



Kerby NEWS

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

March 2023

Volume 39 #3

Published courtesy of



Urban Sketchers in the sun



Calgary's Urban Sketchers create their art wherever inspiration strikes them. Where does inspiration strike you? Find out more about these artists-on-the-go over at our March spread on pages 16 and 17, or read the rest of this month's issue themed around inspiration, self-care and mental health.

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Kerby Family lineage

Andrew Glen McCutcheon
Kerby Storyteller

We're still on our mission this year to answer the question: "what is Kerby Centre?" in honour of its 50th anniversary.

But often when we try to answer questions about the present, we find ourselves looking into the past.

To that end, we'll be taking a look at the interesting origins of our name, Kerby, and the family that inspired it. It's a story that spans two world wars, the advent of women's suffrage and the entire history of aviation and flight, so: we've got a lot to cover! Starting with the man who started it all.

Reverend George William Kerby is the namesake for the Kerby Building that would eventually house

our wonderful Kerby Centre.

He was born in 1860 in Ontario to Nelson Kerby and Hester Ann Sheply. George Kerby worked on the family farm in his youth until he was 21, when he went to attend school — graduating from the Methodist Victoria University and was ordained as a Methodist minister. He would go on to marry Emily Spencer Kerby — who we'll be discussing more in-depth later — on Oct. 11, 1888.

George William was frequently in demand for speaking opportunities, described as very eloquent and articulate. He evangelised and worked as a missionary in various parts of Eastern Canada and the United States until 1902, when a telegram was sent from the young city of Calgary requesting he travel west and become a minister of the Central Methodist Church there.

By July 1903, the whole Kerby family — which by now included a 10-year-old son and 8-year-old daughter — moved west to settle, much to the dismay of his eastern colleagues. One was quoted as saying "Kerby's gone to that God forsaken place and will never be heard from again."

George William, however, found great success in growing his congregation in Calgary. His passion and skill as a speaker brought many to the church and he also became the founding principal of the newly created Mount Royal College — which began as a Methodist-based institution.

Over the next three decades as principal, George William oversaw the massive growth of Mount Royal, from a Methodist focus to a cultural and open institution, which accepted both genders into its ranks.

Emily Spencer Kerby would pass away of a heart attack in 1938, just nine days short of her and George William's 50th wedding anniversary. George William would follow not long after, six years later in 1944. The building that originally housed Mount Royal College would become the Kerby Building, and later in the 1970s during its founding, the Kerby Centre.

The history of the Kerby family is too big to fit in the newspaper! To read parts two and three of this story, head on over to our website and visit <https://unisonalberta.com/kerby-centre-50th-anniversary>. Here you can read the next two parts of the Kerby family story, in addition to many more!

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Hearing seniors issues

Well, it is the third anniversary of the beginning of the pandemic's first lockdowns: is that something we ought to celebrate? If we were still self-isolating, masking or locked in, I suppose the answer would be "no."

But I suppose we are no longer, so that's something to celebrate.

This was an incredibly challenging time for our members at Veiner and Kerby but we were collectively determined to remain valiant in the face of the pandemic.

Over the last few years we have heard or used the word "pivot" many times — it's a basketball term, which seems less impres-

sive than what we all did over the last three years.

As a basic explanation of the word, to pivot is to adjust or change how something is done in order to improve.

This doesn't seem a lot more impressive, but it does sound a lot more like what we did for the last few years.

We have been very proud of how our members, our volunteers, our staff and our board improved the ways we support older adults in Southern Alberta. We have paired up with the Kelly Brothers to create a documentary of how our members and our organization thrived through a difficult time.

Through our 50th year we will have several viewings of this documentary we would love you to see it -so please watch our

social media, our email newsletters and Kerby News for announcements about where and when to view this documentary.

On a related note, our board and our management at Unison are determined to keep this trend of innovating the way we provide services, classes and support to Older Adults. We want your feedback regarding the types of classes, support groups and information you feel you need or you want.

Our board has formed a subcommittee focused on advocacy for older adults- they want to know what issues you face or are concerned about so that they may use the vehicles and the networks available to us so that "Seniors' Issues" are top of mind for all of our elected officials and our community.

If you would like our



Larry Mathieson, CEO and President

management and our board to hear about services or classes, you are interested in — or issues you think are salient to older adults in Alberta — you can email us at; seniorsissues@kerbycentre.com

On the left side of this page, you will also find our mailing address if you would prefer to send a handwritten copy — just address it to Seniors' Issues.

MARCH 2023

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

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A particularly nasty sickness

Barbara Ellis
Kerby News Columnist

A rather unusual thing happened to me a couple of weeks ago. It started innocently enough. I was feeling sluggish, sort of lethargic and not interested in doing anything.

Am I coming down with something? I wondered.

When I got the sniffles and started coughing it dawned on me that yes indeed, my body was at war with something, but what

could it be?

I had all my Covid shots as well as the flu shot, so what was making me feel unwell? I did not have to wait long to find out.

My sniffles turned into a flowing river and my sneezes began to compete with my coughing. Am I sick? Can't be! It's been over twenty years since I've had the flu. I'm just too healthy to be sick I assured myself.

Decided that a healthy lunch would make me feel better

so I got all the salad things out and set to work. I cut the Romane into a bowl and reached for the jar of Caesar Dressing.

The lid was stuck. It would not cooperate. I tried again and again. Perhaps my strength had diminished. I gave it one more determined twist and as I did, the jar slipped out of my hands and headed towards the ground.

As it flew through the air, it managed to splatter some of its contents onto my dish-

washer before landing on the floor. As it careened along the floor it managed to spread even more of the dressing as it went.

Great, now I am going to have to bend down. Yes, bend. If I got on the floor now, I would never get up. At my age, reaching my toes from a standing position is quite an achievement.

But I managed it. After several bends with wet paper towels in my hand, I finally got all that stuff

off the floor. Had to, didn't want to slip on the dressing and break a hip or something.

After all that exertion, I lost my appetite and decided to freshen up instead. The cool water on my face felt good and so I decided to go ahead and brush my teeth. For some reason, the toothpaste brought on a convulsive coughing spell.

I could not catch my breath and wondered if anyone had ever died while brushing their teeth. When at last the coughing ended, I was lightheaded and my legs wanted to buckle under me. I rinsed out my mouth and headed for bed.

Lying on my back did not help and the stuff in my nose now trickled down my throat and brought on more coughing. Sitting up would probably be better, I thought, and it may even relieve the coughing. I returned to the couch to watch TV. I put a garbage can lined with a plastic bag next to the couch and transferred the used Kleenexes, which had accumulated on my coffee table, into it.

As my Kleenex box emptied, the plastic bag began to fill and while this was going on, my poor nose became painful to the touch. By the third day, I had to have a bath, everything on me was sweat soaked and sticky.

Felt great to get into the bathtub and be emersed in the warm water. Washed my hair – rinsed off with a shower and called it a day.

During my sickness, I watched a lot of educational TV such as Civilization; A 2000 Year History of London; Wonders of Our Oceans.

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

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#EAT DRINK PLAY

Continued on page 19

It all started with Kerby News

*Debra Molzan
Kerby Member & Volunteer*

Over 12 years ago, I happened to pick up a free copy of the Kerby News while at the grocery store and the rest is history.

Upon reading the Kerby Newspaper there was mention of the annual Kerby Expo. My Husband, Peter and I decided to attend this free event.

While there we were very impressed with the programs, resources, and volunteer opportunities. We soon signed up to become volunteers. It was so very inspirational to meet all the friendly volunteers and to find out some were well in to their 90's.

Peter had always said he wanted to volunteer at a Christmas Dinner. We had a fun experience at our first-time volunteering. Peter was the guy serving Turkey and I was the mashed potato gal.

The new year brought an opportunity for me to assist with the planning of the special event Chinese New Year celebration. It was a successful event and I learned so much about the Chinese culture in our city.

At the time we started volunteering, 55+ years was the age for a Kerby Membership. I hadn't yet reached that magic age, but when it finally arrived, guess what my Birthday Present was from Peter? It was a Kerby Membership!

Over the years we have seen the many changes that the Kerby Centre has been through. There has always been a welcoming atmosphere that has never left the Kerby Centre.

The Kerby Centre is a big secret that many people are missing out on. They do not realize all the resources, services and programs that are offered.

The recent new change to Unison for generations 50+ per-

fectly describes what it is really like. Unison at the Kerby Centre is the hub of information and resources for older adults to live a healthy and active life.

It is a great place to meet new friends. They also have information and connections to many other organizations that benefit us all.

The vibrancy of Unison is attracting us aging "Baby Boomers" while still allowing our amazing older generation a place to feel appreciated.

The Unison at the Kerby Centre has been

a part of our lives for so many years.

As we grow older, it has helped me embrace and look forward to my golden years. It is exciting to see and experience the changes that are taking place.

A big thank you to all the staff and volunteers who have made the Unison at the Kerby Centre a truly valued organization for all older Adults living in Calgary.

Cheers and Happy 50th Anniversary to Unison at the Kerby Centre!



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Facts about hearing loss



Dr. Carrie Scarff
Ph.D, Audiology
Innovations

Many people are also concerned about how they will look with hearing aids, and/or the financial investment of hearing aids.

Here are the top 5 myths about hearing loss and the ear that we want to BUST:

Myth 1. People should wait until their hearing is very bad to do something about it.

FALSE. Some people think listening harder will ‘exercise’ the hearing system.

Unfortunately, the auditory system is NOT like a muscle. Extra work and strain drains our brain and our energy, and can cause permanent difficulty understanding sounds in the future.

Myth 2. Hearing loss is not that important if I can ‘get by’.

FALSE. We hear with our ears but LISTEN with our brain. If our ears aren’t working correctly, it affects our brain function in areas like memory and cognition.

Humans are good at ‘faking’ it, using their eyes to help them and guessing if they don’t hear things correctly, which is why many people with hearing

loss feel they ‘get by’. Sadly, they don’t realize that they are missing important parts of conversations and the world around them.

Myth 3. I don’t need to get a hearing test unless I feel I have a problem.

FALSE. Since so many of us are unaware of the extent of our hearing challenges, it is recommended that every person over age 60 have a baseline hearing evaluation.

Hearing health suggestions, hearing improvement strategies or devices may be recommended even though you don’t realize you aren’t hearing as accurately as you should be.

It’s important to improve your hearing sooner rather than later for proper brain health.

Myth 4. Ringing in my ears is normal.

FALSE. Frequent ringing in the ears can be a sign of hearing loss. If you experience it more than once in a while, you should definitely get your hearing evaluated. The brain produces sounds to compensate for a lack of sound being sent from the ears when hearing loss is present—this is known as Tinnitus, or ringing in the ears.

Myth 5. The best way to clean my ears is with q-tips.

FALSE. Using any pointy object including q-tips can be very dangerous as you can rupture your eardrum. A better option is to use a tissue around your pinky finger to clean out your ear canals after showering.

Stay tuned for our resident expert’s next two parts of the 3-part series; Part 2. Hearing aids and Part 3. Strategies to conserve your hearing.

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Did you know that nearly 50 per cent of Canadians have hearing loss that affects their ability to hear speech properly?

Unfortunately, ONLY 25 per cent of these people have done something to take care of their hearing issues.

Why? People often don’t realize the extent of their hearing challenges because they usually occur gradually.

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Lessons from the sky

*Dr. Daniel Schnee
Submitted Article*

Recently, I found myself sitting in the chapel of a 13th-century abbey in Ystad, Sweden. As it was early morning I was alone, and the day's overcast light filtered in such a way as to give the space a peaceful, numinous quality.

Such moments inevitably evoke contemplation, and thus I found myself thinking back over my 40-plus years as a musician and artist.

As such, the sky (i.e. flying) has had a very big impact on me. After countless flights and cities over the decades, what was it all for? Who and what have I become?

When I started the whole process in my early twenties I was filled with hopes and dreams. The world was soon to be mine, and it just didn't know it yet. Iceland, Vietnam, Norway... they all seemed to call out to me. The buildings, the food, and especially the music: I was ready to experience it all, as much and as fast as possible.

From the moment the plane arrived in Japanese airspace on my first trip to Japan I felt I was at home: in the places where I was meant to be. Seeing the darkening silhouette of Mt. Fuji set against a purplish evening sky, was a natural fit for my sensibilities.

Later, when I lived in Japan full-time, I never lost that sense of wonder, for years enjoying the opportunity to "go to Japan" daily by merely walking out my front door. All such international experiences had that same property of spirit. That gloriously sunny afternoon when I taught Israeli schoolchildren about the various woodwind instruments? The walk from my office to the school was more than that, it felt like progress towards a place within myself as much as a place in Jerusalem.

Even when I was in other homes it felt like I was where I needed to be. New York City is a vibrant but tense place to live and work. Yet I often found myself musically at home there, playing afternoon duets with Pulitzer Prize-winning jazz leg-

end Ornette Coleman in his spacious Manhattan apartment.

The genius of this great man was a doorway to many previously unattainable goals, and he most generously offered me the key.

Fast forward to the present, and I have ended up performing or exhibiting my work in 23 countries.

But as in Ystad I always eventually found myself in a quiet spot somewhere, meditating upon my journey through life. On the shore of a river watching the night fishermen in Arashiyama, at the Confucian temple

in Hanoi, in the verdant gardens of the British Ambassador's mansion in Greece, such moments soon came to have the same meaning.

Like in Ystad I "found myself sitting," which is to say that I "found myself, sitting" — always coming to rediscover who I was — when I gave myself the silence and peace to do so. And who I was... was the product of a world built by myself and others, and I could thrive in this world when I learned the right lessons.

Watching the sunrise from the top of the Great Wall of China, surrounded by equally fascinated

Chinese tourists, sitting at the back of a Finnish ferry with an old Estonian woman watching the sun and sea turn completely silver in the foggy morning light, rolling around on the floor exhausted and soaked in sweat with my fellow judo athletes on boiling evenings in Osaka, Japan, it was these others who were the world I sought.

The world was "built" by living in it, and I was a lucky guest to the intangible aspects of their Being.

The friend who doubled over in laughter as I attempted (and completely failed) to eat rotten shark meat in Iceland, was the one who gave it to me.

The creativity and passion of the young Korean jazz musicians I hired in

Seoul lifted my music to new heights. And believe me, you haven't had a loud, passionate political debate until you have had one in a rural Scottish pub. The expletives are wonderfully creative and numerous.

The lessons from the sky were the lessons of leaving and returning to different territories, going through Life via the private worlds of so many others. I took to the skies to take on the world, and it in turn took on and made an ally of me.

The future can and will be bright.

Not if we erase the borders around the world, but the borders around our minds and hearts.

Dr. Daniel Schnee is an internationally recognized graphic score composer.



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Researcher takes step in discovering how to halt MS

By Gillian Rutherford
University of Alberta
Folio

A University of Alberta researcher is one step closer to demonstrating the potential of a brain molecule called fractalkine to halt and even reverse the effects of multiple sclerosis and other neurodegenerative diseases.

Multiple sclerosis is an autoimmune disease in which the myelin, or fatty lining of nerve cells, is eroded, leading to nerve damage and slower signalling between the brain and the body. MS symptoms range from blurred vision to complete paralysis, and while there are treatments, the causes are not fully understood and nothing exists to reverse the disease process. More than 90,000 Canadians live with MS, according to the MS Society.

In new research published in *Stem Cell Reports*, Anastassia Voronova, assistant professor in the Faculty of Medicine & Dentistry and Canada Research Chair in Neural Stem Cell Biology, injected fractalkine into mice with chemically induced MS.

She found the treatment increased the number of new oligodendro-

cytes — vital brain and spinal cord cells that produce myelin in both embryonic and adult brains — which are damaged during the MS autoimmune attack.

“If we can replace those lost or damaged oligodendrocytes, then they could make new myelin and it is believed that would halt the disease progression, or maybe even reverse some of the symptoms,” Voronova says. “That’s the Holy Grail in the research community and something that we’re very passionate about.”

Hoping to meet an unmet need, Voronova’s earlier research tested the safety and efficacy of fractalkine in normal mice and found similar beneficial effects. Other researchers have demonstrated that fractalkine may provide protection for nerves in mouse models before the disease is induced, but this is the first time it has been tested on animals that already have the disease.

“What was important to us is to approximate it to the clinic,” Voronova points out. “When a person with MS is diagnosed, the injury has already occurred, there’s some kind of attack that has already happened on the oligodendrocytes and myelin.”

Voronova and her team observed new oligodendrocytes, as well as reactivated progenitor cells that can regenerate oligodendrocytes, in the brains of the treated animals. Remyelination occurred in both the white and grey matter. The researchers also observed a reduction in inflammation, part of the damage caused by the immune system.

Next steps for the treatment include testing it in other diseased mouse models, including those with neurodegenerative diseases other than MS. Voronova is working with colleagues at the U of A to search for ways to easily deliver fractalkine to the brain, such as through a nasal spray. Voronova is a developmental and stem cell biologist by training, so she also hopes to test and develop other brain molecules that she originally discovered while doing basic research on the embryonic brain.

“We’ve made a lot of progress in the medical and research communities on disease-modifying therapies for multiple sclerosis, but what we really don’t have — and is an unmet need in the multiple sclerosis community — is regenerative therapies for the central nervous system,” Voronova says.

This research was supported by the MS Society of Canada, the Canadian Institutes of Health Research and Canada Research Chair funds, with additional support from the UK MS Society Grant, Natural Sciences and Engineering Research Council of Canada and Canadian Glycomics Network. Voronova is a member of both the Neuroscience and Mental Health Institute and the Women and Children’s Health Research Institute.



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Self-Care... it really is more than just a bubble bath?

By Christie McCaw, BSW, RSW

When talking about self-care it seems as though there is a predetermined list of things people do which include having a bubble bath, going for a massage or a manicure/pedicure. But what does it mean to feel good and how do we know we are doing the right activities? There is more awareness on the importance of getting help and looking after your mental health, which I won't deny is important, but mental health is just one aspect of self-care. Indigenous medicine wheel teachings talk about practicing self-care from 4 quadrants which include connecting with your physical, mental, emotional, and spiritual wellbeing.

Activities which promote and improve physical self-care include paying attention to your diet, exercising, and taking time to rest when you are feeling unwell. Eating a balanced diet helps to fuel your body with nutrients, maintain strength, and stay healthy. Studies have proven that eating well also helps to prevent diet related illnesses such as diabetes, high blood pressure, and some cancers. Ensuring you are drinking enough water each day is beneficial in flushing toxins out of your body, and preventing dehydration and constipation. Exercising such as going for a walk, dancing, or yoga stimulates chemicals in your brain which leave you happier, more relaxed, and can reduce stress. Exercise has been shown to decrease symptoms of depression and anxiety and can provide an emotional boost or feel-good feelings. Ensuring we have enough sleep is also part of physical self-care and allows our bodies to heal and recover from illness faster.

With mental self-care, we look to find ways to support our minds in processing and understanding information. This could be participating in meditation, reading a book, learning something new such as a new language, musical instrument, or another new skill. Engaging in mindfulness activities allows us to pay attention to the present moment and acknowledging how we are feeling in that moment, accepting ourselves for who we are, and focusing on or becoming aware of our breathing to slow us down and find beauty and grace in our surroundings from a place of non-judgement. Spending

time in nature is a great way to disconnect with technology and reconnect with the environment surrounding you. You might find it grounding to sit and watch the water moving through a river or stream, closing your eyes to hear the sounds of nature around you, going for a hike in the mountains or even hugging a tree can all benefit your mental health.

Emotional self-care refers to how you manage and express your emotions from learned experiences. When we practice from this aspect, we are recognizing and accepting our accomplishments, understanding

and tolerant towards ourselves and others, and finding love in the things we do. When we care for our emotions, we are doing things that make our hearts feel happy. Activities could include calling or spending time with a loved one, laughter (watching a funny movie), listening to your favorite music, journaling (writing down what you are grateful for), engage in healthy activities. It is okay to hold space for your feelings and acknowledge that all emotions and feelings are acceptable to have.

Spiritual self-care does not have to be religious, but it is comprised of activ-

ities we can do to deepen our connection within ourselves, and who we truly are. When we practice spiritual self-care we are striving to achieve inner peace and live in alignment with our core values and what matters most to us. Activities we can do to tend to spiritual self-care include meditation, sitting outside in nature for 15 minutes (this also helps you get your daily Vitamin D), being still and listening to the sounds around us, reading a prayer or sacred text, coloring a mandala or doodling. Spiritual self-care can also be participating in religious or cultural activities. When we practice gratitude with our spirit we are making a daily ritual to reflect on what we are grateful for, or going out and thanking those you appreciate. When you focus on positive things you increase the

likelihood of more good revealed in your life. Spiritual self-care is about honoring and valuing yourself and your self-worth.

As you can see, there are activities you can do that overlap in each quadrant such as getting out for a walk in nature and listening to the sounds around you with an open-mind and an open-heart, or there are activities which connect you with one aspect of self-care you might be feeling low in. There is no right or wrong way to practice self-care as long as you are doing what feels good for you and fills your heart up. There is nothing wrong with a bubble bath or a massage if that is part of your self-care rituals, but hopefully reading this has offered you additional ideas you can incorporate into your daily self-care practice.



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Grow Begonias

By Deborah Maier
Calgary Horticultural Society

Do you have a dappled shade area in your garden that could use a splash of colour? Then consider growing begonias. The two most common begonias used in Calgary gardens are wax begonias (*Begonia semperflorens*) and tuberous begonias (*Begonia × tuberhybrida* Voss, also known as the *Tuberhybrida* Group or the *Tuberosa* Group).

Wax begonias are often used in garden beds. You can recognize this plant by its thick waxy leaves. They can be light or dark green to a deep burgundy colour and have clusters of small, dime-sized flowers. The plants form attractive compact mounds and are often planted in large groups for a pleasing effect. The flowers look like clam shells before opening. When they bloom, single flowered plants have blossoms with two large petals and two tiny petals around a cluster of yellow stamens. The flowers can be white, pink, red, or orange. The stems,

leaves, and blossoms are succulent and fleshy. They can be started from seed and are best started in February because they can take a while to germinate. Fortunately, while considered a bit of an old-fashioned garden annual, they are having a resurgence in popularity and new cultivars are being bred. Many garden centres will carry wax begonias as bedding plants. They are damaged by frost so put them out after the risk of frost has passed or be prepared to cover them with a frost fabric.

Tuberous begonias are frequently used in hanging baskets and make a good shade container plant. They are known for their showy, large flowers. In addition to the colours available in wax begonias, tuberous begonia blooms can be yellow, gold, or salmon. Tuberous begonias are classified by flower form: Bicolour, Camillia, Rose, Picotee (having a different coloured blossom edge), with ruffled and serrated variations. Breeding of these hybrids started in the 1850s when tubers of parent plants were brought




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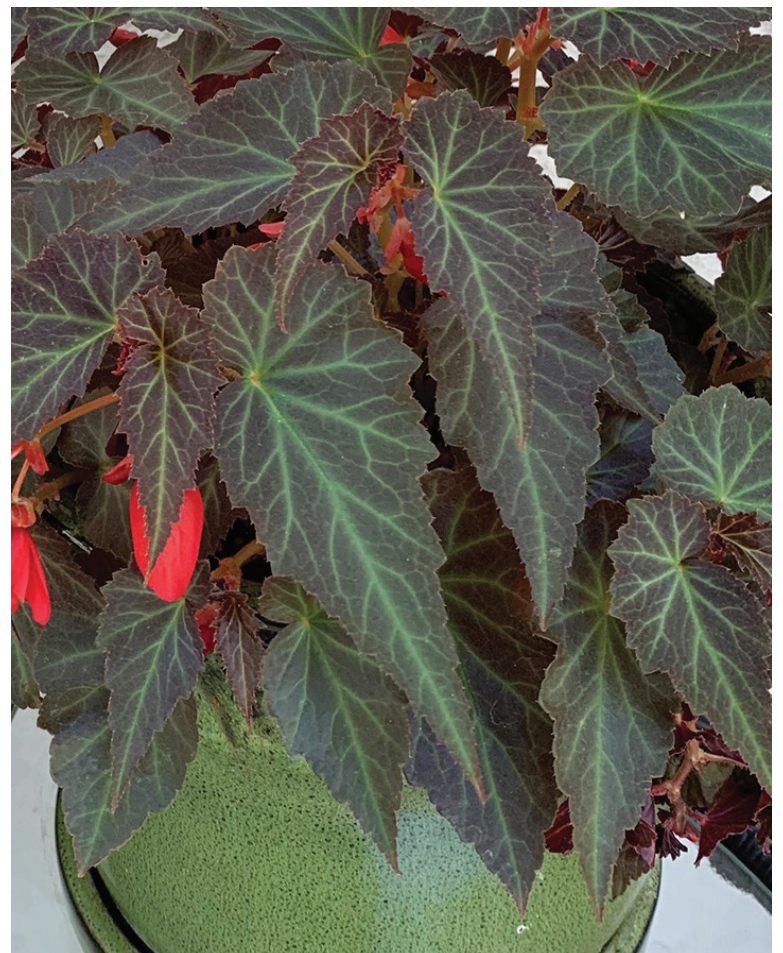

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back to England from the forests of South America.

Sold in garden centres as tender bulbs, tuberous begonias are often available starting in March. The pendula or trailing varieties are used in hanging baskets. Like wax begonias, tuberous begonias produce blossoms all season.

There is a trick to growing tuberous begonias from bulbs. One side of the bulb is domed, and the other side has a divot—looking a bit like a thick-walled bowl. It is the rounded side that needs to be pressed into the soil. To plant, fill your pot with potting soil then press the dome side of the bulb into the mix until the top edge of the bulb is just at the top of the soil. Keep the bulb uncovered until a sprout appears and

has grown to about 5 cm in height. At this time, the bulb can be covered with soil. While waiting for the sprout, take care to keep water and soil out of the divot or the bulb may rot. Water along the edges of the pot or use the bottom watering method. Bottom watering is the practice of placing the pot being water in a dish of water and letting the capillary action of the soil draw the moisture up to the soil surface. Once the soil at the pot's surface is moist, remove it from the watering dish.

Begonias like dappled shade but need some direct sunlight early in the morning or late in the afternoon to produce the best blooms. While begonias are zone 10 plants, they prefer cooler temperatures making them

a good plant for growing in Calgary. They lag if temperatures get above 30 °C. Fortunately, while Calgary will have a few days at that temperature, the evenings usually cool down to temperatures begonias find more tolerable. A bit of a drawback to growing them is that begonias prefer moist soils, but do not like to be over-watered. A bit of monitoring can help ensure the correct moisture balance is maintained. If you need a little colour for a shady area on a balcony, deck, or in the garden, then consider planting begonias.

To learn more about gardening in the Calgary area, visit the Society's website calhort.org




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

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All you need is love.

By Ron Freckleton,
author of 'Our Time to
say Goodbye' A couple's
journey through dementia.

Ron spent 10 years caring for his wife, Joan, who was living with dementia. Here, he reflects on that journey and shares some of the insights he learned on the way.

My dear wife Joanie died at 11:11 A.M. on Easter Sunday, April 20, 2014. Joanie had been living with dementia for 10 years and I had been her sole caregiver.

In the early years, both of us faced a whole new world. For Joanie, it was a world of confusion and fear. My world was one of desperation and despair. Over time, I learned to live with, and care for, a loved one with dementia.

Although I have no professional education on the subject, I feel that my journey through dementia with my lovely Joanie qualifies me to offer advice to the family caregivers of loved ones living with this debilitating condition.

Dealing with diagnosis

I hope you have sought professional advice on ascertaining your loved one's condition. Not having the disease diagnosed, does not mean that it does not exist. Denial does not delay its progression. The behaviour of people living with dementia will vary according to the type of dementia that they have. The part of the brain that is affected by dementia dictates what behaviour traits will become evident. You mustn't feel that there is a stigma attached to dementia. It is a disease of the brain, pure and simple.

Practising compassion

Short-term memory loss is often one of the first symptoms of dementia. Your loved ones may repeat questions or statements. For instance, "What day is it today?" If you feel exasperated, hearing the question repeated and answer "I've just told you." Your voice and body language may cause your loved one to become aggressive and hostile. Pret-

ty soon, both of you will feel ill-tempered and a very poor tone will be set. A stony silence will hurt you more than your loved one. I found it easier to answer the repeated question with a good-humoured reply. "It's Wednesday, all day, and it's Thursday, all day tomorrow." My voice and tone indicated that everything was fine. What did it cost me to repeat my answer each time the question was asked? Nothing, absolutely nothing. We're all human, there will be times when you are not at your best and lose patience with your loved one. He or she will forget your squabble in a moment, their short-term memory loss will ensure that. The harsh words you both shared, will be with you for a long time. That's something to think about. Bite your tongue when you can't say anything nice. You will be the benefactor.

Go with the flow.

If your loved one is content to spend their days doing little things that make no sense to you, but

are of interest to them, go with the flow. That should be your mantra. "Go with the flow," I remember one day, Joanie, using scissors, cut twenty \$5 bills in half. Her thinking was probably, that she had doubled her money. Her smile when she showed me her handiwork was just lovely. How could I be mad at my Joanie? I was genuinely amused as I did the repair work.

You will learn that trinkets become treasures. Things that have little value become precious. Many quiet hours can be spent just touching them. Encourage your loved one. Show them that you share a love of their possessions. You may see it as an obsession: think of it as a pastime.

Quiet times with a loved one with dementia are a blessing. Some of the best days of my life were spent sitting with my Joanie. Me, talking about good times in the past. Joanie, listening. I could tell if she was remembering just by her comments. Sometimes she was, and sometimes she wasn't. It didn't make any difference; we were happy together. I learned that the precious memories I spoke of were therapeutic for me, just as my voice and tone were comforting for Joanie.

Maintaining social connections.

Something that gave me great pleasure was the way Joannie behaved on social occasions when she was around people other than myself. She greeted everyone as though they were the best of friends. She didn't distinguish between store clerks and medical specialists; everyone was a recipient of her charm and warm smile. I was careful not to interfere with her interactions. Social interaction was important to me. We needed to maintain contact with family and friends. A support group is important and can never be too large.

Connecting with your doctor.

As Joanie's dementia progressed, her behavioural patterns changed. I had to learn new skills. Our family doctor became my mentor. I recommend that all family caregivers keep close contact with their GPs. If your doctor does not have experience with geriatric care, I suggest that experts be consulted. I was fortunate that our doctor's special interest was geriatrics. He insisted that we visit him each month. He was monitoring my health as well as Joanie's. Each visit garnered valuable advice. He explained that

'white lies' and making promises you can't keep, were okay. Constantly repeated requests by your loved one, for something not possible, will easily be assuaged by saying, 'We'll do it tomorrow,' or something similar. The request will be forgotten tomorrow. No harm done. Our doctor's major message was to keep your loved one as happy as possible.

Finding resources.

My advice to all family caregivers is, please accept all the help offered to share the care of your loved one. I should have taken advantage of Alberta Health's resources a lot sooner than I did. The home care services that are available will enable you to grab a few hours of respite. You will find that you can entrust your loved one to a professional's care and know they are in good hands.

Another helpful organization is the Alzheimer Society of Calgary. A portion of the society's resources goes to research, but its major commitment is to the support and well-being of dementia clients and their family caregivers. The society also puts great emphasis on awareness and education. The frequent information sessions and seminars that the society presents are often the first steps that the caregivers take in their quest for answers. The numerous programs and available activities are invaluable to dementia clients. The respite that caregivers gain is so necessary for their own well-being,

Caring for the caregiver.

I made many missteps along our long and winding road, I wish I could retrace and replace every one of them.

I hope some of my words will help you avoid the pitfalls that were part of our journey. My biggest error was not seeking help in a timely fashion. As the years ticked by, I had become adamant that I was the only one Joanie would accept as a caregiver. I continually declined offers of help from family and friends. My love for Joanie made me blind to my welfare. I was sacrificing my health and well-being by taking on the sole responsibility of caring for Joanie. I know now that I was wrong. Our family doctor recognized that I needed to get professional caregivers involved in Joanie's daily life. His advice led me to the actions that I should have taken earlier.

Caregivers, please be aware of your health, both physical and mental. It is just as important as the health of your loved one.



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Frequently asked Tax Questions

What's the biggest CRA tax tip you would give people?

Have you ever wondered if the CRA owes you money that you don't even know about? What happens if a CRA cheque was lost in the mail, was accidentally thrown in the garbage, or even slipped down the side of a couch and was never seen again?

Well, whether it's a GST credit, a tax refund, or a benefit from many years ago, the CRA keeps track of every cheque that was ever sent to you -- and we have a record of all the payments that were never cashed.

We want to reconnect you with these long-lost cheques! So now, you can search for uncashed CRA cheques with just the click of a button. Sign in to your CRA online account and click on the "Uncashed cheques" option on the right side of the Overview page. It will immediately tell you whether there are any cheques that you missed out on -- even if they are decades old -- and help get them re-issued to you.

Do people need to have a CRA online account to file their taxes?

The CRA wants to interact with you in whichever way is most comfortable for you. If you like to file your taxes with pen and paper, or you prefer to speak to a person on the phone, we're always here to help.

But if you're comfortable using online digital services, you should definitely set up your online CRA access, called My Account. In the same way as logging in to your bank's online portal gives you access to your banking information, logging into your CRA account will give you immediate access to all of your tax forms, upcoming payments, and benefits information.

A CRA account also makes it easy to set up direct deposit, so

that any refund or benefits arrive in your bank account faster than ever before. And if you're filing your taxes yourself, having access to the My Account service will let you auto-fill the details from your slips right into your tax software.

Are there any special tax credits seniors can claim?

Of course there's the Age Amount that many seniors claim every year, but there's one pension-related tax deduction that can sometimes be confusing for people.

It's called Pension income Splitting. If you receive income from certain types of pension and your spouse is in a lower tax bracket, you may be able to use this method to reduce your overall taxes. This option lets seniors split up to 50% of their eligible pension income with their spouse or common-law partner, which can lower the combined tax the couple has to pay.

It's important to note, though, that OAS and CPP aren't eligible for pension splitting. Most private pension plans, however, can be split.

Are there any new deductions or credits seniors should know about?

Did you know that you can claim a tax credit for some home renovations, if they

help improve the accessibility or safety of your home for a qualifying person? The Home Accessibility Tax Credit allows seniors, or individuals who are eligible for the Disability Tax Credit, to claim up to \$20,000 towards eligible expenses. This amount is double what could be claimed in previous years.

There have also been some changes to the Disability Tax Credit. In addition to a new simplified form, individuals diagnosed with Type-1 Diabetes who require life-sustaining therapy will now find it easier to be considered eligible for the credit.

Courtesy of the Canada Revenue Agency

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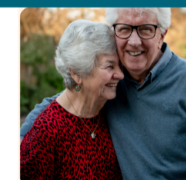
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Seniors: We've got tips to help you this tax season!

As a senior, here are some of the most common things that you could claim on your income tax and benefit return at tax time:

1. Pension income splitting

– As a pensioner, you may be eligible to split up to 50% of your eligible pension income with your spouse or common-law partner to reduce the amount of income tax you may have to pay, if your spouse or common-law partner is in a lower tax bracket. This may save you tax as a couple.

2. Registered retirement savings plan deduction

– Deductible contributions to your plan can reduce your tax owing. You have until December 31 of the year in which you turn 71 to contribute to your plan.

3. Medical expenses

– You may be able to claim eligible medical expenses you or your spouse or common-law partner paid in any 12-month period ending in 2017. This period is extended to 24 months in case of death.

4. Age amount

– If you were 65 years of age or older on December 31, 2017, and

your net income was less than \$84,597, you may be able to claim up to \$7,225 on your return.

5. Disability tax credit

– If you, your spouse or common-law partner, or your dependant have a severe and prolonged impairment in physical or mental functions, you may be eligible for the disability tax credit. To apply for this credit, you must have Form T2201, Disability Tax Credit Certificate filled out and certified by a medical practitioner. Once the CRA approves your form, you can claim the disability amount on your return.

6. Canada caregiver credit

– This credit replaces the family caregiver credit, the credit for infirm dependants age 18 or older, and the caregiver credit. If you have a spouse or common-law partner or a dependant with an impairment in physical or mental functions, you may be able to claim this non-

refundable tax credit.

7. Pension income amount

– You may be able to claim up to \$2,000 if you reported eligible pension, superannuation, or annuity payments on your return.

Also, filing a tax return is the easiest way to access credit and benefit payments that may assist seniors, such as:

1. Guaranteed income supplement

– If you live on a low-income and receive the guaranteed income supplement or allowance benefits under the Old Age Security Program, you must file your taxes by April 30 to make sure your benefits get renewed.

2. Goods and services tax / harmonized sales tax (GST/HST) credit

– You may be eligible for tax-free quarterly payments that help individuals and families with low and modest income offset all or part of the GST or HST that they pay. If you have a spouse or common-law

partner, only one of you can receive the credit. When you file your taxes, the CRA automatically determines your eligibility.

3. Registered disability savings plan

– This type of plan helps Canadians with disabilities and their families save for the long-term financial security of a person who is eligible for the disability tax credit. Contributions to such a plan are not tax deductible, but you can make them until the end of the year in which the beneficiary turns 59.

Go to canada.ca for more information about seniors programs and services from the CRA.

Register for direct deposit and file online

You can register for direct deposit and file online to get any refund you may be eligible for faster. To file online, the CRA has a list of certified tax software products that are easy to use, fast, and secure, some of which are free!

Electronic returns are generally processed within two weeks. Individuals who file online and are registered for direct deposit may get their refund in as little as eight business days. However, for paper returns, our service standard is to process them within eight weeks of receipt.

Climate action incentive payment

The Climate action incentive payment (CAIP)

is a tax-free amount paid to help individuals and families offset the cost of the federal pollution pricing. You may be eligible for the CAIP if you are a resident of Alberta, Saskatchewan, Manitoba, or Ontario.

To get the CAIP, you and your spouse or common-law partner (if applicable) must each file an income tax and benefit return for the year and be an eligible individual. The CRA will automatically determine your eligibility when you file your return. If you have a spouse or common-law partner, only one of you can get the CAIP for the family. The CAIP will be paid to the spouse or common-law partner whose return is assessed first. No matter which one of you receives the CAIP, the amount will be the same.

If you are eligible to receive the CAIP, we recommend that you and your spouse or common-law partner (if applicable) file your 2022 returns electronically by March 10, 2023, to help in receiving the April 14, 2023, issuance. If you don't receive the April issuance, the payment will be included in a subsequent payment after your return is assessed.

For more information, visit:

- canada.ca/deductions-credits-expenses
- canada.ca/taxes-seniors
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Date: _____

NAME OF PERSON DROPPING OFF _____

PHONE _____

CLIENT NAME _____ New? Returning?

ADDRESS _____

POSTAL CODE _____

Can the client be called if there are questions? Yes No

TELEPHONE NUMBER _____

DATE OF BIRTH (yyyy/mm/dd) _____ M _____ F _____

Did the client immigrate to Canada in the tax year(s) being filed? Yes No

If yes, what date? (yyyy/mm/dd) _____

Legal Marital Status Single, never married Married Separated Divorced Widowed Common Law

Did your Marital Status Change in the tax years being filed? Date of Change _____

If you are Married or in Common Law, your partner's tax must be done at the same time.

Partner's Name _____ M _____ F _____

Partner's Date of Birth _____ Partner's 2022 Income (line 236) _____

Did your Spouse immigrate to Canada in 2022? If yes, what date? (yyyy/mm/dd) _____

Did Marital Status change during 2022? Yes No If yes, Date of change _____

1. What province did you live in on December 31, 2022? _____

2. Are you a Canadian Citizen? Yes No3. Authorization for Elections Canada? Yes No4. Are you claiming a Disability Credit for yourself or dependent? Self Spouse5. Do you have medical expenses? Yes No*(Medical Expense Report from Pharmacist and Receipts)*6. Do you and/or your spouse have charitable donations? (Receipts) Yes No7. Do you have simple rental income? Yes No*(Simple rental income is a basement or room in primary residence. Not a revenue property)*8. Do you have Foreign Pension amount? Yes No9. Did you sell your Primary Residence in 2022? Yes No

Date tax return completed _____ Volunteer completing return _____

I give the tax preparer consent to E-file my tax return.

Signature _____

Calgary's Urban Sketchers



Above: Sue renders an architectural sketch of Sunalta community hall. Below: Deborah and Sue sketch from a picnic table



Photos and story by Tim Johnston
Freelance Writer and
Photographer

Calgary's Sunalta Park and its community centre aren't exactly showcases for modern urban meeting spaces within our city. One of the city's oldest parks, it is hemmed in on the north by the C-Train elevated span and station and the main line of the Canadian Pacific Railway.

To the east and west along 10th Avenue SW,

vintage commercial buildings mark its corners. Walk-up apartment buildings hedge its southern reaches.

Within the park one Saturday last September, about a dozen folk could be found scattered throughout the area, all sharing a few similarities. Comfortably encamped in his or her space, each person was focused in the general direction of the old community center building.

Assortments of pen-

cils, pens, colors and sketchpads were at hand for each. These people were members of Calgary Urban Sketchers. They were visiting the park to record a bit of the story of the place through images that would be produce during a two-hour visit.

As they observed and drew, I talked with them and made photographs of what they were recording. They spoke of their enjoyment of on-site sketching, working with fel-

low artists and viewing and interpreting common local scenes.

Experience levels ranged from retired high school art teacher to novice beginner, skill levels from highly advanced to "first attempts". Using a park bench as both a seat and easel, Nicole spoke of skills she is learning by working together with other sketchers and how the encouragement given by the group is so supportive. Georgia told me that she likes the immediacy of on-site sketching.

On-sight sketching is one of the tenets of Urban Sketchers, a non-profit organization started in Washington State by Gabriel Campanario, a journalist and illustrator. Since its inception in 2007, Urban Sketchers has grown to 374 chapters in 60 countries and counts approximately 120,000 members who visit sites in their localities and make sketches of what they find. Calgary's chapter, officially chartered in 2018 by Peter Norman, Rod Zillman and Jeff Dickson, reorganized an earlier group that had become dormant. I met with Rod, a retired architect, in his teaching area at the Kerby Centre.

He explained that through Urban Sketchers, members cultivate a talent and passion for urban drawing.

Through their drawings they record stories of their surroundings at a given time. "We try to be as truthful as possible to the scenes we witness," Rod said, "but each artist is encouraged to express his or her vision of the scene in their own manner." Shortly after our visit, Rod left for Italy on a sketching vacation.

On the following Saturday, I drove to the Saskatoon Farm, east of Okotoks, to join the sketchers at a new location.

A lot of work has gone into making this farm an attractive place to visit and shop. It's also a wonderful place for artists to find and record images of buildings and features of the farm as well as the beauty of the natural setting.

The broad valley of the Highwood River is the view to the east and this is what some of the sketchers set about to record.

Others found inspiration viewing an old International pick-up truck that had been decorated with abundant autumn produce. That's where I spoke with Janice who had established her station on a nearby picnic table.

A graduate of Sheridan School of Visual Arts, she told me that finding local places to illustrate was, for her, meditative and grounding. Nearby, Deb was recording her interpretation of the same scene.

She spoke of how important the act of sketching has been during her recovery from a serious concussion, of how applying pencil to paper is both calming and inspiring.

With a stack of pumpkins as foreground, Jerilyn spoke of her enjoyment of scrapbooking but how she wanted to try other forms of expression.

She began drawing during the pandemic, learning by way of on-line programs, and sketching from travel photos. "I get so much pleasure and joy from this experience," she said. "I draw each evening just to slow down and relax."

I found Norm working on an illustration of the farm's main building. He has been with the group since it began and likes that it provides opportunities to be out in public with fellow illustrators and friends. "There is usually a get-together after each outing and these I very much enjoy." Norm has had some of his art displayed locally and explained that members can sell their work privately if they wish.

My final visit with the sketchers occurred in October and I joined them near the home of the Alberta Ballet Company. Several artists had set up just south of the building, once the parish hall of St Mary's Cathedral and, until 1971, the passenger depot of the Canadian National Railway. Across the street, I found Louisa, a recent newcomer from England, who had a view of the cathedral from Rouleauville Square. This vantage point gave Louisa something special; as well as a nicely framed scene of the front of St Mary's Cathedral she had a first-person view of a family and its friends arriving for a beautiful wedding.

At the end of each sketching session, I watched as the artists collected their pictures into little galleries. Each person spoke of how he or she had recorded the scenes and what techniques they had used. Fellow sketchers added observations and encouragement, thus highlighting three important tenets of Urban Sketchers; nurturing individual styles, supporting each other and showing the world one drawing at a time.

In December, I met up with Belinda, a key member of the Calgary chapter, who read a draft of my story and confirmed names of the



Above: Calgary's urban sketchers and images at Alberta Ballet Below: Jerilyn sketches amid autumn's bounty



members I had photographed. She had just returned from a vacation in Portugal and shared with me some of the highlights of her trip through three small sketchbooks filled with illustrations. Belinda asked that I emphasize four things, the first

being that information about Calgary Urban Sketchers, including upcoming sketching locations, is available on their website and also on Facebook. Second, membership in the group is free. Third, all levels of ability are welcome and fourth,

anyone can join simply by showing up at a sketching site.

Thinking back to my first visit with the sketchers and the images they had made at Sunalta Park, I realized that my early impressions of the old place had changed. Through

scenes captured by the sketchers, I glimpsed some of the unique beauty of the old park, learned a bit of its history and came to understand the enjoyment the artists had found by interpreting their visions of the place, one sketch at a time.

SUDOKU AND CROSSWORD PUZZLES

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The flu continues

Con't from pg. 4

I also watched several programs of How It's Made which taught me how to make balloons, wallpaper and fortune cookies, just in case I ever wanted to do any of that.

My coughing made me sound like a seal while my voice when I tried to use it, was as squeaky as a door hinge.

The talking would have to wait, I knew no one wanted to talk with a door hinge. With the help and urging of a friend, I even learned how to make a "Hot Toddy."

Perhaps it was not the correct version, but it certainly helped, and with honey, soothed my throat.

Watched a movie called "No Blade of Grass". I had seen this film back in 1970 and I remember that it gave me nightmares.

The film was way ahead of its time and dealt with a worldwide plague caused by an ecological disaster bringing on famine and all sorts of mayhem.

I did not have any nightmares this time around, but I did have a strange hallucination. I was sure that I saw a black bug the size of my fist walking up the leg of my table.

While I knew in my subconscious mind knew that no such bug existed, my conscious mind would not let it go.

My mind would not let it go and instead kept horrifying me that the thing would come flying at me.

Well, a Hot Toddy would fix that. I made myself an especially strong one. It worked. I slept like a lamb.

All in all, it took the better part of a week for me to feel normal again. If it takes another twenty years for a repeat performance, that will be OK with me.

PREMIER Crossword

By Frank A. Longo

CLEAR COMMUNICATION

ACROSS

- 1 NATO has a special one for spelling out words over the radio
- 9 Architectural wings
- 13 Provo people
- 20 In a lying, faceup position
- 21 Sticky stuff
- 22 Kind of energy
- 23 Moniker for novelist Ernest
- 25 Dig up
- 26 Apt. overseer
- 27 Yoko of music and art
- 28 Singer Waters
- 30 Puente of mambo
- 31 Road coater
- 34 Weed B- —
- 36 Marriott, e.g.
- 39 Doesn't lack
- 42 Often-dried fruit
- 44 Diarist Anaïs
- 46 "Caveman diet"
- 47 Messy roommate on "The Odd Couple"
- 51 Dune locale
- 56 Chicago hub
- 57 Dot on some transit maps
- 59 Gave a coif
- 60 Suffer ruin
- 62 Admonish
- 65 "Hello" singer
- 66 Cast off skin
- 68 1992 Guns N' Roses hit
- 70 Extermination target
- 73 Civil rights icon Parks
- 76 Hoagies
- 77 Extermination targets
- 78 Method of measuring ocean depth
- 83 Boy actor in 1937's "Elephant Boy"
- 85 Raccoon kin
- 86 Alluring attributes
- 89 "No doubt!"
- 93 Trig topics
- 95 Dependent
- 97 — -ground missile
- 98 Barely beats
- 101 Doing certain ballroom moves
- 103 Spanish bar appetizers
- 105 Born, to Luc
- 106 Plant pouch
- 107 — Zedong
- 108 Very thin material for book pages
- 113 Steelers' gp.
- 115 Mu — pork
- 117 Normandy city
- 118 Doctrine
- 120 Internet ID
- 122 Symbol of innocence
- 126 One revising something
- 129 Portrayer of Jax Teller on "Sons of Anarchy"
- 133 Act as arbiter

1	2	3	4	5	6	7	8		9	10	11	12		13	14	15	16	17	18	19
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126				127	128				129		130				131	132				
133									134				135							
136									137					138						

- 134 Symbol of innocence
- 135 Brazil's largest city
- 136 Soul
- 137 Amply skilled
- 138 Apt word spelled out by the first letters of eight answers in this puzzle
- 32 In a new way
- 33 Backboard attachment
- 35 Sentra maker
- 37 Grasslands
- 38 Actor sharing top billing
- 39 Backboard attachment
- 40 Tennis' Arthur
- 41 Injury vestige
- 43 Yak it up
- 45 "That's false!"
- 48 Pupil of Plato
- 49 French noble
- 50 Rule for homework time, perhaps
- 52 Operated by water under pressure
- 53 Brand of fat substitute
- 54 Ignited anew
- 55 Blissful sites
- 58 Bakery buys
- 61 Hoagie
- 63 Coll. in Dallas
- 64 Wanes
- 67 Football's Flutie
- 69 Hollywood's Morales
- 70 Praline bit
- 71 Cut-rate, in adspeak
- 72 Thick carpets
- 74 Show filmed at 30 Rock
- 75 Hebrew month
- 79 Daytime nap
- 80 "How — Your Mother"
- 81 Pitcher Ryan
- 82 African nation whose capital is Conakry
- 84 Boil briefly
- 87 Very angry
- 88 — -Caps
- 90 Hat edge
- 91 Italian peak
- 92 African nation whose capital is Lomé
- 94 Lava or Dial
- 96 NFL scores
- 99 Stymied
- 100 Sticky stuff
- 102 Some small batteries
- 104 Japanese green tea
- 108 "Veni," translated
- 109 Monikers
- 110 Skillful feats
- 111 Navel type
- 112 Fixed-up building
- 114 Brittle
- 116 Arm bones
- 119 Like giraffes
- 121 Emmy winner Remini
- 123 "Sometimes you feel like —"
- 124 African nation whose capital is Bamako
- 125 Coll. hotshot
- 127 Football's Marino
- 128 Lister's abbr.
- 130 Caviar source
- 131 "Yoo- —!"
- 132 1995-2006 TV channel

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Medicine Hat



March for Meals in Medicine Hat

Angela Dunn

This month, Unison at Veiner Centre is participating in our first March for Meals. This campaign is an opportunity for local, not-for-profit Meals on Wheels providers to celebrate their impact, and increase awareness of and support for Meals on Wheels in their communities. It is more important than ever to celebrate the power and importance of Meals on Wheels amid a lingering pandemic, historic inflation and other challenges that are affecting the most vulnerable among us daily.

In Medicine Hat, the Meals on Wheels program (MOW), has been in operation for approx. 45 years and is now run by Unison. Each weekday, meals are prepared by our dedicated staff and delivered by wonderful volunteers all over our city. Each delivery includes a hot or frozen nutritious meal, a warm smile, friendly greeting, and a small chat, but Meals on Wheels programs offer so much more:

- Affordable nutritious meals
- Personal interaction
- Wellness checks
- Addresses food insecurity
- Addresses malnutrition
- Combats social isolation
- Enables independence
- Reduces caregiver burden
- Improves overall health for customers

“Meals on Wheels has helped multiple generations of our family. It allowed us to keep my mom living at home with me until the age of 97, and now it takes the pressure

of meal prep, shopping, and cleanup off of me and those who aid in my care...Meals on Wheels—Medicine Hat has been a blessing to our family, I don't know what we would do without it.” - Valerie, Meals on Wheels customer

You can help us celebrate and succeed by doing a few important things. Promote by spreading the word among family, friends, and your

colleagues. Strengthen by donating to your local MOW program, which helps to keep the meals affordable and provides subsidy for lower income customers.

Advocate by reaching out to your local and provincial leaders and decision-makers to show your support and ask for theirs. Serve by volunteering to deliver meals in your community. These programs cannot function

without the generous gift of time from local citizens like you.

Delivering for Meals on Wheels is an extremely rewarding venture that requires 10-15 hours per month. The Medicine Hat Meals on Wheels program is in urgent need of more

volunteers to ensure that the program continues to run in our city.

If you can help in this area, please contact Angela at angelad@veinercentre.com, or call 403-529-8384 for more information.



MARCH FOR MEALS
Going the Extra Mile
March 1 - 31, 2023

We're working to address food insecurity and malnutrition, combat social isolation, **enable independence, and improve local seniors' health for years to come.**

This March, Meals on Wheels needs your support to help spread awareness and raise funds to ensure this critical program can continue to deliver to those who need it most.



Visit UnisonAlberta.com/medhat-donate to donate today!



Generously funded by CVITP Grant Team Canada Revenue Agency/Agence du revenu du Canada

FREE Tax Clinic for Seniors

Feb. 28 - Apr. 28, 2023
(Mon - Fri)
Strathcona Centre
1150 5 St SE
Medicine Hat AB, T1A 8C7

Veiner Centre **income tax** volunteers are available to help fill in tax returns for seniors 50+ and AISH clients

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

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

To schedule an **in-person / virtual / drop-off** appointment
Call **(403) 529-8364**
Appointment **bookings start Feb 1, 2023**



St. Joseph's Home Seniors Lodge

ROOMS AVAILABLE FOR RENT

\$1,200/month (bachelor suite) **\$1,700/month** (one bedroom suite*)

Includes 3 meals/day & weekly housekeeping
Eligible Home Care services available

* based on single occupancy

Contact **403-526-3818** for a tour.
Visit us at: **156 - 3 St. NE Medicine Hat**

CovenantHealth.ca

Move in March, April or May and get your 1st month free.



Medicine Hat Veiner Activities

What's Happening in March

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

Mondays

Quilting
Craft Room | 9am

Board Games
South MP | 9:30am

Canasta
South MP | 12pm

Tech Support
Boardroom | 1pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

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

Wednesdays

Mahjong
South MP | 9am

Bocci
North MP | 9:30am

Veiner Centre Choir
Craft Room | 10am

Member of Constituency
Boardroom | 11am

Bridge Lessons
South MP | 12:30pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am

Jam Session
South MP | 9:30am

Canasta
South MP | 12pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

BINGO
Boardroom | 2pm

Norwegian Whist
South MP | 6pm

Darts
Games Room | 6:30pm

Poker
Boardroom | 5pm

Fridays

Quilting
Craft Room | 9am

Mahjong
South MP | 9am

Canasta Lessons
North MP | 10am

Kaiser Club
Dining Room | 1pm

Duplicate Bridge
North MP | 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!

March 6

Book Review
10:30am - 11:30am | Boardroom

March 7

Ask an Advisor
10am - 11am | Registration Required | South MP

March 9

Counselling Services with Ben Feere
9am | Registration Required

March 14

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

March 15

Parkinson Association Support Group
12:00pm - 2:00pm | Register with Brienne at 403-317-7710

March 10 - 12

Scrapbooking Fanatics
Starting at 4:30pm on the 10th | Registration Required

March 21

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

March 24

Book Club
10am | Dining Room | Register with Natasha, Programs Assistant

Wellness Wednesdays

March 1 | CMHA - Is your mind full or is it mindful? | Boardroom | 9:30am | Registration Required

March 1 | Movie Matinee with popcorn "Wonder Woman 1984" | South MP | 2pm

March 8 | Tech Connect Seniors
10am | Boardroom | Registration Required

March 8 | BrokerLink: Personal Insurance 101
| Craft Room | 2pm - 4pm | Registration Required

March 15 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

March 15 | Revera Rocks! With Mariah
Craft Room | 2pm | Registration Required

March 22 | Coulee Creek Outreach Clinic
Boardroom | 1pm - 4pm | Registration Required

Tax Free Clinic
February 1 - April 28
Call 403-529-8364 to book appointment

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

Strathcona Centre Activities

What's Happening in March

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

Mondays

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

Tuesdays

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

Wednesdays

Absolute Beginner/
Beginner Line
Dancing - 9am
Table Tennis -
10am
Qigong & Chair
Yoga - 12pm
Pickleball - 1pm
Beginner Tai Chi -
3pm

Thursdays

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

Fridays

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

Fitness Class Spotlight

High Beginner/Improver Line Dancing

9am - 9:45am | Mondays
FREE

Chair Yoga & More

12pm - 12:45pm | Mondays
March 20 - April 17
Members: \$18 | Non-Member: \$50

Fun & Fitness

10am - 11am | Tuesdays & Thursdays
February 28 - April 6
Members: \$30 | Non-Member: \$80

Solid Gold Fitness

11:45am - 12:30pm | Tuesdays
March 21 - April 18
Members: \$18 | Non-Member: \$50

Beginner Tai Chi

3:00pm - 3:45pm | Wednesday's
March 1 - April 5
Free

Absolute Beginner/Beginner Line Dancing

9am - 9:45am | Wednesdays
FREE

Qigong & Chair Yoga

12pm - 1pm | Wednesdays
March 22 - April 19
Members: \$18 | Non-Member: \$50

Silver Steppers

1pm - 2pm | Thursdays
March 23 - April 20
Members: \$18 | Non-Member: \$50

Hatha Yoga

12pm - 1pm | Fridays
March 24 - April 21 (no class April 7)
Members: \$16 | Non-Member: \$40

Evening & Weekend Pickleball

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

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

Pickleball Lessons

Feel free to drop in on Friday morning's between 9am - 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

Fitness Online

Drum Fit - Zoom Class

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

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

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

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 month)
- Mahjong - 10:30AM
- Live Well Be Well Conversations - 11AM
- Pickle Ball - 2:30PM

TUESDAY

- Recorder Group - 10AM
- Memory Writing - 1:30PM
- FREE Food Market - 10:30AM to noon in the Kerby Gym

WEDNESDAY

- General Craft Group - 9AM
- Men's Shed - 10AM
- Weekly Dance - 1PM
- Cribbage - 1PM

THURSDAY

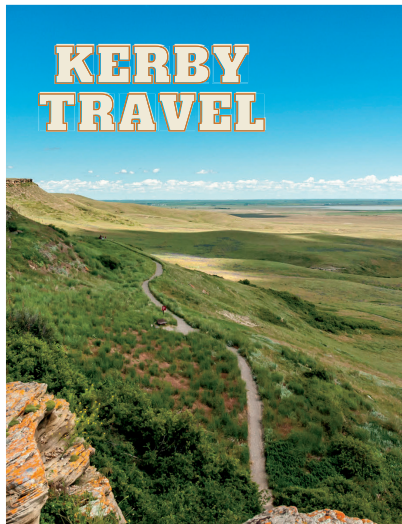
- Artist Group - 10AM
- Kerby Centre Tours - 10:30AM meet in the Café
- Shuffleboard - 1PM (Cafe - Mar 9)
- Pickle Ball - 2:30PM

FRIDAY

- Krazy Carvers - 10AM
- Spanish Conversation - 10AM
- FREE Food Market - 10:30AM to noon in the Kerby Gym
- Tech Help - 11AM
- Badminton & Ping Pong - 1:30PM
- English as a Second Language - 1:30PM



Kerby Travel



Head-Smashed-In Buffalo Jump & Frank Lake Boardwalk

Date: Thursday May 4, 2023

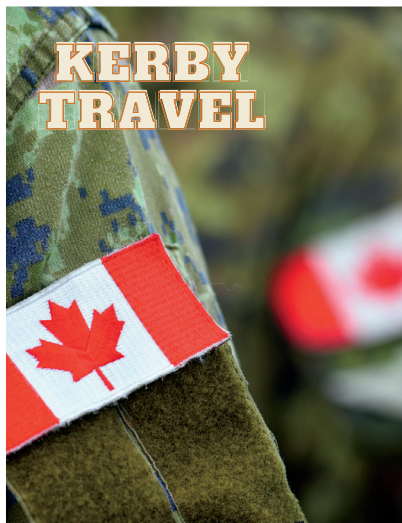
Member Price: TBA

Cut-off Date: Thursday April 20, 2023

Transportation: Bus

Lunch not included in trip price

Suitable for persons with reduced mobility



Military Museum & Tour

Date: Wednesday, April 5th, 2023

\$22 Kerby Member \$52 Non-member

Cut-off Date: Thursday April 22, 2023

Transportation: Bus

Lunch not included in trip price

Suitable for persons with reduced mobility

Wellness Connection



Compassionate Friends Workshop

NEW

A workshop to learn how to be a great support to those that are going through the loss of a loved one.

Wellness Connection Centre | Room 317 | 1:00pm-2:30pm

Thursday, March 16 | Thursday, March 23 | Thursday, March 30

Registration Required*



Mondays

11:00 am - 12:00 pm

Registration Required*

A weekly Wellness conversations and presentations series about your wellbeing.

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



Calgary In-Person Activities

Classes and Activities

Everyday Fitness

A05 Tuesday Apr 4 – June 20
10:00 – 11:00am

Member \$ 59 Non Member \$89
 This is an intermediate, low intensity fitness class which is designed to make exercise an enjoyable part of your everyday life.

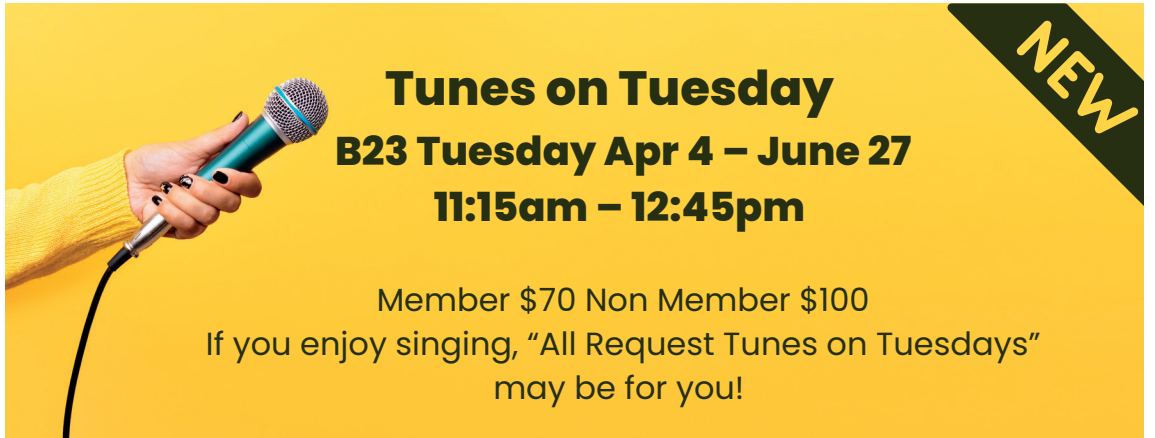
*Pre-requisites: Gentle Fitness from this instructor or other fitness training. Not suitable for beginners.



Tunes on Tuesday

B23 Tuesday Apr 4 – June 27
11:15am – 12:45pm

Member \$70 Non Member \$100
 If you enjoy singing, "All Request Tunes on Tuesdays" may be for you!



NEW

Self Defense

B30 Tuesday Apr 18
10:00am – 12:00pm Room 312

Member: \$25 Non Member: \$55
 Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself.



Beginner Oil Painting

B04 Wednesday May 3 – June 7
10:00am – 12:00pm

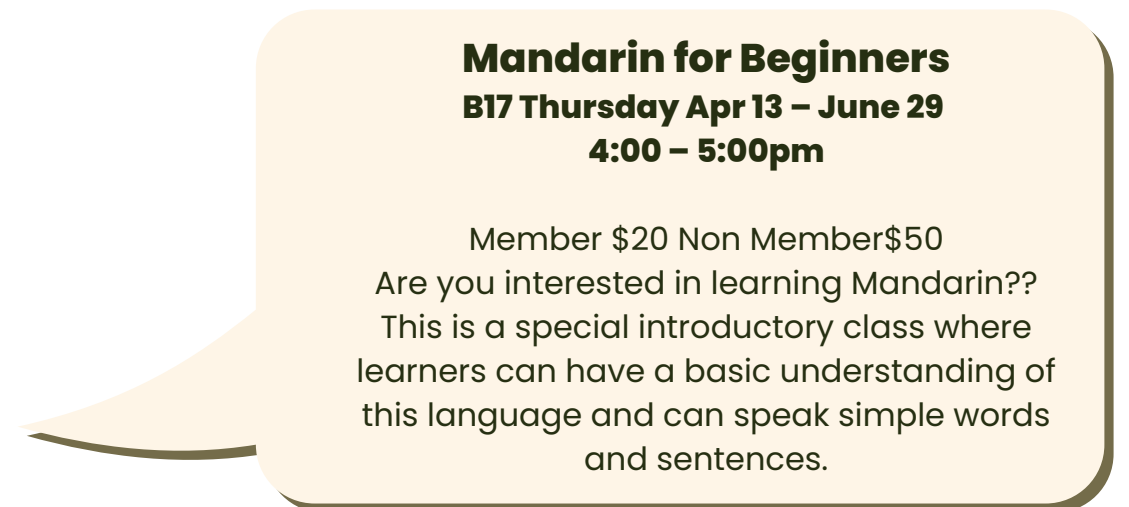
Member \$85 Non Member \$115
 Design for beginner oil painters. This will teach you new technique and help to develop your style. Supplies not included. Please bring your own supplies: Oil paints, Some brushes in different sizes, Canvas, Palette, Palette knife, Odorless thinner, Linseed oil.



Mandarin for Beginners

B17 Thursday Apr 13 – June 29
4:00 – 5:00pm

Member \$20 Non Member \$50
 Are you interested in learning Mandarin?? This is a special introductory class where learners can have a basic understanding of this language and can speak simple words and sentences.



Sales

There are exciting changes come to our boutiques!



Off Location Free Food Markets



Banff Trail Community Association (NW)
 Mar 6 | 12:30PM – 3PM

CARYA Village Commons (SE)
 Mar 8 | 1PM – 3PM

Parkdale Nifty Fifty Association (NW)
 Mar 14 | 11AM – 12PM

Bow Cliff Seniors 50+ (SW)
 Mar 16 | 11AM – 12PM

Northminster United Church (NW)
 Mar 22 | 1:30PM – 3PM



Active Aging Craft Sale

Thursday, March 30th 2023
 10:00am – 1:00pm
 Kerby Centre, Dining Room
 Selected items 50% off!



Unison Online Activities

Online Weekly Activities

Monday

Fitness with Dan - 9:30AM

Chair Yoga - 2PM

Tuesday

English as a Second Language - 10AM

Tai Chi - 1:30PM

Wednesday

Men's Shed - 11AM

Thursday

Yoga for you - 9AM

Drum Fit - 10:15AM

Friday

Muscle Strength & Core Balance - 11:30AM



STAY FIT ONLINE

Member \$59 | SASC Member \$69 | Non Member \$79

With spring just around the corner, it's time to prepare for shorts and T-shirts. This six-week conditioning course will focus on balance & strength training exercises designed to get you ready for the walking path!

Z01 Mon & Thu Apr 24 - June 5 (No Class May 22)
11:00 am - 12:00pm Online

Z02 Mon & Thu June 12 - July 24 (No Class July 3)
11:00 am - 12:00pm Online

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



Upcoming Weekly Specials
March 2022

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

Follow us on Facebook and Instagram @kerbycafecatering

- March 6-10 Rueben Sandwich
- March 13-17 Chicken Schnitzel
- March 20-24 Pork Belly Ramen
- March 27-31 Gnocchi Caprese

****Upcoming Special Events****
March 6 - Foothills Concert Band/Appetizers
March 13 - St. Patrick's Day Celebration
March 28 - Cribbage Tournament

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

Unison at Kerby Centre

Active Aging

Course Registration Winter Session

Registration opens **March 6th** for members and **March 13th** for non-members
Register in person at Kerby Centre in Room 306 By telephone at (403) 705-3233

On-Line Registration is available now
<https://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

Request for a refund must be made before the start of the second class, after which courses are non refundable. ALL refunds are subject to a \$15.00 administration fee. Workshops are non-refundable. **Please contact Active Aging Department to sign up henriettaf@kerbycentre.com 403-705-3233.**

Classes offered in our satellite locations:

Fitness with Dan Member \$59 Non Member \$89
Instructor: Dan Leung
Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.
L01 Tuesday Apr 4 – June 20
11:30am – 12:30pm **Held at Living Spirit Building**

Ukulele Magic! Intermediate Member: \$100 Non Member: \$130
Instructor: Barry Luft
This ukulele class will be a direct follow up from the introductory-level course and will include a healthy review of basics with lots of strumming and singing. New keys, chords, and strums will be explored in order to add color to your playing. Alumni are also welcome to register for brushing up their skills.
Pre-requisite: an introductory course or equivalent.
L02 Monday Apr 10 – July 10 (No Class May 22 and July 3)
10:30 – 11:30am **Held at Living Spirit Building**

 **Line Dancing Introductory Level** Member \$59 Non Member \$89
Instructor: Glenis Martin
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.
No need for a dance partner!
This is an absolute beginner class for those who have never line danced before, or, for those who haven't line danced in a while.
L03 Thursday Apr 13 – June 29
11:30am – 12:30pm **Held at Living Spirit Building**

Zoom Courses

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

Stay Fit Member \$59 SASC Member \$69
Instructor: Dan Leung Non Member \$79
Designed for all outdoor enthusiasts (or anyone looking for new challenge in their weekly workout routine) Stay Fit will focus on balance, strength training, & range of motion. Participants must be able to come down to a floor mat.
Z01 Mon & Thu Apr 24 – June 5 (No Class May 22)
11:00 am – 12:00pm **Online**
Z02 Mon & Thu June 12 – July 24 (No Class July 3)
11:00 am – 12:00pm **Online**

Kerby Membership

A Unison membership is the best way to enjoy everything we have to offer with discounted rates, exclusive rewards and the opportunity to support our organization on an annual basis.

You can pay in person, online, over the phone. In person membership can be purchased at the Membership Desk.

To register for your Unison membership over the phone, call 403-265-0661; extension 256.

Your membership includes...Special, discounted rates for:

- Active Aging programs
- FIT Room use
- Select Kerby Centre Events
- Exclusive rewards include:
- The Kerby News mailed directly to your home each month.
- \$5 per year parking at the Kerby Centre lot
- Advanced ticket purchases and reduced fees for day trips
- Priority registration for classes
- Voting rights at the Annual General Meeting

Membership for 2023 Fees - \$25/year. Add an extra \$5/year for the ease of parking access when visiting Unison Kerby Centre

Active Living Courses

Appropriate workout attire and footwear are required for all fitness classes

Chen Tai Chi & Tai Chi Qi Gong Member \$59 Non Member \$89

Instructor: Adrian Buczek

Chen Tai Chi and Tai Chi Qi Gong is a series of movements and poses that make up a meditative form of exercise with both physical and spiritual health benefits. The continuous ebb and flow of the circulatory, respiratory and lymphatic systems helps to reduce stress, increase coordination, balance and range of motion.

A01 Thursday Apr 6 – June 22
2:15 – 3:15pm Room 205

Fitness with Dan Member \$59 Non Member \$89

Instructor: Dan Leung

Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

A02 Wednesday Apr 5 – June 21
10:00 – 11:00am Gymnasium

Muscle Strength & Core Balance Member \$59 Non Member \$89

Instructor: Dan Leung

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.

A03 Friday Apr 21 – July 21 (No Class July 7 and April 28)
9:00 – 10:00am Gymnasium



Gentle Fitness Member \$ 59 Non Member \$89

Instructor: Suraj Gurung

This class is designed for people just starting and returning to a regular physical fitness routine or rehabilitating after an injury or illness. Improve your overall health, mobility and body control. The benefits include reduced back pain, increased energy, and greater confidence. Maximize your performance and mitigate injury risk!

A04 Tuesday Apr 4 – June 20
10:00 – 11:00am Room 305



Everyday Fitness Member \$ 59 Non Member \$89

Instructor: Suraj Gurung

This is an intermediate, low intensity fitness class which is designed to make exercise an enjoyable part of your everyday life. We will work on balance, posture, core strengthening which will increase quality of life.

Pre-requisites: Gentle Fitness from this instructor or other fitness training. Not suitable for beginners.

A05 Tuesday Apr 4 – June 20
11:30 – 12:30am Room 305

Feet to the Beat Member \$59 Non Member \$89

Instructor: Kym Butler

Are you looking to shake up your fitness routine? Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.

A06 Friday May 5 – July 21
1:00 – 2:00pm Room 205

Line Dancing Member \$59 Non Member \$89

Instructor: Glenis Martin

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.

- **Introductory**
A07 Thursday Apr 13 – June 29
11:30am – 12:30pm Gymnasium
- **Intermediate (with some experience)**
A08 Thursday Apr 13 – June 29
1:00 – 2:00pm Gymnasium
- **Intermediate (with some experience)**
A09 Monday Apr 3 – June 26 (No Class May 22)
1:00 – 2:00pm Gymnasium

Pilates Fusion Member \$79 Non Member \$109

Instructor: TBA

Strengthen, lengthen and stabilize your entire body while gaining better posture. Improve your core muscles through Pilates based mat exercises, gain total body flexibility with yoga inspired stretches and improve your balance with some functional standing work. Options are provided for all levels.

A10 Wednesday Apr 5 – June 21
12:00 – 1:00pm Room 205

Chair Yoga Member \$59 Non Member \$89

Instructor: Gina Komanac

Improve range of motion and learn ways to relax, release and rejuvenate. Learn basic yoga postures in a comfortable and social environment. Options provided for all levels.

A11 Wednesday Apr 12 – June 28
1:15 – 2:15pm Room 205

Yoga for You Member \$59 Non Member \$89

Instructor: Gina Komanac

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.

A12 Monday Apr 17 – July 17 (No Class May 22 and July 3)
11:30am – 12:30pm Room 205

Zumba Gold Member \$59 Non Member \$89

Instructor: Maaik Seaward

per course

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

A13 Tuesday Apr 11 – June 27
10:00 – 11:00am Room 205

A14 Thursday Apr 13 – June 29
10:00 – 11:00am Gymnasium

Bhangra Basics! Member \$39 Non Member \$69

Young Bhangra Calgary

per course

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!

A15 Wednesday Apr 5 – May 10
1:00 – 2:00pm Gymnasium

A16 Wednesday May 24 – June 28
1:00 – 2:00pm Gymnasium

Academic Courses

Arts

Arts in the Afternoon: Acrylic Member \$135 Non Member \$165 per course

Instructor: Carol Marasco

This course is designed for students who are looking to learn how to paint and have a little fun along the way. Beginners need not be daunted! Carol will guide you step by step to create a finished acrylic painting each week. Classes will cover blending, reflection, depth, various brush techniques and more. *All supplies are included.*

B01 Wednesday May 10 – June 14
1:00 – 3:00pm Art Studio

Drawing Member \$85 Non Member \$115

Instructor: Tayebe Joodaki per course

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! *Supplies not included.*

Beginner Drawing

B02 Monday Apr 10 – May 15
10:00am – 12:00pm Art Studio

Intermediate Drawing

B03 Monday May 29 – July 10 (No Class July 3)
10:00am – 12:00pm Art Studio

Oil Painting! Member \$85 Non Member \$115

Instructor: Tayebe Joodaki

Design for beginner oil painters. This will teach you new technique and help to develop your style. *Supplies not included. Please bring your own supplies: Oil paints, Some brushes in different sizes, Canvas, Palette, Palette knife, Odorless thinner, Linseed oil.*

Beginner Oil Painting

B04 Wednesday May 3 - June 7
10:00am – 12:00pm Art Studio

Intermediate Oil Painting

B05 Wednesday June 14 – July 19
10:00am – 12:00pm Art Studio

Calligraphy Sampler Member \$85 Non Member \$115

Instructor: Renate Worthington

Explore different tools and lettering styles in this six week class. We'll play with funky letters, elegant pointed nibs, chunky and brush shapes.

(Supplies will be loaned for the class time.)

B06 Monday Apr 17 – May 29 (No Class May 22)
10:00am – 12:00pm Room 301

Watercolour Member \$139 Non Member \$169

Instructor: Sally Towers-Sybblis

The cost of supplies is not included in the price. Please bring a natural-hair paint brush, cotton watercolour paper, and paint to class.

Have you been an admirer of watercolour from afar but now are looking to learn the skill of watercolour painting for yourself? This class may be for you!

Spring is just around the corner. In this session we will take a deep dive into flowers learning how to paint the beauty of pansies, tulips, irises and more!

B07 Friday March 24 – May 19 (No Class April 7, 14 & May 12)
10:00am – 3:00pm Art Studio

B08 Friday May 26 – June 30
10:00am – 3:00pm Art Studio

Languages

Spanish

Member: \$85 Non Member: \$115

Instructor: Norah Hutchinson

per course

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

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

B09 Monday May 29 – July 10 (No Class July 3)
10:00am – 12:00pm Room 311

Spanish Grammar II A continuation of Spanish Grammar I with basic vocabulary and grammatical conjugations. Oral, listening, reading and writing activities are included. Prerequisite: Spanish Grammar I or equivalent. Chapters 4-6 will be covered.

B10 Tuesday May 23 – June 27
1:00 – 3:00pm Room 311

Spanish Grammar III A continuation of Spanish Grammar II. For those students with a basic level of Spanish who want to improve their written, conversational and listening skills. Students will be able to deal with most situations likely to arise when travelling or living in an area where Spanish is spoken. Chapters 7-9 will be covered.

B11 Tuesday May 23 – June 27
10:00am – 12:00pm Room 311

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

B12 Thursday May 25 – June 29
1:00 – 3:00pm Room 311

Advanced Grammar This course is aimed to brush up and improve your Spanish language skills for students who have finished studying the textbook Dicho y Hecho/Grammar 1 - 5 or equivalent. A complete refresher from the basics to in depth grammar topics. Material will be presented through visual and orderly summaries of rules and essential vocabulary. Emphasis is on practice, situational activities, and comprehensive study of troublesome areas of interest. Minimum prerequisite Grammar 5.

B13 Wednesday May 24 – June 28
10:00 – 12:00pm Room 312

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

B14 Wednesday May 24 – June 28
1:00 – 3:00pm Room 311

Spanish Conversation II This course is designed for students with strong knowledge of grammar and have taken previous conversation courses. It will give an opportunity to: speak the language through discussion of selected material and topics of interest; engage in extended conversations with some fluency and control of grammatical patterns, descriptions & narrations of factual events; and recognize frequently used spoken words, expressions and questions in familiar contexts. Emphasis will continue to be on interaction, with a focus on pronunciation, listening and comprehension. Minimum Prerequisite: Grammar V plus.

B15 Monday May 29 – July 10 (No Class July 3)
1:00 – 3:00pm Room 311

Languages

Mandarin for Beginners!

Instructor: Hong Wang

Are you interested in learning Mandarin?? This is a special introductory class where learners can have a basic understanding of this language and can speak simple word and sentences.

B16 Thursday Apr 13 – June 29
4:00 – 5:00pm Room 312

Beginner French

Instructor: TBA

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

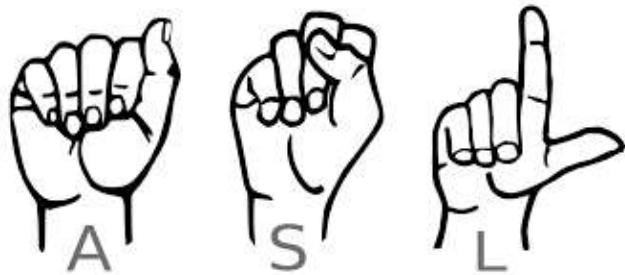
B17 Friday Apr 14 – June 30
10:00am – 12:00pm Room 301

Sign Language Basic!

Instructor: ASL - Deaf and Hear Alberta

This class provides an enjoyable and effective method to learn American Sign Language (ASL) through classroom instruction taught by certified ASL Instructors. This customized course is for you with a special focus on vocabulary that is particular for the basic conversation.

B18 Mon Apr 10 – May 15
10:00 – 11:00am Room 305



Sing & Play

Singing Circle

Instructor: Barry Luft

Bring your joy of singing to a dynamic circle of men and women. Sing out strongly on songs old and new (mostly old), and be prepared to have minds calmed, hearts uplifted, and funny bones tickled! Note that we do not use song books or lyric sheets of any kind including cell phones for assistance. We're then free to produce the real magic of community singing! "And the skies are not cloudy all day".

B19 Thursday Apr 6 – June 22
10:30 – 11:30am Room 205

Ukulele Magic! Intermediate Level I plus

Instructor: Barry Luft

The focus in this course will be on applying the skills of accompaniment to a wide range of songs. There will be a healthy review of the uke-friendly keys and various strumming patterns. Alumni are also welcome to register.

Pre-requisite: An intermediate-level course and familiarity with the Nashville Numbering System.

B20 Wednesday Apr 5 – June 21
11:15am – 12:15pm Room 305

Ukulele Magic! Intermediate Level II plus

Instructor: Barry Luft

This course will focus on already-learned playing skills with lots of attention paid to song accompaniment. Some small group ensemble playing will be experienced and solo presentations will occasionally be encouraged, some "by ear" instruction will also be given. Alumni are welcome to register.

Pre-requisite: An intermediate-level course from this instructor, and familiarity with a handful of "keys" and the Nashville Numbering System.

B21 Wednesday Apr 5 – June 21
10:00 – 11:00am Room 305

Tunes on Tuesday

Instructor: Alison Demeter

If you enjoy singing, "All Request Tunes on Tuesdays" may be for you! After a short vocal warm up to prepare our voices for singing, each member of the group is invited to request a favorite tune from the songbook to sing together. You don't need to have a great voice and no previous singing experience is necessary... just a desire and willingness to sing and have some fun!

B22 Tuesday Apr 4 – June 27 (No Class May 16)
11:15am – 12:45pm Room 205

Kerby Chorus

Instructor: Alison Demeter

Although this class may offer the opportunity to perform solos or in small groups, the focus of the class is to work within a supportive large group setting. We will begin to prepare songs for performances at the end of the spring session in June. Unlike most choirs, instead of using sheet music, we will use lyric sheets and audio tracks to learn and practice the songs. A great voice and/or previous singing experience is not required – only a desire to sing and a willingness to have fun with others!

Please note: People who have only sung using sheet music and/or people with perfect or relative pitch may find the class challenging.

B23 Tuesday Apr 4 – June 20
1:15 – 2:45pm Room 205

Mahjong

Instructor: Swee Wong

Have you always been interested in mahjong but didn't know where to start? Our three week introductory workshop will teach you the basics and prepare you to join our ongoing Monday drop in group.

B24 Monday April 10, 17 and 24
10:30am – 12:30pm Room 312

Digital Skills Training

Using your i Phone

Instructor: TBA

This course is designed to teach you how to use your smart phone app to make your life easier. You can learn to plan trip with google map, photo editing, social networking and gaming etc... Bring your smart phone with you in the class.

B25 TBA
Time: TBA

Facebook for Beginners

Instructor: TBA

Learn the social media platform to stay engaged with life and maintaining relationship with other people. Share your photos and videos with the loved one's.

B26 TBA
Time: TBA

Please contact Henrietta Fisher for registration
403-705-3233 henriettaf@kerbycentre.com

General Interest

Broom Making Workshop

Member: \$155 Non Member: \$185 per course

Instructor: David Campbell

Learn how to make your own Hand-Woven Heritage Broom, the way brooms were made over 200 years ago! Join instructor to learn all about making traditional brooms. You will make and take home your own broom. No experience is necessary. Some hand strength is required. All materials will be provided. Only 5 people per session.

B27 Monday May 1
10:00am – 4:00pm Room 305

B28 Tuesday May 2
10:00am – 4:00pm Room 305

Safety on Transit

Member: \$20 Non Member: \$50

Instructor: Don Muldoon

In this workshop, you will learn to identify potentially harmful situations and ways to keep yourself safe.

B29 Tuesday May 16
10:00am – 12:00pm Meet in Room 301

Intermediate Chess

Member/Non Member \$20 per course

By Checkmate Foundation

Let's join for a playful and interactive way to study chess instead of heavy-going books and long videos. The program provides the cognitive benefits of chess such as better memory, pattern recognition, and concentration.

B30 Friday Apr 14 – May 19
2:30 – 3:30pm Room 312

B31 Friday May 26 – June 30
2:30 – 3:30pm Room 312

To register please contact Henrietta Fisher 403-705-3233 | henriettaf@kerbycentre.com

Self Defense

Member: \$25 Non Member: \$55

Instructor: Don Muldoon

Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself. These skills are an effective way of creating a diversion and can be learned by anyone. Both verbal and physical skills will be taught.

B32 Tuesday Apr 18
10:00am – 12:00pm Room 312

Indigenous Drumming Workshop

Member: \$30 Non Member: \$60

Instructor: Cheryle Chagnon

Join us for a Traditional Indigenous Drumming Circle using authentically made hand drums. We will drum together, learn songs, stories, teachings and the history of drumming on Turtle Island (North America).

B33 TBA
Time: TBA



Creative Crafts! Fabric Painting Workshop

Member \$25 Non Member \$55

Instructor: Mareb Alrawaf

This workshop is designed to release your hidden artistic abilities and promote the positive benefits of art. Join us and create your own unique tote bag.

Supplies will be provided – Tote Bag, Brush and Fabric Paint.

B34 Tuesday May 9
1:00pm – 3:00pm Art Studio



Paint & Sip

Member Only \$55

Special: Member Only Event

Instructor: Carol Marasco

All supplies and "Wine & Cheese" are included.

Join us for a fun afternoon and let your artistic style run a little wild!

No painting experience necessary!

B35 Wednesday June 21
1:00 – 3:00pm Art Studio

Chalk Pastel Workshop

Member \$50 Non Member \$80

Instructor: Tayebe Jodaaki

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 colorful chalks on velvet paper and creating stunning artwork. Materials included – Velvet Paper, Arteza Wooden Canvas Board.

Please provide your own chalk pastel.

B36 Friday June 16
10:00am – 12:00pm Lecture Room

Wellness Connections

Meditation Monday

We all need a time to relax and be present, for a clear mind and stress-free moment. You are invited to join us at the Wellness Center for Meditation Monday, With Amra Jacobs, a certified meditation Practitioner.

Monday's

10:00 – 10:30am Room 317 (Wellness Connections)

Live Well Be Well

Conversations and Presentations

You are invited to join our weekly Wellness conversations and presentations series about your Wellbeing. This is a place where our older adults stay connected, engaged, and informed about their health and wellness, while connecting with each other. We discuss various topics from managing stress, to eating healthy. Our facilitators are trained social workers, they will listen and answer your questions.

W01 Monday, March 6, 2023

W02 Monday, March 13, 2023

W03 Monday, March 20, 2023

11am – 12:00pm Room 317 (Wellness Connections)

For registration:

Go to Unisonalberta.com or Contact Lola at 403-234-6566 | Lolaf@kerbycentre.com

Senior Listings

YOUR MESSAGE, PEER TO PEER

WANTED

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

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

FOR SALE

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

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

One cemetery plot in the "Garden of Everlasting Life" at Mountain View Memorial Gardens

One casket or two urns. \$2,000. Call or text Shari-Lynn @ 403-318-0788.

Golden Maxi Comfort Powerlift and recliner chair.

Used but like new. \$2100.00

Excellent medical chair for those with mobility challenges so you can sit, recline and stand up with ease.

Please contact Sara at 587-350-0907

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

\$3,500 OBO. Call Elsie @ 403-875-1065.

The TravelScoot's frame and complete seat weigh 30 lbs combined. Add your choice of lithium-ion battery and the total weight of the scooter ranges from 33-34 lbs! Simply put, this is hands-down the world's lightest electric mobility scooter.

Our scooter frames are designed to be the lightest and most portable conceivable. Need more room in your vehicle? Just remove the front wheel with the quick push of a button and reduce the weight of the frame to 21 lbs!

At just 6 lbs, the TravelScoot seat assembly is easy to handle and can be broken down easily for those in need of extra cargo space. The patented yoke can now accommodate riders with a height of 4'1-6'11

Price \$2,500 OBO Call 403 651 2169

To Give Away – Please Call 403-860-6153

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

2. One (1) Shower chair.

3. Two (2) High rise toilet seats.

For Sale – Please call 403-860-6153

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

\$1,800.00.

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

Fully mechanized hospital bed and mattress purchased July 2021. Used 10 months. Vendor's description: ETUDE-HC Homecare Bed 86.5"L X 40"W with ESVR-1823 VERSO Side Rails

SRS 2080 GLISSANDO Gliding Mattress with stretch cover and high-density foam filling to minimize development of pressure ulcers. 80"L X36"W X 6"H.

Height range 8-26". 8 function hand control with lockout options

Warranty: frame 5yr, actuators 3yr, pendant & electronics 2yr. Mattress: foam 8yr, cover 4yr. Asking \$2500 obo.

Location, Varsity Acres. Call Colin @ 403 288 2908 or Cara @ 780 271 5665 for pictures.

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

Never used harmony high low medical bed with rails and mattress. Adjusts at head and foot and entire bed lifts for ease of caregiver. Massage function, sleep timer, has floor light for safety at night.

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

Powered Lift Chair bought

LOOKING TO BUY

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

CROSSWORD SOLUTION

A	L	P	H	A	B	E	T	E	L	L	S	U	T	A	H	A	N	S
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SUDOKU ANSWER

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



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

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



COME AND JOIN US FOR OUR 50TH ANNUAL GENERAL MEETING

Notice of Kerby Assembly 2023 Annual General Meeting
Wednesday April 19, 2023 – 10AM to 11AM at Kerby Centre

Agenda

1. Land Acknowledgement
2. Call to Order and Declaration of Quorum
3. Chair's Welcome & Address
4. CEO's Address
5. Approval of Minutes of the 2022 AGM
6. Approval of the Annual Report 2022
7. Highlights & Acceptance of the Financial Report Year ending 2022
8. Appointment of Auditors, InFocus LLP, for 2023
9. Appointment of new board directors and re-appointment of existing Board members
10. Recognition of retiring Board Members
11. Questions from members
12. Any other business
13. Unison video
14. Adjournment to be followed by light refreshments and an opportunity to meet Board Members



Please RSVP by contacting
generaloffice@kerbycentre.com
*RSVP before April 5th, 2023

March is Multiple Myeloma Awareness Month

Submitted by Bev Dunn

In the spring of 2018, I was working downtown as a legal assistant/paralegal in a job I loved. My husband and I were gearing down to retire "soon". Our daughter was pregnant with our first grandchild. Life was great!

In January/February, I experienced increased thirst, but attributed it to the heating in our building. In March, I was feeling fatigued, but attributed it to stress. My husband and I took a cruise in April and during the cruise my fatigue and thirst increased. I was napping late morning and afternoon and drinking 3 litres of water daily.

When we arrived back in Calgary I saw my doctor. Bloodwork showed I was anemic, which explained the fatigue. The thirst was still a mystery. My doctor ordered more bloodwork, but things progressed. In the meantime, I was having trouble completing sentences or following a train of thought.

On May 30, 2018, as I was getting ready for work, I couldn't stand upright long enough to finish my shower. That's when I knew something was seriously wrong. My husband took me to the ER at Rockyview where more bloodwork was done. They realized that my kidneys were failing and immediately hooked up a saline flush. The calcium in my blood couldn't be filtered by my renal system and caused blockages, and was also affecting my brain function. After more extensive bloodwork, the Oncologist told us I had Multiple Myeloma. We hadn't ever heard of it.

I spent a week in Rockyview while testing continued. Within a week of my discharge from Rockyview, I had seen a Hematology Oncologist at Tom Baker Cancer Centre and had started chemotherapy treatments. After 4.5 months of chemo I was transferred to the stem cell transplant team and received an autologous stem cell transplant on Nov. 16, 2018, putting me into remission. In March 2019, I started Revlimid as maintenance therapy to prevent the recurrence of Myeloma. In November of 2023 I will celebrate my fifth re-birthday (celebration of stem cell transplant). I also became involved with

the Southern Alberta Myeloma Patient Society (SAMPS) to learn more about Myeloma, and to give back to the community.

I am living proof of what can happen when vague symptoms are dismissed as just "aging." Had I known about Myeloma I may have been diagnosed months earlier.

Myeloma is the second-most common (but widely unknown) blood cancer associated with the abnormal behaviour and uncontrolled growth of plasma cells in the bone marrow. This interferes with the production of normal healthy blood cells and causes overproduction of inactive clones of abnormal antibodies, negatively affecting different parts of the body such as the bones and kidneys. This can cause high calcium levels in the blood, bone lesions and fractures, anemia, and kidney and immune system issues.

The cause of Myeloma remains unknown and there is currently no cure. Myeloma is managed through various treatment regimes including radiotherapy and chemotherapy.

Approximately 3,800 Canadians are newly diagnosed with Myeloma every year.

About SAMPS

SAMPS is a registered charity and is dedicated to assisting individuals affected by Myeloma and fundraising to promote local Myeloma-specific research at the U of C.

SAMPS is lead by a volunteer Board of Directors. If you would like to become a member (membership is free) or would like to volunteer with a team-oriented group, please visit our website at www.samps.ca.

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