



Kerby NEWS

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

July 2023

Volume 39 #7

Published courtesy of



Summertime vacations



Wherever your summer takes you, we here at Unison Alberta hope it's a relaxing and rejuvenating time. Our travel writer, Jerry Cvach, recently just returned from a lovely trip overseas and has a two-part story detailing his travels in France along with gorgeous photos like the one above: Monet Garden, the famous bridge over the lily pond.

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How our ADP came to be

Andrew McCutcheon
Kerby 50th Anniversary

Even the most dyed-in-the-wool Kerby Centre members or volunteers might not know everything our organization does under the banner of Unison Alberta.

It's part of the reason we're spending every week of this, our 50th anniversary, trying to answer the question — what is Kerby Centre?

And it's impossible to answer that question without one of our lesser-known but supremely important services: the Adult Day Program, also known as ADP.

ADP is a program where older adults with higher support needs can be referred by Alberta Health Services to come spend a day under the care of some fantastic folks here at the Centre.

They get the chance to partake in fun recreational activities, and have a meal cooked by our excellent in-house Café, all the while being cared for and having their health monitored by trained professionals.

Not only does this mean older adults with higher support needs have the chance to socialize and enjoy the

company of others, it provides a well-needed respite day to their full-time caregivers.

It's an important service that Kerby Centre is contracted by AHS to provide, but the origins of the program go back, way back to the origins of Kerby Centre as an institution.

The quest to establish a day program for adults at Kerby Centre started extremely early in our history.

According to archival issues of the Kerby News, circa September of 1987: "Efforts started by the Kerby Centre Nearly 10 years ago to establish an adult day

program, and carried on ever since."

The plan was to construct a facility attached to Kerby Centre which would act as the home for the day program. This issue of the paper states that "construction of the facility ... is expected to start before the end of the year."

As often is the case with construction plans and large projects, those expectations would not come to pass without an unfortunate handful of delays and setbacks.

The next update we'd hear about the project in the Kerby News was in March of 1988, when it was announced that an anonymous donation of \$5,000 would go towards construction costs, meaning that fundraising was ongoing into 1988.

Later in the Sept. 1988 issue — despite news that construction had already begun — the front-page headline reads: "Day Care Project Needs Donations."

"Despite the thousands of dollars raised by Members of Kerby Centre to launch the innovative project and money provided by the Province of Alberta to begin building, funds are still needed to guarantee the success of the Adult Day Care facilities for which Kerby has worked for many years."

It seems that the building was in the process of construction, but additional funds were required to help finish and furnish the project, so the call was made to Kerby Centre members: please help this program reach the finish line!

And the Kerby Community rose to the occasion. We've always said our community is one of the most giving, generous and committed and what happened next only confirms that it's always been true.

The November 1988 issue of the Kerby News, just two months later, revealed the incredible response to the call for donations.

"Already credited with raising more than \$100,000 in their eight-year campaign... an appeal by Kerby Centre Board of Directors for further needed donations drew a quick response from the membership."

In less than a month after the call went out, 1,600 Kerby members donated more than \$40,000 towards the project — which would be close to \$100,000 adjusted for inflation.

The front page of the November 1988 issue: "The quick response of Kerby Members to the appeal for funds is seen as an indication of the great potential of such a program."

"After all, nobody is closer to the problems of the elderly than the members of Kerby."

Later, after the full completion of the two-storey addition to the Centre, the final puzzle piece slipped into place in September 1989, when then-MLA for Calgary Bow, Bonnie Laing, presented a cheque for \$81,833 in matching funds from a Provincial Facility Enhancement Program. Laing even would go on to say after a tour that she was quite impressed with the facilities.

Operations began that same year and have continued ever since, allowing older adults to experience all that Kerby Centre has to offer while providing much-needed respite for their caregivers.

And it would have never come to pass without the timeless, generous nature of our incredible Kerby Community.

IN-PERSON



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Canada

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The sun will be shining

Our Seniors Supports program — formerly Information Services — is the first program Kerby Centre operated that received government financial support.

Shortly after we started providing services in the Kerby Memorial Building we received a

New Horizons grant to run the program. Recently on our 50th-anniversary blog, Andrew wrote about the program:

“One of the most vital services Kerby Centre has provided in its 50-year history is our incredible information department.

There are so many

questions involved in getting older and no easy way to get answers. Everything from accessing housing support, pensions, or the annual tax clinics are some of the more obvious questions the information department helps answer in the day-to-day.

But it’s more than just answers to questions of bureaucracy, paperwork and red tape. This department is a place of safety and assistance for times when our community members might be filled with fear or confusion. It feels so good to go to a place where you aren’t shuffled off, where people will listen to what you have to say and where you will get the support you need.

This is why we’re re-naming our information

department into Seniors Supports. Nothing will change in regards to the service they provide, but the name will better reflect all the amazing work they do when it comes to ... well. Supporting seniors!”

This year we are holding our 3rd Annual Unison Calgary Charity Classic to raise funds for Seniors Supports. The tournament will be held Sept. 7 at Sirocco Golf Club. If we joined us the last two years and had a good time -you will certainly enjoy this year’s event.

However, it is our 50th Anniversary so this year our team decided we needed to pull out all the stops. They don’t want me to spill the beans on all the surprises they have lined up, but I am pretty sure we will exceed your



Larry Mathieson, CEO and President

expectations.

One spoiler alert — this year we are introducing a \$50,000 hole-in-one competition. Nothing would be more thrilling than to give a \$50,000 cheque away on the 7th. A lot of the contests and entertainment from last year will be returning as well- so please join us for a great day and some great fundraising. We promise the sun will be shining.

JULY 2023

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

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A proper apology

No one likes making a mistake.

Realizing you’ve done something wrong, whether it’s a minor oopsie or a major mistake, always feels awful.

It’s made doubly worse when the mistake affects others. But monologuing about how terrible you feel won’t do anything to fix the past.

It’s important, however, that we honour the mistakes we’ve made. Part and parcel of honouring them means making things right as best you can, ensuring it doesn’t happen again and

apologizing.

With that in mind, I’d like to apologize.

The June issue of Kerby News did not contain our summer course listings for Kerby’s Active Aging department.

We’ve taken steps to get the information out to our community members.

We’ve included the course listings, in this July issue, with all the information you’ll need to sign up for courses

We have put processes in place, as well, to ensure this doesn’t happen again: our programming at Unison Alberta is ex-

tremely important to our members, and it’s our job to make sure they know what’s going on. That will be a priority for us going forward.

I’d like to thank all of our Kerby Community for their patience.

I’d also like to thank the Active Aging department for all of their continued hard work and dedication to making Unison Alberta the best it can be.

Andrew McCutcheon
Editor, Kerby News.

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Naming your trusted contact

James Mactavish
Alberta Securities
Commission

At some point in life, we may experience a decline in health or cognitive capacity that could result in difficulty making financial decisions independently. Unfortunately, relying on the help of family members, caregivers and friends can increase the risk of financial exploitation and fraud. One way to safeguard against potential future financial harm is

by naming a Trusted Contact Person (TCP).

Who is a Trusted Contact Person?

If you invest with a financial institution or investment firm, your advisor is required to ask you about providing a Trusted Contact Person (TCP). The decision to name a TCP is optional and it's your choice if you would like to name someone. Providing your advisor with consent to contact your TCP is similar to

providing them with an emergency contact. Depending on the consent you provide, your advisor could contact your TCP in the following circumstances:

You cannot be reached after repeated attempts and where failure to contact you would be unusual

The advisor has concerns you are being financially exploited

The advisor has concerns about mental capacity as it relates to your ability to make fi-

nancial decisions

Your advisor needs confirmation of your legal representative (e.g. power of attorney, executor, trustee)

For example, your advisor may contact your TCP when they cannot reach you because you have taken an extended vacation and forgot to inform them. Or, in more sensitive situations, your advisor may contact your TCP to ensure the validity of a request that they believe is out of character.

What can and can't my Trusted Contact Person do?

A TCP's sole purpose is to help safeguard your financial assets by being an additional resource to help your advisor make decisions that best protect your account. Your advisor might contact your TCP to discuss:

Concerns about your mental capacity and ability to make financial decisions

Signs of financial mistreatment or abuse they've observed

Concerns that you are being scammed

Your TCP is different than a power of attorney. A TCP is not permitted to manage your finances or make financial decisions on your behalf.

Who should be your Trusted Contact Person?

A TCP should be a mature family member or friend who you trust, and you should feel comfortable that they can handle difficult conversations about your personal situation if they arise. Consider choosing someone you know will protect your interests, is familiar with your support network, and is not typically involved in your financial decisions. You should also ensure the person you select agrees to take on the role and is comfortable talking to your advisor.

While naming a TCP on your account is optional and not a legal process, it can provide you valuable peace of mind knowing that your advisor has someone you trust to help safeguard your financial assets now and in the future.

To learn more about assigning a TCP to your accounts, please visit CheckFirst.ca/Seniors or speak to your registered advisor.

Note: the event below is through Cowboys Casino and is not affiliated with Kerby Centre or Unison, Generations 50+

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Technology breakdown

Barbara Ellis
Kerby News Columnist

I lead a relatively simple and organized life.

Every morning I go through the same routine. Get up; turn on the computer; take my pills and warm up a cup of coffee. By the time the coffee is hot, my computer has come to life and I am ready to begin my day.

First, I check to see if I have any new e-mails.

After reading and answering them, I move on to my next indulgence; jigsaw puzzles. I put several of them together and then finish up with a few games of solitaire. This routine is something I have developed over the last few years and so when it is interrupted, I tend to get a bit testy.

A few weeks ago, that is precisely what happened. I turned on my computer, put my cup of joe into the microwave and waited until my coffee was steaming hot. I returned to my computer and noticed that it had not opened. This was a surprise and after re-booting it a couple of times I realized that something was amiss.

I picked up my remote and turned on the TV.

It told me that my “digital box was initializing” and “it would only take a moment.”

After ten minutes or so I decided to give my provider a call to find out what was going on. Unfortunately, my telephone also decided to take the day off and told me to “check my tel line”. As I had no idea how to do that, I decided to check with one of my neighbours instead.

I knocked on Ulla’s door, walked in and found her holding her cell phone to her ear. She told me that she had the same problem and as she had a cell phone, she was trying to contact our provider.

This appeared to be a great opportunity to walk the halls a few times and at least get some exercise before once again checking with Ulla.

When I next opened her door, she was still on hold with the monotonous repetition of, “Your call is very important to us, please do not hang up and your call will be answered by the next available representative.”

By this time, she had been on hold for over thirty minutes.

I returned to my own apartment. Now what to

do? If this keeps up, I told myself, I will have to seriously think about doing some house cleaning.

I needed to vacuum the carpets and wash the kitchen and bathroom floors. Neither activity appealed to me. Well, I could knit a few rows on my baby blanket or I could even play the scales on my keyboard. No, neither of these options triggered a positive feeling.

Instead, I decided to go to the garage and listen to the news on my car radio in case it might shed some light on my situation.

The news was not good, same old stuff about crime, another house fire, but nothing about my particular problem.

I went back upstairs

and decided to do a load of washing. Within an hour or so, the washing was dried, folded and put away.

Next, I took out the garbage and then the only thing left was housework. OK, I told myself, I will wash the kitchen floor and if I am up to it, I will vacuum the carpets.

Well, it was a beautiful day, so I decided to go for a walk instead. During my walk, I tried to remember what I used to do before I allowed the computer and TV to dictate the ebb and flow of my life.

That question was easy to answer, it all started after my retirement. I replaced the routine of going to work with the one I now have. I simply replaced one routine

with another.

On a more serious note, what if I had an emergency? I have no cell so I have no way of calling for help. Yes, I could go down the hall, but if it happened during the night, then what would I do? I also know that other people in my building also have no cell phones, what would happen if they had an emergency and no way to notify anyone?

During the day, several family members of people in my apartment wanted to get in touch with them, and when they could not reach them by phone, they came over in a panic to see what was going on.

However, when they arrived in our lobby, they found out that that phone

was also out of commission.

Eventually, they managed to knock on the door loud enough to be heard and then let in.

Maybe it is time for me to do some serious re-think about getting a cell phone of my own. Oh boy, another piece of equipment to install; set up another new password; spend frustrating hours trying to learn how to use it.

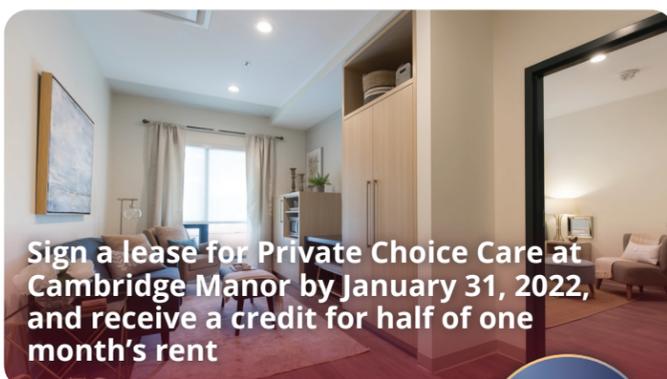
If I get one, I will have to eat quite a bit of “humble pie” as I have said more than once that I would never, ever get a cell. Perhaps if I was to imitate that very smart detective Poirot, and put my own “grey cells to work”, then maybe I will manage it after all.



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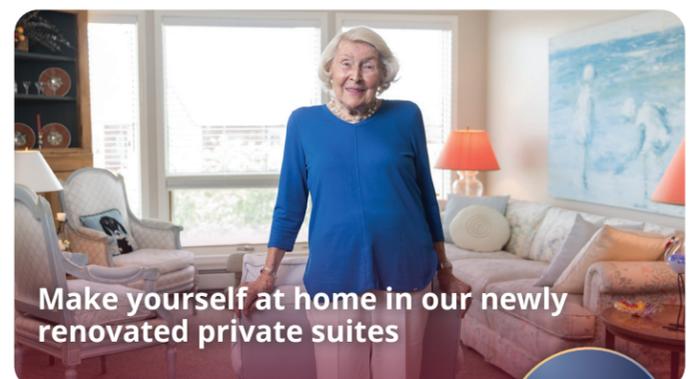
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Clues to why immune cells seem to cause brain damage

By Adrianna Macpherson
University of Alberta

Researchers are striving to make earlier diagnosis of Alzheimer's dementia possible with a machine learning (ML) model that could one day be turned into a simple screening tool anyone with a smartphone could use.

The model was able to distinguish Alzheimer's patients from healthy controls with 70 to 75 per cent accuracy, a promising figure for the more than 747,000 Canadians who

have Alzheimer's or another form of dementia.

Alzheimer's dementia can be challenging to detect at early stages, because the symptoms often start out quite subtle and can be confused with memory-related issues, typical of advanced age. But as the researchers note, the earlier potential issues are detected, the sooner patients can begin to take action.

"Before, you'd need lab work, and medical imaging, to detect brain changes; this takes time, it's expen-

sive, and nobody gets tested this early on," says Eleni Stroulia, a professor in the Department of Computing Science who was involved in creating the model.

"If you could use mobile phones to get an early indicator, that would be informing the relationship of the patient with their physician. It would potentially start the treatment earlier, and we could even start with simple interventions at home, also with mobile devices, to slow the progression down."

A screening tool would not take the place of health-care professionals. However, in addition to aiding in earlier detection, it would create a convenient way to identify potential concerns via telehealth for patients who may face geographic or linguistic barriers to accessing services in their area, explains Zehra Shah, a master's student in the Department of Computing Science and first author of the paper.

"We can think about triaging patients using this sort of technology based entirely on speech alone," says Shah.

While the research group has previously

looked at language used by Alzheimer's dementia patients, for this project they examined language-agnostic acoustic and linguistic speech features rather than specific words.

"The original work involved listening to what the person says, understanding what they say, the meaning. That's an easier computational problem to solve," says Stroulia. "Now we're saying, listen to the voice. There are some properties in the way people speak that transcend language."

"It's much more powerful than the version of the problem we were solving before," adds Stroulia.

The researchers started with speech characteristics that doctors noted were common in patients with Alzheimer's dementia. These patients tended to speak more slowly, with more pauses or disruptions in their speech. They typically used shorter words, and often had reduced intelligibility in their speech. Researchers found ways to translate these characteristics into speech features the model could screen for.

Though the researchers focused on English and Greek speakers, "this tech-

nology has the potential to be used across different languages," says Shah.

And though the model itself is complex, the eventual user experience for a tool that incorporates it couldn't be simpler.

"A person talks into the tool, it does an analysis and makes a prediction: either yes, the person has Alzheimer's, or no they don't," says Russ Greiner, a contributor on the paper, professor in the Department of Computing Science and member of the Neuroscience and Mental Health Institute. That information can then be brought to a health-care professional to determine the best course of action for the person.

Both Greiner and Stroulia are leading the computational psychiatry research group at the U of A, whose members have crafted similar AI models and tools to detect psychiatric disorders such as PTSD, schizophrenia, depression and bipolar disorder.

"Anything we can do to amplify the clinical processes, inform treatments and manage diseases sooner with less cost is great," says Stroulia.

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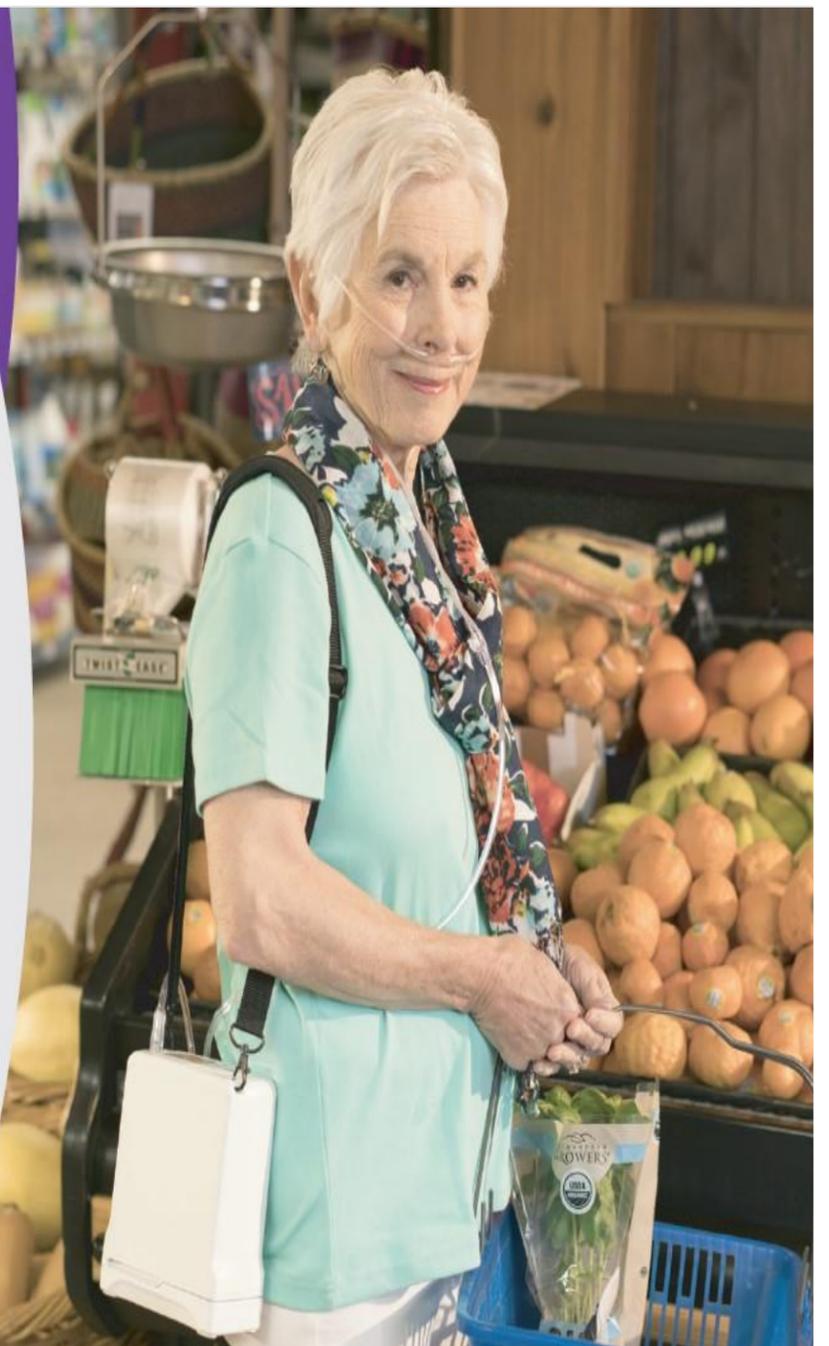
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LOCALLY OWNED + OPERATED

Being a good neighbour

Deborah Maier
Calgary Horticultural Society

There's nothing like working in the front yard garden to call the neighbours over. On their way to get the mail or while out walking the dog, they'll come by to see what you're doing. Gardening is an easy conversation starter. "Oh, that's a beautiful flower, what is it?" Or, "What are you doing now, making a new garden bed?" Planting flowers, creating new in-ground garden beds, or installing pathways are viewed as beautification projects by most neighbours. Sometimes, there may be a more cautious note to their question:

"Are you removing all your lawn?"

Particularly in neighbourhoods with homes that boast beautiful lawns, kept lush with irrigation systems, the thought of replacing the lawn with something that doesn't need irrigating may be viewed with concern. If you're planning this kind of major renovation, talk with your neighbours about your ideas for the project before you start.

This is especially recommended if you want to convert your front lawn into a native flower meadow. The City's Community Standards Bylaw states that "private property owners need to ensure that grass and herbaceous plants do not exceed 15 cm in height." The bylaw does not apply to "maintained gardens." To prevent a visit from a bylaw officer, your neighbours also need to view your meadow as a garden, or they may report your yard as unsightly, triggering a complaint investigation.

Sharing your vision for your lawn replacement project with your neighbours, is a good way to get the project off to a great start. Be mindful of how much work the project is going to be. The area may not seem big until you start trying to remove the sod. If you are tackling the project by smothering the grass instead of removing it, only put down the cardboard just before the soil, mulch, or aggregate delivery is expected. If you are solarizing the grass, ensure

that the covering material is well pinned down and there are not any loose pieces that can flap.

Regardless of the method chosen, a lawn replacement project usually requires a lot of time and physical effort. You may want to start with a small area before tackling a larger one. Making the transformation in stages will help you and your neighbours adjust to the change.

Xeriscaping, sedum turf, and meadow lawn alternatives are low-maintenance solutions, not no-maintenance solutions. Plants you

don't want and didn't plant will still find a way to root and grow. Many meadows need periodic mowing, at the correct time for the life cycle of the plants chosen, to maintain their health and beauty.

While dandelions have been taken off the invasive species list and no longer have a control mandate, don't let them go to seed. You may not mind them in your yard, but your neighbours may not want them.

Keeping them in control in your yard could mean that your neighbours won't be applying a herbicide in

theirs. Other plants to watch for and control are dames rocket (*Hesperis matronalis*), lemon fluff, also known as bighead knapweed, (*Centaurea macrocephala*), yellow clematis (*Clematis tangutica*). While these plants are attractive, and once sold through garden centres, they are on the invasive species list and must be controlled.

Leaving mounds of soil, heaps of drying sod, piles of frost cloth, shade cloth, or hail netting, or using "found" objects as structures for your netting or cloths can make your garden seem

uncared for by those who don't know what you are doing. All gardeners know that projects in progress can look messy.

Be a good neighbour and put anything that could blow or roll away in a tidy, secure place. At the end of the day, store tools and supplies in their proper place, put organic material in a collection container, home composter, or City green bin and put waste in the black bin. The gardener and their family should be the only ones impatiently waiting for the garden project to be completed.

Seniors Eye Care

Doctor's Note:

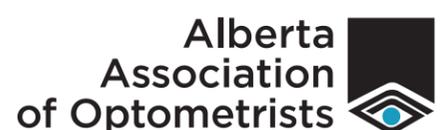
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Dr. Kirandeep Dhaliwal, Optometrist

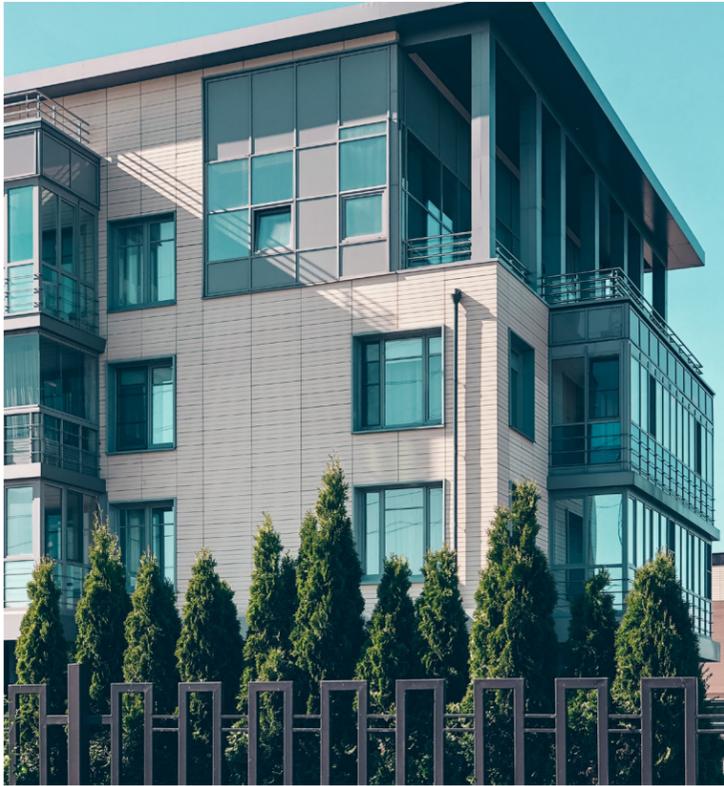


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Adult only communities



*Debra Molzan
Senior Real Estate
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Throughout Alberta, there are many condominium complexes specifically built and designed for adults.

They are typically apartment and villa-style housing developments.

Residents can enjoy a sense of community with the amenities, community rooms and social activities that many of these complexes offer.

During your retirement years, you can have a feeling of security, companionship and live

a relaxed lifestyle.

Purchasing a condominium is different from buying a house. All the unit owners in the complex belong to the condominium corporation. There are corporation bylaws that govern the condominium and are registered at Alberta Land Titles. All owners, and anyone who occupies the unit, must follow the registered bylaws.

When you make an offer to purchase a condominium, there should be a condition made for you to review the corporation's condominium documents, which

include the bylaws. It is important to make sure that you are aware if any bylaws may affect your lifestyle. An example would be if pets are allowed, or if there is an age restriction.

There are many condominiums which have a minimum age restriction for the owners and residents who occupy the property. The minimum age requirement can vary from 18+, 25+, or 40+.

Every complex is unique.

It is important to be aware that there were changes to Alberta's Human Rights Legislation which applies to age-restricted condominiums. All existing properties which have a current age restriction below 55 years of age will be affected.

The Government of Alberta amended the Alberta Human Rights Act and these changes took effect on Jan. 1, 2018.

The amendment to the Act was that the minimum age restriction for all "adult only" condominiums in Alberta will be 55 years of age or older.

All existing age-restricted condominiums with a current age restriction that is under 55 years of age are allowed a 15-year transition period, which ends on Dec. 31, 2032.

By Jan. 1, 2033, all existing age-restricted condominiums must convert to all-ages housing, or seniors-only housing (55 years or older).

If you are looking at purchasing a condominium that currently has a minimum age restriction below 55 years of age, it is important to know that there is a transition period and not all condominiums have updated their bylaws. If you have any questions, consult with your real estate professional, or obtain legal advice.

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INSPIRED SENIOR LIVING WITH 

Four tips for a bee-friendly yard

Adrianna Macpherson
University of Alberta

Did you know that to craft a single pound of honey, bees fly around 80,000 kilometres and visit some two million flowers? However, their impact goes far beyond supplying sweetener for your beverages and baked goods.

“Bees are really important for most agricultural ecosystems because they pollinate a lot of crops,” says Olav Rueppell, professor in the Department of Biological Sciences, whose research focuses on honeybee biology and health.

“The food you’re eating — fruits, nuts, vegetables — is dependent on insect pollination. In our modern agricultural landscape, it’s difficult for native pollinators to fulfil that role, so we use honeybees as a tool to get the pollination done as efficiently as possible.”

Honeybees may be the most recognizable, but they certainly aren’t the only type of bee to be aware of. According to Rueppell, there are about 370 species of bees within Alberta alone. And, while beekeepers tend to honeybees, many other bee species could benefit from a little more nurturing.

“A lot of native bees are actually much more vulnerable than honeybees, and are intrinsically valuable because they represent biodiversity that is native to Alberta.”

Though you may not be able to combat diseases or viruses that target bees, Rueppell recommends some bee-friendly measures to consider when planning and tending your yards and gardens.

Create a garden that blooms throughout the season

There’s nothing more idyllic than a backyard where everything is in full bloom, bursting with colour and packed with all kinds of fruits, flowers and vegetables. But yards where everything blooms at once actually give bees a much shorter window to access all the nectar and pollen they need, Rueppell says.

“If you’re thinking

about your garden, ideally you’d be not having just one big bloom and then nothing for the rest of the year. You’d have something that blooms at different times of the year, especially with perennials.”

Thanks to Alberta’s frosty climate much of the year, the growing season is already shorter than in many other areas. Make the most of it by picking plants that bloom at different times, so bees will always have access to nectar and pollen in your yard.

Include a diverse range of plants

It might be tempting to select one or two flowers that are known to draw bees in, but Rueppell says you actually want to include a diverse range of plants in your backyard. This is because not all bee species are alike in terms of what they seek out on their flights.

“Some bees, like honeybees, are generalists. They take almost every flower they can find. But some of the native individual bee species we have are more specialized, so they prefer certain flowers,” says Rueppell. “I would always say try to go for diversity rather than just specializing in one or a few plants.”

And don’t think flowers are the only plants bees are drawn to. As Rueppell explains, fruit

trees can be very appealing to bees when they’re in bloom. There are several fragrant, flowering herbs that also catch their attention as they’re buzzing by.

“From a plant protection perspective, you probably want to stick as much to native plants as possible in Alberta,” he adds.

If you’re looking for inspiration, the Alberta Native Bee Council has a spreadsheet with their recommendations for native flowering plants that pollinators find irresistible, and the Pollinator Partnership offers planting guides tailored to specific regions in Canada.

Reduce or eliminate pesticide use

Pesticides can be harmful for a wide range of creatures, including bees. While you may not be able to control what’s done in public outdoor spaces, you can make changes in your own yard to help pollinators thrive.

“Reduce your own personal pesticide use,” recommends Rueppell. “I understand everybody wants to have a green lawn, but a few dandelions here and there are not going to kill the appeal of your house.”

Rueppell also suggests being wary of products that claim to be safe, as the promises on the packaging might not be entirely accurate.

“Even for some so-

called bee-safe pesticides, they might not kill the bees outright, but there are some studies that show there are more subtle effects affecting their behaviour and physiology,” he says, “especially if they’re used off-label or in excessive quantities.”

Leave opportunities for nesting

When you envision where bees congregate after a long day of buzzing around the fields and yards in your neighbourhood, you might picture the classic hive. However, only certain bees are social and live in colonies housed in these types of spaces — others are solitary and nest in the ground instead.

To help foster bees who dwell in the ground, don’t be so quick to clear

away all the debris from your yard.

“A lot of the native bees are relying on dead plant material, like dry sticks or other leftovers from the last year,” explains Rueppell. “If we clean our yards too thoroughly of debris then we’re depriving these species of nesting materials.”

Additionally, resist the urge to cultivate every square inch of your backyard. Instead, try to leave some areas a bit more natural.

“Some [species] are nesting in the bare ground, so they really rely on caches of ground that are not disturbed. If people have larger yards, then leaving a little bit of open soil is also really helpful for some of those ground-nesting bees.”



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Crime does not pay

*Amanda Borys
Local historical
volunteer*

John Coward was late for supper. This in itself did not worry his wife Gertrude, for Coward was a hard worker who took good care of her and their five children, Evelyn, George Jr. (known as Link), W.W., Harold, and Edmond.

And Coward had just been named the manager of the Peerless Carbon Fuel Company in Carbon, 120 kms north east of Calgary, the day before, so long hours were to be expected. But as the night wore on and started to turn in to the next morning, Gertrude's worry increased.

Finally, she and one of her sons got into the family's second vehicle and set out to find Coward. As they approached Carbon in the early hours of Sept. 29, 1921, they found Coward's car by the side of the road. He was inside, dead from two gunshot wounds to his head and neck.

The Alberta Provincial Police (APP) later arrested John Francis Gallagher for the murder. Gallagher had been the last person to see Coward and he had a grudge to settle. The owner of a mine in the Carbon area, he had agreed to turn over his lease to the new company with the expectation of being named manager.

When Coward had been given the position instead, Gallagher, who

was known to have a mean streak, had a score to settle with the man who, in his mind, had usurped his position.

The case against Gallagher was strong. Police recovered bloody clothing and more than one local was willing to testify to him owning the type of revolver than killed Coward. Gallagher clearly was not a model citizen, as many talked of his mean streak and more than one father of a teenage girl had to warn Gallagher off in no uncertain terms. It also came out at trial that Gallagher felt his business associates were "beating him out" of his mine. One fellow mine owner, Edward Bolan, known as Teddy, also testified that Gallagher had left his home about 6 PM on the night of Coward's murder in a car.

Though Bolan couldn't name the driver, Gallagher himself admitted it was Coward's car, but that he had not been given a lift, he said instead that he had walked home. This was disputed by Bolan, who stated that it was a clear bright night and he had not seen Gallagher on the road for the 400-yard walk. Bolan did not see Gallagher again until the following morning, when Gallagher informed him of Coward's murder.

The defense did not call any witnesses.

Gallagher was found guilty of the murder of John Coward and sentenced to hang on April

15, 1922. While Gallagher was not popular in Carbon, he had his defenders. The Women's Labour League petitioned for a new trial on the grounds Gallagher was deaf due to his war service and he did not understand the trial proceedings.

This is the only time it is mentioned that Gallagher had a handicap and no attestation papers for a John Francis or a J.F. Gallagher are on record with Library and Archives Canada. Despite this, the women's petition worked, and a new trial was granted.

Gallagher's second murder trial opened on May 22, 1922 and was a much different affair from the first. The testimony of Bolan was not presented. Bolan had a reputation for not taking safety in his mine seriously. He had been told to replace the timber props holding up the roof but chose not to. On March 1, 1922, as he was exiting his mine, over 500 pounds of rock fell on him. Though Bolan was rushed to a nearby hospital, he died from his injuries without regaining consciousness.

Bolan was gone and testimony about Gallagher's character in the form of a charge of theft from his time working at a bordering house owned by the Wayne, AB miners' union was deemed inadmissible as the charges had been dropped. This time, when the jury returned after nine hours

of deliberations, they presented a 'not guilty' verdict. Gallagher walked out a free man.

A year later, the police spoke with Gallagher about the suspicious death of Jesse Edward Fuller. Fuller disappeared on the night of Dec. 6, 1923. Two suspicious notes were left on the doorstep of the home he shared with his 14-year-old daughter Stella.

Fuller's body was found on Dec, 10, 1923, at the base of a steep cliff. His jaw was broken in two places and his throat had been cut. The body was left only 75 yards from where Coward had been murdered two years before.

Gallagher spoke at the inquest into Fuller's death, claiming he was on good terms with Fuller and had loaned him money to purchase alcohol in Drumheller the day of Fuller's disappearance. Stella concurred that Gallagher had loaned her father \$300 in the past and, on the night after her father's disappearance, had come to the Fuller home to try to get Stella to sign a promissory note for the money.

He also attempted to get Stella to come and stay at his home, claiming at the time Fuller had expressed concern about his young daughter remaining in the home by herself and asked Gallagher to look after her.

Fuller's murderer was never discovered.

That was not the end of Gallagher's contact with the law. In 1924, Gallagher insured his home and contents for \$1,023.00 dollars (approximately \$18,000 today) and, on Feb. 2, 1924, the same home and contents were destroyed in a fire. The Car and General Insurance Corporation was suspicious and refused to pay out, instead reporting the case to the APP. Gallagher once again enjoyed the hospitality of the local jail, this time charged with arson and two counts of false declaration, and a strong case was presented by the prosecution.

Gallagher had been seen carrying items from his home and hiding them in a nearby coulee. The police marked some of the items and a later search of Gallagher's new home turned up them up. A neighbour testified Gallagher asked him to store some items. Stella Fuller also testified Gallagher had told her his home was so dry he wouldn't be surprised if it burned down one day.

Gallagher's luck finally run out and he was found guilty of all charges. Chief Justice Harvey, who had presided over the murder trial of Coward gave Gallagher seven years each on the false declaration charges and life imprisonment of the arson charge.

This was the first time in Calgary someone had received a life sentence for arson. However, appeals would reduce the sentence to seven years each for false declaration and 10 years for arson.

But Gallagher's story doesn't end there. Upon his release in 1932, Gallagher went to live in Winnipeg. The mayor of the city was contacted by Mrs. R. Zarah of England, Gallagher's aunt. Concerned about her nephew, she offered him £100,000 to return to England and marry by Christmas 1938.

Gallagher chose to accept his aunt's offer and left Canada.

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Mary O'Sullivan-Andersen
President and CEO -
BBB Serving Southern
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Better Business Bureau has operated as a non-profit for more than a century but even today consumers and businesses alike are sometimes surprised to learn of the additional services BBB offers to the community at no cost. One of these free programs is known as the Community Outreach and Education Program.

In 2022 BBB reached more than 1,500 consumers with that number expected to be even higher in 2023.

Carefully crafted presentations to older adults, new Canadians, students, and more, is another way for BBB to connect directly with what can be some of the most vulnerable consumers in our community.

One of the presentations, Savvy Seniors, overviews the most common scams targeting older adults. This includes scammers pretending to be tech support staff from a major software company who then take control of the individual's computer with dire consequences.

What's important to emphasize here is that anyone can fall to a scam. Knowledge is the best way to protect yourself from scams. BBB operates ScamTracker, a live scam tracking tool at the website BBB.org. This is where you will find many scams listed and the tools to help stop them.

Unfortunately, only five per cent of victims report when they have been scammed. The beauty of our Community Outreach

and Education program is that BBB connects with consumers from all walks of life providing them with the information and practical tools they need to

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My journey through mental health crisis

Ed note: The following is a deeply personal and detailed memoir of the true danger of depression and suicidal ideation.

I call clinical depression the Black Dragon because it is so powerful, dark, and often lethal. It whispers constantly in my ear:

“You’re a loser”

“You’re a burden to your family”

“No one loves you anymore”

“You’ll never get better”

“If you die then the pain will go away”

The Black Dragon relentlessly beat me down and I had neither the energy nor the heart to fight back. Suicide sounded tempting, a way out of the pain, that too would feel overwhelming.

To stay alive, I must adopt the spirit of a warrior to push back against the bully. If I am to prevail and the Black Dragon is kept at bay then I will need to acknowledge that I will be stalked the rest of my life. Like most bullies, the Black Dragon will move on to easier prey when confronted with courage.

I had my first bout of depression when I was 20 while attending university. As a result, I showed up on my parent’s doorstep, looked into their eyes and saw my fear, and grief reflected.

As the oldest son, the embodiment of my family’s hopes and dreams, I felt their disappointment yet they unconditionally supported my recovery.

Many weeks and months were spent in my room fighting my illness in the darkness. Even with prescription drugs, it still took three years to resolve and no one told me I was still vulnerable to relapse.

Boy, did I relapse.

In the subsequent 16 good years, I got married, welcomed the birth of two daughters and set sales records at work. These years turned out to be my most productive.

However, I relapsed three times, the third and longest lasted 15 years triggered by a stressful job search in 2002. It came with the ever-present psychic pain that stole my sleep, my appetite, my hygiene, and rational thinking. In place of sleep, I simply stared at the ceiling with the sound of silence ringing in my ears. Suicide sometimes occurs when the sufferer appears to be recovering. However, it was the exhaustion that prevented the self-destructive plan. Extra vigilance by family, friends, and professionals is required during this tenuous phase of recovery.

My doctor tried 31 selective serotonin reuptake inhibitors (SSRI) and 10 monoamine oxidase inhibitors (MAOI) to address the horrible psychic pain — some of the most powerful psychotropic drugs invented by big pharma to no avail. All I got were the side effects of dry mouth and lots of weight gain.

Eventually, I became very desperate. I missed my young daughters and my family terribly. I was prepared to risk everything. I was either

going to regain my life or die trying. No more compromises.

My warrior spirit finally emerged ready to fight.

But do you know what set me on the path to healing? Something much more mundane.

Soon after that commitment to regain my life, I was whining to my wife about the state of our condo’s toilets. Fed up she said, “Here’s my credit card. You go buy new ones if they bother you so much.”

So, after years of isolation and seclusion, I took up her challenge, visited the local home improvement centre and negotiated for a pair of toilets with installation. Such a simple transaction restored my confidence to make deals and I have been coming back to life ever since. My problem-solving, verbal, and written communication skills returned better than ever. Later we laughed about it. When someone asks, “what do you attribute to your healing?”

I just say, “toilets!”

I am left wondering why I survived when so many have faltered. Being a natural analytical, I embarked on a journey of self-discovery. Like so many disorders mine was rooted in early childhood. As a preschooler, I was a high energy gregarious kid, of Asian descent, who neither passed up a ladder to a rooftop, a farm implement to drive, nor a train locomotive to climb all to feed a rich fantasy life.

On a typical sunny day in Hanna AB — pop. 3,500 — I was patrolling

for new adventures. I walked into a life-changing incident. Three white boys decided to throw stones at me. Being who I am, I returned fire while ducking behind a car for cover. Outnumbered I was accused of starting the incident and the damage to the car.

Essentially with the town looking on, my father gave in to racial political pressure of the time, dispensing the most severe capital punishment that I ever experienced very publicly. The guilt, humiliation, and confusion forced this young boy to don a “brilliant disguise” by stuffing my emotions to never again be that truly carefree kid. I became the obedient, analytical, and stoic Asian that I felt my parents wanted. Throughout my life, my relatives always reminded me of my “bad” phase. In turn, this set up a complicated relationship with my father. I was filled with passive-aggressive tendencies as I also tried to please him. Unbeknownst at the time, all this internal conflict and self-doubt made me an easy prey for the Black Dragon.

When a sufferer is refusing treatment while in total isolation, this is not a good sign. To prevent a funeral, the person needs an intervention. Even a simple act of gathering the sufferer’s closest friends & family together and reading their “love letters” to him can make an enormous difference.

At the time, the sufferer is in a state of anhedonia, a loss of the appreciation of the pleasures of life, so injecting some emotion and love into his compromised soul can go a long way. Having watched this technique used in substance abuse programs on TV, I immediately wished this was done for me in my darkest hours for it might have lessened my pain.

Clinical treatments, such as ECT, meds, surgery, and talk therapy can only buy time so the sufferer can find a way to fight his way back to life. Effective treatment requires intimate knowledge of the sufferer’s value system, fears, and life circumstances. It takes professionals

months and years to extract the necessary information to provide effective treatment.

Where can a therapist gain quick access to critical personal history but the “family of origin.” The mental healthcare community must find a way to leverage this built-in patient database to deliver more effective treatment promptly. Otherwise, the system just becomes a human warehouse of depression victims.

Make no mistake, the road back from a major mental illness like clinical depression is neither simple, easy, nor quick. Even if all the right steps are taken then you still need a strong dose of luck. For me, it was possible to come back void of any addictions and prescriptions. In hindsight, two ingredients are essential for recovery.

First, the “warrior within” must be cultivated to fight for one’s life. Second, a strong sense of a life’s purpose like mine as a Black Dragon Crusader to help other sufferers. Seeking out fellow survivors for support will greatly help against relapse.

I hope that my testimony may, at the very least, take away the loneliness of battling the Black Dragon and help to remove some social stigma associated with depression. The great fear in youth is that someone can “weaponize” their affliction to negatively impact their life. No more for me!

As the new warriors heal, they need to purge from their lives the toxic people and toxic thinking that create barriers to recovery. Involvement by my family and friends providing timely insights into my history and character was critical throughout my recovery. Unfortunately, my father passed before he witnessed the emergence of the son I was meant to be.

As someone once destined to die before my time, I am happy to report that I now expect to die on time.

Thank you to author Danny Mark for sharing this for publication.

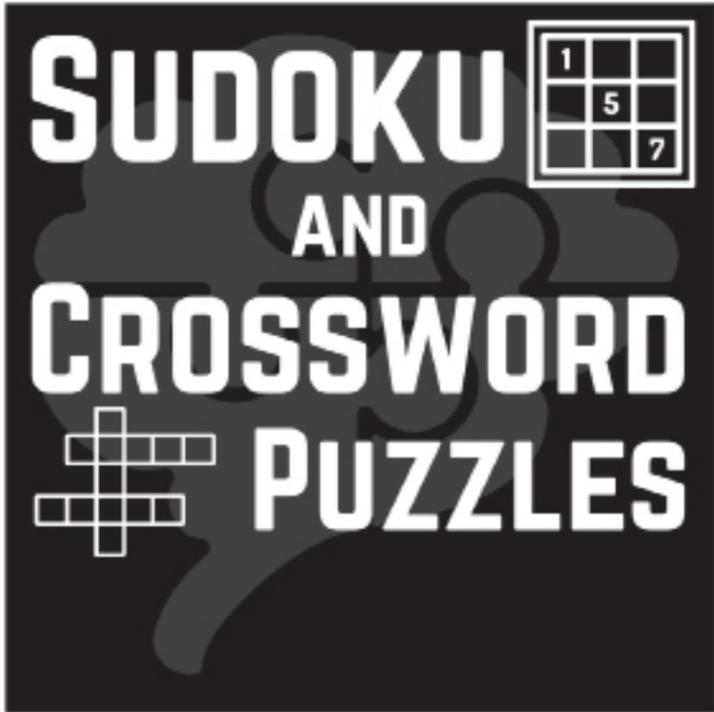


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What older Canadians need to know about RSV

News Canada

Of all the things you can get sick with, respiratory syncytial virus – known as RSV – might not be top of mind. But it’s an important one to be aware of, especially for older adults.

The common, highly contagious virus is sometimes perceived as a bug that children pick up in daycare or other group settings and typically presents itself similar to a cold or flu.

However, RSV can make anyone sick, and older adults are among those at increased risk for serious infection. In fact, most deaths attributed to RSV occur in adults 65 and older.

Underlying conditions common in adults such as diabetes and lung or heart disease, can increase the risk of serious effects from RSV, but even those without chronic conditions are more vulnerable to infections and health complications than younger people.

This is because of the natural decline in how well our immune system functions as we age.

The immune system – like our vision and metabolism – typically peaks in young adulthood and then starts a slow and steady decline, which leaves older adults more susceptible to infections and health complications.

While preventative options for RSV are in development, there’s currently no vaccine or specific treatment available in Canada for adults.

Further, immunity gained from previous exposure to RSV is short-lived, making it possible to catch the virus again and again.

Without vaccines or treatment, practicing general infection control measures to avoid it can help.

Washing your hands frequently, not touching your face, covering your coughs and sneezes in public, regularly disinfecting surfaces you touch often and avoiding time spent close to anyone who is ill are all things you can do to help reduce your risk.

PREMIER Crossword

By Frank A. Longo

SEASONAL CINEMA

ACROSS

- 1 Spicy cured brisket
- 9 Competitive cowboy contests, informally
- 17 Roads: Abbr.
- 20 Trash-filled lots, e.g.
- 21 Distinctive feature of “DeVito”
- 22 “The Simpsons” barkeeper
- 23 2021 animated film featuring search-and-rescue dogs
- 25 Veneration
- 26 Light-splitting thing
- 27 Roman 901
- 28 That lady
- 29 Ticked off
- 31 Jillian of TV
- 32 High-end retail chain, informally
- 36 Shaq’s sport
- 37 2022 Marvel film with Chris Hemsworth
- 43 Last part of some plays
- 46 It’s close to Cedar Rapids
- 47 Ear: Prefix
- 48 2017 superhero film with Gal Gadot
- 52 Top of a “j”
- 53 Italian wine, for short
- 54 First-aid plants
- 55 — out a living
- 56 2013 superhero film with Henry Cavill
- 59 Goes bad
- 60 Navratilova of tennis
- 63 Texter’s hugs
- 64 Previous to
- 65 2015 sci-fi film with a dinosaur theme
- 69 “NCIS” ainer
- 72 Brooch
- 73 Rescued person’s cry
- 74 Like limes
- 75 2014 fantasy film with Angelina Jolie
- 81 Brit. mil. fliers
- 82 Old Aegean region
- 83 Ever and —
- 84 Pub potable
- 85 2019 animated musical film set in Pride Rock
- 88 NBC show since ’75
- 89 Lie out to tan
- 92 Just so
- 93 2018 space Western film with Alden Ehrenreich
- 98 Chicken — masala
- 99 Dessert with a cookie crust
- 100 Pic that may be on a pec
- 103 Slip up a bit
- 104 “That hurts!”
- 107 [not my typo]
- 108 Bluish purple
- 110 Skater Midori
- 111 What each of eight long answers in this puzzle was

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| 75 | 76 | 77 | | | | | | 78 | 79 | 80 | | | | | 81 | | | 82 | | | | |
| 83 | | | | | | | | | | | | | 85 | 86 | | | | 87 | | | | |
| 88 | | | | | | 89 | 90 | | | | | | 91 | | | | | 92 | | | | |
| 93 | | | | | | 94 | | | | | | | | 95 | 96 | 97 | | | | | | |
| | | | | | | | | | | | | | | | | | | | | 100 | 101 | 102 |
| 103 | | | | | | | | | | | | | | | | | | | | | | |
| 110 | | | | | | | | | | | | | | | | | | | | | | |
| 117 | | | | | | | | | | | | | | | | | | | | | | |
| 120 | | | | | | | | | | | | | | | | | | | | | | |

- 117 Agent, briefly
- 118 Heighten
- 119 Ballot casters
- 120 Radio spots
- 121 Not crying
- 122 Fish that swims upright

DOWN

- 1 Pig in a kids’ TV series
- 2 Spin — (do some taletelling)
- 3 Attach, as a coat lining
- 4 Dosage qts.
- 5 Gad about
- 6 Craft
- 7 “Laura” lyricist Johnny
- 8 Brand of infant formula
- 9 Tax rate fig.
- 10 Rally cheer
- 11 Unlock, to a bard
- 12 Cup edges
- 13 “Conversely,” to a texter
- 14 Foo Fighters guitarist Grohl
- 15 Manning of the gridiron
- 16 Purchase in excess
- 17 Little bit of medicine
- 18 Wet wipe
- 19 Fruit core bit
- 24 Car for a VIP
- 30 Filmdom’s McKellen
- 32 “The Maltese Falcon” genre

- 33 Athletic shoe brand
- 34 An inert gas
- 35 Wood cutter
- 36 Food preservative abbr.
- 37 Ocean motions
- 38 Goes fast, old-style
- 39 Zip, in Spain
- 40 Brand of rodenticide
- 41 Latin jazz great Puente
- 42 Muddy up
- 43 Clued in
- 44 Palette option
- 45 Govt.-issued bond
- 49 Erode (away)
- 50 Cajun veggie
- 51 1986 Series winners
- 53 — Z (the gamut)
- 56 Non-PC computers
- 57 Origami feature
- 58 Apply turf to
- 60 Local bond, for short
- 61 “That so?”
- 62 Takeaway logic game
- 65 Brand of peanut butter
- 66 Ending for silver or stem
- 67 Ellipsoidal
- 68 Mortgage deal, for short
- 69 “Zip your lip!”
- 70 Pickling need
- 71 Theater part
- 72 Writer’s tool
- 74 Fine sweet wine
- 75 Swarm

- 76 Marked with comments
- 77 Suckers
- 78 Is unable to
- 79 Idris of “The Dark Tower”
- 80 Close at hand
- 82 “Are you — out?”
- 85 “There’s gold in them — hills!”
- 86 At this spot
- 87 Siouan people
- 89 Group of vessels for serving rice wine
- 90 D.C.’s home
- 91 Binary base
- 94 Approves of
- 95 Middling
- 96 Livens (up)
- 97 Stir to laughter
- 100 Private teacher
- 101 States boldly
- 102 Curt
- 103 Pre-euro coin
- 104 Community rec center
- 105 Sharif of film
- 106 In fine health
- 108 A lot
- 109 In re
- 112 Purpose
- 113 “Norma —”
- 114 “Butter” K-pop group
- 115 The, in Arles
- 116 Arthur of “Maude”

France; out with the old, in with the new

*Photos and Story by
Jerry Cvach*

Most European countries can't be properly appreciated on just one trip, and it is particularly true about France!

It is large, exquisitely beautiful and once you have seen the super sights — the Eiffel Tower, Arc de Triomphe, vast museums, signature cathedrals and castles in the Loire Valley, the rest is best savoured in small installments.

We usually added bits of France on trips to Western Europe.

We nibbled around its edges and went to Alsas Loraine from Germany or to Normandy from Belgium. Brittany is a five-day side trip from Paris, enough to see it properly. Burgundy, Midi-Pyrénées and Aquitaine across the Pyrénées from Spain via Andorra. Riviera can be accessed from Italy or on the way back from Corsica by ferry.

The high Alps with the Mont Blanc and Chamonix the main attractions are next to Swiss Cantons Valais and Vaud. Paris is not a side trip, it is a destination. One can

easily spend a full week, even come back several times, with different agendas.

It has some of the world's best-known and loved tourist sites, museums and galleries, quaint city quarters and fabulous shopping along the Les Champs-Élysées.

The drawback can be overcrowding and pollution, but it will be forgotten when looking down on the famous Parisian tin roofs from the stairs of Sacre Coeur Basilica on Montmartre! There are as many differences between the French departments as there are similarities.

The binding agents seem to be the winemaking, while fine dining and varieties of cheeses are another close two.

Every region has its brand of wine and in the minds of the denizens, there is no comparison to it anywhere else.

Naturally, they all can't be the best because of the growing conditions and the geography, but in fact, it is hard to find much wrong with any of the French wines.

Even the City of Paris has a few remaining mini vineyards. The casual visitor can stumble upon the tiny 0.15 hectares Le Clos Montmartre vineyard that grows and makes wine in central

Paris.

Only up to 1,000 bottles of "Clos Montmartre" are produced each year. The wine bottles are auctioned during the annual harvest festival and the profits fund local projects.

Its detractors say it's the most expensive poor-quality wine to be found anywhere in Paris because a bottle of rosé costs around €25 and a bottle of red around €30.

Even where the wine is simply not good enough they distil it and make Cognac like in the eponymous region just north of world-famous Bordeaux!

When it comes to fine dining many myths abound. Being a tourist of moderate means I think the French cuisine is overrated and if you are blessed to have a good cook at home, and I have an excellent one, it is hard to get overexcited.

For one we Canadians can spot immediately that French don't have Alberta beef. To compensate they make great gravies, usually with whipping cream as the main ingredient.

Perhaps the impression gets much better if you can afford to eat exclusively in France's 632 Michelin starred restaurants. 74 of these restaurants have earned at least two Michelin stars, while 29 restaurants have a total of three stars.

Three Michelin stars are the most that a restaurant can receive, and it takes a tremendous amount of work to earn this coveted title. Of course, you pay for it! According to the internet one person's meal costs \$216.00 CDN in one star, \$310.00 CDN in two star and \$430.00 CDN in a three-star restaurant.

Beverages are extra and naturally one must drink only expensive vines

with expensive meals! If the food is not as outstanding as advertised, certainly the dining is stylish on every level.

The surroundings are always pleasant, there is a linen tablecloth, good dishes, glasses and cutlery. The rhythm of the day is governed by eating.

The lunch can only be had between 12.00 Noon and 2:30 PM and the dinners will start at 7:00 PM. A restaurant with any pride whatsoever will have a handwritten menu and feature at least one daily special. Those are what you want!

The menus are often written in cursive on an enormous billboard that the waiters lug around. Then there are the cheeses.

The true Frenchman believes that cheeses do not travel well and only barbarians would attempt to eat Brie outside of the Seine-et-Marne region that borders Paris going east.

I suspect that was truer in the past than today when transportation is much improved. Nevertheless, the thinking persists making all of us in North America barbarians, but that sentiment cannot be blamed on the cheese alone!

If you develop a taste for a certain one, don't expect to get it nationwide. On our first trip to France 50 years ago my wife got to love an excellent Roulé cheese that has a soft and creamy texture and is usually flavoured with herbs and garlic.

The layer of spices forms a distinctive spiral when the cheese is rolled to become Roulé. It was made by the Tablanette Fromagerie in the Centre region of France.

We never chanced on it again although I know it is somewhere out there, hiding and spitefully giggling behind our backs.



Above: Eiffel Tower. Below: Sacre Coeur, Montmartre



After one has done all the visitations around the edges it still leaves a large chunk of land in the middle unexplored, the Massif Central. It is a highland region in south-central France, consisting of mountains and plateaus that are drained by picturesque rivers, most notably the Tarn and Dordogne and their tributaries.

Going back to Middle Ages it must have been hard to travel through these mountains covered by first-growth forests and across the gorges cut into the omnipresent limestone. People used small crafts as the rivers were not voluminous and had many rapids. The towns would have been built on both banks and when the roads were built there had to be bridges. Many are very picturesque.

Much of the ancient housing and infrastructure is still there for tourists to enjoy.

We had already visited the western half six years ago by flying to Toulouse and spending three weeks north and west from there in the Dordogne River watershed. Subsequently this year we planned to visit the eastern half of the Massif Central plus the heartland of Provence that we had not yet fully explored.

But bypassing Paris and its environs altogether would be blasphemy! The Charles De Gaulle airport has several quite affordable hotels concentrated in what is oddly enough called Terminal 3 which is accessed by the transportation system from actual Terminals 1 and 2. Better yet it is where the Paris Metro also has its terminal station and also holds a bus terminal, so one can be in the city centre in 30 minutes.

After renewing our acquaintances with Paris, having shed a tear when seeing what is left of the Notre Dame cathedral, we had a sausage and fries by the Eiffel Tower, visited the Musée d'Orsay

and strolled the Champs-Élysées, Montmartre and the Latin Quarter.

We also drove to see some of the royal palaces, such as Versailles and Chantilly.

Not surprisingly in the former monarchies, the power was concentrated in or very close to their capital cities. One can easily understand that even Chateau de Chantilly or the Palace of Fontainebleau, which are relatively close to Paris, required a lot of effort for the monarch and his retinue to go to with just horses, carriages and wagons on unpaved roads.

Monarchies are no more, yet the power remains centrally localized in Spain, Portugal and France. If someone wants to be successful in politics and arts, even industries, he/she better have a presence in the capital, thus becoming somewhat elitist.

In the realm of arts, only the true masters could afford to buck the system. Pablo Picasso did just fine living on the Mediterranean coast; and in his later years, then obviously already well-recognized and wealthy Claude Monet created, with an imagination of a true artist, a special Shangri-La for himself in the tiny town called Giverny 80 kilometers west from Paris.

His house was comfortably furnished with period pieces and a great many of his own and his contemporaries' paintings are hanging on the walls. The rest of the property is one huge garden planted with perennials that flower at different times during the season, worthy of his pallet. The unique "Water Garden", with the famous lily ponds lies by the river. It is a real gem and Monet painted it prolifically.

Tourists seem to be guided by the aphorism "out with the new and in with the old". At the edge of every European town, there are signs

directing you to the Vieux Cité in France or Altstadt in Germany, i.e. in many languages. It is despite everyone working hard to build more attractive, more modern, more unique buildings! It is not going to get better anytime soon. The 2,000 years old Roman Aqueduct will be even more attractive to tourists 100 years from now. It is a sad state of affairs!

Done with Paris, we headed south. Mountains begin by Grenoble and the freeways become scarce, replaced by two-lane roads. The heart of the Alps is much easier to get into than in our Canadian Rockies. There are many settlements in the high altitudes and even above them the roads, ever steeper and winding, go further up to ski resorts. These roads are used for torturing professional cyclists during the Tour de France race and no stage is more arduous and popular than the climb to the Alpe-d'Hues. It is hard even on cars.

Down the road towards Provence, there is a spur road going up from the tiny town of Corps to the pilgrimage site called Our Lady of La Salette where a Marian apparition was reported by two French children in 1846. On the day of our visit, it was overcast and the ground was dusted with the late winter snow. The mood was somber and

if the weather was similar for the children when the apparition occurred, it must have been very emotional.

It is ever so similar to the much more famous event in Fátima in Portugal, where the Virgin Mary appeared before three shepherd children nearby in 1917.

The La Salette site is considerably more spiritual than the veritable circus-like atmosphere of the Fatima site with all the bells and whistles, and the huge parking lots there.

Incidentally, the highway between Cannes and Grenoble is also dubbed the Route de Napoléon by which he travelled back to Paris after escaping from Elba. The 5th Regiment sent south was ordered to intercept him. They met in the same unpretentious town of Corps on March 6 or 7, 1815.

This location and the momentous event that transpired there by pure chance inspire one to visualize the scene. The town has just one street and it is the highway running through it. It widens up in the centre of town to form an elongated square. It must have happened right there. Napoléon was likely tired, bedraggled and anxious, and so were the soldiers whose loyalties must have been divided. What a moment in history!

Napoléon approached the soldiers alone and shouted – "Here I am. Kill your Emperor, if you wish!" They rallied to him and marched together towards Paris, where his 100-day reign began until it burned itself out in Waterloo on June 18th 1815.

Continued next month!



Above: Notre Dame, the state of repairs as of April 2023
Below: Monet Garden, the famous bridge over the lily pond



Medicine Hat

Volunteers of the Month



Meet Dorothy and Ray, two of our wonderful volunteers at Veiner Centre, who started in about 2018 with our Meals on Wheels program and now, five years later, volunteer at the Reception desk at Strathcona Centre.

Helping other seniors, chatting with Meals on Wheels clients and being a kind and caring person for others are the driving reasons behind why Dorothy and Ray volunteer.

It helps them stay active and gives them a sense of gratification at the end of the day. Living in Medicine Hat is the place to be, with wonderful weather, family, and friends, but their second choice would be Newfoundland because they have family there.

When asked what their favourite meal is Dorothy said shellfish, and Ray said prime rib dinner, both of which are excellent choices! Ray and Dorothy are music lovers, enjoying rock & roll, old-time music, country, Newfoundland folk,

and opera, which almost covers it all.

They both wish they could play a musical instrument, even though Ray is a pretty good guitar player already. Dorothy's motto is "Do unto others as you would have them do unto you," which is how she lives her life and helping others is very important to her.

Ray's motto is "Be good to people on the way up because you may meet them on the way down." The two of them should have no worries, as they are both very kind individuals.

Thank you so much for everything you both do for Veiner Centre and the community of Medicine Hat; you make a real difference!

You are both such beautiful people and we are very grateful to have you as part of our team!

Unison obtains Healthy Aging Alberta grant

Veiner Centre has recently secured a major grant to help support older adults to live well in their communities.

Unison at Veiner Centre is excited to announce they are one of six organizations receiving funding from Healthy Aging Alberta — a collaboration between the United Way, the provincial government, and other various agencies and groups.

This grant looks to support aging in place for Albertan seniors: implementing resources, services and supports to stay healthy, happy and within their own homes.

"Older adults over-

whelmingly want to live in their own homes but face barriers to accessing non-medical community supports they need to live independently and safely in the community while enjoying positive health and social outcome," United Way Calgary and Area wrote in a statement.

Part of the project is to spearhead the development and implementation of local models that could be adapted provincially, all focused around concepts of physical and mental wellness; addressing isolation and loneliness; and providing assistance for caregivers.

The funding for Veiner Centre will go specifically towards programs to help expand and support Unison's Wellness, Food Security and Transportation programs.

"We know that safe and reliable transportation is beyond important for older adults, and not just for medical appointments or groceries," said Unison CEO and President Larry Mathieson.

"We want people to be able to make social connections, participate in recreation and find their community, and all of these vital concepts requires transportation as well."

Seniors Safety Series: Aging Matters Just for the Health of It: Come for Fitness, Fun and Food!

Join us for information, demos and tours!
Find out about Crafts, Line Dancing, Mah-jong, Meals on Wheels, Memberships, Pickle Ball, Scrabble, Shuffleboard, Volunteer Opportunities and more!
Meet our new team members and hear about ~
Community Kitchens, Health Consultant, and Transportation Programs

Thursday July 20
9:45 am to noon
North MP Room
Veiner Centre
225 Woodman Avenue SE

Thanks to the Community Foundation of Southeastern Alberta ~
it's all free!
Parking, Admission, Refreshments, and Door Prize Entry



Everyone interested in healthy aging is welcome!
Call 587.770.1536 or stop by the Veiner Centre reception desk to register.

A low cost transportation service
for adults 50+ in Medicine Hat and
surrounding area



Launching Spring 2023

Please note, we are not currently
taking client applications at this time

New Volunteer Opportunity

Veiner Vintage Transport is a volunteer-based service for generations 50+ in Medicine Hat and surrounding area.

Eligible riders are folks who need transportation services due to income restrictions, do not drive, and are 50+.

Drivers will provide rides 8:00am - 4:30pm Monday - Friday.

Unison in Medicine Hat is based out of Veiner and Strathcona Centres. We provide programs, services, and activities for generations 50+ in the Medicine Hat and surrounding area.

As a Driver Volunteer you...

- receive 50% off memberships
- are reimbursed .20\$/km
- receive FREE Mint SmartWash memberships

Contact Tammy at 403-525-8657 or tammyp@unisonalberta.com

Medicine Hat Veiner Activities

What's Happening in July

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

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---|--|--|--|---|
| Quilting Craft Room 9am Board Games South MP 9:30am Canasta South MP 12pm Tech Support Boardroom 1pm Euchre North MP 1pm Shuffleboard Games Room 1pm | Strathcona Arts Studio Craft Room 9am Chess North MP 9am Crib South MP 1pm & 6:30pm Duplicate Bridge North MP 12:45pm Bridge North MP 6pm Board Games Dining Room 6:30pm Darts Games Room 6:30pm | Mahjong South MP 9am Bocci North MP 9:30am Silver Song Group Craft Room 11am Member of Constituency Boardroom 11am Bridge Lessons South MP 12:30pm Scrabble North MP 1pm Pinochle North MP 1pm | 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 Duplicate Bridge North MP 6pm Norwegian Whist South MP 6pm Darts Games Room 6:30pm Poker Boardroom 6:30pm | Quilting Craft Room 9am Mahjong South MP 9am Canasta Lessons North MP 10am Kaiser Club Dining Room 1pm Duplicate Bridge North MP 12:45pm Mexican Train Dominoes South MP 1pm Stitch & Laugh Boardroom 1pm |

Presentations & Events

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

July 4
 Ask a Financial Advisor – Craig Elder, RBC Dominion Securities
 10am - 11am | Registration Required | South MP

July 6
 Card Makers
 1pm - 2pm | Registration Required | Boardroom

July 13
 Counselling Services with Ben Feere
 9am | Registration Required

July 11
 Alzheimer Society Care Partner Support Group
 1:30pm | Craft Room | Register with Kristel (403) 528-2700

July 18
 First Link Connections
 1pm - 3pm | Boardroom | Register by calling 403-528-2700

July 19
 Parkinson Association Support Group
 12pm - 2pm | Register with Brienne at 403-317-7710

July 28
 Book Club
 10am | Boardroom | Register with Natasha, Programs Assistant

July 28 - 30
 Scrapbooking Fanatics
 Starting at 4:30pm on the 28th | Registration Required

Wellness Wednesdays

For Members and Non-Members

July 5 | Movie Matinee with popcorn | "Bullet Train" | South MP | 2pm

July 12 | Tech Connect Seniors
 10am | Boardroom | Registration Required

July 12 | BrokerLink: Personal Insurance 101
 Craft Room | 2pm - 4pm | Reg. Required

July 19 | Pet Therapy with Kenzy
 Games Room | Craft Room | 10:30am

July 19 | Revera Rocks! With Jodi
 Craft Room | 2pm | Registration Required

Senior Safety Series: Aging Matters: Just for the Health of It - Come for Fitness, Fun and Food

July 20 | 9:45am - 12pm | North MP Room
 Registration Required

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

Medicine Hat Strathcona Activities

What's Happening in July

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

Mondays

Table Tennis - 10am
 Chair Yoga & More
 12pm
 Pickleball - 1pm

Tuesdays

Pickleball - 9am



Wednesdays

Absolute Beginner/
 Beginner Line
 Dancing - 9am

 Table Tennis -
 10am
 Qigong & Chair
 Yoga - 12pm
 Pickleball - 1pm

Thursdays

Pickleball - 9am
 Tai Chi For Everyone
 - 3pm



Fridays

Pickleball Lessons -
 8:30am
 Table Tennis - 10am
 Pickleball - 1pm

Fitness Class Spotlight

All fitness classes require registration

Chair Yoga & More

12pm - 12:45pm | Mondays
 July 10, 17 & 24
 Members: \$14 | Non-Member: \$30

Qigong & Chair Yoga

12pm - 1pm | Wednesdays
 July 12, 19 & 26
 Members: \$14 | Non-Member: \$30

Absolute Beginner/Beginner Line Dancing

9am - 9:45am | Wednesdays
 FREE

Tai Chi For Everyone

3pm - 4pm | Thursday
 July 6 - August 17
 Free

Drum Fit - Online Fitness Class Free

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 Penny Lawrence, Education & Recreation at 403-705-3178 or pennyl@unisonalberta.com

Muscle Strength & Core Balance - Online Free

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Join Dan every Friday from 11:30am - 12:30pm for a fun workout in your own home!

To register, please contact Penny Lawrence, Education & Recreation at 403-705-3178 or pennyl@unisonalberta.com

Programs Returning in the Fall

- Fun & Fitness with Erynn
- Solid Gold Fitness with Krista
- Silver Steppers with Krista
- Hatha Yoga with Krista
- High Beginner/ Improver Line Dancing with Carol
- Yang Short Form, Yang Long Form, Chen Style Short Form, Fan Form & Weapons Form with the Tai Chi Association
- Tai Chi with Siew Mak
- Floor Curling

Pickleball Lessons

Feel free to drop in on Friday morning's between 8:30am - 10am to learn all about Pickleball. Joan will help you learn the fundamentals and techniques with emphasis on how much fun this sport is!

Don't wait another week, come join us in the fun!

Drop in only

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

Active Aging Department Unison Online Activities

Online Weekly Activities

Monday

Fitness with Dan - 9:30am

English as a Second Language - 1pm

Chair Yoga - 2pm

Tuesday

Tai Chi - 1:30pm

Wednesday

Men's Shed - 11am

Thursday

Yoga for you - 9am

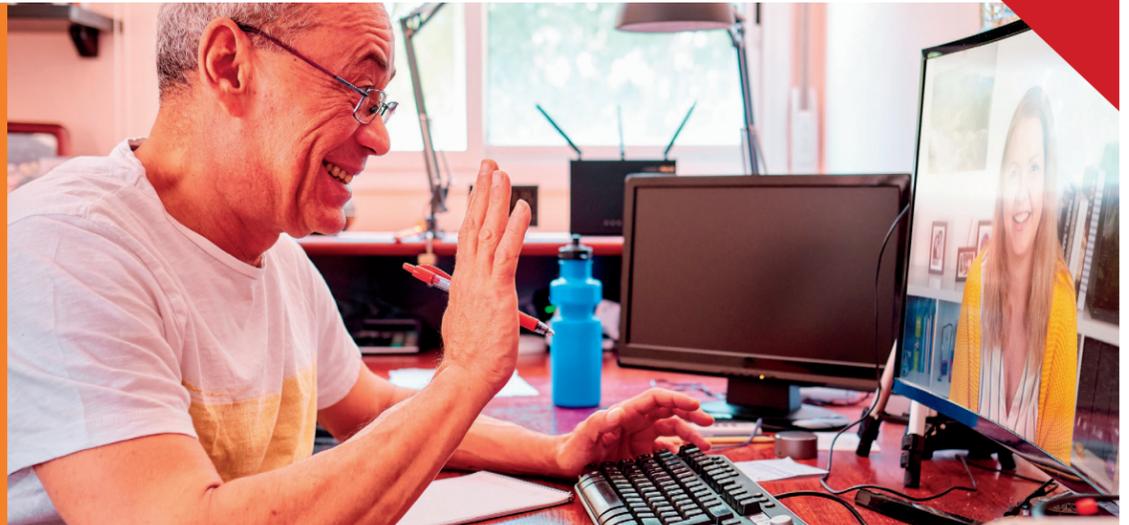
Drum Fit - 10:15am

Friday

Muscle Strength & Core Balance - 11:30am

To Register for Events, Classes and Programs please visit Kerby's Active Aging website, contact our Active Aging Team henriettaf@UnisonAlberta.com, or visit us at Kerby Center on the third floor—room 306.

VIRTUAL



ESL COMMUNITY CHAT ONLINE DROP-IN

DROP-IN EVERY TUESDAY

TUESDAYS @ 11 AM



ASK QUESTIONS, MAKE MISTAKES... THE MORE WE PRACTICE, THE MORE CONFIDENT AND FLUENT WE BECOME!



*Upcoming
Weekly Specials
July 2023*

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

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

July 4 - 7 Beer Braised Bratwurst from local companies, Alpine Sausage and Village Brewery

July 10 - 14 Cowboy Breakfast Quesadilla and BBQ Pork Ribs (Stampede Week!)

July 17 - 21 Beer Battered Fish and Chips

July 24 - 28 Thai Green Curry

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

Active Aging Department Calgary In-Person Activities

Welcome to the Calgary Active Aging Department highlights section. For a full listing of all our activities visit our Active Aging website – kerbycentre23.wildapricot.org

In-Person Weekly Drop-In

MONDAY

- Knitting for a Cause - 10am (2nd & 4th of the month)
- Badminton & Ping Pong - 10am
- Mahjong - 10:30am
- Live Well Be Well Conversations - 11am
- Pickle Ball - 2:30pm

TUESDAY

- FREE Food Market - 10:30am to noon in the Kerby Gym
- Memory Writing - 1:30pm (3rd Tues of each month)
- Pickleball - 2:30pm

WEDNESDAY

- General Craft Group - 9am
- Men's Shed - 11am
- Weekly Dance - 1pm
- Cribbage - 1pm

THURSDAY

- Artist Group - 10am
- Kerby Centre Tours - 10:30am meet in the Café
- Pickle Ball - 2:30pm

FRIDAY

- Spanish Conversation - 10am
- FREE Food Market - 10:30am to noon in the Kerby Gym
- *Tech Help - 11am (must register)
- Badminton & Ping Pong - 1:30pm
- English as a Second Language - 1:30pm

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 Centre on the 3rd floor.



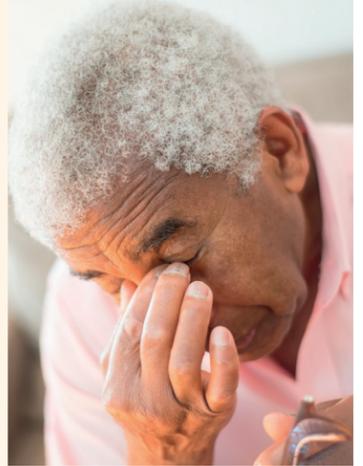
WELLNESS SPOTLIGHT

New Grief Group Starting Revised Dates

Thursdays | Aug 17 - Oct 5 | 1 pm

Join our support grief group to rediscover yourself aft loss and learn skills to start enjoying and living your best life again.

*Registration Required



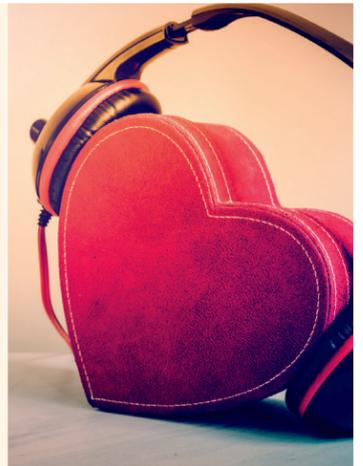
WELLNESS SPOTLIGHT

Music Wellness

Thursdays | July 13, 20, 27 | 10 am

Member: \$10 | Non-Member: \$25 *per class
Increase of expressive and receptive communicative skills, improvement of fine and gross motor skills through instrument play and movement to sounds, decrease stress, and anxiety, also, pain management.

*Registration Required



MEMBERSHIP SPOTLIGHT

Did you know our Kerby Centre Memberships are only \$25?

If you want to go on the tours listed below get a membership at the same time, YOU'LL SAVE \$5

(\$101 - \$71 = \$30 - \$25 Membership = \$5 Savings)



TRAVEL SPOTLIGHT

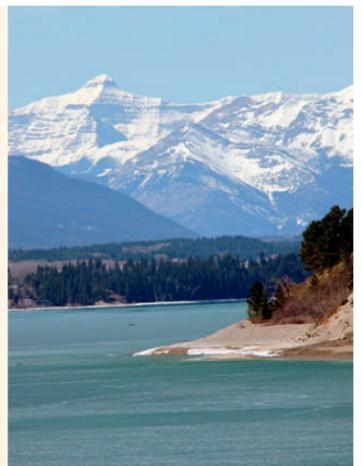
Ghost Lake Boat Tour

Monday, July 31 | 9:30 am - 3 pm

Member: \$71 | Non-Member: \$101
(\$101 - \$71 = \$30 - \$25 Membership = \$5 Savings)

Cut-off Date - Monday, July 17
No refunds after cut-off date.

*Registration Required



TRAVEL SPOTLIGHT

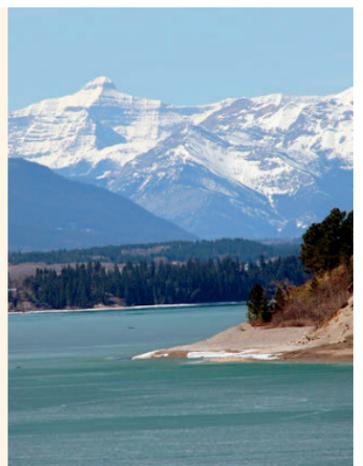
Ghost Lake Boat Tour

Friday, Aug 11 | 9:30 am - 3 pm

Member: \$71 | Non-Member: \$101
(\$101 - \$71 = \$30 - \$25 Membership = \$5 Savings)

Cut-off Date - Friday, July 28
No refunds after cut-off date.

*Registration Required



Active Aging Department Calgary In-Person Activities

Classes and Activities Spotlight

SHOPPING SPOTLIGHT



**Wise Owl
Boutique**

1/2 Price Sale

August 14 – 18

Discounts are available on all **clothing** and **red tag** items.

ACTIVE AGING SPOTLIGHT

Watercolour Cards with Lettering

Fridays | Aug 11 – Sept 1 | 10 am

Members: \$139 | Non-Member: \$169
 (\$169 - \$139 = \$30 - \$25 Membership = \$5 Savings)

Learn how to make a set of your own greeting cards using watercolour and informal lettering. Beginners are welcome for this class *Supplies not include

*Registration Required



ACTIVE AGING SPOTLIGHT

Fall Watercolour Book

Thursdays | Aug 10 – 31 | 10 am

Members: \$89 | Non-Members: \$119
 (\$119 - \$89 = \$30 - \$25 Membership = \$5 Savings)

Build a book from scratch and fill it with fall images and some letter that you will create with a variety of mixed media. Beginners are welcome for this class.

*Registration Required



SHOPPING SPOTLIGHT

Active Aging Craft Sale

Thursday, July 27 2023
 10am – 1pm
 Kerby Centre, Café
 Selected items 50% off!

ACTIVE AGING SPOTLIGHT

Ukulele Magic! Beginner

Dalhousie Community Centre location

Thursdays | July 6 – Aug 10 | 10 am

Members: \$50 | Non-Members: \$80
 (\$119 - \$89 = \$30 - \$25 Membership = \$5 Savings)

This class is geared for those with little or no experience on the instrument.

*Registration Required



SHOPPING SPOTLIGHT

Free Food Markets Non Kerby Locations

Banff Trail Community Association (NW)
 July 3 | 12:30PM – 3PM

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

CARYA Village Commons (SE)
 July 12 | 1PM – 3PM

Bow Cliff Seniors 50+ (SW)
 July 20 | 11AM – 12PM

Northminster United Church (NW)
 July 26 | 1:30PM – 3PM

*New Address – 3716 – 2 St. NW Highland
 Park Community Association

ACTIVE AGING SPOTLIGHT

Bhangra Basics

Wednesdays | Aug 9 – 30 | 1 pm

Member: \$39 | Non-member: \$69
 (\$65 - \$35 = \$30 - \$25 Membership = \$5 Savings)

This fun and joyful style of dance transcends barriers of language & culture and is enjoyed by millions across the globe. No experience is needed.

*Registration Required



Travel Spotlight

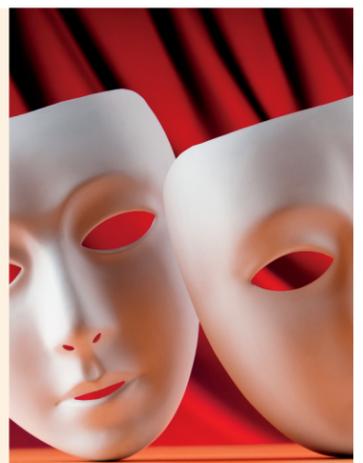
Jubilations Presents: The Legend of Elton John

Tuesday, Sept 19 | 9:30 am – 3 pm

Member: \$65 | Non-member: \$95
 (\$95 - \$65 = \$30 - \$25 Membership = \$5 Savings)

Cut-off Date – Tuesday, Sept 5
 Includes lunch and performance
 Travel by LRT or meet at the Theatre
 No refunds after cut-off date.

*Registration Required



Active Aging



Course Registration Summer Session

Registration opens June 5th for members and June 14th for non-members

Register in person at Kerby Centre in **Room 306** or by phone at **(403) 705-3233**

Online registration is available now at **kerbycentre23.wildapricot.org**



Don't Miss Out!

Waiting to the last minute to register means missing out on great opportunities.

We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!

Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up.

henriettaf@unisonalberta.com or (403) 705-3233

Classes offered in our satellite locations:

| | |
|---|---|
| <p>Fitness with Dan (Member \$29 Non-Member \$59 per course) <u>Instructor:</u> Dan Leung</p> <p>Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.</p> | <p>L01 Tuesday July 4 – Aug 1 (No Class July 11) 11:30am – 12:30pm Living Spirit Building</p> <p>L02 Tuesday Aug 8 – Aug 29 11:30am – 12:30pm Living Spirit Building</p> |
| <p>Ukulele Beginner! (Member: \$50 Non-Member: \$80) <u>Instructor:</u> Lorraine Smith</p> <p>This class is geared for those with little or no experience on the instrument. You will learn to accompany many familiar songs using chords and rhythm strums plus have fun singing while playing. You'll be playing on the first day! If you have a ukulele, bring it to class in good working order along with an electronic clip-on tuner.</p> | <p>D01 Thursday July 6 – Aug 10 10:00am – 11:00am Dalhousie Community Centre</p> |
| <p>Safety on Transit (Member: \$20 Non-Member: \$50) <u>Instructor:</u> Don Muldoon</p> <p>In this workshop, you will learn to identify potentially harmful situations and ways to keep yourself safe.</p> | <p>D02 Monday June 19 10:00am – 12:00pm Dalhousie Community Centre</p> |
| <p>Line Dancing (Member \$29 Non-Member \$59) <u>Instructor:</u> Glenis Martin</p> <p>No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.</p> | <p>Introductory D03 Wednesday Aug 9 – Aug 30 10:00 – 11:00am Dalhousie Community Centre</p> |

Active Living Courses *Appropriate workout attire and footwear are required for all fitness classes*

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| <p>Chen Tai Chi & Tai Chi Qi Gong <i>(Member \$29 / Non-Member \$59 per course)</i> <u>Instructor:</u> Adrian Buczek</p> <p>Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems helps to reduce stress, increase coordination, balance and range of motion.</p> | <p>A01 Thursday July 6 – July 27 2:15pm – 3:15pm Room 205</p> <p>A02 Thursday Aug 10 – Aug 31 2:15pm – 3:15pm Room 205</p> |
| <p>Fitness with Dan <i>(Member \$29 / Non-Member \$59 per course)</i> <u>Instructor:</u> Dan Leung</p> <p>Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.</p> | <p>A03 Wednesday July 5 – July 26 10:00am – 11:00am Gymnasium</p> <p>A04 Wednesday Aug 9 – Aug 30 10:00am – 11:00am Gymnasium</p> |
| <p>Muscle Strength & Core Balance <i>(Member \$29 / Non-Member \$59)</i> <u>Instructor:</u> Dan Leung</p> <p>Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.</p> | <p>A05 Friday Aug 11 – Sept 1 9:00am – 10:00am Gymnasium</p> |
| <p>Line Dancing <i>(Member \$29 / Non-Member \$59 per course)</i> <u>Instructor:</u> Glenis Martin</p> <p>No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.</p> | <p><u>Introductory</u> A06 Thursday Aug 10 – Aug 31 11:30am – 12:30pm Gymnasium</p> <p><u>Intermediate</u> A07 Thursday Aug 10 – Aug 31 1:00pm – 2:00pm Gymnasium</p> |
| <p>Chair Yoga <i>(Member \$39 / Non-Member \$69)</i> <u>Instructor:</u> Gina Komanac</p> <p>Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.</p> | <p>A08 Wednesday July 5 – Aug 30 <i>(No Class Aug 2, 9 and 16)</i> 1:15pm – 2:15pm Room 205</p> |
| <p>Yoga for You <i>(Member \$29 / Non-Member \$59)</i> <u>Instructor:</u> Gina Komanac</p> <p>In this class you will learn kind and beneficial yoga poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. Come for an enjoyable hour of exercise in a safe and supportive environment! Please provide your own yoga mat.</p> | <p>A09 Monday July 24 – Aug 28 <i>(No Class Aug 7 and Aug 14)</i> 11:30am – 12:30pm Room 205</p> |
| <p>Bhangra Basics! <i>(Member \$29 / Non-Member \$59 per course)</i> Young Bhangra Calgary</p> <p>Bhangra is a traditional and energetic folk dance of Punjab. This fun and joyful style of dance transcends barriers of language & culture and is enjoyed by millions across the globe. No experience is needed as we will take a step by step approach to each dance. Come out and try something new and fun—the experience will leave your whole body smiling!</p> | <p>A10 Wednesday July 5 – July 26 1:00pm – 2:00pm Gymnasium</p> <p>A11 Wednesday Aug 9 – Aug 30 1:00pm – 2:00pm Gymnasium</p> |

Academic Courses

Arts

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| <p>Drawing (Member \$85 Non-Member \$115) <u>Instructor:</u> Tayebe Joodaki</p> <p>Have you always been interested in drawing, but never really knew how to get started or how to advance your technique? If so, then this is definitely the place for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! <i>Supplies not included.</i></p> | <p><u>Beginner & Intermediate</u> B01 Monday July 10 – Aug 21 (No Class Aug 7) 10:00am – 12:00pm Art Studio</p> |
| <p>Oil Painting (Member \$85 Non-Member \$115) <u>Instructor:</u> Tayebe Joodaki</p> <p>Designed for beginner oil painters. This will teach you new techniques and help to develop your style. Supplies not included. Please bring your own supplies: Oil paints, Some brushes in different sizes, Canvas, Palette, Palette knife, Odourless thinner, Linseed oil.</p> | <p><u>Beginner & Intermediate</u> B02 Wednesday July 12 – Aug 16 10:00am – 12:00pm Art Studio</p> |

Sing & Play

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| <p>Tunes on Tuesday (Member \$45 Non-Member \$75) <u>Instructor:</u> Alison Demeter</p> <p>Do you know what activity relieves stress, stimulates your immune response, improves your lung function, helps with memory, and develops a sense of belonging and connection – all while you enjoy yourself? The answer is... singing "Tunes on Tuesdays!" You don't need to have a great voice and no previous singing experience is necessary... just a desire and willingness to choose a favourite song from the songbook, sing it with the group, and have some fun!</p> | <p>B03 Tuesday July 18– Aug 8 11:15am – 12:45pm Room 205</p> |
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General Interest

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| <p>Paint & Sip: Special Members Only Event (Member Only \$55) <u>Instructor:</u> Carol Marasco</p> <p>Join us for a fun afternoon and let your artistic style run a little wild!</p> <p><i>All supplies and "Wine & Cheese" are included. No painting experience necessary!</i></p> | <p>B35 Wednesday June 21 1:00pm – 3:00pm Art Studio</p> |
| <p>Chalk Pastel Workshop (Member \$50 Non-Member \$80) <u>Instructor:</u> Tayebe Jodaaki</p> <p>If you want to experience a new technique in chalk pastel, this class is right for you. In this class, you'll learn to draw with colourful chalks on velvet paper and creating stunning artwork. Materials included – Velvet Paper, Arteza Wooden Canvas Board. <i>Please provide your own chalk pastel.</i></p> | <p>B36 Friday June 16 10:00am – 12:00pm Lecture Room</p> |

Course Registration Summer Session

Registration opens June 5th for members and June 14th for non-members

Register in person at Kerby Centre in **Room 306** or by phone at **(403) 705-3233**

Online registration is available now at **kerbycentre23.wildapricot.org**

It's going to be a gorgeous day for golf!

There's nothing quite like hitting the links for an excellent, sunshine filled day of golf. Clubs in hand, friends at your side, and hours of laughter and casual competition is the perfect way to spend a summer's day.

Why not get a perfect day's worth of golf in while also assisting our Unison Alberta and our Seniors Support department, which helps aid older folks in our community?

Look no further than the 3rd Annual Unison Calgary Charity Classic, scheduled for Sept. 7 at the incomparable Sirocco Golf Course. Last year's festivities included beyond beautiful weather, tons of fun games in addition to the 18-hole course and plenty of prizes.

This day of friendly competition aims to raise funds for our Seniors Supports program which has been a vital service provided by Unison at Kerby Centre for 50 years!

Everything from accessing housing support, pensions to filing taxes, writing wills and much more,

our Seniors Supports is a place of safety and guidance for our community of seniors.

The day begins at 1:00 P.M. with a shotgun start at the gorgeous course at Sirocco, just outside of Calgary. Fun and competitive side games include Beat the Pro, Fastest Shot

and Closest to the Pin.

Light lunch, golf cart and a dinner & evening program are also included in the registration price — all of which goes towards Seniors Support and ensuring that no senior gets left behind.

Register by July 31 for a chance to win a fabulous prize in

our Early Bird Draw! You can register by visiting www.unisonalberta.com/unisongolf/ or by calling Julia Moroz at (403) 705-3177.

If you'd like to sponsor our event, please contact Andres Gutierrez at andresg@unisonalberta.com or (587) 441-3696.

Support Unison at Kerby Centre and provide a hand up for seniors!

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

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

Payment Method: Cheque Visa MasterCard

Credit Card Number _____

Expiry Date _____ CVV _____

Signature _____

Send tax receipt to:

Name _____

Address _____

City _____ Prov _____

Postal Code _____ Phone _____

Email _____

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I would like to receive information on planned giving.

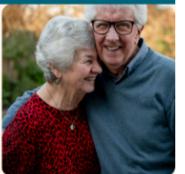
I have included Unison at Kerby Centre in my will.

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

Thank you for supporting seniors!

1133 - 7 Avenue SW Calgary, Alberta T2P 1B2 | Charitable Registration #11897 9947 RR0001

Donate online at unisonalberta.com/calgary-donate or call 403.705.3254



Our 3rd Annual Unison Calgary Charity Classic Golf Tournament features Shotgun Start at 1:00pm, Scramble Format, Golf Cart, Light Lunch, Dinner & Evening Program!

There will be chances to win great prizes and fun games to support Unison such as

- Beat The Pro
- Closest to the Pin
- **\$50K Hole in One**
- Fastest Shot by CPS Radar
- And Much More!

Visit UnisonAlberta.com/unisongolf to register now!



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Hole Sponsors



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Trotter & Morton

Senior Listings

YOUR MESSAGE, PEER TO PEER

WANTED

1 bedroom upstairs to rent, cable included, utilities included, washer and dryer, located in NE, closes to transit, \$700 a month. Seeking mature woman, 55 - 65. Call 587-496-3575.

Wanted to Purchase - 2nd hand Electronic Desk Top Reader for senior with macular degeneration. Please call 403 813 8182.

FOR SALE

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

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.

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

Powered Lift Chair bought new from Co-op Medical

on McLeod Trail & only used for 3 1/2 months. A smaller lift chair for a shorter person. The original price was \$2400 & the asking price is \$900. - 587 837-3475 (Gwen)

'DRIVE' TRANSPORT CHAIR 'EXPEDITION X SERIES' 2022 "when a walker is not quite enough" Light weight aluminum (19lbs.)/Folds for vehicle Adjustable foot rests/Extra padded seat cushion/red New \$419.95/Asking \$380.00 (does NOT qualify for AADL grant) Call Deb 403-829-4427

'DRIVE' WHEELED WALKER 'EVOLUTION EXPRESS LITE' 2018 Solidly built/Size Regular/ Folds for vehicle Adjustable handle bars/ Padded seat/front basket/

black New \$495.00/Asking \$200.00 (NO waiting for AADL grant) Call Deb 403-829-4427

EVENTS

Calgary Knights of the Round Table (established 1925) is active to this day with the objective of providing a forum for exchange of ideas expressed freely and in a spirit of toleration and good fellowship. The only real qualification for entry is an enquiring mind, and we welcome new participants. Health, arts, science, engineering, business, politics, Indigenous affairs are all areas covered in recent years. Currently we have two meetings/month. On

first Tuesday of the month we meet at Kerby Centre. Doors open 1:30 P.M., lunch (cost \$20) is served at Noon, and at 12:30 pm a Speaker gives a half hour presentation, followed by a half hour Q/A session.

On the 3rd Tuesday of the month we have a Zoom meeting at 11:30 A.M. Check our website www.kortcalgary.ca or contact us by email board@kortcalgary.ca for additional information.

CROSSWORD SOLUTION

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Older adults and opioids

By Jeff Rubin
Wisdom of Age

A friend of mine was talking with me recently about how his visit to the City of Brotherly Love, Philadelphia brought home to him the powerful impact of drug addiction in America today. Walking through North Philadelphia neighborhoods he described stepping over prone bodies on the streets and witnessing firsthand the increasingly devastating impact of drug addiction.

The misuse of opioids is well-known. However, what got his attention was a relatively new drug called Xylazine, which extends the length of the high. This additive is found in 90%

of Philadelphia's hard drugs, including heroin, methamphetamine, and cocaine. It is even found in marijuana.

Xylazine was first seen in Puerto Rico and is now spreading across the US. The UK saw its first case on May 24th, 2023. It is also spreading in Canada. When mixed with other drugs, the chances of overdosing increase.

Only recently has the news media begun to expand coverage of this epidemic which got me thinking about opioid addiction and the impact it has on older adults, a subject little reported in the press.

Opioids like fentanyl and oxycodone are powerful pain-relieving medications common-

ly prescribed for various medical conditions. They are often used by seniors for chronic, surgical procedures and end-of-life care. However, the misuse and abuse of these substances have contributed to a significant public health crisis.

Older adults are particularly susceptible to accidental overdosing and the potential for misuse or diversion. Because common aspirin and oxycodone both look like little white pills, it is easy to confuse the two. Painkillers such as black-market oxycodone are now being laced with Xylazine, a veterinary sedative and muscle relaxant that has recently emerged as the street

drug called "Tranq."

Medications ought to be regularly reviewed by a professional. Screening should include assessing older adults for substance use disorders, pain management alternatives, medication monitoring programs, and educational initiatives.

Further research, education, and policy intervention procedures are needed to get ahead of the curve. By examining the risks, challenges, and potential interventions, we can better understand how to address this growing problem and ensure the well-being of older adults.

The current rate of xylazine distribution is unprecedented.

Because of the severity of this immediate crisis and similar substance abuse issues, I encourage you to work with your friends, colleagues, and legislators to bring attention to the problem in your community.

To learn more about Older Adults and Opioids, I encourage you to visit the following video: https://youtu.be/Z8eKQ7fC_D0.

Jeff Rubin is a speaker, author, international advocate for positive aging, and founder of the "Senior Moments" campaign, a global initiative changing perceptions about what it means to grow old. He can be reached at Jeff@wisdomofage.net

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