

# Cute, adorable little balls of fur



There's a lot of love in little bundles of fur: cats and dogs and tons of other kinds of adoptable pets to keep you company. A new initiative here in Calgary is aiming to learn more about the relationship between pets and the human condition, in addition to seeking new foster parents for cuddly cats, with a full story by Furball Force Animal Rescue community outreach coordinator Marianne Rogerson on page 16.

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## Unison Calgary Charity Classic

**Thursday, September 7th**

More information coming soon!



# The history of the Kerby Shelter

Andrew McCutcheon  
Kerby 50th Anniversary

Kerby Centre has a lot of accomplishments under our belt in our storied 50 year history.

When we ask the

question “what is the Kerby Centre?” beyond just a building, we might think of some of these incredible accomplishments.

But what about an-

other building, separate but equal, where a good portion of our work occurs?

Many folks know about the Kerby Centre building, but fewer know

about our Elder Abuse shelter, which isn't part of our main location.

Our Elder Abuse shelter serves seniors fleeing physical, emotional or financial abuse, alongside all of the ways that older adults can be pushed into crisis.

It's the first and only of it's kind in Calgary: a place of refuge and safety for the vulnerable, and Unison Alberta is proud to be able to support folks when they need it most.

But this shelter—and the problem it aims to address—have existed long for a large portion of Kerby's existence.

Some archival documents detail the reasons why the shelter was created in the first place.

“The need for this shelter became evident in the mid-80s when the Kerby Social Work/Outreach Department was deluged with complaints of financial abuse,” a document from 1999 states.

In 1993, Health Canada commissioned Kerby Centre to investigate into how often incidents of elder abuse occur. One of the recommendations from this investigation was to “provide a shelter for abused seniors, men and women. This would provide a safe haven for the senior until [they] could be re-established in the community.”

The shelter was eventually built in 1999, but the plans for its creation started several years earlier.

An article from the Kerby News archives, dated for August of 1997, details that fundraising efforts were already underway that summer.

“Kerby Centre is delighted to report two major steps forward in the campaign to raise the necessary funds to build a shelter for abused seniors,” the story states.

“Kerby Centre champions the rights of senior people to lead lives free of violence with safety and dignity.”

At the time of that story's publication, the total support committed to the building of the shelter was \$818,220—which only represented 59 per cent of the funds needed for the full goal to fund and furnish the building.

Another update from meeting minutes dated April 16, 1998, state the project was getting closer to ground breaking—a permit for development was applied for with the City of Calgary and the start date aimed for June 26.

The planned date was not too far off from the eventual ground-breaking—fortunate, especially with how construction projects can sometimes go! Building started in July of 1998 and finished in February of 1999.

According to another archival article from the June 1999 Kerby News states the grand opening of the shelter occurred on May 12 of that year.

“Premier Ralph Klein returned to open the shelter, just two years after his previous visit to kick-off the fundraising campaign for this project,” the article states.

“Brenda Hill is the Director of the shelter and brings extensive experience to the challenge of operating the first shelter in North America specifically designed for seniors.”

For over 20 years, the shelter has operated as a refuge, a haven and a place of peace for countless older adults in crisis. We're so proud to be able to have a continuing legacy of blazing trails when it comes to protecting the dignity, safety and well-being of older adults in our community.



## 'MONEY TALKS'

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# Piloting new supports

Most of what we do at Unison is aimed at helping older adults in Alberta to live well and age well. With these goals in mind, we have started a new one-year pilot with a couple of our partners that we are excited about.

The partnership is between Unison at Veiner Centre, The City of Medicine Hat and the Palliser Primary Care Network.

The purpose of the partnership is to support mental health services for seniors in our community. Palliser

PCN will provide ongoing service coordination and link seniors with Alberta Health Services, medical services, and other community resources.

To do this, the partnership will select a Seniors Primary Care Network Behavioral Health Consultant. This consultant will be a full-time employee of Palliser PCN.

These supports and referrals to the supports will occur at Unison at Veiner Centre.

We are excited about this partnership as we feel that the three partners together will enhance the mental health supports available to older adults in Medicine Hat.

A few issues back

I spoke about our new partnership with Healthy Aging Alberta to help seniors in the Medicine Hat area, to be able to continue to age well and age healthy.

These services are based in the centre but are primarily delivered outside of Veiner Centre itself.

They are designed as outreach services to address older adults' health and mental health. This new partnership will help us to extend supports that occur within Veiner Centre. Being an Activity Centre is important to creating a community and reducing isolation — but we also know that we can offer much more by working with our



Larry Mathieson, CEO and President

local partners to support older adults in our community.

We are thrilled to be collaborating with various partners to build new supports and services not only in Unison at Veiner Centre but also those that extend our reach deeper into the community to support older adults.

## MAY 2023

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

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### Kerby News by Unison

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## Volunteer appreciation



On April 18, Unison Alberta celebrated our amazing volunteers at Kerby Centre. We have over six volunteers for every employee, and so we wanted to acknowledge the incredible work they do with a lunch, prizes and live music as entertainment. Thank you!

## Closure Alert

Please note we will be closed  
**Monday, May 22nd**



# When is it the best time to move?



*Debra Molzan  
Senior Real Estate  
Specialist*

The real estate market typically heats up during the spring months. In the past, this means more buyers are looking to purchase properties.

But wait a minute! Everyone's situation is unique. Not all homeowners or home buyers pick the spring to move. Life can throw us curve balls and it does not always go as we hope.

The real estate market is unpredictable and is always changing. Let us just

say it sometimes can be unreliable.

During the COVID-19 pandemic, it came to an almost halt and rising interest rates have impacted affordability. In Calgary, we are currently experiencing a low listing inventory. What this means is that you need to have a plan of action before you sell your home.

There is a process to selling or buying a home. An important part of the selling process is to know to where you are moving.

Find out how much equity you have in your current home. What are your housing options? How much will a new home cost? Will you be able to afford your next home?

It will be a smooth sale ahead if you know where you are going. If you are selling to move to a more suitable property there could be low inventory. You may have to wait until the right property becomes available. In this scenario, seek professional advice. Ask your financial advisor if you can qualify to purchase another property before your existing home has sold.

Are you looking to sell your home and then rent? You will still need a plan.

Where do you want to move to? If you require housing in a more supportive environment, you may require a health assessment. Are you downsizing to a private Retirement Residence? It is important to get financial advice from your professional Advisor to discuss costs and your budget.

Perhaps your circumstances require the need to move to more affordable or subsidized housing. There is an application process for this program and guidelines for qualifying.

The Seniors Support at Unison has trained staff to help guide you through applying for subsidized housing.

There are steps that must be followed and you must take the time to plan.

The best time to make a move is when you know exactly where you are moving to.

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

**ELITE 55 CLUB**  
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Chicken and Beef Tacos, served with your choice of Corn or Wheat Soft Tortillas. Garnish - Guacamole, Diced Onions, Cilantro and Salsa with a side of Refried Beans and Mexican Rice & Delicious CHURROS for Dessert.  
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**COWBOYS CASINO**

**Senior Appreciation Day Socials!**  
Cash Prizes Drawn at 2:30pm & Free Slot Tournament with Prizing!  
**TUE, MAY 30TH | 11AM-2PM**  
**Menu \$7.00**  
*(Per serving, Cash accepted only).*  
**Soup & Sandwich Combo & Delicious Pastries for Dessert!**

**Celebrating a Birthday in the Month of May?**  
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# Going digital: Unison style!

Andrew McCutcheon  
Kerby News

When we had to lock the doors of Kerby Centre following the announcement of COVID-19, every member, client and employee of the centre held their breath tight in their chests, wondering what would happen next.

We had no idea: what was Kerby Centre without the centre?

With locked doors and empty hallways?

We had to adapt quickly. And we did. One of the biggest adaptations we worked towards was increasing our online and digital programming.

Contrary to popular belief, many seniors loved and continue to love our digital and online events, programs and workshops — which is why we've kept them running to this day.

It's also the reasoning behind Unison and Kerby Centre's newest hire: Penny Lawrence, manager of virtual programs.

Not only does Penny have a background in gerontology — the study of aging — but she has a surprising breadth of experience.

Although she went to school for a degree in sociology, she worked as a certified nursing attendant — when she wasn't helping manage her private investigation business or studying metaphysics in her spare time.

Penny went to Mount Royal, back when it was still a college — before transferring to the University of Calgary to finish her bachelor of arts in sociology — the study of people, societies and group dynamics. But it was a job working at an assisted living facility — specializing in degenerative neurological conditions like Alzheimer's and dementia — that quickly started her on a career path.

"It's difficult and rewarding to work with those experiencing dementia," Penny says. "You have to put yourself in those shoes, how to communicate and understand."

Penny's degree helped immensely. Sociology gave her the theory, knowledge and background she needed to understand people on a wide scale, but her interactions and personable nature gave her insight into people on an individual level.

"You can look at groups with a sociological filter, interest in groups, each individual, how they fit into that," she says.

"You can value the individual years and experiences, good at advice and excellent senses of

humour."

Penny worked at several other positions for a number of years before arriving at Kerby Centre and Unison: she was a client service worker at Centre of Hope and a program manager at Macbry. And now at Kerby Centre? She's in charge of Unison's digital programming.

Penny is working on everything from new content for online classes, social media, information videos to help older adults learn new skills, and anything online that could

mean fun for folks!

"It ranges from the educational to the recreational," Penny says.

Many people have the impression — like the old saying goes — that "you can't teach an old dog new tricks."

But Penny knows from experience that plenty of older adults are comfortable with being online and working digitally — and that even more want to learn.

"Learning doesn't stop at any age," she says. "I tell [people], 'you're not

going to break the internet, so don't worry'."

"Just keeping playing with it until you figure it out."

Just like those who are working to adapt to the digital age, Penny is going through the motions of adapting to a brand-new job with an equally new position.

"I do love change ... I bring my own flavour to things, but I respect what's been done before," Penny says.

"I love it here. Everyone is awesome."



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# Transitioning wealth: How ready is your family?



## IG Wealth

Did you know that many Canadians are not adequately prepared to pass on or inherit family wealth? This is often due to a lack of communication and planning.

The good news is that it's never too early or too late to start.

Planning helps you identify tax-saving opportunities, mitigate potential financial gaps and maximize your current lifestyle. Here are 10 actions you can begin to take today.

### Clearly define what legacy planning means to you

Having conversations with your parents

or children about topics like death and inheritance can be uncomfortable. To help family members feel more invested in the outcome, it helps to approach this as a values and goals-based conversation, rather than simply talking about the details of a will. Initiating these conversations from a values-based and aspirational tone often helps ease into the heavier topics.

### Prepare now for the unexpected

Our needs change over time, and the financial well-being of loved ones can be impacted across generations.

Whether for your-

self or your parents, it's important to keep your family informed and ensure you have the right risk protection plan in place. This might include long-term care financial planning or life insurance strategies.

### Think about your family structure

The way you shape your legacy will largely depend on the structure of your family. Every family has different dynamics, and a well-structured estate plan is unique to each family situation.

For example, estate planning for blended families can be considerably more complex. Another important consideration is beneficiaries with special needs.

### Ensure your estate is passed on in the most tax-effective manner

Speak to a tax expert to ensure that your estate will be structured in a way that results in the highest after-tax result. Keep in mind that each province or territory has different tax considerations that will impact your decisions.

### Take care with special assets like family businesses and vacation properties

Depending on your

family structure, when dividing up an estate, some assets may be more appealing to one recipient than another and more complex to share. Ensure everyone is clear on your decisions and reasons, including tax implications and responsibilities. For additional information for business owners, refer to this article.

### Address personal items with sentimental value

Value isn't always defined by dollars. Often there are items that hold great sentimental value, such as family heirlooms, jewellery, artwork, or furniture. It's important to communicate your intentions with these items as well, rather than assume what loved ones may or may not want to inherit.

### Consider a trust

If a beneficiary is still relatively young or is someone requiring oversight in managing a large amount of money, talk to a tax and estate expert on how best to structure the inheritance so it is used appropriately.

For more information, read our article *How to protect your child's inheritance*.

### Plan charitable giving carefully to maximize the tax benefits

How will charitable giving benefit your overall estate? A carefully constructed giving plan helps create a legacy that expresses your values and the causes you care about, while also reducing your income tax liability.

### Identify important roles

Choosing a personal representative (sometimes referred to as an "executor/executrix," "liquidator" or "estate trustee" depending on where you live) is a critical decision during the estate planning process.

Other important roles include a power of

attorney, trustee, guardian if you have young children and caregiving roles for elderly parents or family members with disabilities.

### Address financial literacy early

Many parents are concerned with their children's ability to manage their inheritance, even adult children.

These conversations will include many financial terms that some family members, especially younger children, may not understand. If you also need additional guidance on a topic, your IG Consultant has access to a variety of educational resources to support you, including the Money and Youth program, a partnership between IG and The Canadian Foundation for Economic Education.

Finally, get in touch to request a copy of IG's interactive Intergenerational Guidebook, "Plan for memories today and Leave a Legacy for Tomorrow", as well as our "Create Your Family Mission Statement" workbook.

These are great resources to use on your own or with loved ones to start mapping out goals, identify unique family considerations, and explore shared values.

It's also important to remember that when you put a wealth transfer plan (also known as an estate or legacy plan) in place, you don't have to feel like it's set in stone. As your family grows and evolves, so can your plan.

Your IG Consultant, along with tax, estate, family law and insurance specialists, have years of experience helping Canadian families thoughtfully navigate the opportunities and complexities of wealth.

Get in touch today for more information on how we can help you and your family.




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# Renovations become riskiest scam in Canada

Mary O'Sullivan  
BBB Serving Southern  
Alberta and East  
Kootenay

Each year during the month of March the Better Business Bureau releases what is known as its Risk Report.

The idea behind the report is to bring awareness to the top 10 scams in Canada, so you, the consumer, can become more knowledgeable about these scams and therefore avoid becoming a victim. A problem that we must remain vigilant with Canadians being ripped off by scammers for more than \$500 million in 2022. And those are only the losses we know about.

The most recent BBB Risk Report shows that home improvements are the now the number one riskiest scam in Canada. This is a broad category and can apply to such items as roofing, painting, decks and many more. This may also apply to much smaller jobs such as getting a bathroom renovated to make it "senior proof" or perhaps a wheelchair ramp installed at your home to improve accessibility.

Typically, these scams are the work of fly-by-night operators, typically unlicensed, who often show up at your door to offer their services and do a shoddy job or simply take a deposit and then disappear. Do not hire anyone who just happens by your home.

The best way to avoid these scams is to do your research. Hire a company with a good track record, get a written contract with the terms of the service and payment schedule clearly outlined. Do not feel pressured to start any work before you have conducted your research.

Always get references from other customers and check to see if the business is accredited by the BBB, what their grade rating is and read the reviews that may have been submitted. Get at least three quotes and remember the lowest quote is not necessarily the best quote. Confirm that the contrac-

tor has the proper permits for the work and request a final inspection from the local city inspector at the end of the work. Taking these steps can seem like a lot of extra work so if you need help ask a family member or trusted friend to provide some extra support.

As always BBB is a trusted resource and available to consumers free of charge. Check out our website at [BBB.org](http://BBB.org) and look for the full 2022 Risk Report.



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# Time: a human creation

Barbara Ellis  
Kerby Columnist

I was standing in front of my microwave, watching my cup going round and round and wishing it would take less time to heat my coffee.

As I stood there, I began to help the machine count the seconds down to zero when it dawned on me: I truly was watching my life ticking away one second at a time.

If I think of it, which I never do, each day, each hour and every minute, is busy counting away my existence one second at a time.

We humans are emotionally bound to time and we measure our lives by the passage of time. The most important consequence of this passage is that day by day, we age and eventually, we get old.

Time in reality is a human invention.

The universe does not care about time, it just goes on existing. On the other hand, we are obsessed with time.

There are hundreds of emotionally charged songs and poems writ-

ten about time like, “Till the End of Time” or “Time After Time”.

Jim Croce wanted to put “Time in a Bottle”, while the Beatles sang to us about “Yesterday” and John Denver wrote a song called “Today” which alluded to “A Million Tomorrows.”

We do so much to time like “jumping” ahead one hour in the spring just so that we can jump back an hour in the fall. We make up “timetables” to organize our lives and make sure we get to appointments on time.

At the end of each year, we throw big parties to celebrate the start of a new one, but, our new year is not necessarily celebrated by each nation at the same time.

There are other cultures whose calendar differs from ours, for instance, Chinese and Iranian.

We have segregated various parts of our world into “time zones” so that we can determine what time it is in other parts of our world.

Just like the universe, the earth does not care about our allotted time zones, nor

how we count days into weeks or months or years, it just goes about its business spinning around the sun as it has for millions of years.

We have clocks in our houses and watches on our wrists so that we can be punctual and always know what time it is, now of course, most people have cell phones to tell them the same thing.

We talk about ancient times, future times, and time immemorial. We give geological names to these passages in time to distinguish and separate one from the other, like the Cretaceous or Jurassic.

We study fossils to determine how much time has elapsed since a particular creature, human or animal, lived. We bore deeply into ice sheets or bogs to explore how various changes in time have affected our world.

For many years now, we have sent space capsules to various parts of our solar systems to explore how our neighbours evolved over time. We measure how much time it would take to travel to another solar

system or the nearest start. These travels are computed in “Light Years” which concept completely baffles me. Putting humans into that equation makes us talk in terms of “Time Travel”, and that means we would have to be put into hibernation just to get there. Not the way I want to travel.

When I could travel, sea voyages were my favourite mode of transport.

Travelling east, we lose time just as we did when we came from Australia. We had to move our watches ahead 30 minutes each night to make sure we always had the right time.

Of course, when one travels west, the opposite is true and one gains time.

There are so many happy times that we love to count down to. This year, my youngest grand-nephew was married. The hectic weeks and days leading up to his wedding were some of the most intense and memorable times of his life, just as it is for every young couple planning a wedding.

Also this year, a

new life is coming into my family’s orbit. Every mother and father-to-be marks the calendar and counts down the time until the day they can hold the new arrival in their arms.

Once the baby is born, a new timetable is put into motion. The first time the baby smiles; the first time she walks; her first word; her first day at kindergarten; marking the door frame as she grows. Starting a photo album to record the changes from infancy to childhood, to becoming a teenager and eventually an adult.

For me, the time has moved at a different rate depending on my age. In school, the days seemed to drag until the weekend and even longer until the end of term when holidays could begin. Then as I grew older somewhere between my twenties and forties, time began to move faster.

During these times, I had to make definite plans for my future and set financial goals as I looked towards my eventual retirement.

I remember coming to Calgary in 1972 and having to fill out an application form at work and put down the year I was to retire; 2005. That seemed an eternity away at that time, now it is more than twenty years in my past. These days I feel as if I am on a treadmill that keeps moving faster and faster. Soon it will move so quickly that I will not be able to keep up.

That will be okay too.

By then I will be tired and it will be time to step off and move on. Where to, you ask?

I won’t know until I get there but whatever lies ahead: time will tell.

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# Virtual visit program helps dementia patients

By Gillian Rutherford  
University of Alberta  
Folio

Video calls became a lifeline for many people during the restrictions of the early COVID-19 pandemic, allowing families to catch up, employees to work and patients to meet their doctors, all without ever leaving home.

But those calls weren't always accessible to those who needed them most: people living with dementia in care homes. Now, just as Zoom meetings at work have outlasted pandemic restrictions, a new program aims to make facilitated video calls a standard part of the care for people living with dementia in long-term care, with the goal of improving their quality of life and combating loneliness.

"Connecting Today" is a facilitated virtual visiting program developed by Hannah O'Rourke, assistant professor in the Faculty of Nursing, that trains care home staff to facilitate up to 60 minutes per week of calls between care home residents and their family members. There's a manual for the facilitator including technical tips and prompts to engage both the resident and the visitor. They may just talk or listen to music together and look at photos — non-verbal interactions that continue to matter to people living with even the most severe dementia.

It may seem like a common-sense solution, but using care staff to facilitate virtual calls to connect residents to the people they care about is not offered in every care home. There is limited research exploring whether the facilitation approaches are feasible and engaging for people with moderate or severe dementia, says O'Rourke, and such programs have

never been tested for effectiveness.

"The irony of the care home is that residents are surrounded by people, but are those interactions meaningful? Do they have an opportunity to connect with the people who have mattered to them throughout their life?" asks O'Rourke.

O'Rourke has just completed a three-year feasibility study of the program with funding from the Alzheimer Society of Canada and is continuing with a new grant of \$100,000 from the Canadian Institutes of Health Research. Next she plans to test the program through a multi-province clinical trial.

"We wanted a program that would support people across all stages of dementia, regardless of their ability to communicate verbally, so they can have meaningful interactions with their family and friends, and potentially expand their network a bit, because oftentimes in care homes they see the same visitor over and over, putting pressure on a single family carer, or they may not receive many visits at all," O'Rourke explains.

There's no cure for dementia, which is marked by progressive memory loss and other cognitive decline, but that shouldn't mean people who live with it can't live satisfying lives, says O'Rourke. In a scoping review of previous studies involving interviews with people living with dementia, O'Rourke found four factors that individuals identified as most important to their quality of life: a sense of wellness, a sense of purpose, a sense of place and a sense of togetherness.

All of those are highly modifiable factors according to O'Rourke, unlike cognitive impairment, and she set up her research program with a focus

on improving social connection.

"Social connectedness is just a human need and people living with dementia are no different," O'Rourke insists. "I believe it's a human right to have social connection and quality of life. People living with dementia in care homes therefore require accessible programs that will promote social connection."

In a soon-to-be-published paper, O'Rourke worked with 21 residents over a period of six weeks and she reports that 92 per cent demonstrated alertness and pleasure during the video calls. In previously published results, residents' family contacts rated Connecting Today as a logical, effective and low-risk approach to increasing social connection for their loved ones in care homes.

"We've pilot-tested it and had some good results around feasibility and acceptability. People living with dementia and their family and friends demonstrated and described

enjoyment during the calls," O'Rourke says.

"This program will never replace in-person visits and is not intended to — it should augment in-person visits and provide another opportunity for people to connect."

O'Rourke noted that further study is needed because rigorous evidence is always required when it comes to setting new standards in resource-strapped settings such as care homes.

"Any time you do something that requires some staff time (in a care home), you need to make a case that the time spent by a facilitator actually results in improvement in quality of life for the people who are living there, as compared to usual care."

O'Rourke leads or co-leads two other major projects focused on social connectedness and quality of life for people living with dementia. The first is a project with nursing professor Wendy Duggleby, in which Duggleby developed

online tools to support and educate family caregivers, with demonstrated results showing improvements in their mental health.

The pair adapted the program and are evaluating how it may address social isolation and loneliness, with results from their pragmatic trial forthcoming. The program was developed with four-year funding from the Public Health Agency of Canada and the tools are now publicly available. O'Rourke is also working with musicians from the Edmonton Symphony Orchestra to create a music program for care home residents with dementia, based on a British model, again using funds from the Canadian Institutes of Health Research.

"While many different programs could be designed for use in care homes, the thing that binds all of my research projects together is finding accessible ways to help people feel a sense of belonging through their relationships with others."

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# A Downton Abbey Connection

Amanda Borys

Fans of Downton Abbey no doubt remember Season 4 of the popular show when Rose McLaren was “Presented at Court.” Among the plot lines was the theft of a love letter between the Prince of Wales and his mistress, Freda Dudley Ward. The Crawley family’s commitment to the Crown led them to go above and beyond, saving the day, and resulting in Rose’s first dance at her ball being with the handsome Prince.

But did you know that there is a Calgary connection to this story? The third person in the relationship between Mrs. Dudley Ward and the Prince of Wales was her husband, the honourable William Dudley Ward who died on Nov. 11, 1946, and was laid to rest in Section S of Calgary’s Union Cemetery.

Dudley Ward was born in London, England on Oct. 14, 1877, to William Humble Dudley Ward and the Honorable Eugenie Violet Adele Brett. His paternal great-grandfather was

William Humble Ward, 10th Baron Ward and his maternal grandfather was William Brett, 1st Viscount Esher.

Educated at Eton and Trinity College, Cambridge, Dudley Ward was a member of the Cambridge rowing team. In 1899 and 1900, he and his crew won the Boat Race. He also partnered with Raymond Etherington-Smith in the Henley Royal Regatta where the pair were runners-up in the Silver Goblet in 1900. He was also a member of the crew that won the Stewards’ Challenge Cup in 1901, 1902 and 1903, the Grand Challenge Cup in 1902 and 1903, and the Silver Goblets with Claude Taylor in 1903.

To round out his rowing accomplishments, Dudley Ward was a part of the crew in the 8-metre class that would win the bronze medal at the 1908 Summer Olympics.

Dudley Ward was called to the Bar in England in 1904 and entered politics in 1906 when he won the seat for Southampton. He would

serve as Treasurer of the Household under Asquith from 1909 to 1912.

During World War I, Dudley Ward was officially a Lieutenant Commander in the Royal Navy Volunteer Reserve, though it was believed he carried out counter-espionage work for Admiral Sir William Reginald Hall, the Director of Naval Intelligence.

His future wife, Winnifred May Birkin, known as Freda, met Dudley Ward aboard the R.M.S. Mauretania. (The Mauretania was the sister ship to the R.M.S. Lusitania, which was sunk by a German U-boat on May 7, 1915.)

Dudley Ward was travelling back from North America, including his first visit to Calgary. He was walking the deck with two friends when the trio noticed a beautiful young woman sitting in a deck chair, reading a trashy novel. The four eventually start talking and one of the men threw Freda’s book overboard, claiming she was too young and beautiful to read

such items.

Despite a 16 year age difference, Dudley Ward and Freda had a whirlwind romance and married at St. Margaret’s Church, Westminster in July 1913 after knowing each other for only a few months. The Mauretania again carried the pair across the Atlantic, this time on their honeymoon tour of the U.S. and Canada.

Their first child, Penelope, was born on Aug. 4, 1914 and became a leading actress of the 1930s and 1940s.

A second daughter, Angela, was born on May 25, 1916.

Sadly, the couple’s romance did not last and the marriage became strained in only a few short years. Dudley Ward’s political career continued to rise and by 1917 he was the Vice-Chamberlain of the Household under David Lloyd George, a role which required him to put in long hours and late nights.

Freda met the Prince of Wales at a party and the two quickly began a long-term and very open affair. Dudley

Ward was aware of the situation but did nothing to rock the boat. A divorce would have been a scandal and detrimental to his political career. Instead, he and his wife led increasingly separate lives, though both remained doting parents to their daughters.

In 1922, Dudley Ward lost his Southampton seat in Parliament. He was made a member of the Privy Council in the Dissolution Honours and spent 1923 as a member of the Council of the British Olympic Association, which worked to raise money to allow athletes to compete in the 1924 International Games held in Paris. Dudley Ward also worked to promote increased trade between Canada and the U.K.

In June of 1930, Freda filed for divorce from her husband on the grounds of his having committed adultery. This was granted quickly and quietly and Freda gained custody of Penelope and Angela.

Dudley Ward began to live in Calgary for longer periods, residing at the Ranchmen’s Club until he completed a home in Brooks, where he enjoyed hunting. He also made frequent visits back to the U.K. While in Calgary, he invested in real estate, purchased the Ward Block located on Stephen Avenue, and started British Industries in 1932 to foster better trade.

Dudley Ward also served as a director of Sicks Brewery Ltd.

Dudley Ward died at 69 years of age, following an operation at the Holy Cross Hospital five days earlier.

Though he had been recovering well, in the early morning hours he took a turn for the worse and passed away. He was remembered as a kind man with a wide circle of friends both in the U.K. and throughout southern Alberta.

His headstone reads, in part, “In Loving Memory of Daddy.”

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# Seven reasons we should care about caregivers

Bev Betowski  
University of Alberta  
Folio

Having a full-time job is challenging enough for most people — but add in a friend or relative who depends on you for their care, and the workload becomes much heavier and more complex.

That’s the daily reality for 5.2 million Canadians who find themselves juggling paid employment while helping loved ones who, for various health reasons, need extra help in their daily lives. Yet the plight of unpaid carers is often invisible to employers, policy makers and the public, and that’s a concern, says University of Alberta researcher Janet Fast.

“This needs to be understood as a serious challenge for family caregivers and as a legitimate policy issue,” says Fast, a professor in the Department of Human Ecology in the Faculty of Agricultural, Life & Environmental Sciences who studies the economics of aging, and family/friend caregiving.

The vast majority of care, 75 to 90 per cent, is and has always been done by family and friends, Fast notes, and those day-in, day-out responsibilities go “over and above”

what people would normally do, taking a toll on their health, their social life and their finances, she adds.

“If that care disappears we will all face challenges in meeting the needs of everyone. We don’t have anywhere close to the infrastructure to provide that amount of care through formal services.”

To raise awareness of the situation, researchers are analyzing the most recent data from Statistics Canada’s General Social Survey on Caregiving and Care Receiving, using a subsample of 4,940 working people aged 19 to 70 who were also providing unpaid care to family and friends.

The work is generating infographics co-created by the U of A’s Research on Aging, Policies and Practice and its research partners, Caregivers Alberta, the Vanier Institute of the Family and the Canadian Centre for Caregiving Excellence.

The analyses will support Caregivers Alberta’s development of a work and care educational and outreach program for caregivers and their employers, with the ultimate hope of improving the situation, says graduate re-

search assistant Andrew Magnaye, who worked on the survey data along with Fast, U of A social gerontologist Jacquie Eales and Choong Kim, also a graduate research assistant.

“We want to help inform employers so they understand what their employees are going through and it gives them more awareness on how to better support them,” says Magnaye.

The work also helps acknowledge what unpaid caregivers live every day, he adds.

“We hope that caregivers can see themselves in the data and research, so they feel like their experience is being spotlighted and so they don’t feel like they are doing this in the dark.”

Based on the analyses and in recognition of National Caregiver Day, here are seven things you need to know about unpaid caregivers who also hold down jobs.

Having a full-time job is challenging enough for most people — but add in a friend or relative who depends on you for their care, and the workload becomes much heavier and more complex.

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## One in four Canadians of working age is a caregiver

As of 2018, an estimated 5.2 million working people aged 19 to 70 were family caregivers, just over half of them women. Most — 74 per cent of women and 88 per cent of men — worked full time, 30 or more hours a week. On top of their paid jobs, women spent almost four hours more per week on caregiving, at 13.8 hours, than men, at 10 hours.

“What that tells us is that family caregiving will challenge every one of us at some point, whether as a caregiver or a care receiver,” Fast notes. It also points to a need for more robust workplace policies to give caregivers accommodations, adds Eales. While EI caregiving benefits are available in critical injury and illness or end-of-life circumstances, “they’re not adequate for meeting the ongoing needs of many caregivers,” she notes.

Continued on next page.



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Caregivers may also be unaware of available benefits or be reluctant to tell their bosses about their situations, she adds. “They are worried for their jobs.”

**Most working caregivers are older**

Almost one in three employed caregivers was aged 50 to 59, followed by 22 per cent aged 40 to 49.

“This shows that the vast majority of caregivers are of employment age, making caregiving a current workplace issue, and one that will become more pressing in the future as the demographics of the workforce and the population change,” Eales notes.

With the fastest-growing age segment in the workforce falling between 55 and 75, “employers should be concerned, because that is their biggest talent pool, the middle managers and the long-term workers who are mentoring people within the organization. These are much more difficult positions to fill if somebody leaves the workforce in their 50s to meet caregiving duties.”

**One in five employed caregivers has low income**

Twenty per cent of caregivers made less than \$20,000 per year before taxes, with another 23 per cent making under \$40,000 a year.

As well, more female than male caregivers made less than \$60,000 annually, with the average personal income (before taxes) for women sitting at \$51,000, versus \$72,000 for men.

This suggests that unpaid caregiving affects future financial health along with other worrisome side-effects, says Fast.

“Because of the financial, health and social implications of taking on care earlier in life or throughout the life course, those people are going to be the sick, lonely, and poor seniors of tomorrow. They aren’t going to be able to save adequately for their own retirement, they’re going to be reliant on public pensions and they are going to require more resources from the health-care system.”

Caregiving hurts job security and pro-

ductivity, especially for women

Women accounted for almost 60 per cent of the 214,000 workers who left the paid labour force in 2018 because of their caregiving responsibilities.

They were also more likely to work fewer hours for pay so they could balance their responsibilities between their paid job and their unpaid caregiving, and they missed more days of paid work than their male counterparts.

One in two employed caregivers missed partial or full days of work because of caregiving.

The data reflect a gender divide, with women more likely to be caregivers — and suffering employment consequences, says Fast. “That carries into their retirement income as well.”

**More caregiving means less work-life balance**

Employed caregivers who provide more hours of care are at risk for poor work-life balance, the U of A analysis showed.

Those who provided more than 20 hours of care per week were almost twice as likely to have poor work-life balance and 1.7 times more likely to have to reduce their hours of paid work.

They were also twice as likely to have to leave their jobs entirely, compared with people providing fewer than 10 hours of care-

giving per week.

That work-life imbalance affects “every aspect” of caregivers’ well-being, says Eales.

“It’s a ripple effect that can have a cumulative impact and last for decades,” she says, adding that support offered by Caregivers Alberta may help people develop coping strategies.

**Cancer and mental health issues increase the burden**

Caring for people with cancer and mental health and addiction issues takes a higher toll on care providers than looking after people with aging-related issues (excluding cognitive conditions).

Compared to caregivers looking after loved ones with age-related issues, those caring for people with cancer are 2.5 times more likely to have to reduce their paid work hours, while those caring for someone with mental health and addiction issues are almost twice as likely to have poor work-life balance.

“We think it has to do with the intensity of end-of-life care involved with cancer, and the uncertainty of providing care to someone with mental health and addiction issues,” when care requirements are likely less predictable and harder to maneuver around job responsibilities, says Eales.

Such situations point to the importance of flexible work ar-

rangements, says Fast.

“There aren’t easy solutions. They are going to be different for various industries and different employers and for different types of employees. But it means policy makers and employers need to be more flexible about how they try to solve problems.”

**Unpaid caregiving doesn’t stop — even in residential care**

The analyses also showed that people caring for someone in assisted living or residential care facilities were almost twice as likely to reduce their work hours than those looking after someone living in the same household.

That holds true even when contributing factors like age and hours of care are held constant, and “contradicts a common belief” that unpaid caregiving responsibilities end with the aid of formal care, Kim notes.

That’s possibly due to the high and complex needs of people living in care facilities, Fast suggests.

“People in long-term care are older, sicker and more likely to have advanced dementias, so the need is probably much greater than for care receivers living in the community.”

Unpaid caregivers continue to support their loved ones in care facilities in various ways, she adds.

Instead of preparing a meal or bathing a loved one at home, they’re now showing up at the facility at mealtimes to help that person eat or taking them to medical appointments.

“It’s never been the case that family members have stepped away when someone is placed in long-term care; they just do other things.”

*The research was funded by AGE-WELL NCE.*

# Build a prairie garden!

Deborah Maier  
Calgary Horticultural Society

Spring on the prairies is beautiful. Interspersed along clumps of tall and short grasses that undulate in the breeze are bright yellow, pink, and blue blossoms.

Then, as the seasons change, the grasses change colour and the flower colour palette moves to more golden hues. It is a vista with lots of beauty and no gardener intervention. So, have you ever considered mimicking the prairie landscape in your yard?

The Calgary Horticultural Society's move to Richmond Green last year provided an opportunity to install new gardens. However, the garden area at the back and west side of the building was overgrown with a mugo pine in poor condition.

After its removal, the garden area was revealed to have poor-quality dry soil, that baked in the afternoon sun.

Staff at the Society knew they wanted to plant a demonstration garden based on a YardSmart garden bed design guide, but which one? There are five guides created by the Society in partnership with The City of Calgary: full sun, partial sun, shade, wet area, and native plants.

The location easily ruled out the designs for a moist area and shade. Perhaps, partial shade? The space was shaded in the morning, but partial shade plants prefer protection from the intense afternoon sun, so the partial shade garden was also inappropriate for the space. Was it a full sun garden area? Not really.

The design's full-sun plants like to be out in the open and prefer well-drained soils that retain some moisture. This area is sheltered to the east and north by the building's walls creating a rain shadow and heat sink. Full sun plants can be drought-tolerant, but this space is a bit beyond their capacity.

So, which plants put down extremely deep roots as an adaptation to prolonged dry conditions?

Prairie plants!  
It was mid-May when the decision was made to install a demonstration garden following the YardSmart Design – Garden Bed for Native Wildflowers. This was too late to start the plants from seed as many native plants need cold stratification (a simulation of winter) to germinate. Purchasing plants that were started by someone

else was the answer. While local garden centres carry some native plants, they are not common. However, the Calgary area has native plant nurseries that specialize in growing our prairie plants. They grow them for restoration projects and for gardeners.

These nurseries, like other garden centres quickly sell out of stock in the spring, but the Society was able to acquire many of the plants in the guide for the garden.

The flowers in the design provide seasonal colour and food for native pollinators. They are prairie crocus, prairie smoke, buffalo bean, blanket flower, beebalm, harebell, aster, sticky purple geranium, smooth beard tongue, silver lupine, and stiff golden rod.

Seasonal texture and vertical interest are provided by the golden currant shrub, and grasses Rocky Mountain fescue and little blue stem. A suite of plants that when interplanted captures the prairie landscape.

For anyone who wants to try growing a prairie garden, here are a few tips to get you started. Start planning in the fall so you can start from seed or have a nursery grow the plants you want.

Remember that even drought-tolerant plants need to become established before they can tolerate extreme conditions, so you will have to water throughout the first growing season.

If you are planting plugs, clean some of the soil off the roots and gently spread them apart so the roots come in direct contact with your garden soil, encouraging outward growth. Water the plug in the hole before cov-



ering it with soil.

This method prevents surface evaporation from wicking moisture away from the roots. Give the plants the space recommended in the guide and have patience. Unlike planting mature plants or annuals, it will take at least a season before there is much of a show.

Some of the first flowers should be up this month in the Society's garden but we expect to have a fuller display in June. If you are interested in planting a prairie native plant garden, join us on June 3 for the official opening of the demonstration garden at our Be YardSmart event. In the afternoon, Elaine Rude, the garden designer, will be there to talk about her design and answer questions. Of course, you are welcome to visit the garden at any time.

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

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# The deeds and times of Oskar Schindler



*Oskar Schindler's memorial in Svitavy. Photos by Jaroslav Maria*

*Story by Jaroslav Maria*

We are driving north from Brno, the capital of Moravia through the pretty Svitava River valley to a place called Brněnec and farther to the town of Svitavy. Light rain is falling, the skies are grey; an appropriate mood for the task ahead.

The river's name refers to its clear water and was derived from *svítat*, an Old Czech word meaning "be clear". It still is. Drinking water is collected in the upper reaches of its watershed and after just light treatment piped to the capital.

Svitava River is not navigable other than by small pleasure craft, but during the industrial revolution, it powered mills and small industries that proliferated along its whole length. A major highway and a railroad run through the valley benefitting commerce as well. Still, it is a very neat, picturesque even bucolic countryside where industries and na-

ture meet.

This time I am not here for its scenic beauty but its history, the role the area played during WWII. In 1993 Steven Spielberg's film *Schindler's List* came out and immediately it became a big hit. The story it told was not well known up to that point. Most people had neither heard of Oskar Schindler before nor that he saved 1,200 Jews from Nazi extermination camps.

He was born in Svitavy in 1908. I am sure most people assumed that because he was German he was born in Germany, but I knew where Svitavy was and my interest was piqued even more when the town of Brněnec was named as the location where the factory had been. You see, I was born in Brno and the affinity of names struck me. A quick check and indeed these two towns are close to each other and they both lie in today's Czech Republic.

What was missing in

the film, was that other than the simple act of kindness it was not explained what motivated him to act so much out of character considering his ethnicity and membership in the Nazi NSDAP party. Was the fact that it took place outside of Hitler's Reich significant, I wondered? Did the location where Schindler was born and raised influence him?

So today I am not paying much attention to the unfolding scenery, but rather looking for answers.

In The Middle Ages the lands of Czech kings, called Bohemia and Moravia, were almost entirely encircled by various German kingdoms, principalities and other polities. The kingdom was ancient, but small and its fortunes kept changing. At one time it was part of the Holy Roman Empire, later of the German-speaking Austria Hungary. There was always a strong German presence on

Czech crown lands. Even after the country of Czechs and Slovaks was formed at the end of WWI, about three million ethnic Germans, who had been citizens of the Czech Kingdom for centuries lived in the border areas called Sudetenland.

When Adolf Hitler came to power he strove to unite all ethnic Germans in Europe. The official slogan was: "One People, One Country, One Leader." In 1938 it was Sudeten that first became the bone of contention between him and the Czechs, threatening armed conflict. The situation led to negotiations and signing of "Munich agreement" by Germany, Italy, Great Britain and France, by which Czechoslovakia had to surrender Sudeten.

It was an unfair result for the Czechs who felt betrayed by their allies France and England and became the sacrificial lamb, but it was supposedly "Hitler's last territorial demand that would preserve peace in Europe for all times".

That agreement did not last a year. In March 1939 the rest of the country was occupied without a shot being fired and Germany created the "Protektorat Böhmen und Mähren", Slovakia became independent and Czechoslovakia ceased to exist. In the fall of the same year, Germany attacked Poland and WWII started.

Brno, the second largest city in the Protektorat, had always been a hub of armament manufacturing in the area. The guns produced there were purported to be the best in the world, a fact not lost on the Nazis.

Schindler opened his munition company in 1944 in the hilly country upriver from Brno to be safe from bombing yet in an industrial corridor. It made sense. It was not very productive, however. Schindler, apparently, was not a very good businessman, or maybe the whole enterprise was more a decoy to shelter Jews rather than to advance Germany's

fortunes.

After the release of the movie, the good folks of Svitavy found out that its hero was one of their own. Schindler's birth house was identified and a memorial was erected across the street.

It seems like too little too late, but most of the current inhabitants are not the same as those from before or during the war, because the defeated Germans were deported and the Sudeten lands were repopulated solely by the Czechs. Once a population is completely recycled, memories fade fast.

Looking for the most rational explanation of Schindler's motives I started to put together various snippets of information and historical facts until an interesting hypothesis emerged.

Up to a century ago, the European countries were ethnically fairly homogenous, but if there were pockets of different cultures, they usually occupied only well-defined areas within the state. Even those could cause trouble if not properly contained. Basques and Catalonians in Spain, Kosovans in Serbia or Russian minorities in Ukraine are examples.

The 19th century Hapsburgs' Austria-Hungary was different. It was a multicultural and multiethnic state, not just a quilt of diverse groups inhabiting their traditional lands. People moved around and intermarried. It was a melting pot in the centre of Europe. Countries formed after the Austro-Hungarian Empire was dissolved remained multicultural as well.

The newly formed Czechoslovakia was the case in point. 52 per cent of the citizens were Czechs, 24.3 per cent Germans, 16.4 per cent Slovaks and 5.3 per cent Hungarians. There were also Ukrainians and Polish minorities. Of all those the Jewish population by religion was 2.5 per cent, but that percentage was likely larger if one adds secular Jews.

In a small country and yet so diverse people learned to coexist. They would rather have a beer and a spirited debate than fight. Czechs react to adversity by joking, often even by clowning.

Many of their leaders embodied the idea of the pen being mightier than the sword; notably professor T. G. Masaryk, the first President (1918-35), and then the former playwright Václav Havel who orchestrated the much acclaimed “Velvet Revolution” in 1989.

Being peaceable, admirable trait as it is did not always bode them well. Several times in its history it backfired, like after the “Munich agreement”.

Being what it was, the relationships between various ethnic groups were quite good and the young Oskar Schindler grew up in this milieu.

He was the “Sudetendeutsche” raised in Czechoslovakia, not a German-born and raised in Germany.

That could have been the reason for his odd behaviour. Antisemitism was milder in prewar Czechoslovakia than elsewhere in Europe. Czech, German and Jewish kids grew up together in relative harmony, even in the Sudeten.

After the war, Schindler said: “The persecution of Jews in occupied countries meant that we could see horror emerging gradually in many ways.

In 1939, they were forced to wear Jewish stars, and people were herded and shut up into ghettos. Then, in the years ‘41 and ‘42 there was plenty of public evidence of pure sadism.”

I had tried to locate the factory several times, but on this trip, I finally succeeded with the help from the internet.

It is indeed in Brněnec as in the movie just off the main highway, across the railroad track. It is a fenced-off cluster of medium size single-story workshops, still intact but abandoned, slowly deteriorating.

Now, dripping wet,

I am standing by the chained gate sticking my nose through the metal bars to peek into the compound. There is a large yard covered by weeds and brambles. I can visualize a large crowd of emaciated Jewish workers listening to the last speech Schindler made to them just prior to leaving on May 9, 1945, the day that Soviet troops liberated the camp and the factory. They were probably still in their camp uniforms and the weather was likely similar to today.

I quote excerpts from his speech, as it throws light on what kind of person he was:

The non-conditional surrender of the German armed forces has just been announced.

I would like to turn to all of you, ...who have feared that this day would never come.... and

I appeal to you to strictly maintain order and discipline. This will minimize panic, the consequences of which would be unpredictable.

In his proclamation today, British Field Marshal Montgomery has declared that we must deal with the defeated in a humane manner. We must differentiate between guilt and duty. .... behave in a humane and just manner. Leave the prosecutions and revenge to those who have been assigned to these matters.

.... think about what many of the people who live around this factory have done for you in terms of providing additional food and clothing. Do not go into the houses around here to forage and steal. Show yourselves to be worthy of the sacrifice of millions from your ranks, avoid every act of revenge and terrorism.

It was always my will to demonstrate and defend humanity, the principle that guided all my decisions.

In conclusion, I ask all of you for three minutes of silence, to remember the innumerable victims who have fallen from your ranks in these terrible times.....

\*\*\*\*\*

It suddenly occurs to me that on the very same day, 78 years ago, only 23km west from here, four years and one-month-old, I was sitting on top of the verandah railing of my parent’s cabin, unaware of the moment in history, watching a column of tired and dispirited men marching west on the main road through the village. What a coincidence!

They were German soldiers in olive-colored uniforms. Wehrmacht,

beaten and humbled was in full retreat. Berlin was occupied, Hitler was dead and Germany surrendered. We did not know officially yet that the war had already ended the day before.

The soldiers wanted to reach the railroad nine kilometres away, to return home. They didn’t make it. Russians caught up with them the next day and one final, senseless battle killed most of them despite the armistice already signed. The war in Europe ended.

\*\*\*\*\*

Even in the rain and the dark grey sky above, or maybe because of it, the abandoned factory site invokes powerful feelings. It deserves to be restored one day because something really good happened here!

Lest we forget...



Photos by Jaroslav Maria. Above: Main square in Svitavy Below: Abandoned factory in Brněnec



# The joy of fostering a cat

Marianne Rogerson  
Furball Force Animal  
Rescue

How would you describe a cat? Some words that come to mind include aloof, mysterious, elegant, and calming, and I suspect you can come up with many more descriptive words.

Statistics suggest 34 per cent of men and 37 per cent of women own cats. Over 50 per cent of cat owners are women between 55 and 64, and approximately 70,000 cats call Calgary home.

Where did all these cats come from? Some cats come from breeders, but many cats find their way home via an animal rescue.

A typical animal rescue is a non-profit organization that follows a model of animal capture or surrender, time spent in foster care, and adoption.

The increase in animal rescue coincides with the interest in understanding the human-animal bond.

According to the American Veterinary

Medical Association, the human-animal bond is a mutually beneficial and dynamic relationship between people and animals influenced by behaviours essential to health and well-being.

There is interest in understanding the human-animal bond and the potential physical and mental health benefits of caring for a companion animal.

There's no single answer about how your pet can help you, but animals can serve as a source of comfort, help to build a bridge for social interactions, help to create a sense of purpose, and alleviate feelings of loneliness.

Looking into your pet's eyes and seeing a loving look reflected at you has been shown to release oxytocin, a hormone of bonding, love and affection. The chemical release is bi-directional, meaning that oxytocin is released in the pet's brain as well.

One of the significant supports of the human-animal bond is animal foster-

ing. Fosters volunteer their home and time to care for an animal; many animals would face an unknown future without foster care. Interested individuals begin the process with an online application.

Once the application is received, a processor gets in touch, and the applicant and processor determine which animal is the best fit.

While we have considerable information about the foster dog experience, we know far less about the individual who fosters cats despite the interest in human-cat companionship.

## Our project

This project aims to increase our understanding of the human-cat foster relationship. We're looking to recruit individuals interested in becoming cat fosters. We understand that foster care is a commitment and that you may have concerns. Some concerns include no experience caring for an animal, lack of time to commit to an-

imal care, individual health concerns, and attachment concerns.

No prior experience is necessary if you plan to foster a cat. Having cared for animals in the past is helpful but not essential. We provide all the essentials, including food, litter supplies, and other necessities.

We assist with setting up the physical environment and supporting each foster with resources as needed.

Time commitments vary from person to person; the same applies to animals. Some animals require longer-term fostering while others require short-term.

Working with availability is critical to ensuring success for you and the animal.

A commonly voiced concern, particularly among older adults, is health concerns. Some older adults experience mobility and functional ability challenges.

Fortunately, many assistive devices are available, plus a community support network of volunteers as-

sists on those days when a little extra help is needed.

Finally, fosters worry about saying goodbye to their animal.

Fostering is charitable work; you're working for someone else, knowing an animal will have a wonderful life helping another human being.

We understand the emotional investment that fosters undertake and have support in place.

We focus on the positive aspect of letting that animal go rather than how much you will miss them. Yes, fostering might break your heart, but it can make your heart swell too.

We're looking for individuals interested in cat fostering. You can begin the process by visiting the website and filling out an application. Or you can contact Marianne to start the process.

If fostering isn't suitable for you, you can share your cat experiences with us. We're interested in learning about any aspects of cat care.

*Continued on page 27*



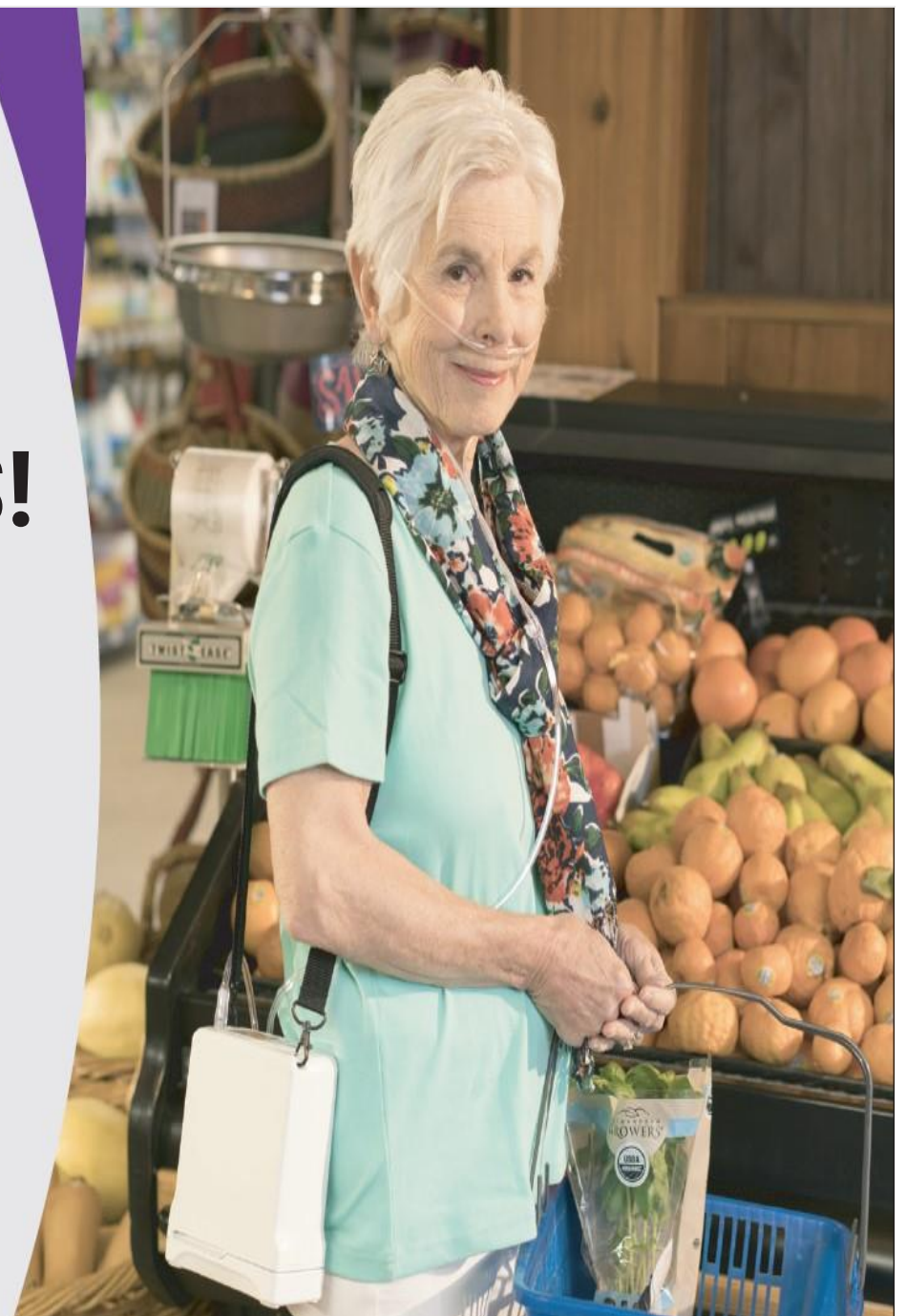
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# Housing is a human right

The views expressed in the following piece belong to the author and do not reflect the views of Unison Alberta or Kerby Centre.

My name is Anne Landry. I am a Calgarian for HOUSING is a HUMAN RIGHT.

I hope we met at the Calgarians for HOUSING is a HUMAN RIGHT booth at the Seniors Expo at the Kerby Centre on April 29!

The Federal Housing Advocate now refers to “Canada’s housing emergency”. It is time to ask for HOUSING is a human right at levels of government as well as of landlords and housing providers. Public Reviews of housing will soon be held by the Federal Housing Advocate who sits in the Canadian Human Rights Commission and by the House of Commons “HUMA” Committee, including regarding financialization of housing and its impact on long-term care deaths, rent-gouging and homelessness.

As well, the Alberta provincial election will be held on May 29, 2023 at a time that there is little protection for renters in the Alberta Residential Tenancies Act – landlords can increase rent by as much as they wish one time per year. Also, The City of Calgary is planning its 4-year housing strategy, after years of a highly failed/flawed affordable housing strategy.

There is a growing housing EMERGENCY in Calgary that is making it difficult to age in place and to find accessible housing. Notably:

- Over 126,000 households in Calgary CMA (22 per cent) cannot afford shelter. In Calgary, approximately 42 per cent of households earning \$99,999 or less are unable to afford shelter compared to approximately 3.1 per cent of households earning \$100,000 or over (Census 2021).
- Among Canada’s largest markets, “asking rents” increased the fastest in Calgary - by 28.1 per cent over the past 12 months as per the Rentals.ca March 2023 Rent Report.

- Rent gouging is occurring in Calgary. Rental payments to tenants by highly profitable financialized landlords are increasing far higher than landlords’ infla-

tionary operating cost increases.

- There is a deficit in Calgary of over 58,000 rental units \$2,000 or less per month (Housing Assessment Research Tool, Census 2016).

- There are approximately 2,782 homeless people in Calgary – as per the Calgary Homeless Foundation’s count on Sept. 27, 2022.

- Since 2011, the average increase in new affordable housing units by The City of Calgary is 308 per year — far less than demand of 2,000 to 2,500 per year.

- In 2020, all of The City of Calgary’s affordable housing infrastructure was rated to be poor..

- Calgary Housing Company - with 7,100 rental units – apparently operates a financialized housing strategy by aligning rents of the vulnerable to average market rent (30 per cent less, 10 per cent less) as well as to household income (no more than 30 per cent of eligible income).

Say NO to predatory financialization of housing

Financialization of housing refers to treating housing as a for-profit commodity for investment and not as a human right or social good. In essence, putting profits first — not people first.

Much research – including as provided to the Federal Housing Advocate – reveals that corporate investment in housing is linked to unaffordable rents, eviction and long-term deaths.

As per the financialization of housing website of the Federal Housing Advocate: “As of 2020, financialized companies owned approximately 33 per cent of seniors’ housing in Canada, including 42 per cent of retirement units and 22 per cent of long-term care beds.

There is a well-documented pattern of inferior care at for-profit long term care homes compared to public and non-profit homes, including fewer hours of direct care, lower staffing levels and higher mortality and hospitalization rates.”

Award-winning research\* by Martine August, Ph.D. Associate Professor at the University of Waterloo School of Planning reveals:

- Financialization of housing did not always exist but was created by government policy – including in the 1990s – when the federal government stepped out of creating affordable housing and rent protections, in favor of allowing the “market” to provide for Canada’s affordable housing needs.

- Financialization of housing is a failed affordable housing business model – landlords are eliminating affordable housing.

- Financialization of housing is apparently abusive of renters – “Capital occurs to expand...through force, violence and ‘extra-economic’ means...”

- This has long been hidden in plain view in the financial reporting of landlords and in the testimonies of people with lived experience – including renters.

The National Housing Strategy Act, 2019 recognized the right to adequate housing as per international law, including the United Nations International Covenant on Economic, Social and Cultural Rights.

The adequate right to housing includes seven elements: affordability; accessibility; security of tenure/stay; availability of services – including safe drinking water; location – including access to employment; habitability – safe, healthy, secure; and cultural adequacy.

Guidelines regarding government responsibilities include: meaningfully engage those with lived experience; ensure independent monitoring; regulate private organizations to address financialization of housing; and use maximum available resources in the shortest possible time and prioritize the most vulnerable.

The shift provides important guidelines and directives, including for municipalities.

United Nations guidelines recommend: leave no one behind; allocate sufficient resources to realize the right to adequate housing for all; consider rent caps and subsidies for tenants and small landlords; halt evictions; constrain the role of private equity firms as landlords; house the homeless; ensure the right to housing informs and is responsive to climate change and more!

Are you a member of a National Housing Strategy priority group – including adults 65+, veterans,

## Volunteer Spotlight



### Ruth Pogue

We are featuring our wonderful tax preparer, Ruth Pogue, this month! Ruth has been volunteering in this role since 2019. She first learned of the role when “Two friends were volunteering in the foot clinic and mentioned that the Kerby Centre offered a tax clinic for seniors.” Currently, Ruth only volunteers for the annual tax clinic from February to April, but she let us know she might also enjoy opportunities during the rest of the year.

When asked why she continues to volunteer, Ruth said, “I think of myself as a tax nerd; I look forward to tax season! I enjoy providing this service to seniors. The clients are so appreciative and grateful for this service that the Kerby Centre offers.” Regarding Kerby, she most enjoys that the “Kerby Centre helps so many people in so many ways. It is a very positive environment. My favourite thing is listening to the band and watching the dancers on Wednesday lunch hour.”

Ruth’s hobbies include travelling, gardening, pickleball and golf. Choosing to answer the question *What makes you smile?* Ruth said, “Watching our adult children succeed at life and spending time with them and their partners.”

So far, Ruth has contributed over 456 hours.

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

women, trans and/or gender-diverse people, member of 2SLGBTQI+ communities, Indigenous people, black or racialized group or person of color, the disabled (physically, mentally), recent immigrant, survivor of violence, single parent, person living on low income/social assistance, person with lived experience of homelessness?

Scotiabank has recommended that Canada needs an urgent and well-resourced strategy to expand its social housing infrastructure – a modest start would be to double housing stock for those in greatest need.

For the past 25+ years I have rented the same apartment from a financialized landlord in Calgary. I have spent much time, effort, cost and stress – often in the media - trying to ensure my

apartment is affordable, the terms of the lease are upheld and my apartment is safe. I have a disability (post traumatic stress).

I have been unemployed in my career since the 2015 recession. I will soon be of retirement age. Again, in 2023, I am having to address rent increases from my landlord that make it difficult to age in place. Over the past 25+ years I have paid my landlord over \$300,000 in rent. I would like my investment to be protected and to be able to age in place in peace and in dignity in my apartment and in my community in which I have long lived.

This year, let’s ALL ask for HOUSING is a HUMAN RIGHT!



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# Seniors' Week offers more this year

Age Friendly Calgary

June 5 to 11 is Seniors' Week.

Recognized annually across Alberta, Seniors' Week is an opportunity to show appreciation for older adults and the many contributions they make to our communities through volunteerism, assisting charities and by supporting family members and friends.

This year's celebrations promise to be even more exciting, with specially curated events under the theme "Aging is more..." designed to showcase the potential in aging.

Seniors' sector organizations, not-for-profits, businesses and individual Calgarians are collaborating to bring about fun and inclusive celebratory events for each day of the week.

Whether or not you choose to attend one of the official Seniors' Week events, Age-Friendly Calgary encourages you to celebrate aging in your own way.

Help spread awareness within your networks by using the social media hashtags #seniorsweek and agefriendlyyc.

Visit [calgary.ca/seniorsweek](http://calgary.ca/seniorsweek) for the list of activities taking place during Seniors' Week.

"Aging is more... let's enjoy the journey together."

## PREMIER Crossword

By Frank A. Longo

### SONG TITLES ACROSS

- 1 Teenage witch played by Melissa Joan Hart
- 8 Breakwater embankment
- 15 Nintendo title plumber
- 20 Germ-free
- 21 Singer with the 2018 hit "Boo'd Up"
- 22 Put up, as a building
- 23 Patti Smith
- 25 Flat, as cola
- 26 One of the two Pro Bowl gps.
- 27 Rankle
- 28 Notices
- 30 Hero type
- 31 Nina Simone
- 39 Napoli's nation
- 41 Alien-seeking proj.
- 42 City near Disney World
- 43 Manicure tool
- 46 Oxidizes
- 49 Put the kibosh on
- 50 Missy Elliott
- 53 Dir. from Miss. to Mich.
- 56 Pre-CIA gp.
- 57 Ad featuring Smokey Bear, e.g.
- 58 "Science Guy" with multiple Emmys
- 59 Honorable
- 60 Busy airport
- 63 George Strait
- 69 World capital in the Andes
- 74 '60s war zone
- 75 2010-14 Mets member
- 76 Britney Spears
- 79 Plane ticket detail
- 80 Large musical disk
- 81 Encyc. unit
- 82 Tosses out of the game, for short
- 85 "Law & Order" spinoff, in brief
- 88 Busy insect
- 89 Bessie Smith
- 97 Plane ticket detail, for short
- 98 Mafioso John
- 99 Narrates
- 100 Running rather quickly
- 104 "This Is Life" journalist Lisa
- 106 Totally in favor of
- 107 Chuck Berry
- 112 "Casablanca" woman
- 113 "Dies —" (Latin hymn)
- 114 — Schwarz
- 115 Peculiar
- 118 Just making, with "out"
- 120 Liza Minnelli
- 127 Roaring cat crossbreed
- 128 Remove loose coverings from
- 129 "Tartuffe" playwright
- 130 Thick
- 131 Ancient Jewish ascetics

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107									108	109					110	111						
112																				115	116	117
118									119													
127																						
130																						

132 Slung mud at

### DOWN

- 1 Very long tale
- 2 Dating from
- 3 Furniture pieces for lying or sitting
- 4 Tach abbr.
- 5 Judge Lance
- 6 Petty peeve
- 7 Have — on one's shoulder
- 8 "Black Panther" actor Andy
- 9 "Xanadu" gp.
- 10 Sitcom ET
- 11 "679" rapper Fetty —
- 12 Make laugh
- 13 Thin streets
- 14 "In this way"
- 15 Spanish for "month"
- 16 Skilled crafter
- 17 Go further in the book, say
- 18 Apple digital storage service
- 19 Verdi opera
- 24 Mess up
- 29 Hercules player Kevin
- 32 Afflictions
- 33 Natural talent
- 34 Greet loudly
- 35 Architect Saarinen

- 36 Double — (Oreo option)
- 37 Wife on "The Addams Family," casually
- 38 Big to-do
- 39 Lowdown
- 40 Mai — (rum drinks)
- 44 Track circuit
- 45 Mag staffers
- 47 Ex-Yankee Martinez
- 48 James Bond genre, in brief
- 51 Ox of Tibet
- 52 "Doggone it!"
- 53 Punishment for a tube watcher
- 54 "Me neither"
- 55 Rival of Ben & Jerry's
- 59 Nibble (on)
- 60 Suspend
- 61 Scanned market ID
- 62 Busy insect
- 64 With one flat, musically
- 65 Brief snooze
- 66 Biotech-created food
- 67 Atop, in verse
- 68 Japanese salad green
- 69 Links gp. for women
- 70 Club for a 69-Down member
- 71 Small fortune
- 72 Letters of invitation?
- 73 American assn.
- 77 Margarine, quaintly
- 78 Adobe Acrobat suffix

- 83 Fourth of a yr.
- 84 That girl
- 85 Large yellow bloom
- 86 Put the kibosh on
- 87 KGB's land
- 89 Paree "to be"
- 90 Native New Zealander
- 91 WWII battle town in France
- 92 Glue — (brand of adhesive in a tube)
- 93 Hog sound
- 94 Tesla auto, e.g.
- 95 String necktie
- 96 Quiet stretch
- 97 Fuel gases
- 100 Off-track
- 101 New film type in the 1920s
- 102 What "@" is
- 103 Rotational force
- 105 Big blunders
- 108 Man-goat deities
- 109 Marsh plants
- 110 Capture
- 111 Campus buildings
- 116 Have the guts
- 117 Made blond, maybe
- 119 Test for college srs.
- 121 Prior to, in sonnets
- 122 Indian flatbread
- 123 Not closed, in verse
- 124 — -pah band
- 125 Heady brew
- 126 Day, to Diego

# Medicine Hat

## Volunteer appreciation

Welcoming Spring in is our volunteer of the month, Barb Stoesz. Barb has been a volunteer since September 2014 working as a volunteer receptionist at both Veiner and Strathcona Centres.

These positions keep her very busy greeting people, giving tours of the facilities, answering questions, and sell-



ing memberships and registrations for all the activities happening. “I find volunteering to be very fulfilling, making people feel welcomed when they walk into the building and helping them, it gives me a purpose in life and keeps me active.”

Moving to Medicine Hat after retirement, Barb says it is the perfect city for her. She has lived in a small village of 165 people and also in Edmonton for many years and she thinks Medicine Hat is the happy in between.

The most treasured people in Barbs’ life are her children, grandchildren, and great-grandchildren.

When Barb is not at

the front desk, you can find her down the hall singing with the Silver Song Group. Her love of music is very eclectic from classical to classical country to 70s

light rock.

When Barb has time to sit and relax, she enjoys reading biographies, autobiographies and reads the bible regularly. She will also re-read her favorite novel “Gone with The Wind.” Her motto is “Live

every day as if it is your last.”

Thank you, Barb, for all the energy and time you have invested into the Veiner Centre over the years. We could not do it without you!



Join us throughout the week at Unison at Veiner Centre in celebration and appreciation for the older adults in our community!

- Monday, June 5: Spring into Action Fair
- Wednesday, June 7:
  - Fitness in the Park
  - Town Hall with City of Medicine Hat
- Thursday, June 8: Unison Film Screening
- Friday, June 9: Walk with the Mayor
- Saturday, June 10: Tea Time



Stay tuned and visit [UnisonAlberta.com/mehat-seniors-week-2023](https://UnisonAlberta.com/mehat-seniors-week-2023) for more detail



## Senior Safety Series

Aging in the Right Place: With Community Connections

Register by calling 587-770-1536 or stop by the Veiner Centre reception desk.



**Thursday, May 18th**  
**9:45 am - Noon**  
**Veiner Centre**  
**225 Woodman Ave SE**  
**North MP Room**

It's all free! Parking, admission, refreshments, and door prize entry!  
 Come and bring a friend or meet a new one!  
 Stay for lunch at the Veiner Centre Bistro!

Our friends from Home Care, Public Library, City of Medicine Hat, Meals on Wheels and more, will help us plan for some of life's challenges and the journey ahead as we strive to live in our own homes for as long as we wish.

Anyone interested in the wellbeing of seniors is welcome to join us.



# Medicine Hat Veiner Activities

## What's Happening in May

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

**Duplicate Bridge**  
North MP | 6pm

**Norwegian Whist**  
South MP | 6pm

**Darts**  
Games Room | 6:30pm

**Poker**  
Boardroom | 6:30pm

### 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!

### May 1

**Book Review Crew**  
10:30am - 11:30am | Dining Room

### May 2

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

### May 5 -7

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

### May 9

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

### May 11

**Counselling Services with Ben Feere**  
9am | Registration Required

### May 16

**First Link Connections**  
1pm - 3pm | Boardroom | Register by calling 403-528-270

### May 17

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

### May 31

**Pelvic Health for You by Excel Physical Therapy**  
1pm - 2pm | Boardroom | Registration Required

## Wellness Wednesdays

May 3 | Movie Matinee with popcorn | "Star Wars: Episode IV - A New Hope (1977)" | South MP | 2pm

May 10 | Tech Connect Seniors  
10am | Boardroom | Registration Required

May 10 | BrokerLink: Personal Insurance 101  
Craft Room | 2pm - 4pm | Registration Required

May 17 | Pet Therapy with Kenzy  
Games Room | Craft Room | 10:30am

May 17 | Revera Rocks! With Jodi  
Craft Room | 2pm | Registration Required

May 24 | Life Long Learning Presents - "Anxiety" Boardroom | 9am - 11am | Registration Required

### Lifeline Presentation

May 9 | 11am - 12pm | Boardroom  
Registration Required

### Senior Safety Series: Aging Matters Aging in the Right Place

May 18 | 9:45am - 12pm | South MP Room  
Registration Required

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

# Medicine Hat Strathcona Activities

## What's Happening in May

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

### Fridays

Pickleball Lessons -  
8:30am  
  
Table Tennis - 10am  
  
Hatha Yoga - 12pm  
  
Pickleball - 1pm

## Fitness Class Spotlight

All fitness classes require registration

### High Beginner/Improver Line Dancing

9am - 9:45am | Mondays  
FREE

### Chair Yoga & More

12pm - 12:45pm | Mondays  
May 29 - June 26  
Members: \$18 | Non-Member: \$50

### Fun & Fitness

10am - 11am | Tuesdays & Thursdays  
May 30 - June 22  
Members: \$30 | Non-Member: \$80

### Solid Gold Fitness

11:45am - 12:30pm | Tuesdays  
May 30 - June 27  
Members: \$18 | Non-Member: \$50

### Absolute Beginner/Beginner Line Dancing

9am - 9:45am | Wednesdays  
FREE

### Qigong & Chair Yoga

12pm - 1pm | Wednesdays  
May 31 - June 28  
Members: \$18 | Non-Member: \$50

### Silver Steppers

1pm - 2pm | Thursdays  
June 1 - June 22  
Members: \$16 | Non-Member: \$40

### Hatha Yoga

12pm - 1pm | Fridays  
June 2 - June 16  
Members: \$14 | Non-Member: \$30

## Tai Chi Fitness Classes

### Yang Short Form

7:00pm - 8:00pm & 7:00 - 7:30pm  
Monday's & Tuesday's

### Yang Long Form

8:00pm - 9:00pm | Monday's

### Chen Style Short Form

7:30pm - 8:15pm | Tuesday's

### Fan Form

8:15pm - 9:00pm | Tuesday's

### Weapons Form

7:00pm - 9:00pm | Wednesday's

Must have completed Yang or Chen form before registering for this class. No exceptions

## Tai Chi Fitness

3:00pm - 3:45pm | Wednesday's  
May 3 - June 7  
Free  
Registration Required

## Pickleball Lessons

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

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

Drop in only

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

# Active Aging Department 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](http://kerbycentre23.wildapricot.org)

## In-Person Weekly Drop-In

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

- General Craft Group - 9am
- Men's Shed - 10am
- Weekly Dance - 1pm
- Cribbage - 1pm

### THURSDAY

- Artist Group - 10pm
- Kerby Centre Tours - 10:30am meet in the Café
- 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 - 1:30am
- English as a Second Language - 1:30am



## Unison Travel Spotlight



### Medicine Hat Veiner Center, Medalta Pottery, and Birds of Prey Centre.

May 31st - June 1, 2023 (overnight trip)  
Member: \$280.00,  
Non-Member \$310.00  
**Cut-off Date: Thursday, May 10, 2023**  
Contact our travel desk for details  
403-705-3237



### Cochrane Wildlife Reserve & Cross Iron Mills

Wednesday, June 7, 2023  
Member \$69 Non-Member \$99  
**Cut off Date: Wednesday, May 24, 2023**  
Includes: Transportation by Alberta Coach  
We will travel to Cochrane Wildlife Reserve and then we will go to CrossIron Mills and we will have time to shop and have some lunch (you own expense - not included in ticket price).

## Wellness Connection Spotlight

### Laughter Yoga

Drop-in Fees:  
Members \$5 Non-Members \$15  
4-Week Sessions  
Fri. May 12, May 19, Free on (Mental Health week), May 26, June 2  
Contact our Wellness Center for details on 403-234-6566

Laughter Yoga combines yoga breathing techniques with laughter exercises to bring more oxygen to the body and mind. This benefit and more, may be an additional reason to try them. \*Registration Required



### Drum Circle

Drop- In Fees:  
Member \$15 Non-Members \$25  
4-Week Sessions  
Tues. May 9, May 16 - Free on (Mental Health week), May 23, May 30  
Contact our Wellness Center for details on 403-234-6566

Drum circle has been known to help older adults to reduce tension, anxiety, and boost immune system.  
\*Registration Required



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.



# Active Aging Department Calgary In-Person Activities

## Classes and Activities Spotlight

### Safety on Transit

B29 Tuesday May 16  
10am – Noon (Kerby)

Member \$20 Non Member \$50  
In this workshop, you will identify potentially harmful situation in the bus stop, train station and in the train.



### Art of Whimsy Book

B38 Thursday May 25 – June 29  
10am – Noon

**Kerby Centre - NEW Art Studio**

Member: \$89 Non Member: \$119  
Discover the art of creating whimsical villages and gardens in a delightful little hand stitched book!



### Art of Whimsy Book

D01 Thursday May 25 – June 29  
2pm – 4pm

**Dalhousie Community Centre**

Member: \$89 Non Member: \$119  
Discover the art of creating whimsical villages and gardens in a delightful little hand stitched book!



### Beginner Oil Painting

B04 Wednesday May 3 – June 7  
10am – Noon (Kerby)

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.

### Spanish Conversation I

B14 Wednesday May 24 – June 28  
10am – Noon (Kerby)

Member: \$85 Non Member: \$115  
This course is designed for students who have finished levels 1 – 5 of grammar and are ready to put into practice their knowledge.



## On Sale



Next 2 New and Wise Owl have been combined!  
Make sure to visit us in Room 203

### Off Location Free Food Markets



Banff Trail Community Association  
(2115 20 Ave NW)  
May 1 | 12:30pm – 3pm

Parkdale Nifty Fifty Association  
(3512 5 Ave NW)  
May 9 | 11am – 12pm

CARYA Village Commons (610 – 8 Ave SE)  
May 10 | 1pm – 3pm

Bow Cliff Seniors 50+ (3375 Spruce Dr. SW)  
May 18 | 11am – 12pm

### Active Aging Craft Sale

Thursday, May 25th 2023  
10:00am – 1:00pm  
Kerby Centre, Café  
Selected items 50% off!



# Active Aging Department Unison Online Activities

## Online Weekly Activities

### Monday

Fitness with Dan - 9:30am

English as a Second Language - 1pm

Chair Yoga - 2pm

### Tuesday

Tai Chi - 1:30pm

### Wednesday

Men's Shed - 11am

### Thursday

Yoga for you - 9am

Drum Fit - 10:15am

### Friday

Muscle Strength & Core Balance - 11:30am



## CANNABIS IN THE CLOSET



SHERRY DAHLKE,  
PHD, RN, GNC (C)

Associate Professor Sherry Dahlke from the University of Alberta will present her study on the use of cannabis for health reasons among older adults. The study aims to shed light on the potential benefits and risks of cannabis use in this population, and its impact on quality of life. The presentation will include an overview of the study design, methods, and results, followed by a Q&A session. All are welcome to attend.



MONDAY MAY 15, 2023  
@ 3:00PM

FOR MORE INFORMATION

EMAIL:  
PENNYL@UNISONALBERTA.COM

OR REGISTER AT  
[HTTPS://WWW.EVENTBRITE.COM/E/CANNABIS-IN-THE-CLOSET-TICKETS-616620738227](https://www.eventbrite.com/e/cannabis-in-the-closet-tickets-616620738227)

To Register for Events, Classes and Programs please visit Kerby's Active Aging website, contact our Virtual Programs Manager by email at [pennyl@UnisonAlberta.com](mailto:pennyl@UnisonAlberta.com), or visit us at Kerby Center on the third floor—room 306.



## Upcoming Weekly Specials May 2023

- May 1-5 Beer Battered Fish
- May 8-12 Sinful Mac' N Cheese
- May 15-19 Cottage Pie
- May 22-26 Turkey Cheeseburger
- May 29- June 2 Calabrese

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

**Follow us on Facebook and Instagram @kerbycafecatering**

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

### \*\*Upcoming Special Events\*\*

- May 5 Cinco de Mayo
- May 12 Mother's Day Devonshire Tea
- May 30 Cribbage Tournament #2



# Supporting mental health

Mental health is a difficult subject.

While we all go through times of difficulty, grief or depression, there are periods in our lives that we cannot sustain alone.

A 2021 study from Statistics Canada found that one in five Canadians reported they needed assistance with their mental health in the year previous — and out of that number, almost half said they felt their need for assistance was either unmet or only partially met.

With the explosion of COVID-19, the mental health issues facing older adults were made plain as day. People needed help, they needed assistance — and most of all — people needed other people.

Unison Alberta saw the need. And we knew

we had to help make a change.

Enter the Wellness Connection Centre: A new department at the Kerby Centre building in Calgary. Our Wellness Connection Centre, headed by coordinator Lola Fariyibi, positioned itself as a place where seniors could not only come to access information about available support but also support one another.

There are a variety of programs available at the Wellness Connection Centre, including:

- Live Well, Be Well; presentations detailing vital information for seniors to take control of their wellness.
- Social Calling; older adults are matched with volunteers for regular check-ins and social calls.

- Grieving Together; a grief support group that brings together those who've lost loved ones.

- Men's Shed; a place for older men to get together, work on a project and find friendship after retirement.

- Grandparents Support Group; a place of support for grandparents raising grand-

children with special needs, assisting them with information and connections.

Unison Alberta works tirelessly to ensure our older adult community is supported in every way possible.

But we can't do it without your help.

Every single dollar donated to Unison

Alberta means more opportunities for seniors to never, ever be alone when they are going through the hardest, darkest periods of their lives.

When you donate, you're giving the gift of aid, friendship and community to seniors who need it most.

<https://unisonalberta.com/donate/>



## Leave a Legacy

Unison at Kerby Centre's work is possible thanks to the kindness of people like you who remember us with a gift in their will - a gift that will help create a better future for seniors.

Make an impact. Leave a legacy.

Contact Rob Locke  
robL@kerbycentre.com | 403-705-3235





# Seniors'

## EXPO 2023

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RAD Renovations Program, Accessible Housing

HearCANADA

Saige Homecare

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

Golden Maxi Comfort Powerlift and recliner chair. Used but like new. \$2100.00 Excellent medical chair for those with mobility challenges so you can sit , recline and stand up with

ease. Please contact Sara at 587-350-0907

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.

Revitive Medic Circulation Booster Barely Used Similar to Dr. Ho's you see advertised

Also Comes with 6 pads to put on other parts of your body ie shoulder, neck Asking \$175.00 – Cash Only Can send pictures if interested Email Belinda. [Ramscar@shaw.ca](mailto:Ramscar@shaw.ca) or ca;; 587-500-3425

2 Straight Back Dining Room Chairs Metal with fake leather seats Made in Canada Light to lift – Fit nice in a tight space Less than 6 months old Asking \$125 for the pair – Cash Only Can send pictures if interested

Email Belinda. [Ramscar@shaw.ca](mailto:Ramscar@shaw.ca) or call 587-500-3425

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.

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

Powered Lift Chair bought new from Co-

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

## LOOKING TO BUY

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

## CROSSWORD SOLUTION

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## SUDOKU ANSWER

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## Bowbridge Manor

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403-288-4014

- must be 50+ to qualify for 1 bedroom only
- concrete construction
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- laundry facilities on each floor
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- games room and lounge
- on-site manager



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Tell us your vehicle info



We pick up your vehicle



You get a tax receipt

Continued from pg. 16

**Our project**

This project aims to increase our understanding of the human-cat foster relationship. We're looking to recruit individuals interested in becoming cat fosters. We understand that foster care is a commitment and that you may have concerns. Some concerns include no experience caring for an animal, lack of time to commit to animal care, individual health concerns, and attachment concerns.

No prior experience is necessary if you plan to foster a cat. Having cared for animals in the past is helpful but not essential. We provide all the essentials, including food, litter supplies, and other necessities.

We assist with setting up the physical environment and supporting each foster with resources as needed.

Time commitments vary from person to person; the same applies to animals. Some animals require longer-term fostering while others require short-term.

Working with availability is critical to en-

suring success for you and the animal.

A commonly voiced concern, particularly among older adults, is health concerns. Some older adults experience mobility and functional ability challenges.

Fortunately, many assistive devices are available, plus a community support network of volunteers assists on those days when a little extra help is needed.

Finally, fosters worry about saying goodbye to their animal. Fostering is charitable work; you're working for someone else, knowing an animal will have a wonderful life helping another human being.

We understand the emotional investment that fosters undertake and have support in place. We focus on the positive aspect of letting that animal go rather than how much you will miss them. Yes, fostering might break your heart, but it can make your heart swell too.

**How can you get involved?**

We're looking for individuals interested in cat fostering. You can begin the process by visiting the website and filling out an application. Or you can contact Marianne to start the process.

If fostering isn't suitable for you, you can share your cat experiences with us. We're interested in learning about any aspects of cat care.

**Our goal**

Our goal is to increase our understanding of what it's like to live with a cat. The fact

there are over 70,000 cats in Calgary tells us that cats are essential companion animals. With your assistance, we can enhance our understanding of the human-cat bond, share this information with other rescue organizations, and serve to strengthen this important bond.

For additional information, contact Marianne Rogerson at 403-708-9639. or email [marianne@furballforce.org](mailto:marianne@furballforce.org). Visit our website at: [furballforce.org](http://furballforce.org).



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Don't let a senior's emotional health wilt away.

# Support our Wellness Connection Centre.

With your support, we can continue to grow our mental health programs for adults 50+.

Visit [unisonalberta.com/calgary-donate](https://unisonalberta.com/calgary-donate) to make a donation today.

"I don't know what I would have done without the Wellness Centre and its group bereavement program. It was my lifeline last year. And the programs continue to be a life changer for me. We are raising each other up out of our mental anguish and black darkness of grief and hopelessness." - Grief group client

Through your donation you can support a senior in the following ways.

- Senior Peer Support (\$25)
- Grief Peer Support (\$50)
- Music Therapy (\$100)
- Art Therapy (\$250)
- Grief Counselling (\$500)

I would like to make a one-time donation:  \$25  \$50  \$100  \$250  \$500  My choice: \_\_\_\_\_

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

Payment Method:  Cheque  Visa  MasterCard

Credit Card Number \_\_\_\_\_

Expiry Date \_\_\_\_\_ CVV \_\_\_\_\_

Signature \_\_\_\_\_

**Planned Giving - a way to make a BIG impact!**

I would like to receive information on planned giving.

I have included Unison at Kerby Centre in my will.

Send tax receipt to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_



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

**Thank you for supporting seniors!**

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

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