



Southern Alberta's Premier Seniors Publication

# We will always Remember



At the going down of the sun and in the morning, we will remember them. For our annual Remembrance Day Content, please check out pages 12 and 13. Photo by Chris Sainsbury.

## Inside

- The importance of unsung heroes** ..... page 2
- Improve your investments** ..... page 4
- Axe-throwing with Active Aging** ..... page 6
- Aging tips from our female elders** ..... page 7

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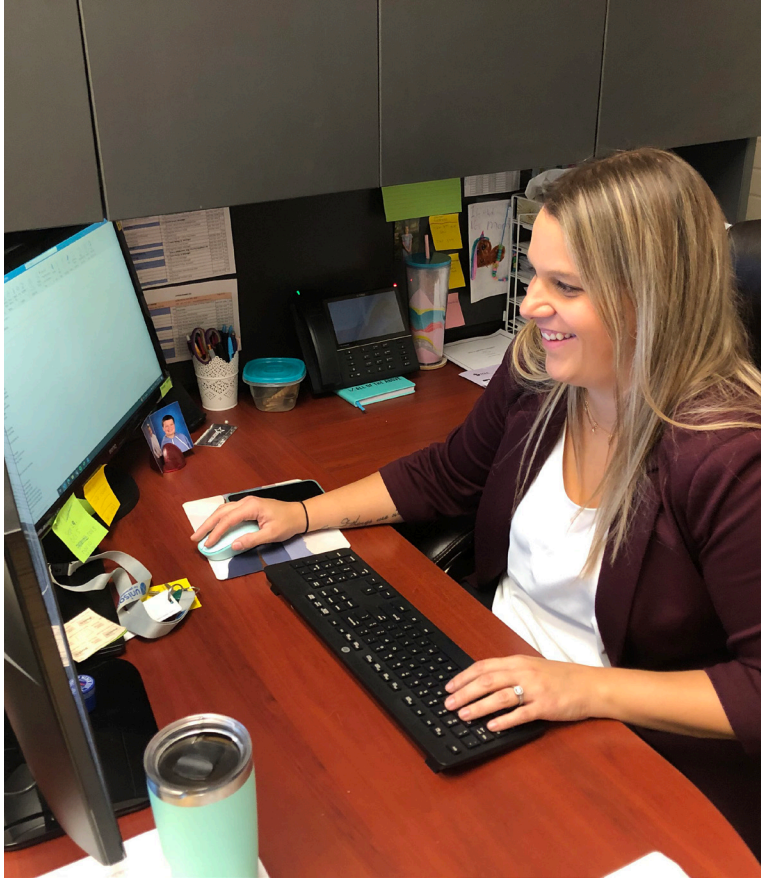
## Help for the Holidays

The holidays aren't always festive for seniors struggling with isolation & mental health challenges.

Visit [UnisonAlberta.com/Calgary-Wellness](http://UnisonAlberta.com/Calgary-Wellness) to discover how you can make a difference



# Having a roof over our heads



Kerby News  
Andrew McCutcheon

Every week I remind readers in each new story about our final goal: try-

ing to answer the question: “What is Kerby Centre?”

I often say it’s more than just four walls and a roof. But when it comes

to -30 or even -40 degree Calgary winters, having four walls and a roof is pretty darn important.

I’ve written thousands of words about our heroic staff who work in Food Security, at our Elder Abuse Shelter, Seniors Supports and Active Aging, and the countless other things we do that are too many to list.

But there’s also a group of unsung heroes: the folks that keep the lights on, the furnace running, the phone lines up. Our incredible facilities staff make sure that every time you come to the Unison at Kerby Centre, you’re going to be in a safe and happy environment.

Most dyed-in-the-wool Kerby folks would know our facilities were managed by a wonderful fellow named Chad for over a decade. Chad recently moved on to new exciting opportunities,

and although we were sad to see him go, we are so thankful for his hard work. Before we move on to talk about our newest addition to staff and the new incredible manager of facilities, it is with heartfelt gratitude I want to say: thank you Chad, for everything you did.

“They were big shoes to fill,” says Kayla Grant, current Manager of Facilities and Food Services for Unison at Kerby Centre.

Kayla started just recently on Aug. 1. Now, with two months under her belt, she says it’s been a warm, wonderful welcome.

“Everyone here has been so amazing. It’s the people that make it great.”

While Kayla has lived here in Calgary for years and years, she’s originally from out west. Born in Cornwall, Ontario, her father was an arborist and her mother worked with individuals with disabilities. It was her mother’s work that inspired Kayla to follow in her footsteps, right out of high school.

“She was such an incredible advocate,” Kayla says. “Seeing how passionate she was and how meaningful her career was... inspired me.”

She went to Algonquin College, working towards being a developmental service worker. She graduated with honours, had an incredible job opportunity in Calgary, and immediately made the move out west in 2009 to work with the Universal Rehabilitation Service Agency or URSA. Kayla started working with

brain injury survivors there, and she says it was a life-changing experience.

“It’s one of the best jobs I’ve ever had,” Kayla says. “I was learning the city and getting involved in the community [with the clients].”

But her skills, her aptitude with project management and so much else were needed elsewhere at URSA. After two years of frontline work, she shifted into a managerial role at their offices.

“It’s skills in a different setting,” she explains. “I helped develop the position and I was passionate for it.”

Every organization needs someone to help keep the trains running on time. And it was rewarding in its own way.

In her 14 years at URSA, one of the most rewarding parts of the job was helping manage a retreat centre north of Cochrane: a fully accessible external facility where those with disabilities could come to do things, they might not get the chance to otherwise.

“It’s amazing, the differences on their faces, even if they were staying for a night,” she recalls. “It was pure happiness, not having to be confined to their homes.”

Kayla was good at her job and she enjoyed it: but there are always new challenges ahead. As a self-described lover of chaos, Kayla decided to apply here at Unison a few months after returning from maternity leave.

For a set of twins. “I love chaos, I love being a fixer,” Kayla says. “With facilities, it’s about supporting everyone in the agency... I get to help everyone.”

This means Kayla works on everything from getting new chairs and tables for the café to ensuring there’s bathroom tissue available. With an older building, keeping things fresh, maintained and — most importantly, comfortable — is a priority.

“We want people to be happy to come to this space and we want to enhance how people do their jobs,” she says.

Kerby Centre might be more than just four walls and a roof, but when people come here, when the magic happens when we’re doing all the incredible things Kerby Centre does. Well.

You want an unsung hero on your side.




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# Rising costs and rents

Last week CBC Radio called me and asked if I would interview how the housing crisis was affecting seniors.

Sadly, the short answer is it is affecting seniors in a significant way. The city of Calgary tells us over 81,000 Calgary Households need affordable housing. The number of households requiring affordable housing

is expected to increase to 100,000 by 2026.

Last week I attended a conference at which Laura Tamblyn Watts, CEO of CanAge was a keynote speaker. Laura described that she was frustrated and tired of hearing people say we have a growing senior population. They say this as if it were a new thing -some-

thing that we could not have predicted. We have known we would have a large population of older adults at this time, since World War 2.

Anyone working in the Seniors Serving Sector for the last few decades has known that Housing has been an issue for older adults and that the problem would get worse.

Our Seniors Support program in Calgary provides several services, but one of the services they offer is helping seniors who need housing to find it. Last year our team helped 852 older adults to find housing.

As of last month (October), we had already helped 1,044.

This is a 22 per cent increase in the number of seniors served year to date and we are anticipating it will be a 150 per cent increase by year-end. The Housing Crisis is compounded with the rise in inflation.

Increases in the cost of groceries, gas and utilities mean that seniors living on fixed incomes can't afford everything they need to survive. Twenty percent of seniors who have a mortgage are cutting back on spending on food or medications. Many older adults who come in to see us say that a 5 per

cent increase in their mortgage equates to a \$300 or \$400 increase in expenses. If you are on a fixed income and you are renting you may be in even more trouble.

It is not uncommon for us to hear members exclaim that their rent just went up \$500 to \$900 a month.

As of this week, the average rent for a one-bedroom apartment in Calgary is \$1700. If you have lived in Canada most of your adult life and you have been employed full-time most of your life this is about the amount, you will be eligible for in your OAS benefits and your CPP combined.

Unfortunately, many Albertans rely mainly on their government pensions and if you rent, you don't have a lot of money left over for food and utilities.

We hear about housing projects underway, but today as we are helping seniors to get onto waiting lists for affordable housing, we are being told the waiting lists are 6 to 8 months long. Inflation and Housing are becoming drivers in growing Senior Food Insecurity.

Before 2020 our organization was not active in helping Seniors with food security challenges. Now the number of meals we provide seniors in



Larry Mathieson, CEO and President

Medicine Hat through our Meals on Wheels program grows each month.

In Calgary when we started food security programs in 2020, we started with free bread markets and a dozen or so older adults lining up to get some free bread, now each month we give away more than \$22,000 worth of food across our various food security programs — and this amount of food is growing every quarter.

We couldn't do any of this without our donors, members, and volunteers. So, thank all of you for helping us to support older adults in Alberta.

If you know an older adult who is experiencing challenges because of the housing crisis, please have them call (403) 705-3246 to book an appointment our seniors support team will help them navigate this difficult time.

## NOVEMBER 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

Published monthly by Unison, for Generations 50+  
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Kerby News is the official publication of Unison, for Generations 50+. Of the over 30,000 copies printed monthly, 2,000 copies are mailed to its members. The rest are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies and Kerby News has a pick-up rate of over 90 per cent. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

Printed in Canada by CentralWeb-Calgary.  
Canadian Publications Mail Product Sales, Agreement # 40064604.

Return undeliverable Canadian addresses to:  
1133 - 7 Avenue SW, Calgary, AB, T2P 1B2

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# Tips to becoming a better investor

James MacTavish  
Alberta Securities  
Commission

October marked Investor Education Month, a time when Canadians are reminded to strengthen their investment literacy.

Whether you are a new or experienced investor, refreshing yourself with our top tips and the fundamentals of wise investing can help you avoid poor performance, common mistakes and fraud.

## Consider where you are getting your investing advice

Investors today are inundated with news, speculation and excitement across traditional, social and digital channels on what to invest in or how to invest.

Before putting your money into any recommended investment or changing your current investing approach, consider the qualifications and knowledge

of those providing the recommendations.

One of the greatest things you can do as an investor is to stay focused on your investing plan.

Use diligent research into the fundamentals of the company you are planning to invest in, including its profitability, debt obligations and return on equity.

Understanding the fundamentals and relying on information

from qualified experts using publicly available data can help you make a more informed decision and avoid fraud.

## Pay yourself first

Investing consistently over time, regardless of whether the share price of an investment is up or down, is one of the best ways to reduce your average cost per share over time.

Avoid the costly mistake of trying to time the market or not

investing at all.

Automating your contributions to your investment accounts is an easy way to remove the decision of when to invest and turn investing into an ongoing and sustainable habit.

Some trading platforms may even allow you to set rules for automatically purchasing investments once your contributions reach your accounts.

## Reinvest your dividends

Some single stocks and investment funds offer dividends to their shareholders.

Dividends are a share of a company's profits paid to shareholders either monthly, quarterly or annually based on the number of shares they hold.

Investors wanting to maximize the compounding effect of their investments can apply for a dividend reinvestment plan (DRIP) with the financial institution, firm or trading platform they use, for any dividend-producing investments in their portfolio.

With a DRIP in place, any dividends received from an investment equal to or greater than the investment's share price will automatically purchase more shares for you at no extra cost.

This reduces the cost of placing trades and further compounds your investment earnings over time.

Improving your investment knowledge on an ongoing basis can play a significant part in helping you reach your financial goals and avoid fraudulent investment scams.

If you would like to learn more about investing and how to recognize, avoid and report investment scams, visit [CheckFirst.ca](http://CheckFirst.ca).

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

# Remembrance Day Senior Socials

Cash Prizes Drawn at 2:30pm & Free Slot Tournament with Prizing!

WED, NOV 8TH | 11AM-2PM

## Menu \$12.00

(Per serving, Cash accepted only)

Beef brisket with a side of potatoes, salad, vegetables, and delicious pastries for dessert!

COWBOYS CASINO

# MINGLE WITH MARIA! SENIOR SOCIALS

Cash Prizes Drawn at 2:30pm & Free Slot Tournament with Prizing!

WED, NOV 29TH | 11AM-2PM

## Menu \$7.00

(Per serving, Cash accepted only)

Soup & Sandwich Combo & Delicious Pastries for Dessert!

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# Reflections

Barbara Ellis  
Kerby News Columnist

I went for a long walk in Edworthy Park and enjoyed one of the last days of fall. As I walked a gentle breeze hurried a perfectly shaped golden leaf past me.

That one was followed by another one, then one more, making me think that I was somehow in a mini race with the leaves. I wondered what lay ahead; what will the next season bring. Would we have a mild winter, or will it be one filled with icy cold winds and lots of snow?

During the many years I have lived in Calgary, I have seen both. On those especially cold winters I remember shivering as I waited for the bus. There was no bus shelter at my stop, so I would stand with my back against the wind hoping the bus would not be late. It did not matter how many layers I would have on, that wind penetrated my clothing and bought a chill to my bones.

One May it was not the icy cold but the wet heavy snow that became my problem. I swept most of the snow off my steps and shoveled a narrow path to the sidewalk before walking to my bus stop.

Even this was a challenge as the snow was already a foot deep and wading through it was hard work. I stopped part way to look around me. It was a perfect winter scene. The snow was still falling and the huge flakes floated unhurriedly to the ground and at times, reversed their course as if they did not want their journey to end. Behind me, my footsteps faded into the dark and it reminded me that I had a bus to catch.

After ten minutes or so, I was joined by a fellow passenger who told me that the buses were delayed, if they were coming at all. She said the roads were almost impassable as very few of them had been cleared. We decided to walk down to the closest intersection where three bus routes interconnected and get on which ever bus came first. We had

a long wait but eventually one did come and this one transported us to Chinook Station. This was the best alternative because we could now catch a train into downtown.

Well, I need not have worried about being late because as it turned out, I was the first one in the office. Over the next couple of hours, I was joined by a few other enterprising employees and we began to compare stories about how we managed to get to work. My boss never did make it in. He called around noon and told us that the roads where he lived, in the

north west part of the city, were covered in sheets of ice and even walking was dangerous.

The news that night was full of broken trees and smashed up cars, pedestrians slipping and sliding and sometimes falling down.

Outside of Calgary the surrounding towns didn't fare any better as they too were blanketed by the heavy snow. In one area, some of the power poles had fallen down. The heavy snow pulled one down which then pulled down the next, then the next etc. until they all fell like a stack of dominos.

By the time I left the office, most of the roads had been cleared and the buses were more or less on schedule, at least in my part of the city. The

sun was shining and the temperature was a pleasant 20 plus and the melt had already begun.

I was surprised when I arrived home to find that the sidewalks around my house were clear of snow and already dried by the sun. My neighbor had been watching for me and came out to greet me.

She was all smiles and told me that she and several of our neighbors had a snow-removal party. Once the snow stopped falling, they all come out and helped shovel the snow from the sidewalks and while they were at it, they also had a big snowball fight. The merriment ended with hot chocolates and cookies and the building of a big snow man on her front lawn. I stood there

frowning and wished I had not made the effort to go to work, staying home would have been much more fun.

I walked into my house and then to my back door to let my cat out. Needless to say, that once she saw and felt the snow, she immediately changed her mind. I, on the other hand, stood there in disbelief. My fence had fallen down in two places. Yes, it was old, but I had hoped for a few more years of service before having to replace it. That snow fall ended up to be an expensive one for me as I now had to have a new fence built.

Because I am retired, I no longer worry about the weather. If it gets bad, I will just stay home.



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\*Please note amenities can vary by property



# Throwing axes with Active Aging

Andrew McCutcheon  
Kerby News

For the past few years, we've been doing more adventurous activities for Active Aging week.

The week, which kicks off on the first week in October, celebrates the benefits of participation and recreation at any age and skill level.

Our senior community at the Unison Kerby Centre breaks stereotypes about what they're capable of. I've seen it first hand: in our clients, our visitors and

our volunteers.

And nowhere is it more visible than our annual special event for Active Aging week.

Two years ago, it was downhill sledding at Winsport. Folks in their 90s holding onto the brake with steady hands as they careened down a winding track at high speeds.

Last year, it was indoor skydiving at iFly: a giant wind-tunnel and older adults clad in red flight jumpsuits, taking to the air as they became weightless for the first time in their lives.

This year, how

could we possibly outdo ourselves?

I mean. We could hand folks some axes, show them a target and let 'em rip.

I swear next year, we'd do diving with sharks if Alberta wasn't landlocked.

It wasn't as casual as I'm making it sound, of course. Axe Throwing Calgary had our squad of seniors well-trained in the safety practices before they handed off the axes for folks to give it a shot.

It was more complicated than it seemed. Your natural instinct is

to throw it like a ball, flicking your wrist and using the momentum of your elbow. But it's more like chopping wood, appropriately. You have to use your shoulders primarily, and instead of "throwing" the axe, you just... let it go, timed properly as your hand swings down.

Do it right, and the axe sails through the air, sinking into the target opposite.

Do it wrong, and. Well.

You end up doing it wrong quite a few times before it starts to sink

in. The axe bounces, falls, and slightly ricochets from the target, clattering safely to the ground.

It's loud; louder than you might expect. The din of chatter and nervous energy is low against the loud thuds of axes smashing into the wooden targets. Sometimes a piece of the target itself would get knocked loose and send a massive sliver flying. Nothing dangerous but gave us a start.

In fact, the whole process — despite the implication of, you know, throwing axes — seemed safer than most other sports. I mean, we had a golf tournament just a couple of weeks previous, and this seemed just as safe. The chances of something going wrong are about equal to being accidentally hit with a rogue driver shot.

I asked one of the staff members, though, if anything memorable had ever gone awry.

"Well, we had one person lick an axe."

Sorry. What?

"They licked the axe. You know, with their tongue."

... Why?

"They wanted to see how sharp it was."

And they. Licked it?

"Yeah. So now we have to include 'don't lick the axes' when we're doing our safety talk."

None of our crew licked the axes. Some of them got pretty good with their throws by the end of the session.

It was a great way to show that our Kerby Community is not only smart and more capable than the world might imagine, but they are wildly adventurous.

Who knows? Maybe next year we'll do swimming with sharks.

How expensive could it be to fly a couple in? Bring them to one of the public pools.

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# Women elders share advice for healthy aging

Gillian Rutherford  
University of Alberta

Healthy aging is all about balance for older Nehiyawak/Plains Cree women in Maskwacis, Alberta, according to recently published community-based participatory research based on sharing circles.

“It is important to have balance and equilibrium in our life,” said one sharing circle participant. “The body cries out if you don’t have balance and you start to experience sickness and you will not be fully able to provide support to your family members. Be mindful and present to see when the balance in your life is off.

“It’s important to address all aspects of wellness daily in order to age healthy and well: spiritually, emotionally, mentally, and physically.”

Thirty-six seniors — mostly women and a few men — participated in the sharing circles, led by a research team from Maskwacis Health Services, the University of Alberta and the University of Calgary, under the guidance of a Women Elders Advisory Committee in 2017. The project was funded by the Canadian Institutes of Health Research.

“Women elders are the fire keepers of the home. They help the generations before and after them, like a touchstone for the family, helping to keep them together and sharing traditions,” says Luwana Listener, the community research co-ordinator for the project, who also lives in Maskwacis.

“The Elders are such a valuable resource and blessing to the community because every single one of them has their own expertise and gifts to share with the community.”

The sharing circles were held in

three locations within the four nations that make up Maskwacis — Ermineskin Cree Nation, Louis Bull Tribe, Montana First Nation and Samson Cree First Nation — as well as in the nearby community of Pigeon Lake.

“Everybody had a chance to talk and they were really wide-ranging discussions,” notes Sue Ross, former Cavarzan Chair in Women’s Health Research and professor emeritus in obstetrics and gynecology.

*Continued on page 14*



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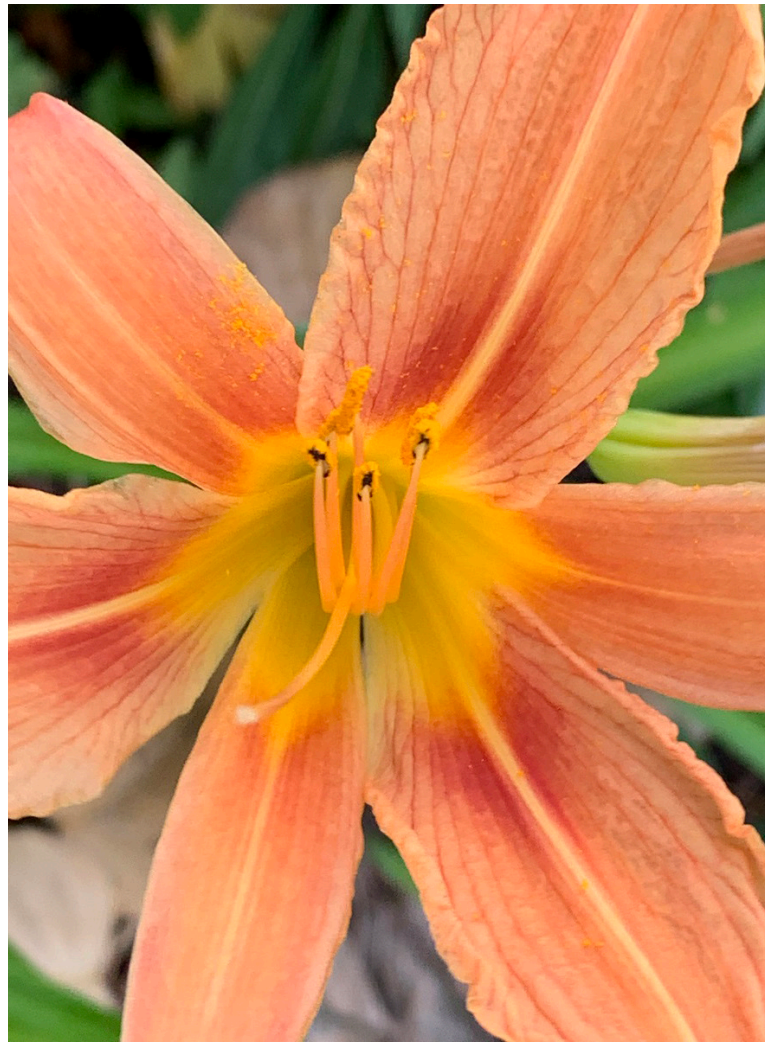
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# Photo reflections for November



Photos and story by  
Deborah Maier  
Calgary Horticultural  
Society

The gardening season has wrapped up for the year. Now it is time to take a look back. While the Calgary Horticultural Society recommends gardeners be note-taking journalists, for many this just doesn't happen.

However, with the ease of phone camera use, many gardeners snap pictures of their gardens throughout the season. At the first sign of spring colour, "click", a cheery bloom is captured. The flowering plum is catching the May morning light, "click". A July hail-storm incoming ... "click, click, click!"

Going back through the photos captured each month unveils a beautiful garden. I'm often surprised to see what bloomed when. Memory is a fluid thing, but the photos capture the time and place clearly. Often when we reflect, we focus on the challenges. Looking at the photos, it is refreshing and uplifting to see the successes.

One of my favourite Society community projects is our calendar. Starting in June, we ask members to submit photos from their gardens, to include some comments about their garden, and add a gardening tip or two. This year's calendar theme

was garden favourites.

Gardeners could send in photos of their favourite view, flower, garden art--any favourite garden feature. It's inspiring to see what is special in their gardens. The comments we receive range from humorous to sentimental. One year we asked, "What will your garden always have?" A response... "Weeds!" Reading that comment was a laugh-out-loud moment.

Yes, my garden will always have weeds, too. The more sentimental ones usually mention the importance of a plant and its tie to a person who is no longer with them ... these are poignant and touching stories to read. Then there are also good gardening advice contributions, such as, "use mulch to suppress weeds and retain soil moisture."

And, "collecting rain-water in rain barrels meant I didn't need to use my garden hose all summer—every gardener should have at least one." We include as many of these stories and tips in the calendar as possible. These stories make flipping to a new month exciting. The draw is not just which picture has been selected to represent the month but which stories.

The hardest part of creating the calendar is selecting the photos for the main picture. There usually is space to add

several interesting notes. We also include some of the Society's annual events such as Plant Shares and general garden annotations.

The historical first and last frost dates, for example. The calendar becomes a visual journal of what happens and what should be done in a Calgary garden each month.

If you take photos of your garden, you can make one too! Several templates for creating your own calendar can be found online. Even some of our local printers have them available on their websites. Selecting a theme for the calendar month will help narrow the photo options. I like to choose photos representing remembrance for November. December often features red flowers or evergreens.

January is often a white theme—winter snow, white flowers ... some to represent the season and the new year. February, features something from the heart, March is the start of spring so spring flowers or greens, or clovers for St. Patrick's Day.

Then it is the blooming season, choosing a garden favourite for each month will capture a moment to represent each of the remaining months. Ideally, you would use a template that let's you personalize the notes on the date pages. Adding family and friends' birthdays and anniversaries, when you want to start seeds, order bulbs ... anything noteworthy to you, will make the calendar special.

This is a great November project for a gardener. It gives you a purpose as you look back at the gardening year. Each picture you choose tells as story about the gardening season past. Adding your own comments makes it special. Gift giving season is around the corner. Print a few to share your love of gardening and the beauty of your garden with family and friends.

To learn more about gardening in the Calgary area, visit our website [calhort.org](http://calhort.org).

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# Be safe shopping online

Mary O'Sullivan-Andersen  
President and CEO of BBB Serving Southern Alberta and East Kootenay

Once again, I have been caught by surprise with the holiday shopping season sneaking up on me.

More and more of us shop for gifts for loved ones online. This is convenient, a time saver and often there are some real deals.

Yet this also comes with a caveat that caution must be used whenever shopping online. These are simply good practices that we should also be using. Please see the tips below from BBB.org and happy shopping!

### Know the advertiser.

Some of the best deals are only available online but be careful. It's easy for a fake site to mimic a famous retailer's website, so make sure you shop with a legitimate site.

### Check a site's security settings

If the site is secure, its URL (web address) should start with "HTTPS://" and include a lock icon on the purchase or shopping cart page.

### Be a savvy shopper

When shopping online, take your time and read the fine print before submitting your order.

Look for the return policy; although many online orders can be returned for a full refund, others have restocking fees. Some items cannot be returned; know before you buy.

### Protect personal information

Read a site's privacy policy and understand what personal data is requested and how it will be used. If a site doesn't have a privacy policy, that's a big red flag that it may be a scam.

### Think before you click

Be especially cautious about email solicitations and online ads on social media sites. Many sketchy retailers advertise great deals or trendy clothing that doesn't match the promotional hype.

### Beware of too-good-to-be-true deals

Offers on websites and unsolicited emails may offer free or very low prices on hard-to-find items. There may be hidden costs, or your purchase may sign you up for a monthly charge.

Look for and read the fine print.

### Beware of phishing

Phishing emails can look like a message from a well-known brand, but clicking on unfamiliar links can place you at risk for malware and/or identity theft. One popular scam claims to be from a package-delivery company with links to "tracking information" on an order you don't remember making. Don't click!

### Shop with a credit card

In a fraudulent transaction, a credit card provides additional protec-

tion; it's easier to dispute charges you didn't approve or get your money back if there is a problem.

### Keep documentation of your order

Save a copy of the confirmation page or email confirmation until you receive the item and are satisfied. Know and understand the return policy and keep this documented with your purchase records.

### Keep a clean machine

Install a firewall, anti-virus, and anti-spyware software for network security. Check

for and install the latest updates and run virus scans regularly on your computer, tablet, and smartphone.

### Look for the BBB Seal

Check if the businesses you want to shop from are BBB Accredited. If a business has a BBB Accreditation, it shows consumers that the business prioritizes trust in the marketplace and adds a layer of confidence and peace of mind for all consumers.

When shopping online, look for the BBB Seal, the Sign of a Better Business.

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# Studies confirm an overlooked risk for cardiovascular disease



By Bev Betkowski  
University of Alberta

“Bad” cholesterol isn’t the only culprit linked with a higher risk of cardiovascular disease, according to a trio of recent

University of Alberta studies — including landmark global research — showing that a different kind of cholesterol is also a strong risk factor for people worldwide.

Remnant cholesterol

(RC) was confirmed as a strong risk factor for coronary heart disease, heart attacks and stroke, the largest of the studies showed. RC is produced from the metabolism of triglycerides that come from sources of dietary fat and from the body’s own stores of cholesterol particles.

Using genomic data from a combined sample of almost one million participants — spanning Africa, Asia, North America and Europe — the findings are the first to show, on such a large scale, a causal link between high RC and risk of cardiovascular illness.

“This tells us that the health risk posed by high RC is of greater concern than the traditional LDL cho-

lesterol which is our current goal of prevention and therapy,” says Paolo Raggi, senior author of the study and professor of cardiology in the Faculty of Medicine & Dentistry.

The researchers found that having elevated RC led to a 1.5 times higher risk for coronary heart disease, a 1.6 times higher risk of heart attack and a 1.2 times higher risk of stroke.

Two studies drawing on Alberta data are also the first to confirm the relationship — and highlight the risk — of heart disease and high RC for the Canadian population.

High RC levels were linked with greater risk of developing heart disease, according to one of the stud-

ies, involving 14,000 middle-aged and older Albertans.

Additionally, the levels of RC were high regardless of whether people were already on medication for, or had normal or low levels of low-density lipoprotein cholesterol (LDL-C), commonly known as “bad” cholesterol, the research showed.

“We’ve provided new evidence that RC may be key in understanding the complete picture of cardiovascular risk and why people continue to have poor heart health despite achieving appropriate levels of LDL,” says Spencer Proctor, a professor in the Division of Human Nutrition within the Faculty of Agricultural, Life & Environmental Sciences and one of the senior authors on the work.

“For the first time, we are showing that one of those risk factors could be RC.”

Because medical screening for RC is less common than for LDL-C in Canada, it means the additional risk to people already susceptible to future heart attacks could be missed, says Proctor, who co-led the research team on the pair of Alberta studies, in collaboration with Dean Eurich, a professor in the U of A’s School of Public Health.

*Continued on page 15*

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261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre  
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# Having fun @home with Sarah Allen

Andrew McCutcheon  
Kerby News

It's getting colder out there.

Regardless of how much we rally against the cooling days and lengthening nights, we all know it's coming. And for folks who love doing things — getting out and seeing friends, engaging in recreation and staying active — the colder weather just makes it harder and harder.

Add in the fact that our older adult community already faces issues when it comes to mobility and transportation, and the prospect of a long, dark winter seems scary.

Not to worry. We have Sarah Allen and Rec@home.

“We developed the Rec@home program so that people living in the community, —50+, potentially with mobility concerns — can enjoy leisure and recreation from the comforts of home via Zoom,” said Allen in an interview with us.

“It focuses on improving physical, emotional, mental and social well-being through recreational activities and eliminating physical barriers.”

What does that mean? It means Allen hosts a variety of fun programming online for folks

just like yourself, all to make having fun and getting to know other people as easy as possible.

There's physical recreation, quiz shows, cognitive games, and even something called a home scavenger hunt — you'll have to check out our YouTube channel for the full interview to see what that entails!

But the whole point is to give people excitement and social connection by removing barriers.

“Anything I can do in person, I can do online,” said Allen, who has a background in therapeutic recreation. “We want to eliminate the physical barriers.”

And as for the technological barriers? Allen said you'd be surprised how easy folks find it to get on and enjoy themselves.

“A lot of people think of when they go into a zoom program, it's like a webinar; they sit and they watch and they're bored,” she said. “It's interactive as possible, I wanted to get people up and out of their chairs!”

And folks absolutely adore it. Allen said that folks who try it once, always come back, and some even have made friendships outside of the program: having social calls or coffee.

But the most exciting moment

since Allen has started facilitating the program was when she had an in-person picnic, just so the whole group could manage to meet up face-to-face — even if it was just once a year.

“It was the first time in my career I got to just stand-back and watch and everybody, these people who had never met before in person, they were so happy to

meet and sing and hug,” Allen said. “They were so tight and, you know when you get those hugs where you just feel loved? That's what it was.”

For more information on the program, check out [www.thebsf.ca/recathome](http://www.thebsf.ca/recathome), or our YouTube channel to see the full interview at <https://www.youtube.com/@unison50plus>



## Spend this fall with new friends!

Rec@Home is BSF's Virtual Recreation Program for seniors in the community in partnership with Unison For Generations 50+

Activities include:

- Social gatherings
- Daily exercise programs
- Trivia games
- Live music
- Guest speakers
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# The sinking of the Llandoverly



*Amanda Borys  
Historical Columnist*

Samuel Vernon Adshead was born in Madoc, Hastings, Ontario but moved, with his family as a child, to Calgary. His father, Herbert Bealey Adshead, served for two single year terms as a city alderman. His mother was Helen, known as Nellie, Adshead. Adshead also had an older brother, Harry Percy.

Harry enlisted to serve with the Canadian Expeditionary Force (C.E.F.) on December 24, 1914 and served with 10th Battalion.

He was killed in battle on March 9, 1915 at 24 years old during the launch of the first major Allied offensive at Neuve-Chapelle.

While this was a British campaign, the C.E.F. held the next sector and supported the attack with small arms and artillery fire. As a result, the Canadian trench-

es were subject to German artillery fire, which caused Harry's death.

Samuel worked as a plasterer before enlisted in the C.E.F. on October 23, 1915, the day before his 22 birthday and less than 6 months after his brother's death. He went overseas and serve with the 89th Battalion. During his time there, he would meet and marry Elizabeth.

Samuel was served in France where he caught mumps in March of 1917. This developed into masses in his left hip and shoulder that required hospitalization.

Upon his discharge, Samuel was reassigned to the 1st Signals Base, East Sandling, England. In June 1918 it was discovered that he had developed tuberculosis (called phthisis at the time) and he was discharged to Canada as medically unfit.

Samuel returned to Canada on the His Majesty's Hospital

Ship (HMHS) Llandoverly Castle, arriving in Halifax on June 17, 1918. Adshead was hospitalized in Calgary until his death from tuberculosis on August 22, 1919. He was 26 years old.

The HMHS (formerly Royal Mail Ship [RMS]) Llandoverly Castle was one of a pair of ships build for the Royal Mail Line in 1912. Originally sailing routes between London and Africa, the Llandoverly Castle was commissioned as a hospital ship on July 26, 1916 and assigned to the C.E.F. in March of 1918. She had over 600 beds and carried a medical staff of 102.

As per the rules of war in regard to hospital ships, the HMHS Llandoverly Castle was painted white with large red crosses on her smoke stacks. She travelled outside of convoys and remained fully lit at night.

These precautions

were supposed to keep her safe on her journeys across the Atlantic. After her June 1918 crossing with a shipload of wounded Canadian soldiers, including Private Samuel Adshead, the HMHS Llandoverly Castle was sent back to England with a compliment of Canadian Army Medical Corps (CAMC) personnel, including 14 nursing sisters.

On June 27, 1918, against international law and the standing orders of the Imperial German Navy, the submarine U-86 launched a torpedo attack on the HMHS Llandoverly Castle. The two torpedoes struck her midship, breaking the HMHS Llandoverly Castle in two.

The back half, which contained the engine room, continued at full speed, forcing the front half of the ship under water before sinking itself.

There was little

time to react before the ship was gone and few lifeboats were launched. After the HMHS Llandoverly Castle had disappeared beneath the waves, the U-boat surfaced and attempted to make the survivors say that the ship had been carrying ammunition, which would have made her a legitimate target.

When that failed, Captain Helmut Brummer-Patzig and his first and second officers, Ludwig Dithmar and John Boldt sent the crew below deck. The three men then machine gunned the lifeboats before fleeing the scene. They even went so far as to swear the crew to secrecy and alter the U-boat's log to make it look like they were not in the area.

Thirty-six hours later, the British destroyer, HMS Lysander, rescued the 24 survivors and the story came out.



Of the 258 people on board, only twenty-four survived, six of which were members of the CAMC. Among the dead were the fourteen nursing sisters. They were:

M a t r o n  
Margaret Marjory  
(Pearl) Fraser

C a r o l a  
Josephine Douglas

A l e x i n a  
Dussault

Minnie Aenath  
Follette

Margaret Jane  
Fortescue

M i n n i e  
Katherine Gallaher

Jessie Mabel  
McDiarmid

Mary Agnes  
McKenzie

C h r i s t i n a  
Campbell

Rena McLean  
Mary Belle

Sampson  
Gladys Irene

Sare  
Anna Irene

Stamers  
Jean Templeman

Also killed during the sinking of the HMHS Llandoverly Castle was Private Robert Alexander Steen. Born in Chatham, ON, Robert enlisted on May 1, 1915 and served overseas in clearing stations before being assigned to the ship.

He was declared missing, presumed dead and his body was never recovered.

Robert is commemorated on Panel 2 of the Halifax Memorial. Robert, who was 47 at the time of his death, left behind a wife, Elizabeth Ann, and two daughters, Leta and Elizabeth (Betty).

Elizabeth would remember her husband on her headstone when she died 24 years later.

The sinking

of the HMHS Llandoverly Castle caused outrage at the time and is still considered one of the worst atrocities of the Great War.

It is said that during the last 100 days of the war, when the Allied began to take back the ground lost to the Germans, “Remember the Llandoverly Castle” was a Canadian battle cry. An image of the event was used to sell Victory Bonds.

After the armistice was signed, Canada insisted Great Britain prosecute the three senior officers of U-86 for war crimes. This was done through the German courts. Oberleutnants Ludwig Dithmar and John Boldt were found guilty on June 21, 1921 and sentenced to four years in prison.

The guilty verdicts were later overturned, as it was determined that they were just following orders. Kapitanleutnant Helmut Brummer-Patzig managed to flee to Danzig, a free city after the Great War, and was never prosecuted.

All three were later exonerated by the Nazi government of Adolf Hitler.

In Canada, the story of the HMHS Llandoverly Castle sadly faded from collective memory and today few of us have heard of her or the terrible loss of Canadian lives.

*We will remember.*





# Women elders share advice for healthy aging

Con't from pg. 7

“It was a privilege to be there just to listen to other people’s experiences.”

The first Maskwacis project was about the women’s experience of menopause but the research team soon realized the women had much more valuable knowledge to share about how to age well.

At first some were reluctant to participate in the sharing circles because of the history of unethical med-

ical research within Indigenous communities, Listener says, while others felt aging was a taboo subject.

“People were hesitant to talk at first but when we offered the sharing circles, it changed that perspective, knowing that research doesn’t have to be harmful. It can be strength-based. It can be meaningful and beneficial for the entire community,” Listener says.

Each event began with a quote from Ojibway-Anishinaabe

Elder Jim Dumont: “Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of body, mind, emotion, and spirit.

Central to wellness is belief in one’s connection to language, land, beings of creation, and ancestry, supported by a caring family and environment.”

Using the four aspects of the Medicine Wheel as a framework to guide the sessions,

the participants identified four key strategies they used to age well:

**Physical** — keeping active to remain well

**Mental** — learning new skills to nourish your mind

**Emotional** — laughing, crying and being happy

**Spiritual** — practising Nehiyawak traditional ways

These results were shared through community meetings, and a booklet with historic photographs is in

the works.

Participants expressed fears about losing their mobility and hearing, or developing dementia as they aged, but they also described how they turned negative experiences into positive ones by using these strategies.

For example, one woman reported sometimes not being able to move when she wakes up in the morning. She gives thanks to the Creator for giving her her body, and then all of a sudden her pain is gone and she’s able to move around, Listener remembers.

All of the women feel a responsibility to pass along their knowledge and advice to younger family members as part of healthy aging.

“Even if they don’t live with their grandchildren, they provide a huge amount of support and they get a lot of personal satisfaction from being able to help,” notes Ross, who is a member of the Women and Children’s Health Research Institute (WCHRI).

Listener, a WCHRI affiliate member, says she is grateful the women have also chosen to share their wisdom with the greater community through this research project.

“They’ve given me this path to follow so that I will be able to be a successful elder in my community when I reach that age,” she says. “I now have all of these wonderful strategies that all these people shared. It’s just a blessing to me.”

The Cavarzan Chair in Women’s Health Research was supported by the Alberta Women’s Health Foundation through WCHRI.

Through a generous educational grant from Sanofi

## LET'S STAY HEALTHY THIS WINTER!

Online Presentation

With Dr. Jason Remillard  
Pharmacist and consultant (Calgary)  
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## NEW VOLUNTEER OPPORTUNITY

Help us deliver our 2024 Services and Housing Directories in January!

Our annual Services and Housing Directory is an essential resource for many seniors, their families and caregivers! **We need your help to deliver them to over 100 sites.**

If you would like to be involved please call Catriona at (403) 234-6570 or email [CatrionaMW@UnisonAlberta.com](mailto:CatrionaMW@UnisonAlberta.com) with the subject 2024 Directory Deliveries.





# Studies confirm an overlooked risk for cardiovascular disease

Con't from pg. 10

“If LDL cholesterol is the only type measured and the level is found to be quite low — perhaps because it is being controlled by medication — that may seem like the risk of a cardiovascular event is lower. But that is an incomplete diagnostic picture, which should include assessment for RC.”

Proctor, Eurich and their teams drew on data from the Alberta's Tomorrow Project, a long-term study that began tracking the health of 55,000 adults in the province in 2000, investigating why some people develop cancer and chronic diseases like heart disease and diabetes.

In analyzing the information, they found that people with heart disease had 15 per cent higher levels of RC in their blood, but not LDL-C levels, which were much lower, at seven per cent.

The results also showed that for every increase of one unit of RC in the blood, there was a 150 per cent higher risk of having an event such as a heart attack, versus a 73 per cent higher risk for LDL-C.

“LDL-C, in this case, isn't useful to predict future risk because people are possibly on medication,” says Proctor.

A related study exploring the same questions about the benefits of RC assessment for people with diabetes had similar results.

The researchers found that compared to those without the disease, people with diabetes had 22 per cent higher levels of RC, almost five per cent greater incidence of cardiovascular disease and 50 per cent more probability of having other risk factors like obesity. They were also 30 per cent more likely to be on cholesterol-lowering medication, and consequently had 23 per cent lower levels of LDL-C.

The findings are crucial given that diabetes already heightens the risk of cardiovascular disease, Proctor notes.

“We know that having diabetes is equivalent to having existing heart disease, and the risk remains elevated even after reducing LDL-C with medication. We don't have a good way — other than monitoring that bad cholesterol — of understanding how much risk there is for people with diabetes, so using RC measurements may be even more important for monitoring heart health.”

Collectively, the studies confirm RC as a factor that can't be overlooked when assessing patients at risk of cardiovascular disease, says Proctor.

“The findings highlight the need to consistently include RC alongside LDL-C measurements. By taking the RC measurement, it can increase the accuracy of predicting wheth-

er someone will have a heart attack. If we can detect that early, doctors can provide the right medication, lifestyle and diet changes.”

The findings should prompt a revision of current Canadian and worldwide guidelines for medical professionals to include RC as a lipid parameter that should be routinely measured, Raggi notes.

“The medical community worldwide needs to recognize remnant cholesterol as a significant player in influencing the cardiovascular health of

the population.”

Guideline changes would also “give doctors and specialists more information about patients taking medication to lower their LDL cholesterol, who might still be at risk of having a heart attack,” Proctor adds.

The research could also help determine whether and how existing medications used for LDL-C can potentially lower RC, leading to the development of new drugs, he notes.

“We need to continue exploring what can help complete the diagnostic picture for

everyone — with or without diabetes — at risk of heart disease.”

*The scientists and their Alberta research were supported by the Stollery Children's Hospital Foundation through the Women and Children's Health Research Institute, the Alberta Diabetes Institute, an Alberta Diabetes Institute Graduate Student Fellowship, the Alberta Health Services Health Outcomes Improvement Fund and the Heart and Stroke Foundation of Canada.*

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# Medicine Hat

## Expanding home support for Alberta Seniors

Government of Alberta

To help maintain seniors' well-being, independence and safety in their homes and communities, 15 community organizations have received funding to help them expand their services. Six initial grants were awarded in July 2022 for projects that are now operating and nine additional grants were awarded in June of this year.

"Seniors across our province deserve to live vibrant lives as they age. This funding is critical to ensure that seniors have the supports they need to live independently in their homes and communities," said Jason Nixon, Minister of Seniors, Community and Social Services

These non-medical services range from social and emotional supports to help with everyday tasks such as housekeeping, yard and snow removal,

transportation to and from appointments, and meal delivery."

"Together with home care and other community services, this expansion will help address the increasing complexity of needs as Albertans age."

"Communities rely on older adults, and older adults rely on their communities. The Government of Alberta's commendable commitment to supporting both the well-being of seniors and the community-based senior-serving organizations reflects this shared understanding."

"Healthy Aging Alberta acknowledges the shared vision between seniors, community-based senior-serving organizations, the United Way of Calgary, and the Government of Alberta: to continue our work to make Alberta one of the best places in the world to grow older," said Karen

McDonald, provincial director, Healthy Aging Alberta, executive director of Sage Seniors Association and chair of the Healthy Aging Alberta Community Leadership Council

"United Way is proud to partner with the Government of Alberta and senior-serving organizations on Healthy Aging Alberta."

"This announcement and new investment into home support services for seniors will get us one step closer to our vision of making Alberta one of the best places in the world to grow older," said Karen Young, president & CEO, United Way of Calgary and Area.

Veiner Centre is one of the approved projects, to receive \$200,000 for a variety of programming and projects.

## Volunteer of the Month



home with a smile on her face hoping she made a difference in someone's day.

If Carrie had the chance to travel it would be to Ireland and The Scottish Highlands to witness the beauty in person and visiting all the castles.

A true dream trip! If she won a million dollars, her plan would be to upgrade her home and figure out a way to assist as many people as she could.

Carrie enjoys listening to 70's and 80's music, a little classical for relaxation and some Mexican and Indian music to laugh and dance too.

During down time Auatar is the show she enjoys watching. Along with volunteering, Carrie's hobbies are painting, photography and traveling to new areas close by. A little exploring is a great way to spend the weekends.

We want to thank Carrie for all her years of volunteering and being part of Unison at Veiner Centre. If you don't see her at the reception desk, you may just see her at Strathcona Centre, participating in one of our many fitness classes. This lady loves to keep busy!

Carrie has been a volunteer at the Veiner Centre for eight years, working at our reception desk and newly driving for Veiner Vintage Transport.

She wanted to become a volunteer to help others in the community and meet new people. At the end of the day, she goes



### SENIORS SAFETY SERIES: AGING MATTERS

Help Us Stop Elder Abuse: Learn how the little things YOU do can make a BIG difference

Join our friends from the Alberta Elder Abuse Awareness Council, City of Medicine Hat and Medicine Hat Women's Shelter Society to learn:

- The warning signs and risk factors
- What our community has to offer
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To reserve a spot, please: stop by Veiner Centre between 9am and 3:30pm, call 587.770.1536 or email [jeanetted@unisonalberta.com](mailto:jeanetted@unisonalberta.com)



Thursday, Nov 16, 2023  
from 9:45am to 12pm  
Veiner Centre  
225 Woodman Avenue SE

EVERYONE INTERESTED IN HEALTHY AGING IS WELCOME!

BRING A FRIEND OR MAKE A NEW ONE!



# Medicine Hat Veiner Activities

## What's Happening in November

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

| <b>Mondays</b>                          | <b>Tuesdays</b>                                   | <b>Wednesdays</b>                               | <b>Thursdays</b>                                  | <b>Fridays</b>                                      |
|---|---|---|---|---|
| <b>Quilting</b><br>Craft Room   9am     | <b>Strathcona Arts Studio</b><br>Craft Room   9am | <b>Mahjong</b><br>South MP   9am                | <b>Strathcona Arts Studio</b><br>Craft Room   9am | <b>Quilting</b><br>Craft Room   9am                 |
| <b>Board Games</b><br>South MP   9:30am | <b>Chess</b><br>North MP   9am                    | <b>Bocce Ball</b><br>North MP   9:30am          | <b>Jam Session</b><br>South MP   9:30am           | <b>Mahjong</b><br>South MP   9am                    |
| <b>Canasta</b><br>South MP   12:30pm    | <b>Duplicate Bridge</b><br>North MP   12:45pm     | <b>Canasta Lessons</b><br>Dining Room   9:30am  | <b>Canasta</b><br>South MP   12:30pm              | <b>Hearts</b><br>North MP   9:15am                  |
| <b>Tech Support</b><br>Boardroom   1pm  | <b>Silver Song Group</b><br>Craft Room   1pm      | <b>Veiner Centre Choir</b><br>Craft Room   10am | <b>Euchre</b><br>North MP   1pm                   | <b>Kaiser Club</b><br>Dining Room   1pm             |
| <b>Euchre</b><br>North MP   1pm         | <b>Crib</b><br>South MP   1pm & 6:30pm            | <b>Bridge Lessons</b><br>South MP   12:30pm     | <b>Shuffleboard</b><br>Games Room   1pm           | <b>Duplicate Bridge</b><br>North MP   12:45pm       |
| <b>Shuffleboard</b><br>Games Room   1pm | <b>Bridge</b><br>North MP   6pm                   | <b>Scrabble</b><br>North MP   1pm               | <b>BINGO</b><br>Boardroom   2pm                   | <b>Mexican Train<br/>Dominoes</b><br>South MP   1pm |
|   | <b>Board Games</b><br>Dining Room   6:30pm        | <b>Pinochle</b><br>North MP   1pm               | <b>Duplicate Bridge</b><br>North MP   6pm         | <b>Stitch &amp; Laugh</b><br>Boardroom   1pm        |
|   | <b>Darts</b><br>Games Room   6:30pm               |   | <b>Norwegian Whist</b><br>South MP   6:30pm       |   |
|   |   |   | <b>Darts</b><br>Games Room   6:30pm               |   |
|   |   |   | <b>Poker</b><br>Boardroom   6:30pm                |   |

## Presentations & Events

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

### November 3 - 5

Scrapbooking Fanatics

Starting at 4:30pm on the 3rd | Registration Required

### November 7

Book Review Crew

1pm - 2pm | Dining Room

### November 7

Ask a Financial Advisor—Craig Elder, RBC Dominion Securities

10am - 11am | Registration Required | South MP

### November 7

Card Makers

1pm - 4pm | Registration Required | bring your own supplies

### November 9

Counselling Services with Ben Feere

9am-12pm | Registration Required

### November 14

Alzheimer Society Care Partner Support Group

1:30pm - 3pm | Boardroom | Register with Kristel (403) 528-2700

### November 15

Parkinson Association Support Group

12:00pm - 2:00pm | Boardroom | Register with Brienne at 403-317-7710

### November 21

First Link Connections

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

### November 24

Book Club

9am - 10am | Boardroom

## Wellness Wednesdays

November 1 | CMHA – Is your mind full or is it mindful? | Boardroom | 9:30am - 10:30am | Registration Required

November 1 | Movie Matinee with popcorn "Passchendaele" | South MP 2pm - 4pm

November 8 | BrokerLink: Personal Insurance 101 | Boardroom | 2pm - 4pm | Registration Required

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

November 15 | Optima Rocks! With Jodi Craft Room | 2:15pm | Registration Required

November 22 | Life Long Learning Presents: "Stress" | Boardroom | 10am - 12pm | Registration Required

## Active Aging Spotlight

**Senior Safety Series - Aging Matters: Help Us Stop Elder Abuse: Learn how the little things YOU do can make a BIG difference**

November 16

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

**Please call 403-529-8307 to register at the Veiner Centre**



# Medicine Hat Strathcona Activities

## What's Happening in November

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

### Mondays

High Beginner Line Dancing | 9am  
Table Tennis | 10am  
Chair Yoga & More | 12pm  
Pickleball | 1pm  
Yang Short Form | 7pm  
Yang Long Form | 8pm

### Tuesdays

Fun & Fitness | 9am & 10am  
Solid Gold Fitness | 11:45am  
Beginner Pickleball | 12:35pm  
Floor Curling | 2pm  
Yang Short Form | 7pm  
Chen Style Short Form | 7:30pm  
Fan Form | 8:15pm

### Wednesdays

Absolute Beginner Line Dancing | 8:30 am  
Beginner Line Dancing | 9am  
Table Tennis | 10am  
Qigong & Chair Yoga | 12pm  
Pickleball | 1pm  
Beginner Tai Chi | 3pm

### Thursdays

Fun & Fitness | 9am & 10am  
Beginner Pickleball | 11am  
Silver Steppers | 1pm  
Floor Curling | 2pm  
Yin Yoga - 6pm  
Pickleball - 7pm

### Fridays

Pickleball Lessons | 8:30am  
Table Tennis | 10am  
Hatha Yoga | 12pm  
Pickleball | 1:05pm  
Pickleball - 6pm

## Fitness Class Spotlight

All fitness classes require registration

### High Beginner/Improver Line Dancing

Sept. 18-Dec. 11 | Mondays | 9am-9:45am | FREE

### Chair Yoga & More

November 13 - December 18 | Mondays | 12pm - 12:45pm  
Members: \$32 | Non-Member: \$40

### Fun & Fitness

November 7 - December 21 | Tuesdays & Thursdays  
9am - 9:55am & 10am - 10:55am  
Members: \$70 | Non-Member: \$100

### Solid Gold Fitness

November 14 - December 19 | Tuesdays  
11:45am - 12:30pm  
Members: \$36 | Non-Member: \$50

### Absolute Beginner Line Dancing

September 20 - December 13 | Wednesdays |  
8:30am - 9am | FREE

### Beginner Line Dancing

September 20 - December 13 | Wednesdays  
9am - 9:45am | FREE

### Qigong & Chair Yoga

November 15 - December 20 | Wednesdays | 12pm - 1pm  
Members: \$36 | Non-Member: \$50

### Tai Chi Fitness

September 27 - November 1 | Wednesdays |  
3pm - 3:45pm | FREE

### Silver Steppers

November 16 - December 14 | Thursdays | 1pm - 2pm  
Members: \$36 | Non-Member: \$50

### Hatha Yoga

November 17 - December 15 | Fridays | 12pm - 1pm  
Members: \$36 | Non-Member: \$50

## Tai Chi Fitness Classes

### Yang Short Form

Sept 18 - Dec 5 | Mondays & Tuesdays | 7pm - 8pm  
& 7pm - 7:30pm

### Yang Long Form

Sept 18 - Dec 4 | Mondays | 8pm - 9pm

### Chen Style Short Form

Sept 19 - Dec 5 | Tuesdays | 7:30pm - 8:15pm

### Fan Form

Sept 19 - Dec 5 | Tuesdays | 8:15pm - 9pm

### Weapons Form

Sept 20 - Dec 6 | Wednesdays | 7pm - 9pm

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

## Muscle Strength & Core Balance - Online Free

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

To register, please contact Heather Dankert, Online Programs Lead at 403-462-5080 or [heatherd@unisonalberta.com](mailto:heatherd@unisonalberta.com).

## Pickleball Lessons

Feel free to drop in on Friday morning's between 8:30am - 9:55am to learn all about Pickleball. Joan will help you learn the fundamentals and techniques with emphasis on how much fun this sport is!

Drop in only (*\*If front door is locked, knock on the last window on the side of the building by the handicap parking stalls for someone to let you in*).

**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 spotlight section. For a full listing of all our activities visit our Active Aging website — [kerbycentre23.wildapricot.org](http://kerbycentre23.wildapricot.org) or click the link in the menu on [UnisonAlberta.com](http://UnisonAlberta.com)

### In-Person Kerby Centre Weekly Drop-In

#### MONDAY

- Knitting for a Cause - 10am (2nd & 4th of the month) Rm 301
- Badminton & Ping Pong - 10am Gym
- Mahjong - 10:30am Rm 312
- Live Well Be Well Conversations - 11am Rm 317
- Pickle Ball - 2:30pm Gym

#### TUESDAY

- FREE Food Market - 11 am to noon in the Kerby Gym
- Memory Writing - 1:30pm (3rd Tues of each month) Cafe
- Pickleball - 2:30pm Gym

#### WEDNESDAY

- General Craft Group - 9am Rm 311
- Men's Shed - 11am Rm 317
- Weekly Dance - 1pm Cafe
- Cribbage - 1pm rm 312

#### THURSDAY

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

#### FRIDAY

- Spanish Conversation - 10am Rm311
- FREE Food Market - 11 am to noon in the Kerby Gym
- \*Tech Help - 11am (must register)
- Badminton & Ping Pong - 1:30pm Gym
- English as a Second Language - 1:30pm Rm 311

**We have a new location for classes.**  
**WILD ROSE CHURCH**  
**1317 1 St NW, Calgary, AB T2M 2S5**

To Register for Events, Classes and Programs please visit our Active Aging section on our website, call us at (403)705-3233 or visit us at Kerby Centre on the 3rd floor.



WELLNESS SPOTLIGHT

### Laughter Yoga

Fridays | Feb 9, 16, 23 & March 8 | @Kerby  
 10:30 am - 11:30 am

Member: \*\$5 | Non-Member: \*\$15  
 (\*per class, sign up until the last class)

Laughter yoga helps to reduce physical and mental stress, supports a sense of connection with others, and it's good for the heart. Contact Lola at Lolaf@unisonalberta.com or call 403-234-6566



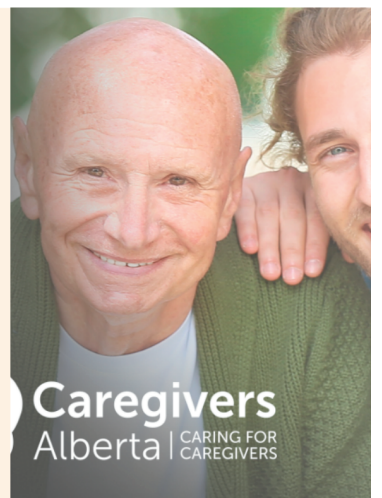
WELLNESS SPOTLIGHT

### Caregivers Peer Support Group - NEW

Last Wednesday of every Month  
 Oct 25th & Nov 29th @Kerby | 1 pm - 2 pm

Providing a supportive group where you can connect with other caregivers. In our program, you can have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers

\*Registration Required



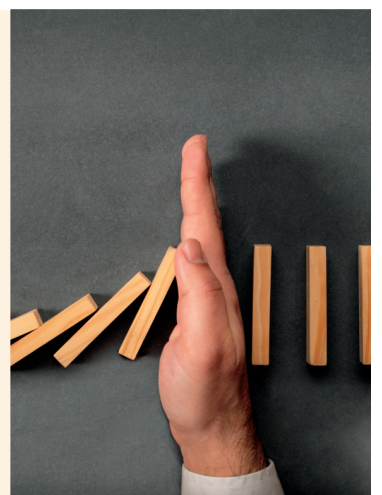
WELLNESS SPOTLIGHT

### Creating Boundaries Workshop

Monday, Nov 27 & Dec 4 | @Kerby  
 1 pm - 3 pm

This is brought to you by Unison Wellness Connection Centre, and Unison Elder Abuse Shelter.

Please Contact Lola at Lolaf@unisonalberta.com or call 403-234-6566



### Have you subscribed to our YouTube channel yet?

If not, make sure you do. We are posting weekly with interviews, presentations, and highlights of trips and events happening across Unison!

[youtube.com/@unison50plus](https://youtube.com/@unison50plus)



TRAVEL SPOTLIGHT

### Rosebud Theatre Wednesday, November 15th | 9:15 am - 5:30 pm

Member/Super Member: \$145 |  
 Non-Member: \$175

The remarkable true story of the Christmas truce of 1914

Cut-off Date: Wednesday, November 1, 2023

\*Includes admission, buffet lunch, coffee & tea, play and bus transportation

\*Registration Required





# Active Aging Department Calgary In-Person Activities

## Classes and Activities Spotlight

SHOPPING SPOTLIGHT



### Wise Owl Boutique

## 1/2 Price Sale

### November 13 - 24

Discounts are  
available on  
**red tag items.**

ACTIVE AGING SPOTLIGHT

### Indigenous Building Capacity Workshop: Truth & Reconciliation Workshop

Monday, November 13th | Kerby Centre  
9:30 am - 4:30 pm

Members: \$70 | Non-Members: \$100

The Medicine Wheel will be presented first as a segue into the Building Capacity portion of the presentation. The Building Capacity: Truth and Reconciliation Presentation is based on the Medicine Wheel Teachings

\*Registration Required



ACTIVE AGING SPOTLIGHT

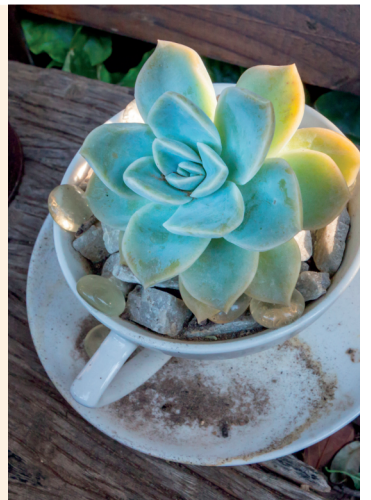
### Teacup Gardening

Friday, November 10th | Kerby Centre  
10:00 am - 12:00 pm

Members: \$25 | Non-Members: \$25

Learn how to create a succulent teacup garden during this hands-on workshop. Participants

\*Registration Required



SHOPPING SPOTLIGHT

### Active Aging Craft Sale

Thursday, November 30th  
10:00 am - 1:00 pm  
Kerby Café

ACTIVE AGING SPOTLIGHT

### Table Centerpiece

Tuesday, December 5th | Kerby Centre  
10:00 am - 12:00 pm

Members: \$25 | Non-Members: \$25

Learn how to use cut-greens, ribbon and other simple decorations to give your table some pizzaz.

\*Registration Required



SHOPPING SPOTLIGHT

### Free Food Markets Non-Kerby Locations

Parkdale Nifty Fifty Association (NW)  
November 14 | 11AM - 12PM

CARYA Village Commons (SE)  
November 8 | 1PM - 3PM

Bow Cliff Seniors 50 + (SW)  
November 16 | 11AM - 12PM

Northminster United Church at the  
Highland Park Community  
Association (3716 - 2nd St. NW)  
November 22 | 1:30PM - 3PM

ACTIVE AGING SPOTLIGHT

### Self-Protection

Tuesday, November 21st | Kerby Centre  
10:00am - 12:00pm

Members: \$30 | Non-Members: \$60

Regardless of your size or strength, there are several simple self-defense techniques you can learn to protect yourself.

\*Registration Required



ACTIVE AGING SPOTLIGHT

### Water Marbling Art (EBRU) Workshop

Thursday, Nov 23 | @Kerby | 10 am - 12 pm

Members: \$30 | Non-Members: \$60

Discover the world of water-marbling art in our upcoming workshop! Immerse yourself in the process of creating stunning designs on water's surface, resulting in unique and captivating artworks.

\*Registration Required





## Active Aging Department

# Unison Online Activities

### Members Free Online Classes

We are excited to offer free online classes with your Unison Membership!

**Not a member? Let's change that!**

Contact our membership desk to get your \$25 annual membership.

**Fitness with Dan – Mondays @ 9:30 am**

**Seated Gentle Yoga – Mondays @ 2 pm**

**Tai Chi – Tuesdays @ 1:45 pm**

**Yoga for You – Thursdays @ 9 pm**

**Muscle Strength & Core Balance – Fridays @ 11:30 am**

Register each semester to ensure you receive the login information for your favourite classes!



## FREE Online Presentations

\*Registration is required for all presentations

### Calgary Police Services: Be in the Know!

Monday Nov 6 | 10:00 am – 11:00 am

Join us in welcoming the Calgary Police Service in a quarterly update on safety and avoiding fraud and online scams.



### The final presentation in our Immunization Education Series

**Let's Stay Healthy This Winter:**

**Immunisations and Your Pharmacist**

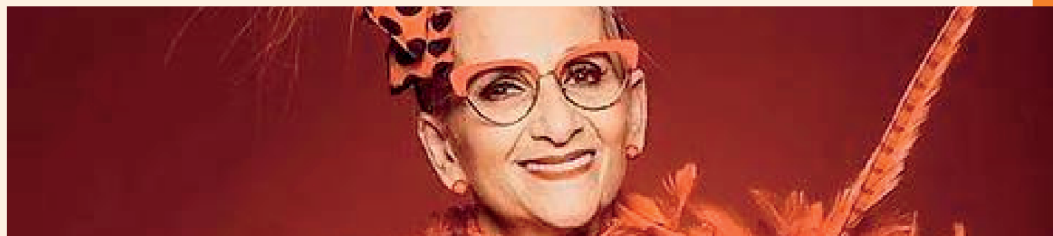
With Jason Remillard

Pharmacist and consultant (Calgary) at Pharmasave on Northmount

Friday, Nov 24 | 10:30 am – 11:30 am



### Eye Health Presentation Series Part 2 & Part 3



### Through the Looking Glass: Understanding Cataracts and Clearing the Fog

With Dr Diana Monea, OD, FAA

Optometrist Shawnee Eye Health Centre

Tuesday, Nov 14 | 12:15 pm – 1:15 pm

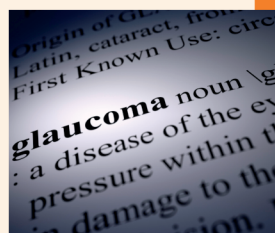


### Sight Under Pressure: Understanding Glaucoma's Silent Threat

With Dr Diana Monea, OD, FAA

Optometrist Shawnee Eye Health Centre

Tuesday, Dec 12 | 12:15 pm – 1:15 pm



### Have you subscribed to our YouTube channel yet?

If not, make sure you do. We are posting weekly with interviews, presentations, and highlights of trips and events happening across Unison!

[youtube.com/@unison50plus](https://youtube.com/@unison50plus)



## Members Free Online Workshops

Financial Workshop Series in Partnership with Momentum

Register for the individual classes that interest you by going to [www.kerbycentre23.wildapricot.org](http://www.kerbycentre23.wildapricot.org) and looking under "ONLINE" and "WORKSHOPS" in the main drop-down menu.

**Instructor: Robert Bryenton - Empowerment Facilitator**

\*All workshops are 10 am – 12 pm | Limit of 15 people per class

Class details can be found on the class page online.

- **Assets: Build your Future** | Thursday, Nov 9
- **Credit: Take Charge of It!** | Thursday, Nov 16
- **Consumerism: Decide for Yourself** | Thursday, Nov 23



To Register for Events, Classes and Presentations, please visit Kerby's Active Aging website, contact our Online Programs department at [heatherd@UnisonAlberta.com](mailto:heatherd@UnisonAlberta.com) or visit us at Kerby Centre on the third floor – room 306.



**MAKING M ENDS**

- ACROSS**
- 1 "Venerable" Eng. monk
  - 7 Place to grow cultures, for short
  - 13 Furious with
  - 20 "You can't get out this way"
  - 21 Catwoman portrayed Kitt
  - 22 Panamanian dictator Manuel
  - 23 Net access provider available on passenger flights?
  - 25 "Jerry Maguire" studio
  - 26 Petition
  - 27 Hairy TV cousin
  - 28 Women's garment with an adage printed on it?
  - 30 Video chat between people stroking their dogs and cats?
  - 35 Sail supports
  - 36 Gridiron divs.
  - 37 Maiden name preceder
  - 38 52 weeks
  - 41 Brewpub drink, in brief
  - 44 Burning
  - 46 Situation creating strife within a sports squad?
  - 50 Perfume bottle
  - 53 Partner of Principe
  - 55 Guarantee
  - 56 Gulf ship
  - 57 Chinese soup additive
  - 58 Hobby
  - 60 Touring actor representing his kingdom?
  - 65 Broody rock genre
  - 66 Blast stuff
  - 67 Starting from
  - 68 Gymnast Comaneci
  - 70 Mild cheese
  - 73 In days past
  - 76 With 19-Down, toaster pastry brand
  - 78 Ransack Oregon's capital?
  - 83 Locale of Baylor University
  - 87 Time of note
  - 88 "Laughing" scavenger
  - 89 Big name in train travel
  - 90 Hovering ominously
  - 94 Establish contact (with)
  - 95 Give a fleet commander new weapons?
  - 97 Melancholy woodwinds
  - 99 Immigrants' class, in brief
  - 100 Minimally
  - 102 Part of UNLV
  - 103 Here, in Haiti
  - 106 Grilling place
  - 109 Put the notation "this means the opposite" next to a word?
  - 112 Junk email touting wellness products?
  - 117 It's continent

|     |     |     |     |     |     |     |   |     |     |     |     |     |    |     |     |     |     |     |     |
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| 73  | 74  | 75  |     |     | 76  |     |   | 77  |     | 78  |     |     |    | 79  |     |     | 80  | 81  | 82  |
| 83  |     |     | 84  | 85  |     |     |   | 86  |     |     |     | 87  |    |     |     | 88  |     |     |     |
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| 112 | 113 | 114 |     |     |     |     |   | 115 | 116 |     |     | 117 |    |     |     |     | 118 |     |     |
| 119 |     |     |     |     |     |     |   | 120 |     | 121 | 122 |     |    |     | 123 | 124 |     |     |     |
| 125 |     |     |     |     |     |     |   | 126 |     |     |     |     |    | 127 |     |     |     |     |     |
| 128 |     |     |     |     |     |     |   | 129 |     |     |     |     |    | 130 |     |     |     |     |     |

- DOWN**
- 1 Lively
  - 2 Worked hard
  - 3 Soft caps
  - 4 Person living abroad, for short
  - 5 Youngest of the Rughrats
  - 6 GPS guess
  - 7 "Atlanta" actress Zazie
  - 8 "Same here!"
  - 9 Spanish gold
  - 10 British "Inc."
  - 11 "Psst" relative
  - 12 The Crimson Tide, to fans
  - 13 Dadaism, to its critics
  - 14 Typical situations
  - 15 Grain to be crushed
  - 16 Hazards
  - 17 Abominable Snowman
  - 18 Gel in a petri dish
  - 19 See 76-Across
  - 20 Mali neighbor
  - 21 Dec. 24
  - 22 Enlightenment
  - 23 No, in Berlin
  - 24 Wise about
  - 25 Come upon
  - 26 Retired NBAer Ming
  - 27 Actress Watson
  - 28 Language akin to Aleut
  - 29 Argentina's Eva
  - 30 "— you clever!"
  - 31 High-speed train name
  - 32 Gas option in Canada
  - 33 Alter, as a computer program
  - 34 Actress de Armas
  - 35 Suffix with Marx
  - 36 In favor of
  - 37 Bit of untruth
  - 38 In the way of
  - 39 "Son of —!"
  - 40 Roald Dahl's "fantastic" title animal
  - 41 Sorority "O"
  - 42 Kansas' capital
  - 43 Duffer's goal
  - 44 Academy URL ending
  - 45 Glass edge
  - 46 "You said it!"
  - 47 Most wan
  - 48 Yucatec speakers
  - 49 In the know
  - 50 ESPN events
  - 51 In base eight
  - 52 Handheld computer
  - 53 Jason's ship
  - 54 Luau garland
  - 55 Jr. officer
  - 56 West of "I'm No Angel"
  - 57 Bruins' Bobby
  - 58 Piper's cap
  - 59 Garden dirt
  - 60 Refinery input
  - 61 Lady's title
  - 62 Rick's love in "Casablanca"
  - 63 Part of S&L
  - 64 Yellow-disked blooms
  - 65 Siren noise
  - 66 37-season "Jeopardy!" host
  - 67 Purpose
  - 68 Writer — de Bergerac
  - 69 1965 Yardbirds hit
  - 70 Herbivore's meal
  - 71 Heart parts
  - 72 Object
  - 73 Coleridge's "— Khan"
  - 74 Wet spots in deserts
  - 75 Frozen dew
  - 76 "To be," to Horace
  - 77 Vinegar, e.g.
  - 78 — part (role-play)
  - 79 Heavy hitter
  - 80 Viral gene material
  - 81 — and outs
  - 82 "Hail!" to Horace
  - 83 Vardalos of "Connie and Carla"

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**Email: estate.lady.ab@gmail.com**  
**Website: theestatelady.ca**

**Making the decision to move can be overwhelming... But it doesn't have to be!**  
 Please know we're here to answer any questions you may have



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 info@TheMolzanTeam.com

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HISTORICAL PLACE  
 Traditional burial plots (limited)  
 Columbarium niches

Only location in the south part of the city.

For any inquiries text/call:  
 Jena - (587) 664-1953

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Specializes in relocating seniors from one place to another. Carpet cleaning & Garbage hauling \$\$ Low rates \$\$

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 ✉ abc\_moving123@hotmail.com

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 asavonmoving@shaw.ca  
 www.asavonmoving.com

Serving Kerby clients for over 20 years  
 FREE estimates  
 10% Discount for Kerby Members

*Reliable • Courteous • Affordable*

**Five Star Seniors Relocators Ltd.**

Serving Kerby Seniors and Albertans for 21+ years

Free Estimates –  
**\$25.00 off Coupon**  
 Call Erica @ 403-233-7212

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For Seniors and older Adults

Call Christian @ 403-481-8080  
 Email: service@xentas.ca

No travel fee within Calgary City limits.

**GREAT SERVICE · COMPETENCE · RELIABILITY**

**Stella the Care Helper**

No job too small.

Specializing in cleaning for seniors:  
 laundry service, windows, move in/out,  
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- Residential homecare aide
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- Homecare companionship
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Your Reliable Solution for Home Repairs,  
 Skilled Handyman, Quality Workmanship,  
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**Sooke BC on Vancouver Island**  
 Small town atmosphere with all amenities:  
 1 bedroom, furnished, fully equipped, 5 appl.  
 Water/mountain views.  
 Cable/internet.  
 \$1100/month

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 Phone: 403-720-8609



# Seniors Scene: events about town!

## Parkdale Nifty 50s

The Parkdale Art Club is looking for some new members that might like to start training on how to organize the art show. Our current volunteers are amazing and would like to share their wisdom and bring in some new members help them out.

If you are currently enrolled in art classes and are interested in this semi annual volunteer opportunity please contact us:

P:(403)-283-0620 or info@pdnf.org

**Bowness Seniors' Centre**  
6422 35 Avenue NW, Calgary | Phone 403-286-4488

## Daily Activities:

Billiards Monday - Friday, 9 AM - 12 noon

Book Club 2nd Thursday of each month at 1:00 PM

Bridge Thursdays 12:30 PM - 3:30 PM

Crafts Mondays & Tuesdays 11 AM - 3 PM, Drop In - Bring your lunch & project. Coffee is on.

Crib & Euchre Tuesdays 12.45 PM - 3:00 PM, Drop In

Darts Tuesdays 1:00 PM

Floor Curling Mondays 12:45 PM, Drop-in

Lawn Bowling Saturdays 4:00 PM - 6:00 PM; Tuesday and Thursday 6:30 PM - 7:30 PM

Shuffle Board Wednesdays 10:00 AM - 11:30 AM

Sing-A-Long Wednesdays 1:00 PM - 3:00 PM

**Calgary Horticultural Society**

Come for tea! Wednesday, November 8 2:00 to 3:30 pm

Join the Society for an in-person gar-

**Creditors calling?**  
We can help.

Free confidential assessment offered in-person and virtually

SCBSolutions.ca | (403) 261-7779



dening Q&A draws are sometimes available. Legion membership not required, 18+

**End-of-Life Information You Need to Know!**

Planning NOW is the best way to ensure you have the medical treatment you desire and the end-of-life care you deserve!

**Advance Care Planning Workshop**  
November 04 - 10:30 to 12:30  
Unison @ Kerby Centre Lecture Room  
1133 - 7th Avenue S W, Calgary  
Thi s

**Seeking cribbage players**  
Tuesday mornings, doors open @ 10:00 A.M, start at 10:15-10:30 - \$3 drop in, .25 cents a skunk, 7 games, playing singles. Coffee is provided.

**Bowness Legion.** 138 Bowness Center NW, Calgary, AB T3B 5M5. 50/50

**ACUMEN**  
CAPITAL PARTNERS

**Frank J Walker, B Comm**  
Senior Investment Advisor

(825) 540-3763  
FWalker@AcumenCapital.com

**Hari Mohan, MBA**  
Investment Advisor

(825) 540-7903  
HMohan@AcumenCapital.com

**AcumenCapital.com/Teams/Walker-Mohan**

Securing your Golden Years

workshop will get you started on a task that is generally put off. Why wait?

Learn about the importance of Advance Care Planning

- Consider your personal values and health-care wishes
- Develop a basis for conversations about end-of-life choices
- Realize who would and would

not be an appropriate agent

- Draft your own unique plan and personal directive

To register, email calgary@dyingwithdignity.ca

Classroom style, limited to 40 participants.

*"To not think of dying is to not think of living."*  
Jann Arden



## Bowbridge Manor

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

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



## STUFF A STOCKING

FOR SENIORS IN NEED THIS HOLIDAY SEASON

Stocking Stuffer Ideas:

- Socks
- Mittens
- Warm hat
- Coffee, tea, hot chocolate
- Personal hygiene items
- Holiday treats
- Books
- Games
- Gift cards

**DONATE NOW UNTIL DEC.15TH**

Our goal  
150 stockings



Drop off at  
**Unison at Kerby Centre**  
1133 - 7th Ave S.W.

\*Stockings are handed out at our FREE Food Markets so easy to carry sizes are appreciated\*

## CROSSWORD SOLUTION

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
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| A | I | R | P | L | A | N | E | M | O | D | E | M |   | T | R | I | S | T | A | R |   |   |   |   |
| P | L | E | A |   |   |   | I | T | T |   |   |   | M | A | X | I | M | S | K | I | R | T |   |   |
| P | E | T | T | I | N | G | Z | O | O | M |   |   |   | M | A | S | T | S |   |   |   |   |   |   |
| Y | D | S |   |   | N | E | E |   | O | N | E | Y | E | A | R |   |   |   |   | I | P | A |   |   |
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# Help for the Holidays

The holidays aren't always festive for seniors struggling with isolation & mental health challenges.

Visit [UnisonAlberta.com/Calgary-Wellness](https://UnisonAlberta.com/Calgary-Wellness) to discover how you can make a difference



# A place for us to cling together

More than anything, we want folks who visit us to be happy, healthy and fulfilled.

We can hand out bags of food to the food insecure; we help people be lifelong learners, whether it's a new language or avoiding the latest scam. We can get folks in to dance, and to shuffle decks of cards and to play pickleball — what-

ever pickleball is.

Wherever there's a need, we want to help fulfill it. Wherever there's a problem, we want to help solve it.

But there are some problems we just can't solve.

Those with trauma, those with anxiety, fear or stress. These aren't problems that can be solved.

But there is no rule to say we can't make things better.

This is why the Unison Wellness Connection Centre exists at the Kerby. We might not be able to sew sutures in the wounds of the heart and mind, but we can offer something just as necessary.

A place for people to gather, to understand and

to be understood.

We have plenty of different programs, from Laughter Yoga to Meditation Monday, to Music Wellness.

But I want to talk about the grief group.

Grieving Together is a support group for those who have lost loved ones. I had a chance encounter with someone who was just leaving the group — and since I can't help but talk to everyone I meet — we struck up a conversation.

And I was struck at the overwhelming nature of grief. Grief comes in many forms: at its core, it's the sense of loss.

You can grieve many things: you can grieve a lost opportunity, a missed chance or connection.

But it's the loss of loved ones that causes us the most anguish in grief.

No one can truly understand it until it happens, and it's beyond words that would make sense printed on the page. How could I, or anyone else, truly communicate how grief can overtake you? How it can be a shadow over your life for months, seeming to disappear in the background like radio static, before it

hits you like car crash. All it took was smelling their perfume or cologne.

What could we possibly do in the face of such overwhelming darkness?

We cling together. We share in our grief and we connect. This is what happens at the Wellness Connection Centre. This is why it's important.

*"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."* - C

*"I would like to express my gratitude to you and the grief support team for offering the grief support program. Personally, it has helped me deal with the recent and not-so-recent loss of people I love. It has taught me ways on how to address, deal and cope with issues of grief and loneliness..."* - H



## Will Power

### MAKE YOUR LAST GIFT YOUR BEST!

Remember Unison with a gift in your will, a gift that will provide a brighter future for seniors.

### MAKE AN IMPACT. LEAVE A LEGACY.

CONTACT ROB LOCKE

[RobL@unisonalberta.com](mailto:RobL@unisonalberta.com) | 403-705-3235

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

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

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

Payment Method:  Cheque  Visa  MasterCard

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

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

Signature \_\_\_\_\_

Send tax receipt to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

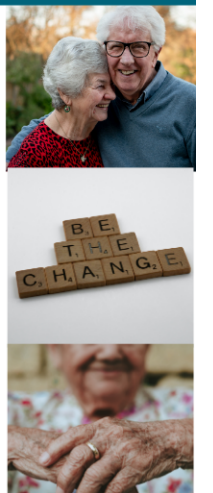
Postal Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

### Planned Giving - a way to make a lasting impact!

I would like to receive information on planned giving.

I have included Unison at Kerby Centre in my will.



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

Thank you for supporting seniors!

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

Donate online at [UnisonAlberta.com/Calgary-Donate](https://UnisonAlberta.com/Calgary-Donate) or call 403.705.3254

