

Celebrating 50 years of Kerby Centre



Above: Ivy Woodhead volunteering at one of our earlier registration days. Kerby Centre is celebrating its 50th anniversary this year and we have so much planned: not only recognizing the milestones we've reached, but also the current members, volunteers and employees that make this such a fantastic community. Read more about Kerby's founding on page 12.

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Kerby Centre's 2023 Tax Clinics

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 simple basic returns and cannot do returns that include business income, self-employment income, rental income with expenses, 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 Wednesday, Feb. 1, 2023. Appointments can be made

by calling (403) 705-3246. The 2023 tax clinic will begin Monday Feb. 28, 2022, and will run Monday to Friday from 9am to 3pm. This service continues until Friday April 28, 2023.

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 Feb. 27th, 2023. 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 deductible 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.

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 included here to fill the required information in advance for your convenience.

For any general inquiries, the Canada Revenue Agency can be contacted at 1-800-959-8281.

UNISON INFORMATION RESOURCES DEPARTMENT



Kerby Centre TAX Clinic

We will do your Income Tax for Free!

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

Starting February 28 – April 28, 2023

(Monday to Friday)

Kerby Center 1133-7 Avenue SW

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Income limit: \$35,000 per year for single or \$45,000 per year for a couple

Please note: We do not prepare tax returns for self employment, business/rental income, capital gains/losses/bankruptcy.

To schedule an **IN PERSON / VIRTUAL / DROP OFF** appointment Call **(403) 705-3246**
Appointment bookings start **Feb 1, 2023**



Exciting things in 2023

Unison is a very new name for our organization; however, our organization has been running programs and services for older adults in the Kerby Memorial Building for a long time.

Next year marks our 50th anniversary and we are planning

a lot of ways to celebrate this milestone.

In 2021 Todd Hirsch and Robert Roach devoted a chapter in their book, describing how Kerby Centre pivoted during the Pandemic to serve Seniors despite the obstacles presented: “Spiders In COVID

Space: Adapting During and After the Pandemic.”

Little did we know that in 2021 we still had a good deal of COVID-19 still in front of us. In 2023, throughout the year we will be celebrating how our members and our volunteers pivoted and thrived through COVID-19 and for the last 50 years to make Calgary a better place to age well.

We are working with the Kelly Brothers to create a documentary describing some of these stories of seniors: thriving, overcoming and succeeding.

We will run the premiere of this documentary in 2023.

We are also working to launch of first ever Gala, to celebrate this milestone as well as raise funds to support our mission-based services for older adults.

We will be taking a lot of opportunities to celebrate this anniversary, watch our social media and here in Kerby News for some exciting new offerings and opportunities. Then after a year of celebrating we will be ready to start it all over again as we prepare for the 50th anniversary of Veiner Centre in Medicine Hat.

In Calgary and Medicine Hat we will be unveiling many new classes, groups and services, and besides the



Larry Mathieson, CEO and President

Kerby News, the best way to keep up with what we are launching is our new website: www.unisonalberta.com.

Also if you want to receive our e-newsletter or sign up for email announcements drop me an email at larrym@kerbycentre.com.

JANUARY 2023

THE MISSION OF UNISON, FOR GENERATIONS 50+:
To support older adults to live well in their community.

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50 stories for 50 years

Andrew McCutcheon
Kerby Storyteller

Where do we begin. At the start is where most folks begin, but that's a long time ago.

Fifty years, in fact. That's how long Kerby Centre has served seniors in our community. Five decades; Kerby Centre is old enough now that if it was a person, it would be using its own services!

But for being around for so long, many people consider the Kerby Centre to be a best kept secret. Those in the know will talk your ear off about everything we offer, everything we do and everything we're capable of when it comes to helping the folks around us.

We have a legacy attached to the name of this building: Kerby Centre. But our new overarching organization — Unison, Generations 50+ — is what we call the whole shebang. In the same way Marriott might operate a bunch of different hotels, Unison now

operates several centres in southern Alberta: Veiner and Strathcona Centres in Medicine Hat, and of course, the Kerby Centre.

The Kerby Centre building is keeping its name, of course, because of the legacy attached. But does that mean Kerby Centre is just a building? Is Kerby just a collection of bricks and beams and windows?

I don't think it is.

It's harder to pin down than that. It's like trying to read writing through a fogged-up mirror.

But it's a question I've committed to answering over the next year: “what is Kerby Centre?”

To that end, we're going to answer this question the best way I know how, which is by doing a deep dive and telling the stories of all the different parts that come together to make up Kerby Centre.

Once a week, every week, for an entire year. That's going to be 50 stories of the people, places, history and

events of Kerby Centre — one for every year we've been around.

By the end of it, we'll have the chance to really figure out what makes Kerby Centre such a magical place.

They might be written pieces like this; they might be interviews or podcasts with the folks important to this place; you might even see a little video or two.

Our first story we have this year is on page 12 of this issue of the Kerby News, talking about how and why Kerby Centre was founded five decades ago. And we've got so much planned past that.

But no matter what form it takes, we're committed to telling the True Story of Kerby Centre, one week at a time for our incredible 50th Anniversary Celebration. Check out our website consistently to see the stories as they are published.

Won't you come along with us?

And that, my friends, is where we're going to start.

Here comes 2023; another new year

Barbara Ellis
Kerby News

Hard to believe, but here we go again, stepping into the unknown. Is it just me or are these New Year celebrations coming around faster than before? In my younger days, I looked forward to this event. I had a feeling that new and exciting things were just around the corner and all I had to do was reach out and grab them.

Gone are the days when I would step boldly and eagerly over that imaginary barrier and bid farewell to the known and embrace the

unknown. Years ago, the papers and TV were filled with images of a decrepit old man, hobbling on his cane as he slowly walked into oblivion. Directly behind him came a smiling baby in diapers clutching a Happy New Year sign.

Never could figure out how a baby in diapers could do that, but then none of us were as worldly as people are today. Maybe we were somewhat naive and perhaps a little gullible. I know I certainly was.

One of my most significant New Year's Eves was 56/57, the last one I spent in Australia.

There were six of us, all in our teens and we were

determined to make it an evening to remember. We took the ferry from Circular Que to Manly which is on Sydney's north shore. Everyone on the ferry was in a jovial mood, the sea was calm, the breeze was warm and above us, the sky was filled with a myriad of twinkling stars.

Once we stepped off the ferry, we became part of a lively and exuberant crowd that wound its way to the beach. The earlier arrivals had already laid their blankets on the sand, started a few bonfires and were ready to party. There was a band belting out the popular music of the day and they encouraged us to dance

and sing along. There were young boy vendors that came around selling sandwiches, fish and chips, and pop which we wolfed down when the band took a break.

It was a warm summer's night and some crazies even walked into the surf fully clothed just to cool down. The sun was coming up by the time my friends took me home. It was an emotional farewell because we knew that my family was moving to Canada within the next few weeks and I would probably never see them again.

As a young married woman, I looked forward to each New Year's Eve with enthusiasm as money

was tight and it was the only night that my husband and I would splurge on entertainment.

These were elaborate ballroom parties where at midnight multi-coloured balloons rained down on us. We joined hands and formed a circle as the band began to play Auld Lang Syne.

I can't say that I ever really knew the words to the song or its meaning, but it was tradition so we just did it. This was followed by thunderous cheering and kisses all around.

Didn't matter whether one knew the person or not, we just puckered up and enjoyed the merriment. Age changes everything and now I regard each new year differently. I think of the year ahead as a challenge and I am somewhat apprehensive about what may lie ahead.

During the last decade, I have lost many friends through illness or old age. I have had to accept that, after all, it is the circle of life. I have much in common with the people who live in my building and that comforts me.

We are pretty well in the same age group so we share and appreciate the same music; we have lived through the same world event; we share the same maladies; have problems with our hearing and need to use eyeglasses.

Don't get me wrong, I like being around young people as well, their vitality and energy are infectious. But I have to admit that I cannot relate to their music or to some of their way of thinking.

Here on the threshold of another year, I wonder if I will once again make and then break the same old resolutions.

Lose weight; exercise more; keep in better contact with family and friends; clean out my clothes closet; get rid of the things I hold too dear in my storage locker. Most of all, finish writing that story I started many years ago. Now I spend these festivities alone. I try to stay up until midnight but almost always I don't always make it.

It does not matter.

During the evening, I raise my glass of ginger ale and toast the coming year. After all, it is midnight somewhere.

As I turn off the lights, my heart is filled with gratitude for what I have and where I live, and as I drift off to sleep, my mind wonders about what lies ahead.

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The stubbornness of dementia

The opinions expressed in the following piece belong to the author and do not reflect the views of Unison, for Generations 50+ or the Kerby News.

Allan S.
Kerby News

It is an unfortunate truth that as our population ages, the incidence of dementia will also increase. Over the last half century or so, Medicine and Health Services have done wonders at delaying infirmity or death from heart disease or Cancer and a myriad of other ailments that arise with age.

Unfortunately, Medicine and the associated Health Services are woefully unprepared for the deluge of dementia that is fast approaching. Dementia in its many forms is an affliction that stumps most people as to how to manage it, let alone when and how to diagnose it.

A diagnosis of dementia carries with it a

wide range of difficult medical and social considerations about intervention and care for someone who is quite literally losing grasp of reality. From personal experience, I offer some observations and perhaps some hope to family and friends of someone that suffers from dementia.

In my case, I have the challenge of my mom, who first exhibited signs of dementia 20 years ago, who started exhibiting stronger, more persistent dementia traits 12 years ago, but whom doctors struggled to diagnose for at least seven years until last year.

Diagnosis time varies, as I have a colleague whose mother also suffered dementia and it took the doctors 5 years to diagnose that case. Medical practitioners may still have difficulty recognizing or diagnosing dementia, or quite possibly they may be too reluctant to do so; Either way, this adds unique burdens on family.

Returning to my mom, a few things stood

out early on. For one, she began inventing and shifting reality. It is common for memory recall to fade as one ages, but what is uncommon and should be a warning sign for dementia is when someone begins to invent or shift reality.

This can be simple things like, “They (insert some entity) don’t like it when I do that.” (Who is “they”?) Or can be much more complex things like inventing new stories about people, places and events that have absolutely no basis in reality. In the latter case it becomes difficult to distinguish a dementia patient from a politician.

A particularly worrisome example of reality shifting was when my mother began to mix up her existing ailments with those of close friends. This wasn’t forgetfulness, this was an assumption of other facts onto herself.

This is a serious danger, as my mom would often at her doctor’s office, or when admitted to emergency wards, verbally convey her medical history to the medical staff as she believed it to be, not as it really was.

Then when her correct medical history was repeatedly told to her by doctors, my mom would outright dismiss it as wrong, and she would even have “memories” of which doctor told her what about her reality shifted medical history. It was a losing battle by the doctors until they finally gave up.

Be wary of dementia persons who begin hiding things or events. It can be simple things, like hiding medications, to more serious things like hiding the frequency of falls. “I didn’t hurt myself so it doesn’t count as a fall,” is something that my mom would often say and so she never told her doctor about her frequent falls until one serious fall put my mom in a hospital

for many weeks.

Dementia patients will outright lie in front of you.

I share notes with other family supporting dementia sufferers and one thing that we have noted as common is that mom or dad or grandma or grandpa will often confide something to family but then deny that same issue when brought before doctors or care givers.

I’m not sure why dementia patients do that, but medical practitioners still tend to believe the sweet old lady more than the rational family member.

What I found very troubling about dementia with my mom is the reaction of her friends to her symptoms as they progressed over the years.

I don’t know if this is a traditional thing, in that older generations are too polite to comment upon such matters between friends, but her friends would always excuse my mom’s strange behaviour by saying “Oh, she’s just being stubborn.” That stubbornness I surmise to be the biggest warning sign of dementia that is most often excused or ignored.

I even had my mom’s doctor relate to me a story of his grandmother who exhibited similar stubbornness traits for years before she was diagnosed: Then at that same visit, my mom’s doctor dismissed my mom’s stubbornness as being of no concern. The irony is laughable if it hadn’t resulted in several years of additional grief and subsequent neglect by a senior supportive care agency in another city.

Stubbornness coupled with my mom’s belief, “That’s not how we did it...,” made many care attempts and life adjustments worse. Society, technology and culture all change, and many people struggle with those changes, but

I surmise that dementia sufferers struggle more than most and hence they become very stubborn to anything that they cannot reasonably process anymore.

A peculiar observation that I have is that dementia “fog” worsens with dehydration.

As the dementia progressed, my mom reduced her fluid intake, even fights against her care givers about drinking water, juice or other fluids.

However, when she is admitted to hospital and given IV fluids, rehydrated in effect, her cognitive clarity improves noticeably.

But once out of the hospital and back in her care environment, she stops drinking fluids and within a couple of days her cognitive clarity is again noticeably diminished.

I have many more examples of demented behaviour and thinking, some amusing, but many sad. I also have just as many examples of shortcomings and missed diagnosis by medical practitioners and care staff that are unbelievable and also tragic.

However, I leave you with some hope and encouragement.

Whether it’s your mom or dad, or grandma or grandpa, they aren’t making their life or your life more difficult, they are just surviving as best as they instinctively can with how they perceive and understand the world.

They still love you, though they may sometimes curse you just as often.

You may hang your head at hearing the same surreal story 100 times but hang in there as best as you can when they tell you the same story for the 101st time.

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New cancer ‘tracer’ promises to detect more tumours earlier

By Ramona Czakert Franson
University of Alberta Folio

For people waiting for imaging tests to diagnose neuroendocrine cancer, time is of the essence. Now, thanks to researchers at the University of Alberta, a new medical imaging agent for PET scans promises to reduce wait times, while costing less to produce and possibly revealing more of some types of cancer tumours.

Ralf Schirmmacher, an oncology imaging professor and member of the Cancer Research Institute of Northern Alberta, and his team at the Medical Isotope and Cyclotron Facility on the U of A’s South Campus have been using a state-of-the-art cyclotron — a machine that already supplies the province with medical isotopes used in diagnostic scans — to create a new imaging compound that will reveal cancer tumours when patients receive a PET or PET-MRI scan.

The use of extremely low amounts of radioactive material as diagnostic “tracers” in cancer imaging is not new, but researchers are continually working on new chemistries to make these radiotracers safer, more reliable and more effective.

The new radiotracer, labelled with fluorine-18, is good at locating neuroendocrine tumours — cancerous tumours that can appear anywhere in the body but are most often found in the intestines, lungs, pancreas and stomach.

Schirmmacher says fluorine-18 is an improvement compared with other currently used radioisotopes such as gallium-68. Radioactive gallium requires a special generator. In addition, there are often supply shortages and use of the gallium generator is restricted to a limited amount, which means only two to three patients a day can receive a medical scan.

“We are lucky, we have access to two AHS cyclotrons — one here at the U of A and one at the Cross Cancer Institute as well,”

notes Schirmmacher, who is also a member of the Women and Children’s Health Research Institute. “We could make a batch in the morning and see 10 patients, so we could reduce the waiting time for patients substantially.”

Schirmmacher, a radiochemist, has been working on the compound since 2005, when he had the breakthrough idea shortly thereafter to combine radioactive fluorine with silicon. It was previously only combined with carbon.

“The radioactive pep-

tides are labelled capitalizing on the very strong bond between silicon and fluorine. The chemistry works at room temperature, and purification only requires one simple extraction and the imaging agent is ready for injection — this is why it is so stable and reliable,” he explains.

Schirmmacher is now happy to see his team’s work go from the chemistry lab bench to the bedside as clinical trials involving more than 2,000 people in Germany have been completed and are

starting in the Netherlands and France, as well as India.

He says the clinical trials in Germany are showing that the new compound may actually catch more cancer metastasis than other gallium-labelled compounds, which is especially important in followup treatment and determining whether cancer is spreading to other parts of the body.

Next steps in Canada mean applying for clinical trials which will go through the newly formed Alberta Radiopharmaceutical

Centre, a collaboration between Alberta Health Services and the U of A.

Schirmmacher notes that he will not licence the chemical process of creating the new imaging agent, because he thinks it’s better that it is free for all to use so more people who may have cancer can get scanned sooner.

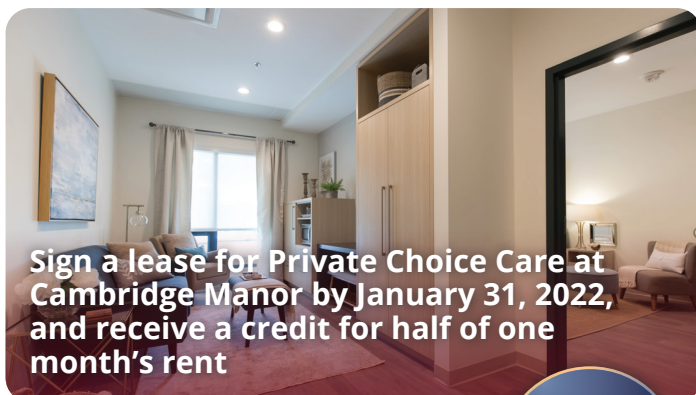
“I can’t imagine how it feels having cancer or not knowing if you have cancer, and then having to wait to get diagnostic imaging,” he says.



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Springing into your New Year!



bloom in their native environment or getting them to bloom when we would like to have flowers.

Most spring blooming bulbs need a cool dormant period of at least 12 weeks below 15 °C for the flower to form. If they are stored a bit too warm, the bulbs will only grow roots and leaves.

If the bulbs are stored at room temperature, they can die. A healthy viable bulb will be firm when gently squeezed. It should have its protective papery skin, called a tunic.

If you've been storing the bulbs in a cool place, in the fridge or a garage for example, since the end of October they will only need a few more weeks of cool dormancy. You have two options for planting.

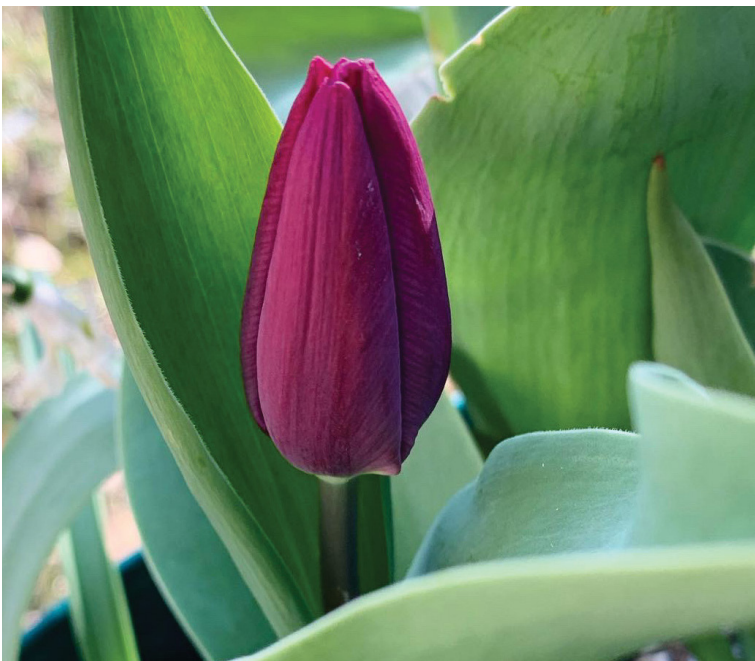
You can wait for mid-January and pot them up in a pretty container and leave them in a bright spot to sprout and bloom. Or you can pot them up now and put them back in cool storage.

Even if you are planting bulbs in a pot, you should follow the rule of planting the top of the bulb three times its height deep. So, if your tulip bulb is 4 cm tall from basal plate to tip, the tip should be 12 cm below the soil surface when planted.

The planting depth helps insulate the bulb from variable temperatures when it is planted outside. When planted in pots indoors, the depth helps support the flower stem and prevents it from flopping.

For the best display, stack layers of bulbs with different bloom times, early, mid, and late spring, in the pot.

Be sure to have a layer of soil between each layer of bulbs.



*Deborah Maier
Calgary Horticultural Society*

The amaryllis and narcissus were wonderful this holiday season. Lots of bold bloom colour to cheer us up during these dark months.

Wouldn't it be nice to continue the bloom trend and have some early spring colour in our homes? For anyone

who did not get their spring blooming bulbs planted before Calgary got hit with the wintry weather this fall, here is an option for you—forcing.

Forcing is the term applied to the process of conditioning plants to bloom at a specific time.

It can be simulating conditions to get them to put on a spectacular show in our homes when they typically

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Having bulbs with different bloom times gives the pot a longer flower show.

However, if you have crocuses stored, it may be best to wait for the ground to thaw then plant them outside.

They often won't bloom until their second year, so they may not produce flowers in your pot. After potting up the bulbs, regardless of whether you are keeping them on the counter or putting them back in cool storage, water them thoroughly.

It is important to get the soil wetted to the bottom of the container, so watch for water to exit the drainage hole at the bottom of the pot.

If you want to plant the potted bulbs in the ground later, follow the same care cycle as those planted in the ground.

After the blooms have finished, place the pot in a bright spot outside. The leaves need to naturally die back.

They will stay green for a while, recharging the bulb, then turn yellow and die. At that point you can remove the spent foliage and plant the bulbs in the garden.

Plant them in with other bulbs as they may not bloom again until the bulb has fully re-energized. A common recommendation is to discard forced bulbs, but I think it is worth putting them in the ground.

I find my yard often has sprouts of unexpected blooms because I gave plants a chance.

To learn more about growing in Calgary, visit the Society's website calhort.org and join us on February 11 for Think Spring! It's a day of online learning to launch the gardening season.



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For 70 years, I've watched Calgary change

Recently Unison partnered with CBC Calgary and the Calgary Public Library to offer a personal writing workshop to seniors, hosted at the Kerby Centre. It's part of an on-going series of CBC workshops that support Calgary residents to tell their own stories. Read more about those workshops at cbc.ca/tellingyourstory.

Doug Margach's story came out of this workshop and first ran on cbc.ca/calgary.

Story by Doug Margach

My wife Wanda and I stand on the brow of a hill in northwest Calgary, near where our new condo is being built.

Looking west, we can see the now unusable ski jumps standing with the outline of mountains behind. To the south, the CFCN broadcast tower stands above the Douglas Fir Trail, while to the east, the Husky (a.k.a. Calgary) Tower is barely visible among the city centre skyscrapers. Only

to the north can the original bare prairie be seen rising up onto Nose Hill, although even this is obscured by high-rise apartment buildings and the University of Calgary campus.

It sure didn't look like this when I was a kid.

Seventy years ago, as a five-month-old baby, I moved into a brand new three-bedroom bungalow in Parkdale with my parents and two older brothers — not a tree in sight, a few dirt roads waiting for oil to keep the dust down, and the city limits of Calgary running down the road in front of our house.

At that point, this was called the North Hill. The hill was part of a farmer's field, where cattle wandered down to the Bow River. It was where the prairies met the foothills; where coyotes hunted rabbits and mice; where the cold north wind bit your skin, while the Chinooks eased you through the winter; and most of all, where the big, bright, blue sky would make any day of the year more beautiful.



Doug Margach stands between his two older brothers near their house in 1956. His youngest brother is to the left and 37th Street N.W. runs up the hill behind them. (Submitted by Doug Margach)

But things changed. Foothills Hospital took over the top of our toboggan hill. The cliffs we climbed disappeared when the Trans-Canada Highway replaced the wheel ruts at the top of 37th Street. Instead of a slough where my older brothers learned to skate, a developer built Stadium Shopping Centre.

Calgary has been in a hurry to become a major city.

Who else builds a major football stadium in 103 days? Why else would the Calgary Tower be erected in one continuous concrete pour over 24 days? Get rid of single family homes downtown, replace them with ever more office space, build bigger homes farther and farther out with high-speed "trails" to serve the new communities.

The '80s brought us the Olympics, a respite

from the commercial growth. But nonetheless, Olympic Plaza, the Saddledome, Canada Olympic Park and the Oval speed skating track all made Calgary into a bigger, more cosmopolitan city.

And leading the way in all of this: the oil booms. No longer were we just the home of the Greatest Show on Earth. The theme was set: grow, GROW!

The whole city changed — in many ways for the better. Two new universities, hospitals and now a major new cancer centre about to open. The city today is far more international, with economic, cultural and food influences from around the world. So many more options than the old Barney's Kentucky Fried Chicken!

And what about the

prairie? The fauna and flora adapted. We still see the coyotes hunting prey — which now includes the odd pet. The poplar trees still grow along the banks of the Bow River even as the beaver continue to clear cut when given a chance.

The urbanization of Calgary has only seemed to increase the number of northern flickers furiously rapping on the phone poles. And what pathway user has not seen huge numbers of Canada geese and goslings? Meanwhile, at the bottom of my hill, Parkdale has been transformed from a treeless prairie landscape into a vibrant inner-city oasis of tall trees, thick shrubs and two-storey homes.

Our new home — much smaller and less work than our split-level house — will soon be ready for us to move into. Just as the landscape has adapted, my wife and I are beginning our own process: down-sizing and recognizing both the possibilities and the limitations of our age.

Just as Calgary had to move on, so do we.

But I hope I'll still climb my hill regularly for a few more years. And I sometimes wonder, 70 years from now, will another generation look out and see both fragments of the past and new symbols of their modern age? Will they also think: that was good, but this is better?

I sure hope so.



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How to cope with the winter blues

Christie McCaw, BSW, RSW
Kerby News

One of my favourite things to do in the winter is curl up next to the electric fireplace in nice warm comfy clothes, with a hot chocolate and either read or reflect on my day while watching the flames flickering.

I love the beauty that winter brings with the soft white snow glistening on the trees, catching snowflakes on my tongue, seeing snowmen in yards and fields, and indulging a bit more in my favourite comfort foods.

At times I have thought my spirit animal must be a bear because I love the idea of hibernating and staying in a nice warm place for the winter and returning to the outdoors in the spring when the weather warms up.

I prefer the heat over the cold almost any day. Over the years, I have learnt about the winter blues, a wave of low emotions which affects about 15 per cent of the population in Canada, during the cold and dark days of winter.

There are many days I would rather stay in my dark room, under the sheets where it is warm and comfortable than get up and prepare for the day ahead.

I usually love being around others, but during the winter months, I find it challenging to muster up the energy to be around others and at times would prefer to be at home by myself.

Recognizing the impact of these low emotions and seeking support from trained professionals such as my doctor and mental health professionals has supported me in getting through the long winter months without falling into a depressive state.

Through the advice of my family doctor, I take additional vitamin supplements in the winter and ensure I am eating a well-balanced diet (not just my comfort foods) and drinking plenty of water. Other strategies have included setting a timer allowing me to stay in bed for just a little bit longer but then getting up and dressed when the timer goes off. Vitamin D from the sun is important and many people do not get enough during the winter months due to the shorter amount of daylight.

I open the curtains and blinds in the house to let in natural light and do my

best to go outside even for a short walk around the block for some fresh air and Vitamin D.

Connection with others and receiving social support are important concepts year-round but can be a challenge in the winter when people are less inclined to go out.

Some ideas to combat this are to make plans with a friend to go for a walk around the mall or meet for coffee in person or over the phone. You could also try cooking or eating a meal with a friend or family member on a video call if it is difficult to leave the house, join a support group to connect with others who are going through similar issues as yourself, and make

time to do the things you love and enjoy.

Another way to cope with the winter is to be prepared in case of an emergency.

It is important to check the weather before leaving the house to ensure you have the right items to bundle up and stay warm in cold temperatures.

Layering clothing is great so you can increase or decrease layers depending on the weather.

With each birthday that passes by, I worry a little more about slipping and falling and have realized I don't heal as fast as I used to. I wear the right footwear to go out and step a little more cautiously on the side-

walk or walking up or down the stairs, and always make sure I have a fully charged cell phone when I leave the house.

Every winter I ensure I have an extra blanket, pair of socks and gloves in my car, a water bottle and snack in my purse or backpack when I go out, and I will fill up with gas once I am just below half a tank.

I want to make sure I am as prepared as I can be if I were to become stuck in traffic or have to wait for a tow truck, which could be quite a while in unideal conditions.

We also keep a case of bottled water at home and some easy open, ready-to-eat soups just in case of an

unlikely power outage.

Since the weather can be unpredictable at times and the road conditions unideal for driving on, we also try to keep a few extra grocery items such as pasta and sauce, oatmeal, or extra cans of soup in the pantry so we don't have to go out when the weather is not ideal.

If you are struggling with mental health and the winter blues, please reach out to your family doctor for support or contact the Distress Centre (a 24-hour crisis line) for additional mental health support at 403-266-4357 (HELP).

I wish you all a warm and safe January!



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The origin story of Kerby Centre



*Andrew McCutcheon
Kerby Storyteller*

Kerby Centre is celebrating its 50th anniversary; five incredible decades of serving the seniors of Calgary.

For our anniversary, we are aiming to write 50 stories all trying to answer the question of what exactly Kerby Centre is, but to do that, it's important to go far, far back and start at the beginning to answer a different question: why is the Kerby Centre? That is to say, how and why did Kerby Centre form those 50 long years ago?

Before the Kerby Centre, there was an organization called the Seniors Citizens' Central Council of Calgary. It was representative of 10 organized senior groups within the city, with a membership that totalled approximately 4,000 people, and was formed in May of 1970.

According to historical documents – generously provided to the author by folks over at the University of Calgary Archives – the goals of the council were very similar to the goals Kerby Centre and Unison have today:

- “Improve the lot of senior citizens and ensure that their lives are more comfortable and meaningful
- To reach the unreached older people of Calgary
- To help provide services not supplied by any other agency
- To assist and encourage retirees to participate in community life and service”

To this end, the council conducted a massive survey of seniors and retirees in various areas across Calgary, in part conducted by the School of Social Welfare at the University of Calgary.

The results indicated much of what the council already understood about the needs and vulnerabilities of seniors back in the 70s – issues not too different from what older adults face today.

“[Seniors] suffer from neglect, minimum consideration, and most frustrating of all, lack of prior consultation in all matters affecting them,” a document reads. “Their talents and skills have been ruthlessly discarded.”

Moreover, the study indicated that the “delivery systems of those services in

existence are incompatible with the physical and psychological realities of retired people.”

The recommendation? Over two-thirds of respondents to the survey supported the creation of a multi-service centre for seniors in Calgary's downtown core – which would eventually become the Kerby Centre.

In the proposal for this centre, a huge number of available programs and services were planned. Some of them still form the backbone of the work Kerby Centre does today: information and advocacy, housing assistance, food services and personal counselling.

Other services, however, such as a proposed day care or minor physician services, would not make it further past the planning process.

As for a location? A municipal proposal, dated May 9 of 1972, indicates that the “Kerby Memorial Building, on the Downtown Mount Royal College Campus (and soon to be vacated) with some modifications, could serve a most useful purpose as a Seniors Citizens' Centre.”

The building was formerly the original Mount Royal College and is named after the First Principal of Mount Royal College, Dr. George W. Kerby – who's family and lineage we plan to cover in a later story!

The Kerby Centre was established at its present site in January 1973, 50 years ago this month, with the assistance of a volunteer board of directors, governmental funding and various grants, as well as the tireless work of one Patricia Allen.

Allen, who held the position of Kerby's chief executive officer for 35 years before her retirement.

[Allen] was a visionary, an innovative and creative leader whose contributions have enriched the lives of many Canadians,” reads her obituary from her passing in April of 2017. “Her concept was to create a place in the community, where seniors could come together to work together.”

To this day, Kerby Centre stands as evidence of the accomplishments older adults can achieve, the incredible things they create and the legacies they leave behind.

In Patricia Allen's own words, we are happy to say that Kerby Centre exists as a testament to “nothing about us, without us.”

The side defects of medication

Stew Perram
Humourist

Ouch!

The pain I experienced lay somewhere between excreting a sharp-edged kidney stone and naturally birthing a first child with a double-figure weight number.

Of course, I've never experienced either undertaking, particularly the latter since I am a dude, but if what I hear is true, these major body assaults ramp the ouch factor over the top. My hurt is like that.

The initial agony happened last evening during the simple act of bending down to pick up a penny.

To me, a penny is male, quarters and above are female. Nickels and dimes are neutral. Strange thinking, I guess; you could even call it odd. When I saw the heads-up coin on the sidewalk, Abe Lincoln's head seemed to be saying, "retrieve me for long lasting providence."

Whistling the Sinatra tune, Luck Be a Lady Tonight, I bent down to pluck some luck. I often pick up wayward coins with the hope that my fortune would be focused toward only positive things. A superstition, perhaps, but why risk it. The ugly irony was that the stoop for luck became a stooping lame duck.

After gathering the penny, I shifted to the upright position and zing went the sting in my back. I cried out something like "arrgg" and caught my breath, my whistle stifled. I couldn't straighten out and basically stumbled home like a crippled old guy, sans walker.

I threw the so-called lucky copper talisman away in disgust. Collapsing to the floor at home, I lay quietly for a few minutes to

ease the discomfort and settle the trauma.

The origin of the excruciating stab was my lower back. Days later the acute pain became a not-so-cute dull ache.

My gait was ape-like. It was time to see a doc. I hobbled down to the clinic and had an assessment. After questions and body-probing I was sent for spinal X-rays to rule out anything sinister. I left the clinic with the words rule out and sinister screaming in my consciousness. I researched the word sinister. I found it in the dictionary nestled between hypochondria and worry and it was defined as, threatening or foreshadowing evil or tragic developments.

The three-day period of uncertainty waiting for test results was not a joyful occasion. Since I had limited movement, it gave me time to contemplate my out-of-date will and plan my memorial service, just in case. I found my Protective Angel Lapel Pin to provide spiritual help.

This was not a fox-hole conversion for me. I've always believed in God, the help angels could bring. My only concern, the pin was made in China. This is a country that is steeped in Buddhism and has a Christian population of less than a few percent. Would this impact the pin's power to heal? Did Buddha have angel support?

The calendar finally absorbed the three days that seemed like thirty and I returned to the clinic. Good news and bad news awaited me.

No threat of my early demise but there was evidence of gentle degradation of an aging spine. They called it degenerative osteo-something; I didn't catch the name because I

was caught up in the doc's opening statement, "nothing ominous here!"

The curative recommendation was physiotherapy with an initial regimen of medication. My happy whistle returned and, uncomfortable as I was, it could have been worse. I stopped at the pharmacy to fill the prescription, apparently a capsule combination of pain killer and anti-inflammatory drug called Diclofenac.

The name could have been spelled backwards and the jumble of vowels and consonants would still be Greek to me, (i.e., Canefolcid). In fact, the name looks more correct reversed. Nevertheless, a name by any other name would heal as sweet, I thought.

So, now it is time to open the medicine bag. I extract the container of suppository-size pills and a copy of medication tips called Caring for You. Please read carefully, the heading says. The pamphlet is arranged in four topics, Common Uses, How to Use This Medicine, Cautions and Possible Side Effects.

Okay, I'm thinking. I'll read this carefully as directed but decide to pop a capsule first to get the healing action started. I gulp one down and begin to read.

The Common Uses and How to Use This Medicine sections clearly state that this medication is used to relieve the kind of symptoms I was complaining about and should be taken with food and not chewed; so far, so good except, dang, I didn't eat before I took the pill.

The Cautions section has a lot of detail, more than 200 words. I realize that the devil is truly lurking in the detail. Some of the words are

in upper case font, like, THIS MEDICATION INCREASES YOUR RISK OF SERIOUS STOMACH OR BOWEL PROBLEMS. My tummy starts to rumble and I'm definitely not ready to rumble. I'm unsure if this distress is caused by a lack of eating issue or psychosomatically-induced. I munch an apple, and then read further into the alternating font cautions. The risk list is growing exponentially.

Possible heart attack and stroke may occur. Severe rash, hives, breathing difficulties and dizziness are discussed; also, tightness in the chest and swollen eyelids, face and lips. I begin to feel queasy.

Deeper into the written rant, possible failure of blood counts, liver and kidney functions and diabetes onset appear in warning sentences.

More tummy churn. I can't believe I have not actually made it to the Possible Side Effects section yet. There is some headlined good news.

THIS MEDICINE IS EXCRETED IN BREAST MILK. DO NOT BREAST-FEED WHILE TAKING THIS MEDICATION. Yes! I can erase this risk since I don't have lactating breasts. I do focus on the message, DO NOT OPERATE ANY MACHINERY THAT COULD BE DANGEROUS. I wonder if that pertains to appliances like a microwave, coffee maker or a heart/lung machine. I skip past elevated blood sugar levels and bleeding ulcers to the end of the section.

Whew! I do a quick body functionality self-check. My breathing is regular but the heart rate is pushing triple digits and my blood pressure

feels like it is bursting its numbers.

I wish I hadn't taken the pill before reading the handout from hell. I decide to move on to the last section, affectionately titled, Possible Side Effects.

What more could there be? I deliberate as my eyes train down to the Side Effects paragraph. It contains another 150 words of information and starts with gas and heartburn. Now we're getting to the guts of the pamphlet. Thank God the prologue is over.

This segment continues innocently enough. Things that may go away include nausea, diarrhea (lasting longer than one week), constipation (lasting longer than one week), dizziness, drowsiness and headache. Now wait a damn minute!

Doesn't one week of diarrhea fly in the face of one week of constipation? Something down the middle would work. That would make it a wash. On the other hand this event would require a wash. I'm not thrilled about gas and heartburn. Drowsy is okay - I do like sleep. The nausea is already in play.

What's left, I wonder? Reading on I note that unusual bleeding, bruising, loss of appetite and weight, hearing problems, weight gain and sharp or crushing chest pain may arise. Once again I'm confused. How can there be weight gain and weight loss at the same time? I'm thinking weight neutral is the result so I'm not concerned. The crushing chest pain would suck. Also unusual bleeding would be a concern even though the particular orifice sources aren't identified.

Continued on page 18

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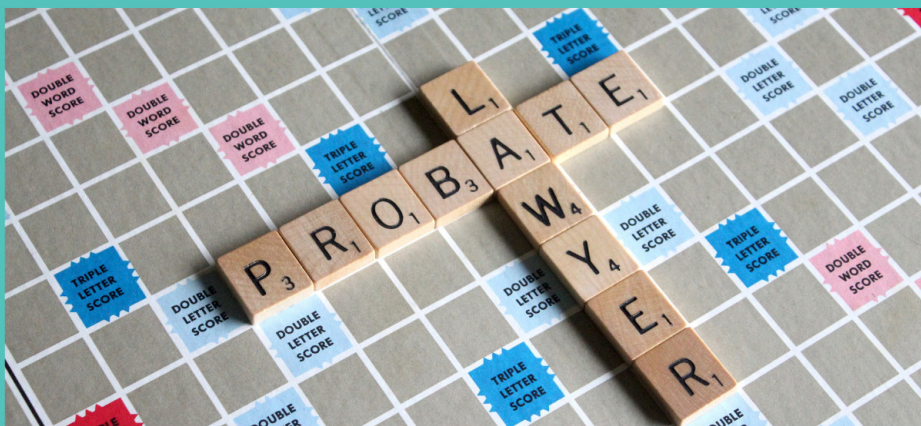
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Money sometimes feels overwhelming. It doesn't have to. Here are some tips to help:

Track your spending

Budgets are like dental floss. Boring, and sometimes a little painful. They're also easy to do and worth the effort.

Know what your take-home pay is each month. Subtract the amount you need to commit to basics like housing, food and other obligations.

What's left can go in one of two directions – in or out. Decide what you want to save each month and do your best not to spend it.

Credit cards are convenient, and a useful way to build a credit rating. If you can pay your full credit card balance each month, you won't have to pay interest in addition to the amount you've borrowed.

Expect the unexpected

If the 2020s have taught us anything, it's

that life can go sideways in a hurry.

Jobs can be lost, sometimes with little or no warning. A serious illness or injury can also put you out of work. For most of us, any one of several scenarios could mean real financial difficulty.

So, it's important to manage these risks with the right insurance coverage. If you can build one, an emergency fund is also valuable.

Look ahead to your retirement

We live in a country that combines the freedom to create a financial life for ourselves and our loved ones, with programs that can provide assistance.

Understanding how these programs work helps ensure you're covering what you need to with your personal savings, insurance and investments.

The Canada Pension Plan (CPP) is an example. It's designed to provide you with a portion of your retirement income, in addition to what you can save elsewhere.

If you are at least 60 and have made one or more valid contributions, you qualify for CPP benefits. CPP Investments manages the Fund in the best interests of the CPP contributors and beneficiaries. With more than \$523 billion (as of June 30, 2022), the Fund is sustainable for the next 75 years.

There is real value in maintaining a long-term perspective. The more you're able to think about money priorities over your entire adult life – as well as your immediate income and expenses at any given time – the more successful you'll be in building real financial wellness for many years to come.

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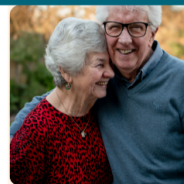
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News Canada

Medicine Hat

PROGRAMMING

Happy New Year from Veiner Centre!

By Cori Fischer
Veiner Centre Director

With a new year comes many new possibilities and exciting opportunities. We are looking forward to another great year with our members and supporters.

As I look back at 2022, I cannot believe how much we have achieved in our first full year of operations out of Veiner Centre.

We opened the Centre on Tuesday and Thursday evenings for activities. We started to serve supper on Tuesday evenings and we are looking forward to serving supper on Thursday evenings

starting this month.

We added new activities like darts, poker, and pinochle.

Fitness activities have been so well attended, we expanded our number of classes. DILLS has returned to the Centre on Wellness Wednesdays.

And we welcomed Elder Abuse Case Management services, which are now based out of the Centre.

Looking to the year ahead, we are excited to continue expanding our activities and programs. We will have some new faces and services coming in March which will help to support our 50+ population.

Watch for our exciting announcement about these new services in February. We are continuing to work on the Bistro patio so it will be ready for spring. New tables, chairs, and umbrellas along with flower planters and other décor will be added to create a beautiful space to visit and soak in some sun.

Focusing on the present, staff and volunteers are thrilled to spend time with our members and see all the smiling faces, each and every day.

We wish you the very best in 2023! Happy New Year!

Volunteer spotlight!



Happy New Year from Dot! our volunteer of the month for January. Dot has been a volunteer for over 17 years and first started to keep active after she stopped working.

Dot is a cashier in the Bistro, and helps with baking, cleaning, laundry, and anything and everything else that needs to get done.

She creates and do-

nates beautiful Christmas crafts and delicious chocolate Santa sleighs to Veiner Centre every Christmas.

Dot loves her seniors and has enjoyed helping them all her life. She says she volunteers “to keep myself out of trouble.”

She likes country music and any kind of food. Dot most relates to the Energizer Bunny because they both keep going and going and going!

Her personal motto is to “live your life as if today is your last day.” Dot has a great sense of humour, lovely smile, and a holiday outfit for every occasion!

Thank you, Dot, for your many years of service and your commitment to our Centre!

Walking in a winter wonderland!

By Angela Dunn

Brrrr! Time to break out the toques, gloves, snow shovels and ice scrapers. With the first big dump of the winter season now fresh upon the ground, it is time for us all to head outside to work on our sidewalks and driveways. We all know the importance of keeping walkways clear of snow and ice. We all want to make walking outside as safe from slips and falls as possible both for ourselves and our neighbours.

As Canadians, we have a strange sense of pride in our frosty winter labour, but we also need to be aware of the potential health risks involved with snow shovelling.

A study published in 2017 in the Canadian Medical Association Journal confirmed that

there is correlation between heavy snowfalls and heart attacks that lead to death or hospitalization. In Quebec alone, over the course of 33 years, 65,000 people died from cardiac arrest and 128,000 were hospitalized during or after heavy snowfalls. Showing that we need to pay special consideration to how we are going about this necessary chore.

One of the reasons that snow shovelling is so risky, is because we do not tend to do any ‘pre-game’ warm-up. We head straight out into the cold, which increases your blood pressure, and begin, for all intents and purposes, weightlifting. Depending on the amount of moisture in the snow and the amount of snow itself, we can be trying to lift and shift six to sixteen pounds with each shov-

elful. This extra exertion, especially if you are not physically fit or have a family history of heart disease, could create the kind of situation that ends in a heart attack.

‘An ounce of prevention is worth a pound of cure,’ as the saying goes. So, what can you do to help prevent a heart attack during snow shovelling?

1. If you have lots of snow to shovel, break it up into smaller parts and take breaks between each section. Warm up and stay hydrated during breaks

2. It is recommended to shovel snow in the afternoon or evening rather than early morning

3. Before you start, take five to ten minutes to stretch out your muscles and avoid shovelling on a full stomach

4. Dress in thin, breathable layers to keep

from overheating

5. For those who are older or at risk for cardiac issues from other factors, consult with your doctor before you begin

Finally, for those who are not able to shovel their own walkways, what happens? For many of our senior or mobility-challenged neighbours, the first major snowfall of the season can bring an end to their independence. More of our community elders are living in their homes for longer, but they need assistance to be able to do so. A wonderful way to help is by becoming a Snow Angel.

In Medicine Hat, the Veiner Centre Volunteer Department will match a kind-hearted individual with a senior from their neighbourhood.

In Calgary, please visit www.calgary.ca/volun-

teer/snow-angels to find out how you can help in your community.

By sharing your time and effort, you will be helping to prevent feelings of loneliness and isolation. Your labour of love will allow a lower income senior to safely leave their home and continue to meet up with friends, go grocery shopping and get to medical appointments. It will also assist in the prevention of falls, which comprise 85 per cent of seniors’ injury-related hospitalizations.

Whether you are clearing your own walks or being an ‘Angel’ for someone else, please practice extra caution this winter season and put extra marshmallows in your cocoa.

You deserve it!

Veiner Centre Activities

What's Happening in January

Hours of Operation: Monday, Wednesday, Friday 9am - 4pm, Tuesday & Thursday 9am - 9pm

Mondays

Quilting
Craft Room | 9am

Board Games
South MP | 9:30am

Canasta
South MP | 12pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am

Chess
North MP | 9am

Silver Song Group
Craft Room | 1pm

Crib
South MP | 1pm & 6pm

Duplicate Bridge
North MP | 1pm

Bridge
North MP | 6pm

Board Games
Dining Room | 6:30pm

Darts
Games Room | 6:30pm

Wednesdays

Mahjong
South MP | 9am

Bocci
North MP | 9:30am

Veiner Centre Choir
Craft Room | 10am

Member of Constituency
Boardroom | 11am

Bridge Lessons
South MP | 12:30pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am

Jam Session
South MP | 9:30am

Canasta
South MP | 12pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

BINGO
Boardroom | 2pm

Norwegian Whist
South MP | 6pm

Darts
Games Room | 6:30pm

Poker
Boardroom | 5pm

Fridays

Quilting
Craft Room | 9am

Mahjong
South MP | 9am

Canasta Lessons
North MP | 10am

Kaiser Club
Dining Room | 1pm

Duplicate Bridge
North MP | 1pm

Mexican Train Dominoes
South MP | 1pm

Stitch & Laugh
Boardroom | 1pm

Presentations & Events

Visit the Courses & Events section of our website for more info!

January 3

"Ask An Advisor" - Craig Elder, RBC Dominion Securities
10:00am | Boardroom

January 3 & 17

Singer & Songwriter Circle
6:45pm | Craft Room

January 10

Alzheimer Society Care Partner Support Group
1:30pm | Boardroom | Register with Kristel (403) 528-2700

January 11

Lifeline Presentation
11am - 12pm | Boardroom

January 12

Counselling Services with Ben Feere
9am | Registration Required

January 13 - 15

Scrapbooking Fanatics
Starting at 4:30pm on the 13th | Registration Required

January 18

Parkinson Association Support Group
12pm | Boardroom

January 27

Book Club
10am | Boardroom

Wellness Wednesdays

January 4 | CMHA - Is your mind full or is it mindful? | Boardroom | 9:30am

January 4 | Movie Matinee with popcorn
"Machine Gun Preacher" | South MP | 2pm

January 11 & 18 | Tech Connect Seniors
10am | Boardroom | Registration Required

January 11 | Chair Based Exercise Video
Craft Room | 2pm

January 18 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

January 18 | Revera Rocks! With Mariah
Craft Room | 2pm | Registration Required

January 25 | Coulee Creek Outreach Clinic
Boardroom | 1pm - 4pm | Registration Required

**Veiner Centre will be closed
Friday January 20th for a
staff team building event.**

**To Register for Events,
Classes & Programs
please call (403)529-8307 or
visit us at Veiner Center**

Strathcona Centre Activities

What's Happening in January

Hours of Operation: Monday to Friday 9am - 4pm

Mondays

Beginner/Improver Line Dancing - 9am
 Table Tennis - 10am
 Chair Yoga & More 12pm
 Pickleball - 1pm

Tuesdays

Pickleball - 9am
 Fun & Fitness - 10am
 Solid Gold Fitness - 11:45am
 Pickleball - 12:30pm
 Floor Curling - 2pm

Wednesdays

Absolute Beginner/Beginner Line Dancing - 9am
 Table Tennis - 10am
 Mind & Body - 12pm
 Pickleball - 1pm

Thursdays

Pickleball - 9am
 Fun & Fitness - 10am
 Pickleball - 11am
 Silver Steppers - 1pm
 Floor Curling - 2pm

Fridays

Pickleball Lessons - 9am
 Table Tennis - 10am
 Hatha Yoga - 12pm
 Pickleball - 1pm

Fitness Class Spotlight

High Beginner/Improver Line Dancing

9am - 9:45am | Mondays
 January 9 - February 27 (no class Feb. 6)
 FREE

Chair Yoga & More

12pm - 12:45pm | Mondays
 January 9 - February 6
 Members: \$18 | Non-Member: \$50

Solid Gold Fitness

11:45am - 12:30pm | Tuesdays
 January 10 - February 7
 Members: \$18 | Non-Member: \$50

Fun & Fitness

10am - 11am | Tuesdays & Thursdays
 January 10 - February 16
 Members: \$30 | Non-Member: \$80

Absolute Beginner/Beginner Line Dancing

9am - 9:45am | Wednesdays
 January 11 - February 22
 FREE

Qigong & Chair Yoga

12pm - 1pm | Wednesdays
 January 11 - February 8
 Members: \$18 | Non-Member: \$50

Silver Steppers

1pm - 2pm | Thursdays
 January 12 - February 9
 Members: \$18 | Non-Member: \$50

Hatha Yoga

12pm - 1pm | Fridays
 January 13 - February 10
 Members: \$18 | Non-Member: \$50

Evening & Weekend Pickleball

Tuesday & Thursday Evenings:
 6:00pm - 8:00 pm

Saturday & Sunday Afternoons:
 1:00pm - 4:00pm

Fitness Centre Services

Free Fitness Orientations and Assessments

FitPlus members can work with our volunteer certified fitness coach to develop a fitness plan to meet their needs and goals.

To check eligibility and to book an appointment, please call 403-529-8364.

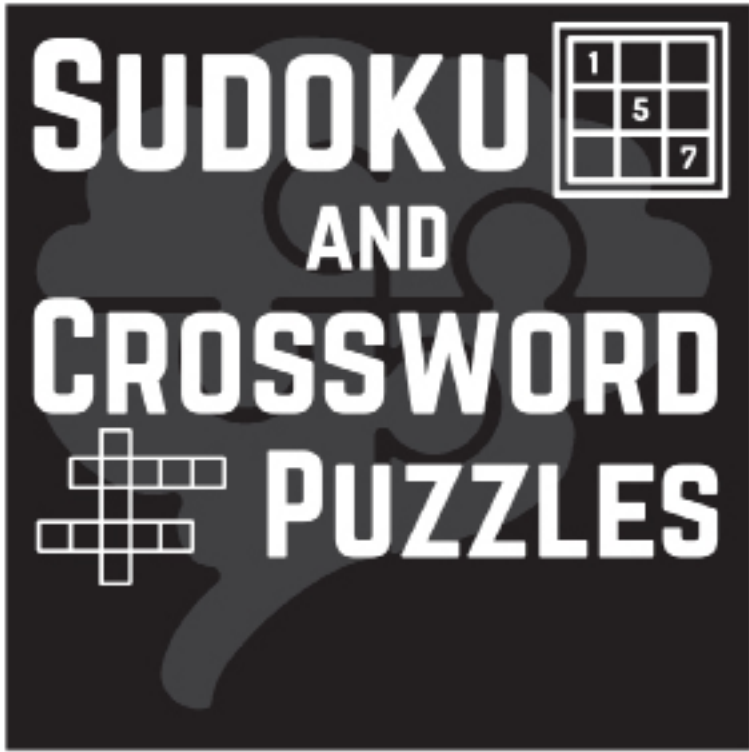
Fitness Online

Drum Fit - Zoom Class

Every Thursday at 10:15am be prepared to have some fun and work up a sweat! All you need is a pair of drumsticks (or substitute wooden spoons or dowels), a yoga ball and (or substitute a smaller ball), and a 17-gallon bucket (or substitute a large pot or clothes basket).

To register, please contact Henrietta Fisher, Education & Recreation at 403-705-3233 or henriettaf@kerbycentre.com

To Register for Events, Classes & Programs, please call (403)529-8307 or visit us at Veiner Center



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

Side Defects

Con't from pg. 13

There are still more words, that is worrying; supplementary events such as sudden shortness of breath, abrupt leg pain, sudden severe headache, vomiting (that looks like coffee grounds), fainting, blurred vision problems, cracking and peeling skin and numbness.

I am beginning to feel weird and I stand to catch my breath. This rambling can't be serious but the pharmacy did provide these data so they must be official.

I resolve to finish my captivating read. Incredibly there is more. Hmm, let's see, we left off at numbness. The final set of potential ailments include dark urine production, blisters, skin yellowing, right-sided tenderness, severe tiredness, fever, chills, itching, sore throat, swelling of ankles and feet, difficulty swallowing, hoarseness and finally black tarry stools.

Whoa! I almost fall off my stool with the last one. The section concludes with a commanding, IF YOU HAVE ANY OTHER EFFECTS NOT LISTED CALL YOUR DOCTOR. Are you kidding? What other symptoms are possible?

The good news, there is no mention of lower back pain. This differs from the medication irony I recently experienced where the drug I took to prevent frequent wake-up episodes, due to urinary pressure, had insomnia as its primary side effect.

If I survive the recently consumed tablet, I will forego the medication for now and focus on physiotherapy. The side effects may not be as onerous, but who knows. I'd better read them too.

PREMIER Crossword

By Frank A. Longo

WHY A JAY?

ACROSS

- 1 Conga cousin
- 6 "Ho-hum" feeling
- 13 Old Toyota coupes
- 20 "Tosca" tunes, e.g.
- 21 Dodgy
- 22 Hat with the brim turned up on three sides
- 23 The choosing of cosmonaut Gagarin?
- 25 Its capital is Tallinn
- 26 Border of Utah and Idaho, e.g.
- 27 Primo pitcher
- 29 Of higher rank
- 30 Cooks in fat
- 31 Sign that an egg may have gone bad?
- 35 Listed from memory
- 38 Felt sorry for
- 39 King-size tub
- 40 Santa — (hot desert winds)
- 41 Distributed, with "out"
- 42 Pamper
- 46 That guy over there with the famous signature?
- 50 Indian dress
- 51 Round figure
- 52 High trains
- 53 Real stunner
- 54 Writer known for twist endings
- 57 Chimney duct
- 58 Possible result of a computer crash
- 60 Key with no sharps or flats
- 61 Side street
- 62 Given "four years at a New Haven university" as punishment for a crime?
- 65 Painter Max
- 68 Frigid epoch
- 69 University near Fort Worth
- 73 Water, in Cuba
- 74 "Ars — artis" (MGM motto)
- 75 "I'll do it," in radiospeak
- 76 '16 Olympics city
- 77 Major conflict
- 78 Dirt in a 57-Across
- 79 Lemon-hued growth on old bread?
- 81 Suspend, as a meeting
- 83 Certain British noble's domain
- 86 Kind of sword
- 87 "Notorious" Supreme Court inits.
- 88 Vintage Ford
- 89 People using swearwords
- 92 A typical casual greeting?
- 96 Bagel centers
- 97 Lena of song
- 98 Angry feeling
- 99 Food-packing plants
- 103 "Tail cone," for "Lance Ito"

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
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23					24							25								
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92	93	94																		
97									98									100	101	102
103												105	106	107	108					
109																				
112																				

- 105 Shaggy ox that's a baseball mascot?
 - 109 Floral decoration
 - 110 Satan, with "the"
 - 111 Philosopher Kierkegaard
 - 112 Printing machines
 - 113 Loathes
 - 114 Telling signs
- DOWN**
- 1 Articulates
 - 2 In — (mired)
 - 3 Hollywood's Sorvino
 - 4 Angler's chum
 - 5 Put forward
 - 6 Proved false
 - 7 Kilns, e.g.
 - 8 Go really fast
 - 9 Winter hrs. in Fla.
 - 10 Twice CCLI
 - 11 Lacto- — diet
 - 12 Threatened hostilely
 - 13 Sword metal
 - 14 Surgery sites, in brief
 - 15 Scholarly group
 - 16 Devoted attendant
 - 17 Many a sonata finale
 - 18 Disney mermaid
 - 19 Sarcasm, informally
 - 24 Writer Wiesel
 - 28 North Atlantic catch
 - 31 Pig's grunt
 - 32 Bouquets-to-order co.
 - 33 "Pshaw!"
 - 34 Egg producer
 - 35 Having light beams
 - 36 — Gay (WWII plane)
 - 37 Have the capacity to, to Shakespeare
 - 38 Treaty
 - 41 Indoor tabby
 - 42 Tote bag
 - 43 See 93-Down
 - 44 Correct
 - 45 Comply with
 - 47 More skilled
 - 48 Gas in lights
 - 49 Strong alloy
 - 50 In a snobbish way
 - 54 Psi follower
 - 55 Camouflage
 - 56 Doc treating apnea
 - 57 Hightail it away
 - 59 Perplexed
 - 60 Certain palm berry
 - 61 Give the OK
 - 63 Take-home
 - 64 Former BP gas brand
 - 65 H2O, to a tot
 - 66 "Yipes!"
 - 67 — Khalifa (Dubai skyscraper)
 - 70 Overused theme
 - 71 OPEC ship
 - 72 Center points
 - 74 Big ravine
 - 75 Traveled
 - 78 Undermines the power of
 - 79 "Seize the day" acronym
 - 80 Ship dining place
 - 82 "Navel" fruits
 - 83 Just missed parring
 - 84 Suffix with fruit names
 - 85 California's Marina del —
 - 88 Do injury to
 - 89 Rabbits
 - 90 Elbow-to-wrist bone
 - 91 Appear to be the case
 - 92 Twyla of choreography
 - 93 With 43-Down, list of superb students
 - 94 Expunge
 - 95 Singer LeAnn
 - 96 "In case you — noticed ..."
 - 99 Corp. money honchos
 - 100 As to
 - 101 Idyllic garden
 - 102 IRS form IDs
 - 104 Enjoyed food
 - 106 St. crosser
 - 107 First-aid —
 - 108 Bullring cry

In-Person Kerby Centre Activities

What's Happening in January

In-Person Weekly Drop-In

Mondays

Knitting for a Cause - 10AM (2nd & 4th of month)

Mahjong - 10:30AM

Live Well Be Well Conversations - 11AM

Pickle Ball - 2:30PM

Tuesdays

Recorder Group - 10AM

Memory Writing - 1:30PM

FREE Food Market - 10:30AM to noon in the Kerby Gym

Wednesdays

General Craft Group - 9AM

Men's Shed - 10AM

Weekly Dance - 1PM

Cribbage - 1PM

Thursdays

Artist Group - 10AM

Kerby Centre Tours - 10:30AM meet in the Café

Pickle Ball - 2:30PM

Fridays

Krazy Carvers - 10AM
Spanish Conversation - 10AM

FREE Food Market - 10:30AM to noon in the Kerby Gym

Tech Help - 11AM

Badminton & Ping Pong - 1:30PM

English as a Second Language - 1:30PM



Kerby Travel

Banff Snow Sculptures and Vermillion Lakes View Point

Wednesday, January 25th, 2023

Member : \$70 Non-member: \$100

Cut-off Date: January 11, 2023

*Includes bus transportation by Universal Coach

*Bring own lunch (not included in trip price)



Kerby Travel

Jubilations Dinner Theatre—Play is Mamma Mio

Tuesday, February 7th, 2023

Time: 10:00am-2:00pm

Member price: \$64

Non-member price: \$94

Cut-off date: January 23, 2023

Includes 3 course lunch and play



Need help figuring out your benefits or filling out a housing application?

Make an appointment with our Information Resources Department.
403-705-3246

Wellness Connection Centre

GRIEVING Together

Have you lost a loved one, and are looking for support? Our group counselling program will help you to rediscover yourself after loss, learn skills to start enjoying and living your best life, again.

Register today to meet others who have experienced loss in a safe, supportive empathetic environment.

To register please contact Lola at 403-234-6566 or lolaf@kerbycentre.com

To Register for Events, Classes and Programs please visit our Active Aging Section on our website, call us at (403)705-3233 or visit us at Kerby Center on the third floor.



In-Person Kerby Centre Activities

Class Spotlight

A Taste of Drama
Friday, Jan 13 – Mar 24 | 11:30AM – 12:30PM | Kerby Centre

Gentle Fitness
Tuesday, Jan 10 – Feb 14 | 10AM – 11AM | Kerby Centre

Sign Language: Basic
Monday, Jan 16 – Feb 27 | 10AM – 11AM | Kerby Centre

Mandarin for Beginners
Thursdays, Jan 12 – Mar 30 | 2:30PM – 4:30PM | Kerby Centre

Drawing (Intermediate)
Tuesdays, Feb 28 – April 4 | 10:30AM – 12:30PM | Kerby Centre

Memory Writing
Every 3rd Tuesday of the Month
1:30PM – 2:30PM | Kerby Centre

Information Resources

We will do your Income Tax For free!

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

Income limit: \$35,000 per year for single or \$45,000 per year for a couple (combined income)

*Please note: We do not prepare tax returns for self-employment, business/rental income, capital gains/ losses/bankruptcy.

To schedule an IN PERSON/VIRTUAL/DROP OFF appointment Call : 403-705-3246

On Location Free Food Markets

Parkdale Nifty Fifty Association (NW)
Jan 10 | 11AM – 12PM

CARYA Village Commons (SE)
Jan 11 | 1PM – 3PM

Bow Cliff Seniors 50+ (SW)
Jan 19 | 11AM – 12PM

Northminster United Church (NW)
Jan 25 | 1:30PM – 3PM



Did you know we do tours of Kerby Centre?

Leaving from the Kerby Café every Thursday at 10:30AM



Broom Making Workshop

Learn how to make your own Hand-Woven Heritage Broom

B23 Monday Feb 6
10:00 – 4:00pm Room 305

B24 Tuesday Feb 7
10:00 – 4:00pm Room 305

B25 Wednesday Feb 8
10:00 – 4:00pm Room 305



Next 2 New Boutique 1/2 Price Sale
January 16th – 20th

Active Aging Craft Sale

Thursday, January 26th 2023
10:00am – 1:00pm
Kerby Centre, Dining Room
Selected items 50% off!



Unison Online

Online Weekly Activities

Monday

Fitness with Dan - 9:30AM

Chair Yoga - 2PM

Tuesday

English as a Second Language - 10AM

Tai Chi - 1:30PM

Wednesday

Men's Shed - 11AM

Thursday

Yoga for you - 9AM

Drum Fit - 10:15AM

Friday

Muscle Strength & Core Balance - 11:30AM

Presented With The Support
Of An Education Grant From

sanofi



Healthy Aging & Prevention of Infectious Disease

Online Presentation

Presented By Dr. Mary Szabo

MD, Family Physician

Monday, January 16th

10:30 am to 11:30 am MST

Free Registration at

unisonpresentsimmunizationandhealthyaging.eventbrite.ca

To Register for Events, Classes and Programs please visit Kerby's Active Aging website, call us at (403)705-3233 or visit us at Kerby Center on the third floor.



*Upcoming
Weekly Specials
December 2022*

Kerby Cafe is open for
breakfast and lunch,
Monday to Friday
8am-2pm.

Follow us on Facebook and Instagram
[@kerbycafecatering](https://www.instagram.com/kerbycafecatering)

Jan 2 - 6 :
Kimchi Fried Rice with Bacon
and Egg

Jan 9 - 13 :
Beef Meatball Subs

Jan 16 - 20 :
Smokey Sausage Casserole

Jan 23 - 27 :
Pulled Pork Sandwich

Jan 30 - Feb 3 :
Chicken and Butternut Squash
Pasta

*menus are subject to change
without notice due to product
availability.

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

FOR SALE

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

One cemetery plot in the "Garden of Everlasting Life" at Mountain View Memorial Gardens One casket or two urns. \$2,000. Call or text Shari-Lynn @ 403-318-0788.

Golden Maxi Comfort Powerlift and recliner chair. Used but like new. \$2100.00

Excellent medical chair for those with mobility challenges so you can sit, recline and stand up with ease. Please contact Sara at 587-350-0907

Travel buggy, folds down flat to 60 lbs, brand new condition, hardly used. Bought from Co-Op Health for \$3,899, looking for \$3,500 OBO.

Call Elsie @ 403-875-1065.

Retired person required for dog sitting in our home for occasional periods when we are out of Calgary. This paid employment will be for several days at a time, up to a week. Chosen person will love the company of dogs and will be able to go outside to play ball or frisbee once per day. 403-850-6540

The TravelScoot's frame and complete seat weigh 30 lbs combined. Add your choice of lithium-ion battery and the total weight of the scooter ranges from 33-34 lbs! Simply put, this is hands-down the world's lightest electric mobility scooter. Our scooter frames are designed to be the lightest and most portable conceivable. Need more room in your vehicle? Just remove the front wheel with the quick push of a button and reduce the weight of the frame to 21 lbs! At just 6 lbs, the TravelScoot seat assembly is easy to handle and can be broken down easily for those in need of extra cargo space. The patented yoke can now accommodate riders with a height of 4'1-6'11 Price \$2,500 OBO Call 403 651 2169

To Give Away – Please Call 403-860-6153

1. One (1) Hospital bed. Older style. No rails. Head and leg placement remote. Like new

mattress.

2. One (1) Shower chair.
3. Two (2) High rise toilet seats.

For Sale – Please call 403-860-6153

1. One (1) Pride Go-Go Sport 4 Wheel Travel Scooter. Purchased new. Used for four months. Never been outside. Interchangeable red and blue panels. Asking \$1,800.00.

2. One (1) Reclining Lift Chair. Purchased new. Heat and massage remote. Asking \$300.00.

Fully mechanized hospital bed and mattress purchased July 2021. Used 10 months.

Vendor's description: ETUDE-HC Homecare Bed 86.5"L X 40"W with ESVR-1823 VERSO Side Rails

SRS 2080 GLISSANDO Gliding Mattress with stretch cover and high-density foam filling to minimize development of pressure ulcers. 80"L X36"W X 6"H. Height range 8-26". 8 function hand control with lockout options Warranty: frame 5yr, actuators 3yr, pendant & electronics 2yr. Mattress: foam 8yr, cover 4yr. Asking \$2500 obo. Location, Varsity Acres. Call Colin @ 403 288 2908 or Cara @ 780 271 5665 for pictures.

Pro Bed, moves those with paralysis over the night to prevent bedsores. Worth \$30K selling for \$5,500. Call Michelle @ 403-968-3720

Never used harmony high low medical bed with rails and mattress. Adjusts at head and foot and entire bed lifts for ease of caregiver.

Massage function, sleep timer, has floor light for

safety at night.

Was 3,900 new, selling for \$3,300. Never used. Call Maureen at 587-439-2055

CROSSWORD SOLUTION

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

SUDOKU ANSWER

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



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

Interested in joining the Kerby Assembly Board of Directors?

Kerby Assembly is governed by a ten-person Board of Directors and we are looking for new Board members

We are looking for candidates who have *passion* for issues facing older adults and experience in:

- Not-for-Profit Board Governance
- Public Relations including Communications and Media
- Organizing and promoting large scale events such as Golf Tournaments, Galas, etc.
- Legal issues including those faced by the Not for Profit Sector.

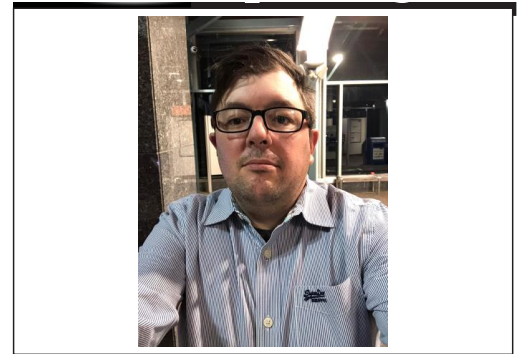


For more information and details of the application process please email careers@kerbycentre.com

Love to write? Have a story to tell?

We want you!

The Kerby News is looking for volunteer writers! For more information on how to get involved, contact our editor at andrewm@kerbycentre.com



Adam Pilon

Adam Pilon is a fantastic, dedicated volunteer in the Education and Recreation (Now Active Aging) Department here at what is officially Unison at the Kerby Centre! Adam first started volunteering at Kerby Centre in September of 2021.

Adam first came to Kerby Centre because it was "A great way to give back to the community. I like the friendly staff and people, and each time volunteering I'm always learning new things." Adam keeps coming back because he "was here to gain experience to add to my resume that turned into an amazing volunteer position at the Kerby centre to continue to do for future." Adam really enjoys the friendly staff and happy people at Kerby Centre.

Regarding his hobbies, Adam says "I like going to Roughnecks games and Flames games with friends or the odd shopping trip as well as going on a ski trip or going for a nice walk. I also love to cook for others and travel the world. Adam chose to tell us about his favourite family vacation: "My favourite family vacation was when we went to Japan in 2019 before the pandemic for 2 weeks, or when the whole family went to Hawaii Christmas Day."

So far, Adam has contributed over 147 hours.

Thank-you, Adam, for all you do for the Kerby Centre!

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What is Unison?

The world has changed and we're changing with it.

Kerby Centre has had to adapt, innovate and overcome during the past turbulent years of the COVID-19 pandemic.

We've gone above and beyond in our mission: To support older adults to live well in their community. We're beyond what we used to be, not only expanding our influence and growth locally at Kerby Centre, but beyond to the Strathcona and Veiner Centres in Medicine Hat.

These centres are buildings — places of community, joy and assistance — but we're moving beyond just a centre, beyond just a building.

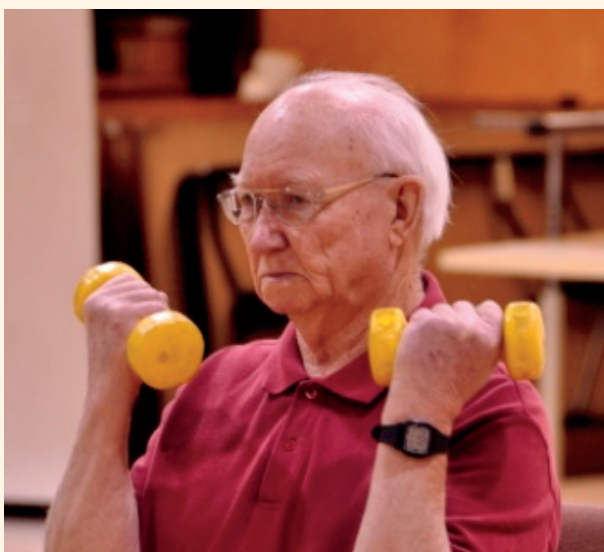
We're so please to reintroduce ourselves under a new name and a new banner: Unison, for Generations 50+.



Kerby Centre



VEINER CENTRE



Unison reflects why we're achieving such exponential growth as an organization. It's only through the work of our volunteers, our employees, our partners and more, that we're able to move forward with such success.

Our physical locations — the Veiner, Kerby and Strathcona Centres — aren't going anywhere. Rather, they are all coming together under our new name which will operate these locations.

So, you'll still enjoy all the different programs you always had, heading down to the senior centres you've grown to love over the years. Kerby Centre will still be Kerby Centre, Veiner will still be Veiner. They will just be under a new umbrella name!

By way of example, think of Unison as like the company Fairmont, which runs hotels. There's the Fairmont Banff Springs and the Fairmont Chateau in Lake Louise; just like we have now, the Unison Kerby Centre and the Unison Veiner Centre. Simple as that!

This change reflects the idea that together we're pressing forward with a vigour, courage and determination matched by the people we serve. Unison is eager to be stewards of the incredible programs and services developed to improve the lives of those with whom we connect.

And together, we're going to do so much more.

