Engineering, and was funded by Natural Sciences and Engineering Research Council of Canada, Canadian Institutes of Health Research, Canada Foundation for Innovation, University Hospital Foundation, Cliff Lede Family Charitable Foundation, University of Alberta Pilot Seed Grant Program, and Alberta Women’s Health Foundation through the Women and Children’s Health Research Institute.

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Downsizing effectively

News Canada

Downsizing for retirement can relieve stress and help you focus on what is truly important. Whether you feel ready for the change or you're a little nervous to plant roots somewhere new, here are some tips for a smooth and easy transition.

Start decluttering now

Even if you don't plan to move for some time, it's worth cutting down on your clutter. Begin thinking about items you really want to keep forever, such as your mother's china.

If those antique dishes mean a lot to you, keep them for your next place and plan to actually use them.

If they are just taking up space, recognize that and don't feel bad about finding them a new home. Beginning to tackle this step now will save you last minute stress and guilt when it comes time to move.

Consider your lifestyle

Are you looking to leave behind the hustle and bustle of city life? Or, are you excited by the option of walking to nearby shops and activities in an area where you don't have to rely on a car?

Will your new pad be the home base for a rotation of visiting family or are you planning to live the more nomadic life of the frequent

traveller? Consider your physical, social, and personal needs as you think about how and where to live in retirement.

Use all tools available

There are many

options and considerations when creating a retirement plan, so use all the resources available to help you make an informed decision for your golden years. For example, you can use free census data to learn about a potential

new community before moving there.

You can find useful details on population, age and types of dwellings in different places. Specifically, you'll be able to see if there is a higher concentration of seniors or lots of young

children, along with the type of housing in your target area. It's a great way to learn more about a place before you move there.

Find more information at statcan.gc.ca/census.



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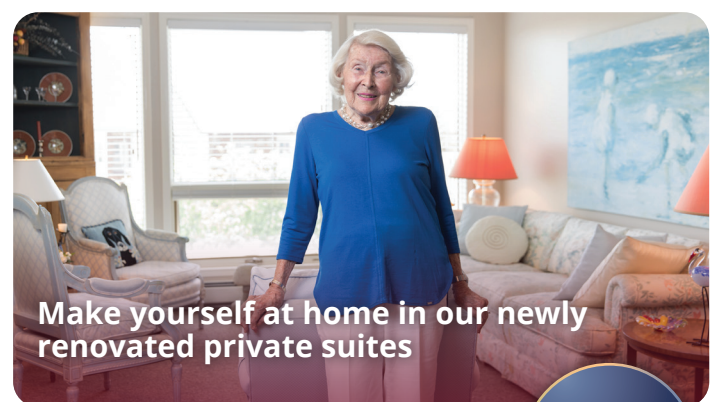
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How to be found again

Resources for respecting agency while addressing the risk for missing older adults

Andrew McCutcheon
Kerby News

Being lost is a terrible sensation.

It can happen in various ways. Lots of folks know the feeling of being in a strange part of town, making turn after turn trying to get back to the familiar and known.

Just as terrifying is the idea of being lost in the wilderness: we've all heard horror stories of those lost in wooded areas or the middle-of-nowhere — looking around for anything or anyone that's familiar and known.

We cannot imagine, though, the fear associated with being lost or missing in plain sight, in places that might seem familiar but due to reasons beyond one's control, are now confusing and difficult to parse.

Dementia, mental illness or brain injury are just a few of the reasons that an older adult may find themselves more vulnerable to the risk of being lost. Recently, Age-Friendly Calgary released a resource book aimed at not only helping reduce the changes of older adults getting lost by addressing potential risk factors, but also includes information for those who might encounter a confused or disoriented individual.

A Growing Concern

The Resource Guide for People at Risk of Going Missing began as an initiative started by a group of older adults which became a formal partnership aiming to bring solutions to a problem that will only continue to grow. This eventually became the Calgary

Missing Older Adult Resource Network.

“This initiative grew out of Calgary’s Age Friendly Strategy, and we are excited to be part of the collaboration working to support older adults and their caregivers in our communities,” said Mayor Jyoti Gondek.

According to the resource guide, currently four seniors go missing every single week in Calgary.

“When any person is reported missing, it’s an emergency. Our officers are quick to respond to calls for service for reported missing persons and oftentimes many areas of the Service assist with search efforts to ensure citizens are found as quickly as possible,” said Police Chief Mark Neufeld.

This number only

looks as though it will increase over time. Statistics from the resource guide state that the number of seniors in Calgary will likely grow to more than 280,000 by the year 2042 — comprising a total of 15 per cent of Calgary’s population.

Calgary Fire Department’s Ken Uzeloc stated: “As our city’s population grows, we are seeing a significant increase in the number of older Calgarians.”

“All Calgary Fire Department members are trained to identify signs and symptoms exhibited by at-risk members of our community. When we see these signs, we try to provide them with any helpful resources available.”

With a steadily growing senior population — and the potential for neurological conditions such as dementia along with it — the concern regarding vulnerable adults going missing is also increasing.

“It’s so important to put something in place in advance” said Roger Marple, a local senior who lives with dementia. “Sixty per cent of us will go missing at some point and we need to take action to prevent a terrible outcome.”

Reasons behind the risk

It’s important for older adults to feel a level independence and agency over their lives as they age, but this must be balanced with risks that come alongside the aging process, according to the resource guide.

The reasons behind why individuals with mental illness, injury or neurological decay are various. They include:

Searching for some-

thing — whether it be a personal item, a specific room, food and water

Wishing to go home or to find friends and family

Concerned about past obligations — the desire to repeat patterns from previously in their life such as going to work or school.

Upsetting feelings or anxiety — a distressing situation or event may trigger a desire to leave

Experiencing physical discomforts — temperature, hunger, an overload of sensory stimuli, the need to address bodily functions

Experiencing medical issues — these could include hallucinations, delusions or flashbacks

Boredom — a feeling of restlessness or a lack of engagement

Fatigue — this is more likely to happen during late afternoon or early evening

Looking for familiar places — these could include everything from retail store, to restaurants, to one’s local bank

An individual’s risk factors range from low-risk to high-risk, with the chances of getting lost multiplying depending on how many apply.

Low-risk factors include: a diagnosis of dementia, no history of being lost, an individual living with family or a caregiver, and having no interest in going out without accompaniment.

Medium risk factors include: an individual having limited supervision, easily becoming overwhelmed or anxious, identifies with earlier life experiences and obligations — such as going to work — talks often about leaving home, or has a history of exercising as a means to reduce stress.

High risk factors include: walking alone, living alone, and preparing to go outside — putting on coat and shoes.

In Case of Emergency

Full name _____

Date of Birth _____ Blood type _____

Address _____

Cell _____ Work _____ Home _____

Current Meds _____

Conditions _____

Physician _____ Phone _____

Allergies/additional info _____

In Case of Emergency

Emergency Contact #1 _____

Relationship _____ Work phone _____

Cell phone _____ Home phone _____

Emergency Contact #2 _____

Relationship _____ Work phone _____

Cell phone _____ Home phone _____

Additional info _____

Last updated _____

Addressing the risks While the risks are many and the thought of a loved one or family member going missing is frightening, there are many different ways to address these risks, ranging from the simple to the complex.

As for simple methods of risk-reduction, actions like moving items such as keys, purse, wallet or jacket away from exits to dissuade individuals from impulsive leaving are an option, or consistently ensuring that someone is comfortable in a given situation.

This ranges from making sure their needs are being met — hunger, thirst, bodily functions — to avoiding situations or areas that are busy or disorienting, such as a busy mall or grocery store. Shopping or going on outings at quieter times will reduce the risk of confusion.

Daily routines and structures can also alleviate risk. Routines create habits which are more likely to be followed, and if you notice increased restlessness during various parts of the day, you have the option of planning for more engaging activities with an individual: doing puzzles, exercise, social calls, or household chores.

Connect with others that may be able to assist: this can range from speaking with your doctor or health care provider to see what resources are available for support or making neighbours aware of your concerns and sharing contact information with them.

Technology is also an option offered by the resource guide. Items such as ID bracelets, GPS technologies, electronic chimes which sound when exterior doors are opened are all potential risk alleviators.

However, the guide cautions that technology is not a replacement for other risk-reducing factors, rather, meaning to enhance and support what is already in place.

“Technology can help maintain and support independence... [it] can assist with everything from safety to helping you stay active,” the guide states.

“But technology is not always the solution. It’s not a substitution for care being provided by another person.”

Another important distinction is to include the individual in question when discussing solutions to address risk.

Forcing an individual to wear tracking technology without their input can lead to feelings of infantilization or a lack of independence.

By including the person in question in the conversation, you’re more likely to find a reasonable level of risk management that they’ll feel comfortable with and is appropriate for their needs.

The easiest technology that we’ve used for thousands of years, however, is language.

Emergency cards, completed with information relevant in case of emergencies, can be kept on the person at-risk, either in a wallet or purse.

This is an easy and simple method to help provide necessary information — quickly and concisely — in the event an individual goes missing. *The Kerby News* has provided a simple version

that can be cut out, filled out and laminated for permanent use.

Printable symbol cards, placed on doorways and entrances, can help remind and assist with wayfinding, preventing an individual from exiting a home while trying to find a bedroom or bathroom.

The Kerby News also has also provided example copies of these images that can be cut out and laminated, or even replicated at home. These may seem simple, but every method of addressing risk might be the action that prevents an emergency.

Resources for bystanders

For the average person who may not be a caregiver for an older adult, there are still options to support and reunite vulnerable missing persons with their families.

The ALERT system gives information for bystanders who may notice someone who looks lost or recognizes them from an emergency alert.

A - Approach

• Smile, identify yourself and let them know that you would like to

help them get to

where they need to be

- Ask if they need help
- Speak slowly and calmly; ask simple “Yes” or “No” questions; one question at a time

• Wait 15 – 30 seconds for a response

L- Listen

• Avoid confrontation or argument

• Listen for key words or phrases that will help

• Be aware of their tone of voice and your tone of voice

E- Engage

• Use good nonverbal communication – smile

• Make eye contact and approach from the front

• Stay with the person until help arrives

R- React

• Getting help is most important

• “Call 9-1-1” and let them know where the person is

• Stay on the line with the communication officer and follow their directions

T- Talk

• If your attempt to approach them is unsuccessful, back away and give the person

space. If possible stay within eyesight until help

arrives.

• After the situation is resolved you may feel upset or want to talk with someone.

Help is available 24/7 through the Distress Centre at 403.266.4357

With these resources, everyone can contribute to the safety and well-being of individuals in our community. As the risk increases overtime, whether for an individual or within our communities, it’s vital that we remain vigilant and educated on how we can assist.

The resource guide was developed by the Calgary Missing Older Adult Resource Network (CMOARN) and incorporates work from other jurisdictions and research by Dr. Noelannah Neubauer. More information about the Collaborative is available at the end of the guide. Feedback is welcome. To download or order a copy of the guide, visit: calgarymissingolderadultresources.ca



The Kerby News has featured several items from resource guide for *People at Risk of Going Missing* for anyone to cut out, laminate and use to address risk in their own homes.

The fickle weather of springtime



Lesli Christianson-Kellow
Kerby News Columnist
Photo by Heather Barnes

May has arrived! There is no greater a joy than the promise of three, possibly four months of snow free days that lay ahead of us indicating that summer is on its way.

In Calgary, that promise starts around the May Long Weekend. Up until then anything goes weatherwise and also all weather is widely accepted, ignored or denied, depending on the degrees it registers on the thermometer.

It is typical for a skiff of snow to fall over the May Long Weekend.

This is much to the dismay of a rather determined Calgary camping and barbecue-ing crowd who blatantly, or perhaps, merely optimistically ignore all warnings of frost and even snow and plan their May Long Weekend like it's the end of a seven month fast.

It's not unusual to see pictures of campers on the news staked out in Kananaskis on the May Long Weekend drinking beer and roasting smokies, huddled against the wind and snow of yet another late season gift from Mother Nature.

If there's one thing for certain, it's that the generosity of Mother Nature is deep and plentiful (sometimes in the form of snowdrifts in May).

But once the May Long Weekend comes to a close, Calgarians from all four quadrants know they can let out a sigh of relief knowing that the summer sun is on its way.

With the warmer weather plant life begins to reach towards

the sun, escaping the earth. There is no denying a change in season once your rhubarb explodes on the early sun filled days of spring.

Rhubarb grows like it's a plant out of the story Jack and the Beanstalk. One day it's just a wrinkled ball sneaking out of dirt, the next it has shot up and the elephant ear-like leaves become almost fully grown.

Rhubarb is so adaptable in recipes. Try the pound cake with rhubarb compote recipe below.

It's a family favourite and uses simple ingredients that can easily be prepared even on short notice. Just in time to enjoy with a Sunday afternoon tea on the patio or in an early spring garden.

Asparagus is one of the earliest vegetables to arrive in Alberta gardens. It is lovely steamed with a slather of butter, but the recipe below is a simple way to change it up.

I hope you enjoy the recipes. Please feel free to email me with recipe or story ideas. Enjoy! (leslic.kellow@gmail.com)

Oven Roasted Asparagus with Balsamic Vinegar & Parmesan

1 pound of asparagus
2 Tablespoons of olive oil
2 Tablespoons of balsamic vinegar
2 Tablespoons of parmesan cheese, grated
Salt and pepper to taste

1. Preheat oven to 400°F. Wash asparagus by submerging and swishing in cold water to loosen any grit that may be stuck in the spear. Snap off the ends of the stalk where it naturally bends and then breaks off. (The piece that snaps off is usually tough, but if it could be chopped up fine for an extra addition to a soup).

2. Remove the asparagus from the water



and pat dry with a cloth or paper towel.

3. Place the asparagus on a baking sheet and toss with the olive oil. Bake for about 10 minutes, or until tender. Using tongs, give the asparagus a turn at the halfway mark.

4. Remove from the oven. While still hot, toss with the balsamic vinegar and parmesan cheese.

5. S e r v e immediately.

Pound Cake

2 cups all purpose flour
2 teaspoons baking powder
¼ teaspoon salt
½ cup butter, softened
1 cup of sugar
3 eggs, lightly beaten
1 teaspoon vanilla
1 teaspoon lemon zest, optional
1 cup sour cream

1. Preheat oven to 350°F. Lightly grease a 9" x 5" loaf pan, or line with parchment paper.

2. Combine flour, baking powder, and salt in a bowl.

3. In a separate bowl, cream butter and sugar. Add eggs. Add vanilla and zest.

4. Fold in the flour mixture alternating with the sour cream.

5. Spoon batter into loaf pan. Bake in the center of the oven for 50-60 minutes. Test at 50 minutes with a toothpick, it is ready when the toothpick comes out clean. The top will rise and become slightly browned.

6. Cool in the pan on a wire rack for 15 minutes, then gently turn the pan upside down to remove from the pan. You may need to gently run a butter knife around the edge of the pan before flipping the pan over.

Rhubarb Compote

3 cups of diced, fresh rhubarb (or 4 cups frozen)
¾ cups of sugar
3 Tablespoons of cornstarch

1. In a medium saucepan, combine the sugar with the cornstarch.

2. Stir in the rhubarb.
3. Cook and stir over medium heat until the mixture comes to a boil and thickens.

4. Serve immediately, or store in the fridge to warm up for later.

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www.mvsh.ca

Knowledge is key to staying safe online

Mary O’Sullivan-Andersen,
President and CEO
BBB Serving Southern
Alberta and East Kootenay

In my last column I was happy to have the opportunity to introduce myself to the many readers of the Kerby News and briefly overview the grandparent scam.

If you aren’t aware of this scam simply go to BBB.org and search for grandparent scam where you will locate an article that provides practical information about it and the steps you can take to protect yourself.

For this edition, I want to share a bit more about what Better Business Bureau does in the community. BBB is strongly associated with our work upholding standards of trust in the marketplace.

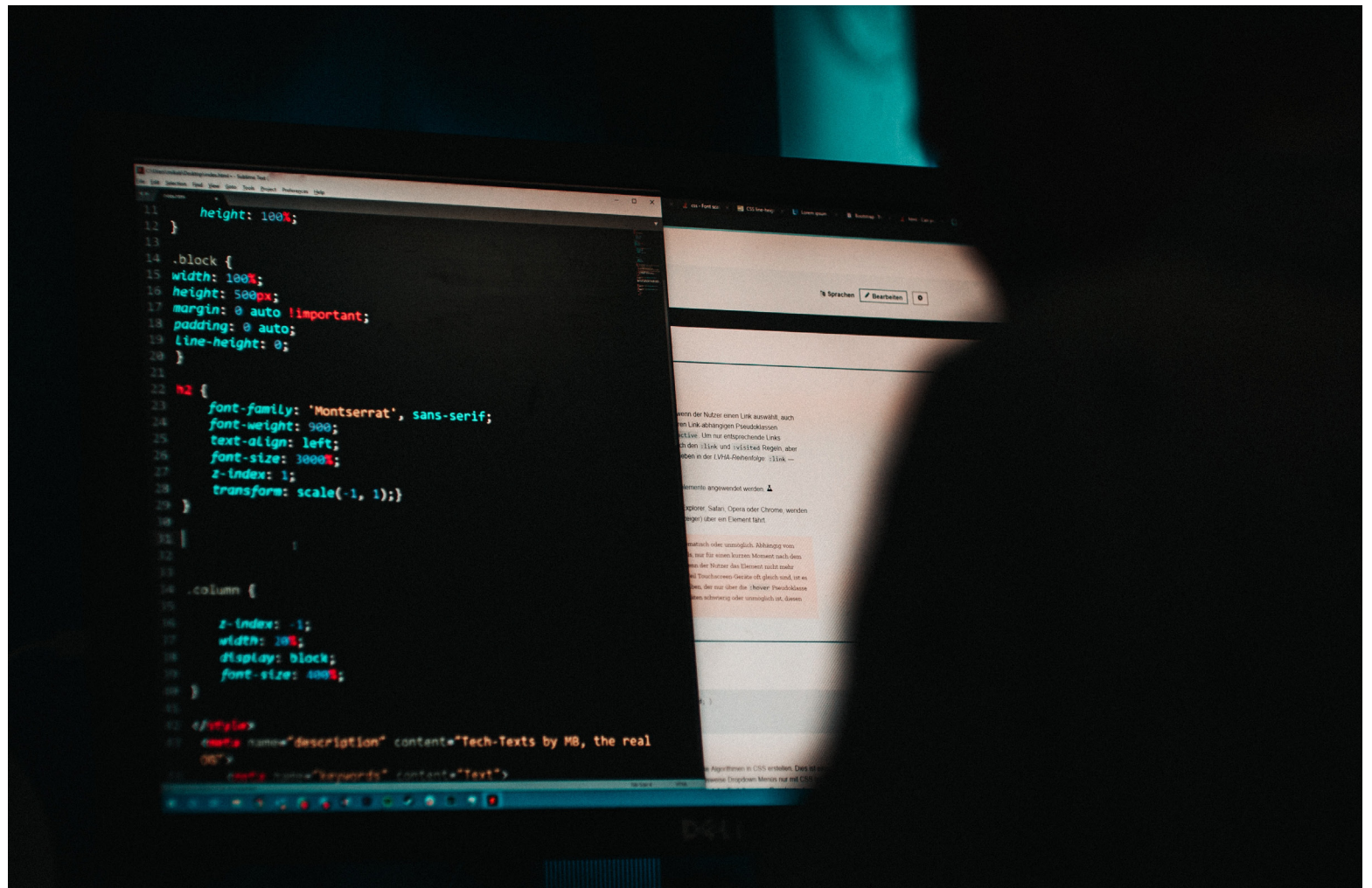
What many people don’t realize is the activity we carry out in the community on behalf of consumers like you.

During one recent webinar, in partnership with Kerby Centre to get the word out about cybersecurity for seniors, we had 75 people join us online. That was our largest turnout for a webinar during the series of webinars we offered during Fraud Prevention Month in March!

A timely topic indeed. According to Statistics Canada, the number of Canadian seniors using the Internet doubled from 2007 to 2016. In a 2019 study StatCan found that 81 per cent of the senior population between 65 to 69 were online, 74 per cent between 70 to 74, and 49 per cent aged 80 and older.

These numbers are only expected to climb in Canada, which already has one of the highest rates of Internet usage in the world.

What all of this



means is that millions of seniors across Canada are online and require trusted information so they can keep themselves safe. This is where BBB comes in by sharing knowledge to thousands of consumers every year through virtual programming, such as the recent webinar at Kerby Centre, and in-person presentations.

Another method BBB deploys to get this valuable information out is distribution

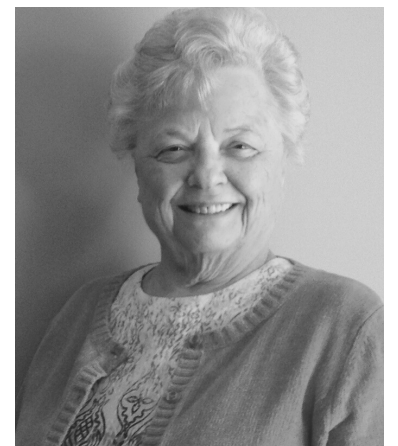
of press releases and interviews with dozens of media outlets including television, radio, and print. In addition to traditional news coverage, BBB also maintains a robust social media presence by connecting online with Facebook, Twitter, Instagram, and YouTube.

For more information about Your BBB Serving Southern Alberta and East Kootenay please visit BBB.org.

My Wandering Mind

A book by Barbara Ellis

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May 2022



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Growing what you enjoy



*Deborah Maier
Calgary Horticultural
Society*

The garden explodes with growth and colour in May, even if temperatures still dip below zero and cover it with a layer of frost. Garden cleanup is underway.

The seeds that should be planted four weeks before the last frost have been sown,

Photos courtesy of Deborah Maier and the Calgary Horticultural Society.

and soon it will be time to plant directly in the garden.

This is the busiest month at garden centres, as many gardeners are purchasing plants and other supplies.

While it's fun to shop with friends, sometimes our shopping buddies persuade us to buy things we didn't intend to, or particularly like.

After spending two

gardening seasons making do, and with plant prices higher, this year be sure to focus on getting plants that you really want. Calgary Horticultural Society members have told me how important their gardens are to them.

The garden is a sanctuary that lets them get away from their worries. It's a place of beauty. It's a place

where they feel they have some influence.

A place that helps restore their sense of well-being. These sentiments come from gardeners with large gardens and from those who garden in pots on a balcony.

Build that special garden place by choosing plants that you'll enjoy and use. Don't put your energy into plants

that are struggling.

The "if it does not spark joy, let it go" mantra used for decluttering our home can be used in the garden, too.

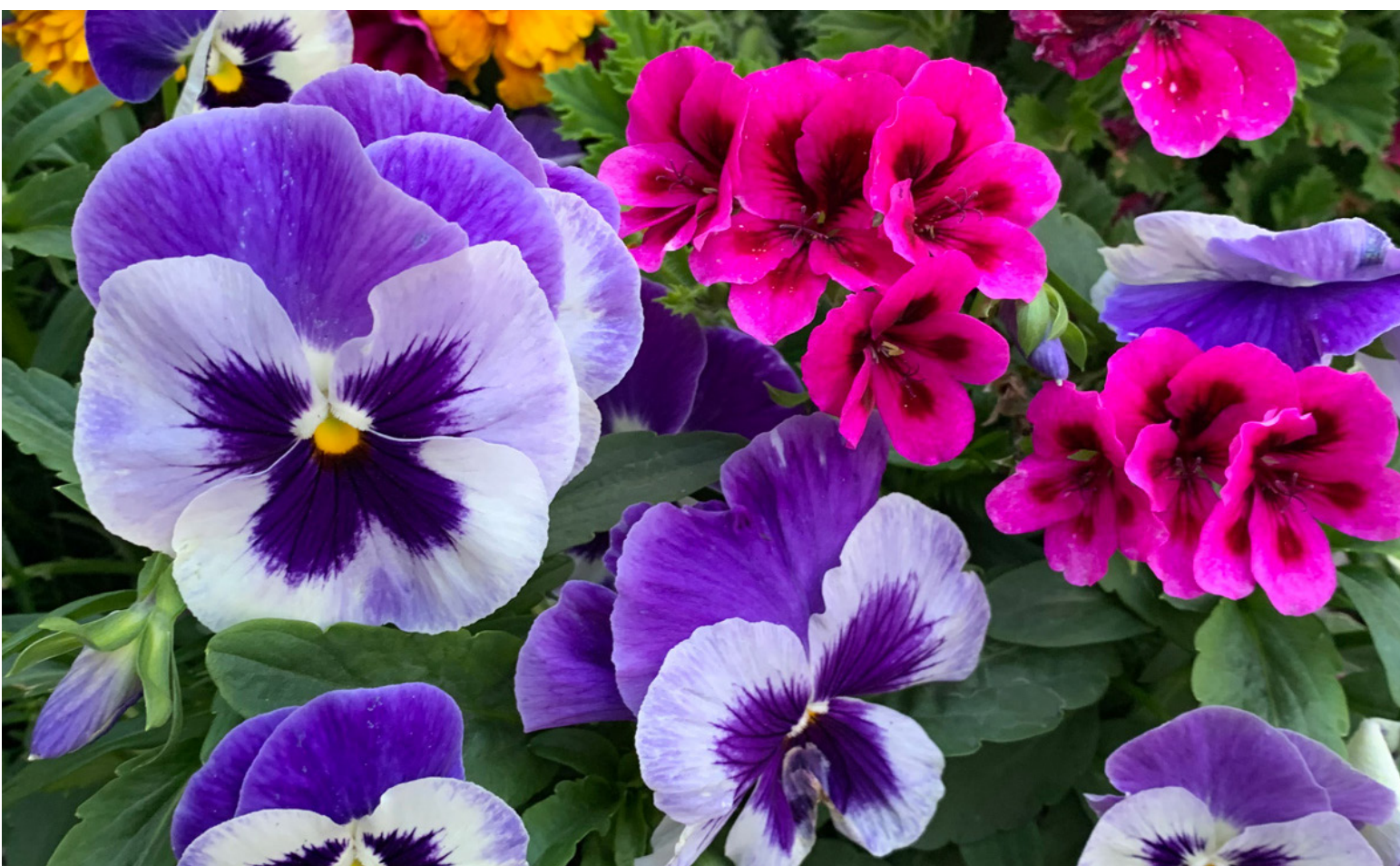
If a plant is too much work, or you simply do not like it, remove it. Give it away to a friend, bring it to a plant share, or put it in the compost. It likely needs an environment your growing space can't provide.

Cook with herbs? No matter how small your growing space is, there's likely room for an herb pot.

Put it in a spot that is quick and easy to get to, so you can pinch off a few stems when you need them. It could even be indoors on a sunny windowsill.

Fresh herbs offer a lovely aroma. I find I can't resist caressing herb plants to release their scent.

Trimming back herb plants encourages them to put out new tender shoots.





If it produces more than you can use fresh, harvest the herbs in the morning, and hang them in small bunches to dry.

These dried herbs will keep you thinking about summer, when you cook with them this winter. Too many dried herbs? Tie them with a pretty ribbon and gift them to your friends and family.

Be sure to share your garden. One of my

friends says she's happy that she can share her love of gardening with her grandchildren.

If you're able to do the same, share the plants you enjoy, but also let them choose some to plant, too. It's a sure way to grow that seed of a passion for gardening.

We need to let go of the expectations others have for us, especially in the garden. Do not be

bothered if your favourite plant is not one trending on social media, or your garden is unlikely to be the cover story in a garden trends magazine—they're great!

As one Society member responded when asked, "my garden will always have a couple of weeds." In fact, at the end of last year I decided that, this year, I would let the sweet yellow clover (*Melilotus officina-*

lis) in my garden grow. The native bees love it and I think its fragrance is divine.

With the desire to create a more resilient growing space, it may be time to reconsider which plants are valued in our gardens and worth labouring over—to sustain or to remove.

While it may seem that the world is spinning away from us, planting and nurturing

plants can help us feel connected to it and with nature. By caring for our sliver of the Earth and caring for ourselves ... we all benefit. Join us in gardening for life! Grow a plant that you like. It will put a smile on your face.

To learn more about gardening in the Calgary area, visit our website calhort.org.



Above photos courtesy of Pixabay.



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Medicine Hat PROGRAMMING

Wellness Wednesday – Offered to Members & Non-Members

May 4th Movie Matinee – “The Good Liar” | South MP | 2:00 – 4:00

Join us for free popcorn and Con Man Ray Courtney that set his sights on his latest mark: the recently widowed Betty McLeish, worth millions. Crime/Thriller.

May 11th Chair Based Exercise Video | Craft Room | 2:00 – 3:00

****Must register****

Join us for a free chair-based exercise video with a focus on your breathing while relaxing, reducing stress, and improving mental clarity.

May 18th Revera Rocks! With Mariah | Craft Room | 2:00 – 4:00

****Must register,**

Minimum of 5 to run, Maximum of 20**

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

May 25th DILLS Starts! | Boardroom | 9:00 – 11:00 |

**** Must register****

Please join Ben Feere from Medicine Hat Family Services for a Drop in Lifelong Learning Series. This month's presentation will focus on “Covid in 2022, Interpersonal Conflict and Anxiety”.

Other Activities

May 2nd & 5th CMHA Mental Health Week – Offering 2 different presentations in the Boardroom from 10:30 – 12:00. ****Must Register****

May 4th, 11th, 18th & 25th - Silver Song Group in the Craft Room every Wednesday from 10:00 - 11:30 ****Must Register****

May 6th, 7th & 8th Scrapbooking Fanatics in the Craft Room starting the 6th at 4:30 pm.

****Free to Members. Must**

provide all supplies, Must Register**

May 17th – Presentation by Chelsey and Shane regarding AISH & Income Support in the South MP from 10:00 – 11:00. “Free, Must Register”**

May 20th – Counselling Services Starts!

Lindsay Heier, Certified & Registered Counsellor, will meet with you in a Private office at Veiner Centre between 9:00 - 12:00, in 1 hour increment scheduled appointments. You can attend 3 free sessions in total. **** Members only, Must Register****

May 25th Paintergirl in the Craft Room from 6:30 – 8:30. **Must register. Must pay instructor directly the day of event**

May 27th Book Club meets in the Boardroom from 9:30 - 11:00. “ The All-Girl Filling Station’s Last Reunion” by Fannie Flagg

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

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

Fitness Programs at Strathcona Centre

High Beginner / Improver Line Dancing – With Carol

8:45 am – 9:45 am | Monday’s | May 2nd – May 30th
FREE

Learn the Basics of Line Dancing – With Carol

9:00 am – 9:50 am | Friday’s | April 22nd - May 13th — **FREE**

Fun & Fitness – With Erynn

10:15 am – 11: 15am |

Tuesday’s & Thursday’s | May 24th - June 30th

Member Price: \$60 | Non-Member Price: \$80

We require 10 Registered to run this class

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

Hatha Yoga – With Krista

12:00 pm – 1:00 pm | Friday’s | May 27th – June 24th

Member Price: \$32 | Non-Member Price: \$50

We require 10 Registered to run this class

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

mindfulness. Get ready to revitalize, restore, and relax with Hatha/ Restorative Yoga

Silver Steppers – With Krista

1:00 pm – 2:00 pm | Thursday’s | May 26th – June 23rd

Member Price: \$32 | Non-Member Price: \$50

We require 10 Registered to run this class

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

Mind & Body – With Krista

12:00 pm – 1:00 pm | Wednesday’s | May 25th – June 22nd

Member Price: \$32 | Non-Member Price: \$50

We require 10 Registered to run this

class
This class has elements of Yoga, Qigong (like Tai Chi), breath work, and meditation all rolled into one. Enhance flexibility, strength, balance, focus, and relaxation in this gentle but effective mind/body session. This is an all-levels class that is beneficial for all ages and abilities

Chair Yoga & More – With Krista

12:00 pm – 12:45 pm | Monday’s | April 25th – May 16th

Member Price: \$24 | Non-Member Price: \$40

We require 10 Registered to run this class

This chair based class includes seated and standing exercises and poses designed to enhance strength and mobility.



GENERATIONAL MENTORING

By Melissa Pearl- Director of Service Delivery, Medicine Hat

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

HEALTH BENEFITS OF MENTORING



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

CHILD/YOUTH BENEFITS OF MENTORING



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



GENERATIONAL MENTORING

Senior Listings

YOUR MESSAGE, PEER TO PEER

WANTED

Buying coins, paper money & stamps. Canada, US & world. Fair pricing. References upon request.

Israel: 403-263-7052
403-850-9137.
hombre071@gmail.com

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

0483

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

Model airplanes new or used.

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

FOR SALE

Two cemetary plots in

Eden Brook Memorial Garden in Calgary Each plot accomodates one casket and two turns, or three turns.

Make an offer for one or both (cemetary price \$4,900 each) Contact Jim - 403-236-2682.

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

It's easy to handle with a joy stick, good

tires for outdoors but not road worthy. It folds up to carry and weighs 70 lbs. Call or text Cathy at 250-258-8014 for more info or pictures.

For Rent in Claresholm - 1 bedroom apartment in senior building, small town living, close to hospital, elevator, in-suite storage, smoke & pet free, rent is 30% of income plus \$65 utilities, available March 1 call 403-625-4133

LOCAL EVENTS

Are you healthy and taking postmenopausal

hormone replacement therapy? We are looking for individuals between the ages of 46 to 60 years old to participate in a study on heart health. Compensation for your time and free parking is available. If interested, please call 403-210-7434 or email dsola@ucalgary.ca.

*What is better?
To be born good, or to overcome your evil nature through great effort?
-Paarthurnax*

Volunteer Spotlight



Kurt Ross

This month we are excited to highlight Kurt Ross who has been our wonderful and hardworking volunteer with Kerby Centre since July of 2021. Kurt began as an office assistant in the Volunteer Department and added volunteering at the Membership Desk in December.

Kurt had a few injuries that caused him to reevaluate his career and came to Kerby to gain new skills. He said, "after my injuries I wanted to do something positive." He also said that "knowing that I am making a positive contribution to society" keeps him coming back to volunteer.

Kurt added, "being able to interact with an often-neglected sector of society" is what he enjoys most about being at Kerby Centre.

In his spare time Kurt enjoys music, reading and walking.

When asked to choose a question from our options list he chose: What is the last book you read? Kurt read Crux by Ramez Naam.

So far Kurt has contributed over 193 hours.

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

There are many ways to help!

\$25

Provide friendship for a low-income senior with a Veiner Centre membership

\$50

Support seniors' passions with a gift towards Veiner Centre social clubs & programs

\$100

Help a senior reignite their passion of movement by supporting the Fitness Centre

\$250

Provide community connections to seniors through our in-person & online presentations

Give today at www.veinercentre.com/donate/

Rebus word puzzles

GIVE GET
GIVE GET
GIVE GET
GIVE GET

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PREMIER Crossword

By Frank A. Longo

WELL-DEFINED ACROSS

- 1 Ran after
- 8 — oil (trendy marijuana extract, for short)
- 11 Old TV ET
- 14 Feudal peons
- 19 More ill-bred
- 20 Loaf in a deli
- 21 Palme — (Cannes award)
- 22 “La Traviata,” e.g.
- 23 120-Across #1
- 25 “Over here!”
- 26 Sieved, as potatoes
- 27 Folk rocker DiFranco
- 28 Drink holders
- 29 120-Across #2
- 31 120-Across #3
- 36 Suffix of enzymes
- 37 Don effortlessly, as shoes
- 38 Toxin-fighting fluids
- 39 Functional unit of a kidney
- 42 Wield a saber or foil
- 45 Sky twinkler
- 48 Stray calf
- 49 120-Across #4
- 55 Plead
- 56 Cabinet chief: Abbr.
- 57 Muse of poetry
- 58 Mimosa tree, e.g.
- 62 “Put — Happy Face”
- 64 DiCaprio of “Titanic”
- 70 120-Across #5
- 75 More furtive
- 76 Possess
- 77 Gets the impression
- 78 Core belief
- 81 Light tan
- 84 Groom’s vow
- 85 120-Across #6
- 94 “Take —” (“Jot this note”)
- 95 Water spigots
- 96 Extort money from
- 97 Fit to reside in
- 100 Architect Saarinen
- 103 Island near Bora Bora
- 107 Rage
- 108 120-Across #7
- 113 120-Across #8
- 116 Male sweetie
- 117 Day, to Juanita
- 118 Totally lost
- 119 Bruins’ Bobby
- 120 What this puzzle literally provides eight times
- 124 Wee
- 125 Hitter’s stat
- 126 Single-named R&B singer
- 127 Erase
- 128 Some Canadian gas stations
- 129 Tot’s “piggy”

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128								129							131						

- 130 Bible translation, e.g.: Abbr.
- 131 Lobby sofas

DOWN

- 1 The Sims or Minecraft, say
- 2 Muse of astronomy
- 3 Fast part of a river ride
- 4 Govt. stipend
- 5 Adm.’s org.
- 6 Brain wave test: Abbr.
- 7 Harry Potter bully Malfoy
- 8 Burial vaults
- 9 Poet Percy — Shelley
- 10 — Moines, Iowa
- 11 One-off, as a committee
- 12 Lerner’s songwriting partner
- 13 Skillet
- 14 Ilk
- 15 Grand-scale
- 16 Give new energy to
- 17 Region prohibiting slavery prior to the Civil War
- 18 Made unhappy
- 24 — -Puf (facial sponge)
- 29 Really hate
- 30 Suffix with serpent
- 32 Resist boldly
- 33 Singer Lisa
- 34 City in Sicily

- 35 Once, once
- 40 Word file alternative
- 41 — polloi
- 43 Syringe amts.
- 44 Stretch (out)
- 46 — Lingus (Irish carrier)
- 47 Writer Dahl
- 49 The Beatles’ “— Work It Out”
- 50 Tequila plant
- 51 Sacred image
- 52 Big Apple address abbr.
- 53 Sch. near the Rio Grande
- 54 Axes, e.g.
- 55 Scrooge’s outbursts
- 59 U.S. spy org.
- 60 Fluid in a pen
- 61 Anxiousness
- 63 In times past
- 65 Scot’s denial
- 66 Novelist Rand
- 67 Varnish stuff
- 68 “Judge —” (Stallone film)
- 69 — buco
- 71 Artist Jan van der —
- 72 “Nola” composer Felix
- 73 Actor Wilson
- 74 How much ’90s music was recorded
- 79 LAX info

- 80 High-quality
- 82 CSA soldier
- 83 Web address
- 85 Certify
- 86 The “E” of UAE
- 87 Overturns
- 88 Singer Sumac
- 89 Word before goblin
- 90 Employed
- 91 — bad example
- 92 Split
- 93 Ritalin treats it, for short
- 98 Science writer Willy or ESPN anchor Bob
- 99 Urge strongly
- 101 Kind of steak
- 102 Like some headsets
- 104 Chemist’s “I”
- 105 Brief pang
- 106 For a really long time
- 109 Muscle car booster
- 110 Macabre
- 111 Interval
- 112 Is really angry
- 114 Lotto variant
- 115 Deposits, as eggs
- 120 License-issuing agcy.
- 121 Palindromic file suffix
- 122 Fitting
- 123 Cashew, e.g.

My weekend as a trucker

Barbara Ellis
Kerby News Columnist
Con't from pg. 11

Thankfully the truck was facing the road which meant I did not have to back it up.

Backing up a vehicle is not one of my favourite things to do. I have backed into road signs; snowbanks; a fence or two, just to mention a few of my mishaps.

Okay, I was ready to roll!

I told my friend that I would drive straight up 17th Avenue and once we got to the top of the hill, I would decide what to do next.

I turned on the engine, put the thing in drive and slowly we began to move. God help me, I implored under my breath, because if I ever needed divine intervention, it was then. Gingerly, I drove off the lot and onto the avenue and when I saw where I was headed, I realized just how narrow and busy that avenue was.

A change of plan was in order. As soon as I got to the first intersection, I wheeled that sucker to the right making a much wider loop than necessary, but hey, these were my first baby steps.

The turn took my friend by surprise and she yelled out a loud, "Hey! What the Hay?"

"Sorry, I decided to take 12th instead. It's

one-way and will take us right onto Crowchild."

Slowly, very slowly, I drove north and turned left onto 12th Avenue, this time, making a much narrower loop as I merged into the flow of traffic. From the two side mirrors, I could tell that the drivers behind me did not appreciate my slow progress. I did feel sorry for them, but I had to concentrate hard on staying in my lane.

My cautious driving angered those in a hurry to get home. They demonstrated their displeasure with loud horn blasts and raised fingers when they drove around me. From 12th Avenue, I managed to get onto Crowchild and then inch my way into the curb lane.

From Crowchild onto Richmond Road and then just a few more miles and we would be at her place. When her apartment complex came into view, I felt a sense of accomplishment and relief that my troubles for the day were almost over.

"We made it", I said happily as I pulled the truck next to her fence. My feeling of happiness quickly vanished when she asked, "Aren't you going to back it in?". Luckily, her apartment sat at the end of the complex which gave me a small amount of wiggle room. I drove the truck as close to her neighbour's fence as I could, put it in re-

verse, mumbled a prayer, and began backing up. By this time her family had come out to greet us and were all busy telling me how and where to back the truck up.

When the truck was finally maneuvered to everyone's satisfaction, it was time for me to call it a day. I stumbled out of the truck and walked wearily to my car.

"See you in the morning," I said as I drove away.

Once I arrived home, all I wanted to do was relax in a warm tub. I did not sleep well that night, tossing and turning, re-living the drive in all that traffic.

Surely the next two

days were going to be a challenge.

The following morning, I arrived bright and early at her apartment. They had been busy after I left because the truck was fully loaded and ready to roll. Well. Okay, here we go again. Now, wearing slacks, I had no problems getting into the truck, and, I brought a big cushion to support my back.

Again, we headed for Crowchild, then onto 14th Street and all the way south to Anderson. After a few more turns and we arrived at her new home. It was early and the Saturday morning traffic was easy to manage but

I knew that it would all

change as the day wore on.

Amazingly, the two days went by without a hitch. I managed not to hit anything and what is more, I felt almost at ease driving that truck. I say almost because I was not entirely at ease until the truck was back on the lot and we returned the keys to the manager.

Now, some 30-plus years later, I can hardly believe that I actually did that!

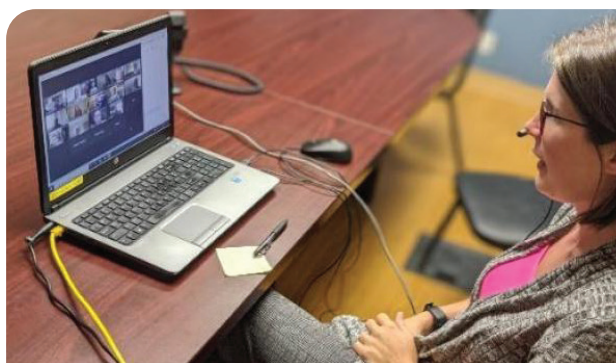
True, I was much younger then and Calgary drivers were a little more forgiving, but still, would I do it again?

Not in a million years.

Want To Get Virtual?

The Brenda Strafford Foundation Is Launching Rec@Home

A Virtual Recreation Program For Older Adults (55+) In The Community Starting **April 1, 2022**



"I am extremely happy with virtual. The exercise program has the same requirements as what physio has asked me to do. The games and puzzles are great for the mind and helps everyone keep their mind busy and I love socializing with my peers."

Activities Include:

Social Gatherings
Cognitive Games
Exercises
Armchair Travels
Museum Tours
Live Musical Entertainment

And so much more!

For more information and how to register please visit:
www.theBSF.ca/RecAtHome

Sarah Allen,
Program Coordinator
sarah.allen@theBSF.ca
587.231.6973

Try Your
First Week
FREE!



Bowbridge Manor

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

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



Events, Activities, Programs & Services

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

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

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

<p style="text-align: center;">ZOOM CLASSES</p> <p style="text-align: center;">MONDAY Fitness With Dan 9:30 –10:30am Gentle Seated Yoga 2:00 3:00pm</p> <p style="text-align: center;">TUESDAY English as Second Language 10:00 - 11:00am</p> <p style="text-align: center;">Tai Chi 1:30 –2:30</p> <p style="text-align: center;">WEDNESDAY Men’s Shed 11:00am – 12:00 pm</p> <p style="text-align: center;">THURSDAY Yoga for You 9:00 – 10:00am Drum Fit 10:15 - 11:00 am</p> <p style="text-align: center;">FRIDAY Muscle Strength and Core Balance 11:30 – 12:30 pm</p> <p style="text-align: center;">Call Education & Recreation at 403 705-3233</p>	<p style="text-align: center;">“benefit”</p> <p style="text-align: center;">Take Control, Accomplish Your Goal</p> <p>Let’s make 2022 the year for stronger, healthier YOU!</p> <p>Set your goal, join our monthly indoor/outdoor group walks, and share your inspiration!</p> <p>Goal setting workshop included! Monthly draws for prizes & final grand prize draw in December 2022. More you move, the greater your chance to win!</p> <p style="text-align: center;">To register please contact Education and Recreation 403-705-3233 and pick up motivational starter kit for your free monthly program, benefit.</p> <p style="text-align: center;">Let’s get started!!</p>	<p style="text-align: center;">KERBY TRAVEL PRESENTS</p> <p style="text-align: center;">Saskatoon Berry Farm</p> <p>Date: Tuesday, June 7th 2022 Time: 9:30am - 3:00pm Member price: \$60 Non-member price: \$90 Cut-off date: May 24th Includes transportation and lunch</p> <p style="text-align: center;">Ribbon Creek Hike</p> <p>Date: Thursday, June 23rd 2022 Time: 8:30am - 3:30pm Member price: \$55 Non-member price: \$85 Cut-off date: June 9th Includes transportation and nature leader</p> <p style="text-align: center;">Ghost Lake Boat Trip</p> <p>Date: Thursday, July 28th 2022 Member: \$44 Non-member: \$74 Cut-off Date: July 14th</p> <p style="text-align: center;">For Further Information Please Contact the Travel Desk at 403 705-3237</p>
<p style="text-align: center;">Next to New ½ Price Sale</p> <p style="text-align: center;">½ price on all donated items May 16-20th</p>	<div style="display: flex; align-items: center;"> <div> <p style="text-align: center;">Join Us In the Kerby Café Thursday May 5th To Celebrate Cinco de Mayo</p> <p style="text-align: center;">Drop In And Enjoy A Festive Mexican Lunch Special & An Exciting Mariachi Performance By Pat Solis</p> <p style="text-align: center;">For Details Visit www.kerbycentre.com/kerbycafe</p> </div> </div>	

<p>Kerby Centre FREE Rescued Bread & Goodies Market - Drop In - First Come</p> <p>1133 7th Ave SW 10:30 – Noon Every Tuesday (May 3, 10, 17, 24, 31) & Friday (May 6, 13, 20, 27)</p> <p style="text-align: center;">And join us for our Community Bread Markets</p> <p>Parkdale Nifty Fifties Association Tuesday, May 10th (11:00 -12:00 pm) Located at 3512 5 Ave NW, Calgary AB</p> <p>Bow Cliff Seniors Thursday, May 19th (11:00 - 12:00 pm) Located at 3375 Spruce Dr SW, Calgary AB</p> <p>Banff Trail Community Association Monday, May 16th (12:30 - 1:30 pm) Located at 2115 20 Ave NW, Calgary. AB</p> <p>Northminster United Church Wednesday, May 25th (1:30–3:00 pm) Located at 3311 Centre St NW Calgary AB</p>	<p style="text-align: center;">Education & Recreation</p> <p style="text-align: center;">50% Off Craft Sale</p> <p style="text-align: center;">Thursday May 26th, 2022</p> <p style="text-align: center;">9:30 am - 1:00 pm Kerby Centre Cafe</p>
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KERBY EDUCATION & RECREATION WEEKLY PROGRAMS
Registration Is Required - Please Phone Education & Recreation at 403 705-3233

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KNITTING FOR A CAUSE RM 301 10:00 AM - 12:00 PM 2ND & 4TH MONDAYS—FREE</p> <p>MAHJONG - RM 312 10:30 AM - 12:30 PM -\$2.00</p> <p>INDOOR KITE FLYING - GYM 10:00 - 11:00 AM \$2.00</p> <p>PICKLEBALL - GYM 2:30 PM - 4:00 PM \$2.00</p>	<p>RECORDER GROUP RM 313 10:00 AM - 12:00 PM \$2.00</p> <p>MEMORY WRITING GAMES ROOM 10:00 - 11:00 AM 2ND TUES OF EACH MONTH-FREE</p>	<p>GENERAL CRAFT GROUP RM 311 9:00 AM - 12:00 PM FREE</p> <p>CRIBBAGE - Rm 312 1:00 PM - 3:30 PM \$2.00</p> <p>WEDNESDAY DANCE KERBY CAFE 1:00 AM - 3:00 PM \$2.00</p>	<p>ARTISTS GROUP RM 313 10:00 AM - 3:00 PM \$1.50 per 1/2 day</p> <p>PICKLEBALL GYM 2:30 PM - 4:00 PM \$2.00</p>	<p>SPANISH CONVERSATION GROUP - RM 311 10:00 AM - 12:00 PM \$2.00</p> <p>KRAZY KARVERS WOODCARVING CLUB - RM 102 10:00 AM - 3:00 PM \$1.25 HR</p> <p>TECH HELP EVERY OTHER FRIDAY 11:00 - 1:00 PM \$2.00 CALL TO REGISTER</p> <p>BADMINTON & PING PONG - GYM 1:30 PM - 3:30 PM \$2.00</p> <p>ENGLISH AS A SECOND LANGUAGE - RM 311 1:30 - 3:30PM</p>

Golf & give back! Hit the greens to support seniors in Calgary!

Join us for our second annual Kerby Centre Charity Classic Golf Tournament at Sirocco Golf Club, Aug. 18.

Last year, our tournament raised over \$80,000 to support seniors to live well in their community. This year our goal is bigger, and the tournament will be even better!

Enjoy fun hole activities, tons of opportunities to win prizes, and the best yet – the Servus Credit Union Ball Drop, back by popular demand!

Why do we host a golf tournament? The Charity Classic is Kerby Centre's newest signature event, and one of the best (and most fun!) ways to raise money to support seniors in our community.

It's a great way for people to enjoy a day of golf, network, and join together to help raise funds for local

seniors in need.

Kerby Centre is committed to offering programs and initiatives to support seniors' mental, physical, and emotional wellbeing, which has been significantly impacted during the pandemic.

You can help us support local seniors and have a fun day on the links!

Join us at the Kerby Centre Charity Classic Thursday, Aug. 18 for lunch, 18 holes of golf, followed by dinner and an evening program.

Can't join us that day? Consider sponsoring a senior golfer or a team of seniors – a wonderful opportunity for our seniors to enjoy a day of golf with friends.

Golf and give back! Register at kerbycentre.com/golf or contact Colleen at 403-705-3178 or at colleenc@kerbycentre.com.



Help Seniors Facing Elder Abuse

In 2021, Kerby Elder Abuse Shelter ran at 99 per cent capacity. We provided 3,000 safe nights to seniors fleeing abuse.

Seniors typically stay at the shelter between 30 and 90 days, where they receive 24-hour care and support.

We offer shelter clients a "Move Out Fund" to help them successfully transition back into the community.

Help us provide safety to those in need. Donate today at kerbycentre.com/donate.

Donate Your Car to Kerby Centre

WE PICK UP YOUR CAR



YOU GET A TAX DEDUCTION



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

Help Seniors Facing Elder Abuse

I would like to make a one-time donation: \$25 \$50 \$75 \$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 _____ CVV _____

Signature _____

Send tax receipt to:

Name _____

Address _____

City _____ Province _____ PC _____

Email _____

Phone _____

Planned Giving - a way to make a BIG impact!

I would like to receive more information about planned giving.

I have included Kerby Centre in my will.

Donations of \$20 and above will receive a donation receipt.

DONATE TODAY at KerbyCentre.com/Donate or call 403.705.3254

Kerby Centre 1133 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #118979947RR0001



Leave a Legacy of Inspiration

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

-Anonymous donor



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

Please choose to make a difference today

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





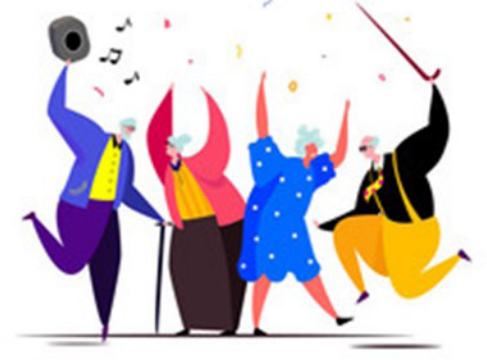
Online Presentations & Events

Kerby Centre 1133 7th Ave SW, Calgary Alberta

Mark Your Calendars For These Upcoming Events & Activities

Join Us As We Celebrate Alberta Seniors' Week

With Fun Activities All Week That Will Have Us "Moovin & Groovin"



Monday, June 6th

9:00 am

Dart Tournament – Kerby Games Room Visit www.kerbycafe.com for detail

10:00 am -11:30 am

"Moovin & Groovin" At Kerby Centre, Featuring *Feet To The Beat*

An experiential and intergenerational dance and music event for young and alike, led by renowned dancer Kym Butler. Come on your own or bring your little "Moovers & Groovers" to join you and stay for light refreshment provided by Care at Home Services.
Tickets: Adults \$10.00 Children \$ 5.00

Tuesday, June 7th

10:00 am -11:30 am

Take Control, Accomplish Your Goal with *benefit* - A Spring Walk To Devonian Gardens & Lunch

Join us for a fun group walk to beautiful Devonian Gardens followed by a healthy lunch at the Kerby Café. Learn about the many mental and physical health benefits of walking.

Walk To Devonian Gardens: Free Healthy Lunch \$ TBC

10:00 am-11:30 am

Kerby Centre Presents -Senior Sexuality & Love In The Digital Age

Join us for a **FREE** online discussion exploring Senior sexual health, safety and dating in the new digital world. Presented by Rachel Huh and Jenna Nakamura, Centre For Sexuality



Wednesday June 8th

12:00 - 3:00 pm

Wednesday Dance - "Moove and Groove" to the Kerby Sensations Dance Drop In \$2.00 Dance Starts at 1:00pm

Enjoy the Kerby Café Senior Week Roast Beef Lunch Special \$15 (**Available All Week**) and then "move & groove" to the sounds of the Kerby Sensations

Thursday, June 9th

9:00 am

Shuffleboard Tournament – Kerby Games Room Visit www.kerbycafe.com for detail

10:00 am-11:00 am

Zumba Jam at Kerby Centre –Join Instructor Maaike Seaward for a rousing group Zumba session. Bring a Friend! Give it a try for **FREE!** Only experience necessary is the ability to laugh and have a great time with great friends!

2:30 - 4:00 pm

Pickle Ball! It's all the Rage! Have you been curious about what all the buzz is! Join us for the Kerby Centre drop in Pickle Ball session. Give it a try for **FREE** and you may be hooked !

For Further Details, How To Purchase Tickets Or Register For These Events Please Visit <https://www.kerbycentre.com/senior-week/>

KERBY SENIORS' EXPO

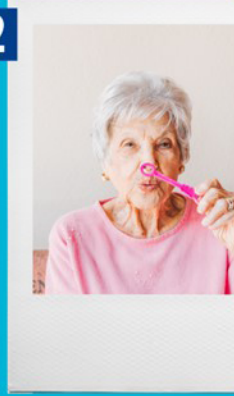
Explore · Grow · Connect 2022

A Fun and Informative Event for Today's 55+ and Their Families

KERBY CENTRE | 1133 - 7 Ave SW
SATURDAY, OCTOBER 15, 2022 | 9AM - 3PM
www.kerbycentre.com | 403-265-0661

If you are interested in sponsorship opportunities or a vendor booth please call Lori at 403-705-3179 or email loriw@kerbycentre.com

For further detail please visit www.kerbycentre.com/expo/



Plan To Join Us For

World Elder Abuse Awareness Day
June 15th

National Indigenous Peoples Day
June 21st

Stay Tuned For Details As They Unfold. Pick Up The Next Issue of Kerby News Or Visit www.kerbycentre.com



MENTAL HEALTH WEEK MAY 2-8TH

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

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



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

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



Registration details at www.kerbycentre.com

2ND ANNUAL GOLF CLASSIC

KERBY CENTRE CHARITY CLASSIC GOLF TOURNAMENT

AUGUST 18TH, 2022 | SIROCCO GOLF CLUB

REGISTER TODAY BY CONTACTING COLLEENC@KERBYCENTRE.COM OR VISITING KERBYCENTRE.COM/GOLF/



"If all I care about in life is the imprints I make in this world, then the most I'll ever leave is a grave."

-Lyra Heart-strings

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

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

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