



Southern Alberta's Premier Seniors Publication

Taking off the mask



Halloween season! It's the month ahead of spooky stories, kids on their candy crusade and lots of incredible costumes! But the spookiest myths we need to be afraid of might not involve vampires or werewolves. Join us on page 16 as we un-mask some of the most dangerous myths you might encounter this season!

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Ageism Awareness Day

Saturday, October 7th

Every wrinkle tells a story. On Ageism Awareness Day, let's reflect on the beauty of aging and the invaluable wisdom that comes with it. It's time to challenge stereotypes, erase misconceptions, and embrace the full spectrum of human experience.

Sinking shots with Unison!



*Andrew McCutcheon
Kerby News*

In 50 years of history, Kerby Centre has hosted a lot of fundraising events.

And I mean a lot.

As a not-for-profit, we have to get creative with ensuring we have the money and resources to fulfill our mission to the best of our ability.

While private and corporate donations, as well as a large chunk of change from every level of government, all assist in incredible ways, we're always looking to increase our capacity to help seniors live their best lives.

So, we get creative!

Going through the archives of Kerby Centre photos, I've seen a lot of the common ones: dinners or luncheons held to raise money, maybe with a show or activity.

I've also seen some more offbeat ideas: clowning performances, fashion shows and even an event themed as an African excursion.

The decorations for that last one pulled a lot of weight in turning our gym into something you'd see along the Congo.

And although this author holds out against hope that one day, we might host another Kerby Derby, like we did in the

early 2000s, there's a current reigning champ.

When it comes to awesome events that promote and support our services, there's nothing like the Unison Calgary Charity Classic.

You can't go wrong with golf!

For three years running, we've had hundreds of people come out to the amazing Sirocco Golf Course for a day of games, food and fun! This year's was held just recently on Sept. 7, and the weather was beyond perfect!

The mercury read 18, it was warm in the sun and cool in the shade and nary a breeze to be felt!

We had golfers of all skill levels there, from seasoned pros to... less seasoned folks.

But! It was more about having a great time while assisting our Seniors Supports programming. If you want to learn more about what they do, check out this awesome article we've written previously right here.

The eventual winning team was Team Mawer; congratulations on the excellent playing to Jeff, Jordan, Jorin and Devin!

The longest drive for men and women, respectively, was won by Quintin Butcher and Colleen Carol.

Our longest putt game was won by Dave Rolle and our longest drive of a marshmallow was achieved by Glenn Martin!

We also had a \$2,500 WestJet Gift Card Raffle held that day, in honour of our big anniversary, and we're so pleased to say it was won by Iris S!

Iris is 80 years old and has been a member at Kerby Centre for over a decade: we can't wait to hear what exciting trip she goes on!

All in all, we raised over \$75,000 for our programming in one single day. Every dollar goes to ensuring we can do our absolute best when it comes to serving seniors.

And every single person helps contribute to making Kerby Centre what it is.



**3rd Annual
Unison Calgary
Charity Classic
Golf Tournament**

We raised over

\$75,000

at our golf tournament for our Seniors Supports Program, a vital service provided by Unison at Kerby Centre for 50 years!



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Looking to the future

I was asked the other day, what is Kerby Centre going to do differently in our next 50 years of operation?

To answer that I would have to look far down the road, but I can assure you that in our 50th year of operation, we will reach out to and connect with more older adults in Alberta than at any time in our history.

On March 28, 1995, Bill Dickson — who was the MLA for Calgary-Buffalo at the time — made a report to the Alberta Legislature that Kerby Centre served over half the seniors living in Calgary. A few months later Dickson presented a report from the Kerby Centre Board to the legislature.

This report stated that

Kerby Centre had over 5,000 members and annually served 20,000 seniors in total through our various services. 1995 appears to be the high point in our reach and relevance to older adults in Calgary.

Between 1995 to the decade before COVID-19, our membership declined from 5,000 members to around 3,000 members. This was somewhat unexpected as our senior population in Calgary is growing.

In the 90s, you had to be 65 years of age to become a member at Kerby. And during the decade before COVID-19, we allowed older adults to become members when they turned 50 years of age.

Today there are many more 50+ residents of Calgary than there was 65+ residents in the 90s — again, this didn't make a lot of sense.

During COVID-19, our membership dropped even further — it didn't make a lot of sense to buy a membership to a Centre that was locked down. However, during this time our team established a variety of outreach programs. We weren't able to serve people in this building, so we started going to their homes: both virtually and in person. We met a lot of new older adults during COVID-19 who have be-

come members now that the Centre has reopened.

A little over two years ago we also started operating Meals on Wheels and the Veiner Centre in Medicine Hat. At the time of writing this article, Veiner Centre has over 1,400 members and Kerby Centre has over 3,100 members.

Our membership in the two cities is over 4,500 members — not as many as during our high point in the 90s, but the total membership is growing every week.

Within a year we will have more members than we have had during our 50-year history. Those of you who are regular readers of the Kerby News know we have re-branded under the umbrella brand of “Unison, for Generations 50+”

We did this because not only do we offer services at both Veiner Centre and Kerby Centre, but also in a growing number of other locations.

Additionally, we are continuing to build upon the online and streamed classes, and support groups that we established during COVID-19.

We have dedicated staff whose only focus is on building more of these online and streamed resources. We are currently developing online classes, events and groups that will be only



Larry Mathieson, CEO and President

available to members.

In last month's Kerby News, you would have noticed that we are offering fresh new classes not only in our two centres but in other locations as well. Our Active Aging Teams in Medicine Hat and Calgary are focused on creating new courses, classes and events that are relevant, interesting, and supportive to older adults in Alberta.

You will see more and more of these offerings by reading this paper, following our social media, and checking out our website.

We have spent three years building a staff group with expertise in outreach, program development and using technology to reach more seniors.

Starting in our 50th year of operation this team will significantly expand our reach and support to more older adults in Alberta than we have ever served before.

OCTOBER 2023

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

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The rise of AI investing bots

James MacTavish
Alberta Securities
Commission

Artificial intelligence (AI) has gained significant traction across various industries, including financial markets, promising increased efficiency and data analysis.

AI has also found a prominent role in our day-to-day lives, being used to enhance search engines capabilities and in AI-enhanced chat bots that deliver answers to questions or requests based on data sets that they are trained on.

With the growing in-

terest in AI, some investors are looking to AI's evolving technology for investing guidance.

Before you use AI tools for investing, it's important to understand its limitations.

Here are some things every investor should consider before investing with the help of AI:

1) AI is not a replacement for researching investments

While AI is a ground breaking technology, it does not replace the critical step of researching and qualifying an invest-

ment. AI chatbots like ChatGPT, OpenAI and Chatsonic are classified as large language models (LLM).

This means they process vast amounts of select data sets from the internet and provide a response to your query based on probably word and phrase associations.

LLM AI relies heavily on historical data and may not provide real-time financial and investment analysis or guidance. Understanding past performance can be helpful information but it is never a guarantee of future

performance.

Investors should take the time to thoroughly review the company they plan to invest in including the latest information and fundamentals like their business plan, operational information and milestones.

2) AI lacks human intelligence or the experience of registered investment professionals

Everyone has a unique investing journey. Constructing your investment portfolio comprises understanding your financial goals, time horizon

and your risk tolerance.

AI investing bots lack the emotional intelligence and human intuition to factor these important elements into their recommendations when asked.

Based on how the AI chatbot was coded and the types of data sets it was trained on to source answers, biases could also be present in its responses, favouring a particular approach or recommending only a limited number of investments to inquiring investors.

Investors should look to registered financial advisors to receive a comprehensive and personalized assessment, and investment services when needed.

3) Be wary of AI chatbots that direct you to invest on a specific platform

With the growing excitement around the technology, fraudsters promote AI investing bots and apps they say can provide guaranteed or high returns with little to no risk to investors. Be mindful that these types of advertisements are a common red flag of fraud.

One of the best ways to avoid fraud is to confirm that the trading platform you plan to use is registered with the securities regulator in the province or territory you reside.

Registration confirms that the individual or firm is properly qualified and comply with investor protection laws.

To check the registration of any individual, firm or trading platform, visit: www.CheckFirst.ca/check-reg.

Advancements in AI has undoubtedly transformed how we obtain, analyze and use information.

While AI can provide helpful investment ideas, when it comes to making investment decisions, there is no replacement for the qualified services of registered investment professionals and your thorough research of investments to ensure they align to your goals and risk tolerance.

Treat using AI for investing as a helpful tool but not a substitute for due diligence.

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

THANKSGIVING SENIOR SOCIALS

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

WED, OCT 11TH | 11AM-2PM

Menu \$9.00
(Per serving, Cash accepted only)

TURKEY SANDWICH SERVED WITH A SIDE OF FRENCH FRIES, & DELICIOUS PASTRIES FOR DESSERT!

COWBOYS CASINO

Halloween Senior Socials

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

WED, OCT 25TH | 11AM-2PM

Menu \$7.00
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U of A lab to explore how exercise can benefit those with chronic illness

Oumar Salifou
University of Alberta
Folio

As a clinician scientist and nurse practitioner, Edith Pituskin runs a busy clinic, caring for cancer patients while learning how to relieve the symptoms people face that can lead to poor quality of life after treatment.

“People are commonly suffering with the effects of necessary anti-cancer treatments for the remainder of their life,” says Pituskin, associate professor and Canada Research Chair in the University of Alberta’s Faculty of Nursing and member of the Cancer Research Institute of Northern Alberta.

“These effects can include difficult chronic fatigue and poor exercise tolerance leading to a cycle of depression and poor quality of life.”

To better understand how such effects happen and how to help people cope, a new U of A Precision Human Health Laboratory will help researchers investigate techniques to improve patients’ exercise tolerance and cardiovascular health, and expand the use of exercise as a clinical tool.

Pituskin and co-principal investigators Stephanie Thompson, associate professor in the Division of Nephrology, and Michael Stickland, professor in the Division of Pulmonary Medicine in the Faculty of Medicine & Dentistry, have just received \$507,115 in infrastructure funding from the Canada Foundation for Innovation’s John R. Evans Leaders Fund to equip the lab.

The new funding is part of more than \$960 million in federal funding announced at the U of A today, supporting innovative work by more than 4,700 researchers across Canada.

The laboratory will house tools that allow scientists to look at the mechanisms of exercise tolerance as well as study cardiovascular function — conditions that feed off each other, notes Stickland, who studies the effects of smoking-induced lung damage on the heart.

“This is a combination of a vision to really expand exercise as a clinical tool,”

says Stickland, who is also a member of the Women and Children’s Health Research Institute.

“What makes this lab truly unique is that because of the clinical positions the three of us have, there are tremendous opportunities to bring this research to patients.”

Thompson, whose research explores chronic kidney disease, explains that in addition to its therapeutic potential, exercise can be used to safely stress a patient’s bodily systems to better understand the physiological problems that underlie clinical issues she sees in her practice.

“I believe there is no

other intervention that can have as many widespread physiological and psychological impacts as exercise,” says Thompson.

The number of Canadians living with chronic disease is a growing challenge for health-care providers as people age and complex conditions like heart attacks and strokes continue to be leading causes of death.

Stickland says people often don’t often arrive in clinics with single conditions; instead, they typically face more than one illness, called comorbidities, that can make one condition like cardiovascular disease a strong risk fac-

tor for cancer and kidney disease.

Studies at the Precision Human Health Laboratory with state-of-the-art equipment will help unlock some of the complexities of chronic disease by examining how interventions like exercise can affect the diverse conditions patients face.

There are still unknown factors when it comes to recommending exercise as a potential treatment, Pituskin notes, with a lack of knowledge about how physical activity can be personalized and adapted to benefit patients.

“With clinical conditions, there are certain sets

of symptoms and investigations that would tell you, ‘OK, now’s the time to start this particular treatment.’ You would know the kind of treatment, the dose and how long to prescribe it.”

Pituskin says studies done through the lab will work towards a similar approach for exercise by answering questions about which symptoms can be treated with exercise, and determining the types, frequency and timing of activities that would be most effective for particular patients.



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The power of silence

Barbara Ellis
Kerby Columnist

Recently I was reminded how important silence is to my well-being.

My apartment faces a very busy street in Calgary and there are times when the roar of the traffic is almost deafening.

From early morning to late at night, motorcycles, cars, buses and emergency vehicles race past my window.

I can't say that I have

become immune to this noise but I am getting used to it. When evening comes the traffic does subside and a somewhat relative quiet returns to my neighborhood. Because of those horrific fires in B.C.

I had to revise my holiday plans, and so instead of a vacation, it became a "stay-cation." With so many wonderful places to explore right on our doorstep, staying home was hardly an ordeal.

My niece Michelle and I decided to take day trips from the city to places we had not seen for a long time.

The one trip that stands out in my mind is the day we spent on Lake Minnewanka.

The scenery was spectacular. The mountains were a misty blue and the turquoise water shimmered in the sunlight.

Our young tour guide kept us well informed about the history of the

people, both native and settlers, who had lived in the area many years ago.

When we arrived at the far end of the lake, he told us that the engines would be shut down and we were asked not to speak but to listen to the quiet that surrounded us.

To me it was magical, and honestly, even emotional. I closed my eyes and let the stillness enrapture me. Yes, enrapture is the right word.

I felt as if nature was giving me a warm and tender hug. It surrounded my body and my mind. There were no sounds at all.

Even the lake was quiet as we gently floated on the blue-green waters. It was over much too soon and we were on our way back to the pier where new passengers waited for their turn on the lake.

I love thinking back to that day but also to other times when I was completely alone with our natural world, only me and my thoughts.

I spent one winter in Sparwood and when I got home from work, I would take my cat outside for some fresh air.

During one particular day, the snow began to fall in the early afternoon and so when I put my cat down, he sunk almost past his body.

Good thing he was black or I might have lost him. He loved the snow and began leaping up to catch the big clumps of snowflakes as they lazily floated down.

I stood transfixed by the beauty of it all, feeling the snow land on my face, and then trickle down my cheeks as it melted.

It was utterly quiet, there was no one else around, just me, my cat and the snowflakes.

In front of me was a forest of tall pines, and stoic sentinels that stood guard over the hushed scene.

Their sagging branches were already covered in a heavy blanket of snow as they bent down towards the ground.

On one of my trips to Switzerland, my friend Yvonne took me on a picnic that is seared into my memory.

We found a picnic table with benches, spread out our tablecloth and unloaded our hamper full of the best cheese, bread, cold cuts and wine. As I looked around me, I was overcome by the beauty of the mountain, the profusion of wildflowers, and the absolute stillness of the valley.

I surprised her by giving her a big hug and then explained how the moment transported me back to the time when I lived there. We sat down and fell quiet for a time, each lost in our memories.

I also remember being in a cave with a group of people, when our guide asked us to be still when he turned the lights off. He wanted us to experience what being in total darkness was like.

I knew I was not alone, and yet the darkness and the stillness felt as if a warm blanket had wrapped itself around me.

Standing there in the dark was a new and strange sensation for me. I closed my eyes and felt as if my body was swaying and I was concerned that I might lose my balance and fall.

I was not afraid exactly but I was happy when the lights were turned back on. In this increasingly loud world, it is more and more important for me to be on my own with nature.

It can be a walk in one of our many beautiful parks, going for a long drive into the country, or just putting on earphones and listening to soothing music.

Tuning out the noise and indulging in some silence and solitude, I find, has a restoring effect on me.



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+

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Hello to new adventures

*Debra Molzan
Real Estate Specialist*

Autumn is the season of change. It can also be a time of reflection and a time to plan for your future. What type of lifestyle would you like? More time to travel, perhaps meet new friends. Is it time to say goodbye to cooking, cleaning, yard maintenance, even stairs or financial worries?

I met an inspiring woman in her 90's who was writing her bucket list. What is yours?

The fear of the unknown can often hold us back. It is hard to leave a home that you have enjoyed for many years. Your surroundings are familiar and you have many cherished memories. It is like leaving your best friend. Just remember, your memories will go with you.

The challenge is what to do with a houseful of personal belongings that you have collected over the years. Many of us have closets filled with clothes that do not fit, basements and garages full of tools that are not being used, and sad to admit, gifts received that are still in unopened packages. Downsizing can be the most overwhelming part of moving.

Many people are under the impression that every home should look like a show home. It is not necessary to spend money on "staging" for a home to sell. Just start decluttering and clean! There are many local charities that welcome donations.

Did you know that Unison at the Kerby Centre has a Wise Owl Boutique? This next-to-new shop accepts donated items and can be a fun shopping experience. Unison also accepts unopened food items for their food security program.

Your housing options will depend on your lifestyle. Do you want to have a small garden? Move to an apartment style where there are social activities? Do you have a pet? When you know where you are moving to, plans

and dreams tend to fall in to place.

If you would like more information, drop in for Kerby Coffee and Conversations on Housing for Seniors. Experts will discuss the process for finding suitable housing and answer your questions in a relaxed atmosphere. The second Tuesday of each month, 10:00 – 11:00 A.M. at the Kerby Café. This is a free event and registration is not required.

Making a move can be overwhelming but with a little planning it can be an exciting time!

Photo by Maria Ziegler



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Reduce sticker shock! Collect seeds!



Photos and story by
Deborah Maier
Calgary Horticultural
Society

Sticker shock is a reaction I get almost every time I go to a store. Prices always seem to be going up.

Last spring, I walked away from a seed rack empty handed, after noticing a package of unusual tomato seeds and discovering that the 10 seeds were priced at \$10.00. Wow!

Despite the sticker shock, starting plants from purchased seeds is economical. But it's

even more economical to start plants with seeds collected from your garden.

When you collect seeds, choose open pollinated (heritage) varieties. Hybridized seeds are created by selective cross breeding and seeds collected from those plants will have a further mixed parentage.

Blending parentage happens naturally. If you grew more than one variety of a plant, they could cross pollinate with each other ... those busy bees flitting from plant to plant carrying pollen are not only collecting it but spreading it.

Cross pollination is great for fruit production, but it means the seeds developing in the fruit have mixed genetics. Members of the squash family (Cucurbitaceae) readily cross pollinate and you could have "Frankenfruit" (a pumpkin-zucchini cross for example), so keep that in mind when you collect seeds.

Any plant that self-sows in your garden is a good candidate for seed harvesting.

Dill is a prime example. Some gardeners say, "if you sow dill once, you'll never have to sow it again." Collecting its seeds before they drop will limit how much it spreads. Then, you can decide where it will grow.

If you grow native flowers, they are another good choice for seed collection.

Keep in mind that these seeds usually need a cold period to trigger germination.

You can store them in a well-sealed container in the fridge or unheated garage, until you are ready to plant them.

Or you can use the winter sowing method and plant them in a plastic 4-litre jug sometime during the winter, place the jug outside, and leave them be until you see plants in the spring.



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A key factor in seed collecting is knowing when to harvest.

The seeds must mature. All seeds from a flower don't mature at the same time.

One method of collection is to tie a gauze bag over the seed head when it is close to maturity, then wait for the seeds to fall into the bag.

For vegetables (tomatoes, peppers, squash), the fruit needs to have reached its ripe colour. You can

collect these seeds when you prepare the vegetables for eating. Keep seeds from plants that had the best tasting fruit.

If you are collecting pea or bean seeds, you need to wait until the pod and seeds have dried.

The pod should rattle when the seeds are ready for harvest. If the pod is dry but not rattling when you want to collect them,

pull the plant, bring it inside, and hang it to finish drying.

Having viable seeds to plant in the spring also requires proper storage. Seeds are living entities. The collected seeds are dormant.

When conditions are right—the seed receives a combination of moisture, temperature, and light triggers, it will start growing. If the seed dries out after it has started to grow, it will die.

This is why storing seeds in a dry, cool, dark place is recommended.

These storage conditions do not expose the seed to growth triggers. Jars and paper envelopes are often used for seed storage.

These containers allow some airflow around the seeds. Plastic bags can cling to the seeds, setting up conditions for mould development.

When you collect seeds, label the containers with the collection date and name.

I frequently collect seeds in a hurry and think

I don't need to label them, because I'll be using them next growing season. But time flies ... and the allure of never tried plants is strong. Now I look at the jars and wonder how old the seeds are.

This year, collect a few seeds from your garden and try growing them next spring. To learn more about gardening in the Calgary area, visit the Society's website, calhort.org.



PEAK OXYGEN

JOIN US!

WHEN: OCTOBER 3 @ 10 AM
WHERE: UNISON AT KERBY CENTRE

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FUNDED BY THE ALBERTA GOVERNMENT

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The body under the floorboards



Amanda Borys
Historical columnist

It was a body. It was covered in ash and wasn't new, but it was still a body. Albert Cecil Pearce, the proud owner of 1805 20th Ave N.W., in the Capital Hill district, stared down in disbelief.

When his daughters had complained of a ghostly figure of a man appearing in their bedroom, he put it down to "girlish hysterics" and

paid no attention to them. But when he decided to replace a weak floorboard in their bedroom on July 10, 1948, he found something he couldn't ignore.

The remains were partially mummified, though still well preserved, probably due to the layer of fine dry stove ash covering them.

The skull showed evidence of a violent death, with holes in the

left side temple and at the back of the skull. He lay on his back on the dirt subfloor where two joists had been removed, resulting in the weak floor that Pearce was intending to correct.

The body was dressed in a leather jacket, heavy blue work pants, with heavy woolen socks. When alive, this man would have been well-built and stood about 6' tall. It was apparent someone had taken great care in making sure the body wouldn't be discovered too quickly.

The police investigation, headed by Detective Reg Clements, spoke with several former residents of the home, which had

been a rental property for over two decades before the Pearce family purchased it.

No one had any suspicions about anything unusual. One family had noticed an odd smell but thought an animal had crawled under a lean-to shed in the backyard, where it had died.

When the body was removed, an envelope with the return address in High River was found beneath the remains. The envelope was post-marked on March 6, 1929, and empty of any contents.

A piece of paper was found in the corpse's right hand, but it was blank. Most likely the letter was sent in the envelope, but the ink had faded over time. However, the police now had a time frame.

From 1924 to 1929 the house was rented by Thomas Samuel Charles Hall. Originally from Wakefield, PQ, Hall worked as a teamster, as well as ploughing and threshing, but had also made a significant amount of money from his brokerage firm and through the purchase of oil stocks.

Hall also rented a small field across the street from the house where he kept his horses.

Hall had made his rental payment in February 1929, but the March payment was not forthcoming and when the housing company investigated a few weeks later, they found the home empty.

A sheriff's seizure order was taken out by the trust company in June 1929 and only a plough and other work equipment was removed. No furnishings or clothing were found. Further investigation found that Hall's horses had been left with a Balzac farmer, Andrew Vestrum.

Hall had been estranged from his second wife, Camilla Rose Hall (nee Wood) for approximately six years at the time of his disappearance. The younger of his three sons, Flight Lieutenant John Hall, had lived with his father until March 1929, when a disagreement had led to John moving out. He said his father gave him \$150 upon his departure and, while John stopped by the house a few times after he had left, his father never seemed to be at home. The last time the new tenants had answered the door. John did not hear from his father again.

Among the leads the police followed up was a story that Hall and one of his sons, who was not identified, were killed in a car crash in North Dakota in the summer of 1930. However, the story turned out to be nothing more than a rumour.

Camille also came under investigation. She and Hall had married in the United States in 1908 and their first two sons, Charles and Fred, were born in that country.

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The youngest, John, was born in Lethbridge. She stated the split had been amicable and Camille had gone on to work at the coffee shop at the bus depot.

In 1946 she had moved to Vancouver but returned to Calgary when the body was found. Camille stated her husband often left on business trips without telling anyone he was going and that was what she had assumed he had done in 1929.

Hall's body would be positively identified by Wallace Hall, brother of the deceased, a friend named Robert Barbour, and Hall's middle child Fred. Wallace noted his brother had unusually wide hips, which

was also observed on the remains, and facial features similar to those of the body.

John Hall was also asked to view the body, but would only confirm the features were similar to his father's.

A coroner's inquest was called, where the identification of the body as Thomas Hall was confirmed. An autopsy revealed that Hall had died from a blow to the head which had severely fractured his skull. It was concluded that Hall had been killed in his own home by a person or persons unknown.

The police believed robbery was the motive, as Hall was known to have kept a lot of cash on him and had some oil

shares.

The fact that neither money nor bonds had been found on the premises meant the robber had been successful in finding what he came for.

Albert Pearce also testified to finding the body. He moved his family out of the house on July 11, the day after finding Hall's remains, though the family owned the house until 1956.

Pearce stated his belief that Hall had been killed by a man, as the joists were removed by sawing a clean straight line. In his opinion, a woman would not have been able to do such a neat job.

Hall's story appeared in the

Edmonton Journal,

the Ottawa Journal and Citizen, the *Vancouver Sun* and *Province,* the *Calgary-based Albertan,* *Victoria's Times Colonist,* the *Brantford Expositor,* the *Montreal Gazette* and *Daily Star,* and the *Nanaimo Daily*

News. His body was buried in Union Cemetery on Monday, July 19, 1948, with his wife and his sons John and Fred present.

The grave marker states only the years of Hall's birth and death.



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Black Dragon: The First Born Son

Editor's Note: This piece is the second detailing author Danny Mark's struggle with the Black Dragon known as depression.

It contains a very raw and vulnerable look discussing familial dynamics. Be advised.

To say the least,

my relationship with my father was "complicated."

This post is dedicated to all sons of their fathers. I loved my dad and hero worshiped him. Other times. Well, you know.

Mark Lai Foo (Bob) demonstrated great courage and vision to

put himself in a position to start a new life in Canada while escaping persecution from Mao's Communists China.

Our family is very grateful he did. I think of him as our family recently gathered in Burnaby to pay homage known to the Chinese

as "Hung Sun" to view his headstone finally arrived after three years of delay from COVID-19.

As his first son, I grew up treated like the crown prince not just of our immediate family but over dad's entire sphere of family influence.

What's that old adage? To one that much is given, then much is expected. He bought me my first hockey skates because I simply showed curiosity about launching those NHL dreams. Oh, did he expect the best from me!

Back in Hanna as a pre-schooler, I was a high-energy gregarious toddler that there wasn't a farm implement, a rooftop, and train engine that I didn't climb on top of.

Well for stressed out working parents and elderly grandparents that struggled to keep up I drew a lot of unwanted attention. Short of teaching time he took the easy way by disciplining me. Hard.

As a result, I lost my childhood that day and became a successful poser. Thus began my uneasy relationship with dad that was to last the rest of my life.

Torn between trying to please dad and being true to my nature

my identity often got sacrificed thus priming me for the lethal Black Dragon of depression to enter my life.

As he sent me off to university to set an example for my siblings, the Black Dragon arrived too. Dad sent me out into the world with money, credentials, a car, anything else he could think of, except for confidence in who I am.

As I grew in Yorkton, I learned to stand up for myself against his domineering nature usually over principles.

For example, when my cousin Kevin suffered his horrendous hockey accident leaving him permanently in a wheelchair, my dad wanted to pull all of us out of hockey.

Having him take hockey away once before due to poor academics I wasn't about to let him do that again to me especially when I did nothing wrong.

My brother Carl and I pushed back. Hard. It helped that we were physically difficult for dad to man handle us anymore.

I learned that Carl and I inherited the warrior spirits from our Chinese Imperial Army forefathers.



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However, this incident laid waste to the hockey careers of Edwin, Gary, and cousin Andy. They never saw the inside of an arena again as players.

You may know my dad from his Yorkton businesses. Others know him from Carl's tribute book "The Life of Lai." I am part of his legacy and want to continue adding to his legacy. He came from a dysfunctional family and that dysfunction continues to this day.

When you are the Crown Prince of the Realm and spend two decades AWOL fending off the Black Dragon, naturally there will be usurpers and posers who want to fill the void.

However, they don't have what I have while alive that being the benefits of my birth order.

My Dragon battles have taught me ways to prevent our current dysfunctional behaviors from being passed on.

However, my siblings prefer to concoct a fairy tale existence by not talking about it, void of any real problems as the dysfunctions carry on.

They are embarrassed that I am a mental healthy survivor and wished that I didn't share my history with you.

Well, I ignored them!

I don't subscribe to denials. Enough said on that point.

Social stigma is very powerful amongst the ignorant. What's the next old adage? You can lead the horse to water.

But.

I close with the wise words from the classic group, Crosby, Stills, Nash & Young:

"Must have a code that you can live by/And so become yourself

Because the past is just a goodbye/Teach your children well

Their father's hell did slowly go by/And feed them on your dreams."

Now that my Dragon is under control, I have reclaimed my childhood. Now I live life full of won-

der again. Climbing things all over the place figuratively. Also, I made peace with my dad, so we're both happy now.

At the time dad just didn't know. He was simply doing his best and I respect him for that. Never knew if he thought I was a success now I will never know as he has passed. He finally knew I simply did my best he took that to the grave. I know he did his best and I can live with that now.

When my ancestors call I will re-

join my father and will say "I am your Prodigal Son here to honour you as my father again."

So, as I leave you for those fellow Black Dragon Warriors in order to stay healthy: heed this.

In order to preserve your hard-won liberation from the Black Dragon you must purge all toxic relationships from your future. Unfortunately, that means many of your family of origin relationships. It must be done because it's ei-

ther them or you. You know where I stand, I have already begun my purging process. You will know who they are by their dark age archaic attitudes towards mental health.

The Life of An Asian Canadian son, Aspiring Black Dragon Crusader, The phoenix has arisen!

Danny.

Story by Danny Mark.

Photo by Annie Spratt.

Take a Stand Against Elder Abuse!

Unison in partnership with Bridge to Oasis (BTO) Foundation is educating Afro-Canadian seniors and their caregivers on what Elder Abuse looks like. We are

collaboratively working to serve the Black communities to identify and address elder abuse while also directing older adults and their families and friends to resources available to support them in cases of financial, physical and other forms of abuse.

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The legacy of Patricia Allen



*Story and photos
Kerby News*

Fifty years is no small amount of time. In that half-century, so many people have walked through the doors of the Kerby Centre who have helped make us who we are.

Every single one of them is precious. From the volunteers, the staff, the management and our partners in government and other organizations: we wouldn't be where we are today without each unique individual.

However, there is one person whose name is impossible to separate when you talk about the origins

and development of the Kerby Centre. This person has been given so many accolades and titles: she's been called instrumental; she's been called our founder.

She was our CEO for decades, and she even has a scholarship in her name down at our very own University of Calgary.

You can't talk about the history of Kerby Centre without writing a story about Patricia Allen.

Allen's incredible contributions are well-documented, and almost too many to list, but we'll try to cover as much as we can in the space that we have.

Just know: we probably could have

written one story a week this year just about her. Instead, we'll dedicate a two-page spread here for our illustrious founder.

Allen's story starts a fair distance away from the here and now. She was born in Toronto on April 1, 1924.

She stays out east until after graduated from both the University of Toronto and McGill, earning her a Bachelor of Arts in 1948 and a Bachelor of Social Work in 1961, respectively.

She and her husband, Grant Allen, would move out west to Calgary in 1962, where they would remain for the rest of their lives.

Not only did Patricia graduate with a Masters Degree in Social Work from the University of Calgary, she was the very first graduate from that program in 1969.

To this day, Allen's family and the U of C have established the Patricia Allen Memorial Scholarship, specifically for students who are studying issues affecting older adults, in the University's social work program.

In 1969, when Patricia was still a student and working as the Executive Director of Calgary's Volunteer Bureau, she coordinated a seemingly simple event: a workshop on retirement planning.

We don't know either way if she knew it at the time, but this workshop would be the first domino that would go on to change the entire direction of Allen's life.

The workshop was held right there at the University. Many others attended the event, with some notable names recorded by Ken McGuire, author of a Kerby History document used in this writer's research.

Norman Bunnin, an account, avid volunteer and WW2 Vet, chaired the event. Speakers included Professor David Schonfield, a well-respected researcher in the field of gerontology, as those in attendance discussed a variety of subjects: financial planning, living arrangements, medical issues, recreation opportunities and volunteerism.

Back then, Calgary was a much smaller city than it is today, with only a population of about 370,000. And yet, over 50 years in the future, we still are taking about similar issues when it comes to the well-being of seniors.

It just goes to show how forward-thinking and innovative Patricia was for that era!

According to McGuire's history document, retirement was a different beast back in the late 60s.

"Retirement meant you were 'old' and justified the exclusion of seniors from many spheres of activity," he wrote. "Although Canada's first Old Age Pension Act was passed in 1927, eligibility was limited and seniors were subjected to a strict 'means test' to obtain benefits."

"Retirement still meant a drastically reduced standard of living for many people."

What started as a simple retirement workshop blossomed as the interest and response was overwhelmingly positive. Eight of the original participants gathered on Nov. 10, 1969, to discuss further action.

“In the course of the discussion, purposes for the emergence of a possible new structure were voiced; co-ordination and information on all programs available to seniors; publicity in making senior citizens, their needs and resources more visible; creation of a pressure group to safeguard the interest of senior citizens,” made up a good chunk of their plan.

A general meeting open to the public on the subject was held on Nov. 18 at the Calgary Public Library. Hundreds showed up. In his opening remarks, Norman Bunnin said that “... you yourselves must state your needs and what you want done about them.”

This philosophy would guide Patricia Allen and the Kerby Centre for its entire history. The idea that “nothing about us, without us,” with Patricia believing firmly that seniors must be involved in the decision-making process.

“She wanted seniors to work together to promote seniors issues,” said Susan Allen, her daughter, years later of her mother’s work.

The scene was set. All it needed was a champion for the cause.

Following that meeting in 1969, The Seniors Citizens Central Agency of Calgary was formed on May 5, 1970. The organization was born, but now it needed a home: a place to centralize not only the services they were aiming to offer but to live as a home away from home for any local seniors.

“She didn’t start Kerby Centre by herself, she had a bunch of forward-thinking



Above: The Kerby Information Department, now Seniors Supports, was one of the first programs founded

seniors who thought the same way she did, that we should have a little more influence on what we do, rather than just let people make laws and such things for us,” said her husband Grant Allen in the years after her passing.

In 1972, Mount Royal College (Now Mount Royal University) moved from its original downtown location on 7th and 11th. Patricia was instrumental in securing a deal with the government to lease the newly vacant building and land across the street for \$1 a year.

The new centre was named for the founder of Mount Royal College, George

Kerby, as the Kerby Centre.

One of the very first aspects of Kerby Centre that lives on to this day was how it acted as a source of vital information for seniors. Whether folks need help finding housing, applying for benefits or anything under the sun, their burning questions could be — and still can be! — answered by folks in this building.

When it started, it was a single volunteer with a single phone. And who trained that volunteer? None other than Patricia Allen.

From her start working with the groups that founded Kerby and its philosophy, Patricia soon

would become involved in many of the day-to-day operations as CEO. She would act as the CEO of Kerby Centre for an incredible 35 years before her retirement in 2008.

Former board of directors president Cherie Parry, who had known and worked with Allen since their time at the University of Calgary, remembered Allen as a fiery, energetic “little dynamo” who invested a tremendous amount of time and energy into the Kerby Centre.

“Pat didn’t just work at the Kerby Centre,” Parry recalled, “She lived, breathed and slept Kerby Centre.”

Parry said money

and resources were tight in the beginning. “We were a smaller, tighter group and there was a saying: if you need it, you did it. Allen was always available and willing to pitch in any way she could.”

Even after her retirement, Patricia still cared for the Kerby Centre and its philosophies. It’s estimated that she earned over 20,000 volunteer hours outside of her regular working hours.

Patricia would pass away on April 15, 2017, just two weeks after her 93rd birthday, but her memory and contributions to the legacy of Kerby Centre will not soon be forgotten.

Unmasking the myths

Andrew McCutcheon
Kerby News

It's nearly time for Halloween. It's the season of the year when tykes head door-to-door for their annual fall sugar rush, donning adorable costumes and outfits.

However, it's also the time of year when we're reminded of frights and terrors.

We all know stories of vampires and werewolves, ghouls and ghosts, and maybe that hitchhiker on an old road who's been dead for 15 years.

But in this digital age, we all know those myths and legends to be false.

What's much scarier these days is the amount of misinformation on the web, especially when it comes to our health.

Here are several myths you might have heard about the annual flu shot that are just as fake as bigfoot and alien abductions, with the proper answers straight from a University of Alberta disease specialist.

The Vaccine Isn't Safe

One of the most common myths about the annual flu shot is that it's unsafe: whether it's because of the medicinal or non-medicinal ingredients.

But Lynora Saxinger, medical lead of the Antimicrobial Stewardship for Northern Alberta with Alberta Health Services, said in an interview with U of A that this just isn't the case. Vaccines have some of the highest levels of testing and safety when it

comes to their proven effectiveness.

They do not carry live strains of the virus and so it's impossible to get the flu from the shot, itself.

Some of the non-medicinal ingredients, such as formaldehyde or aluminum, might sound spooky at first.

But the amount in the shot is so tiny, so completely minuscule, that you can find higher amounts of both just occurring naturally in our bodies day to day.

If you can trust the safety of the medical profession to get things like stitches, surgeries or anesthetics, it just makes sense that you can also trust vaccines.

"If people don't trust the safety of vaccines, I actually don't see how they could trust any med-

ical intervention or treatment," she said.

There's a huge list of people who just shouldn't get it

Some people shouldn't get the flu shot, but it's much shorter than you'd expect.

Those who are medically vulnerable, in fact, such as older adults, pregnant women or those with chronic conditions, are actually encouraged to get the vaccine to help protect them.

You should always consult with your physician, especially if you might have had a nasty reaction previously, but overall, when it comes to the exceptions "it's a very short list," she said. I'm healthy, so even if I do get the flu, it's not that big a deal. The influenza virus is much nastier than your average common cold, even if you're a healthy adult.

"Most people cannot function with influenza; it's quite different from a cold," she said. "They're home for at least a couple of days, and on average it's five days of being down for the count and 10 days of illness." "Some people feel the flu doesn't impact them and it's not necessary to get vaccinated.

But I would argue this might be the year where it would impact you, so why not stop by and get the shot?" Moreover, getting inoc-

ulated helps make sure you're not accidentally passing it on to someone else.

Every single person who gets vaccinated is another person who won't cough up the virus to infect another. "We won't get rid of influenza completely because the virus is too intelligent and the vaccine isn't perfect," Saxinger said, "but we can reduce the spread within our community and have a really low-impact influenza year."

Getting the shot doesn't guarantee you won't get the flu

This myth, however, is technically true! But overall, it's still not the best reason for not sitting down and getting your shot ahead of the sick season.

"The vaccine doesn't make you bulletproof," said Saxinger. "People who have the vaccine can still get the disease, but it tends to be milder and patients are less likely to require hospitalization or die."

This year's vaccine aims to target four strains of influenza that have been chosen by the World Health Organization as likely to be active in North America. Even if it's not perfect protection, it's better than nothing: especially as we've already noted how dangerous the flu can be.

"We don't say, 'Well, that's imperfect protection so I'm not going to bother with a seatbelt,'" she said.

"You should do everything you can to reduce your risk there's also personal culpability if you decide not to bother and you put the vulnerable people around you at risk."

Overall, there are lots of things to be scared of in this wide, open world of ours. The flu can be dangerous, but we can take steps to protect ourselves and our loved ones.

All it requires is looking straight at the real ghosts and ghouls, the myths and information circling the shot, and deciding it's high time to rip off their masks.

Scooby and the gang would be proud.

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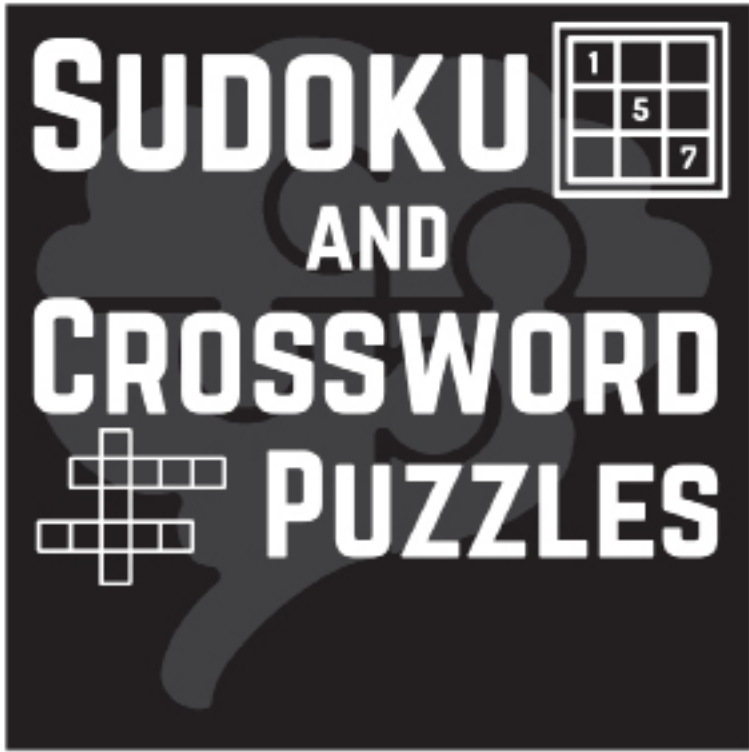
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Shingles FAQ

News Canada

Shingles is a painful rash that is caused by the varicella-zoster virus (VZV), the same virus that causes chickenpox. About one in three people will develop shingles in their lifetime, and the likelihood increases with age, mainly impacting adults older than 50, and in adults with a weakened immune system due to medications or health conditions. Below are the answers to three common questions about shingles.

What are the symptoms?

Symptoms of shingles can include burning or shooting pain, tingling or itching, chills, fever, headaches, upset stomach and rashes or blisters that usually develop on one side of the body and can last for two to four weeks. The pain and burning sensations can be intense and typically start before the rash, however, even when the rash is gone, some people experience pain for months, or even years.

If shingles affects a facial nerve, you can feel pain, muscle weakness and a rash on various parts of your face. Shingles on the face can also involve the eyes, which is serious because it can cause scarring and blindness.

About 10 to 18 per cent of people with shingles develop chronic pain called postherpetic neuralgia. This ongoing condition is often described as burning or stabbing pain that can impact daily activities.

Is there any way to prevent it?

Once you've had chickenpox, the varicella-zoster virus remains dormant in your body and can reactivate later in life, causing shingles. Ninety per cent of Canadian adults over 50 have already had chickenpox and are carrying the virus. For this reason, the National Advisory Committee on Immunization recommends that adults over 50 years of age get the shingles vaccine.

Is it contagious?

You can't catch shingles from other people; you only get shingles from a reactivation of your own chickenpox infection from the past. But, if you've never had chickenpox or were not vaccinated against it in childhood, be careful around someone who has been diagnosed with shingles as you could get chickenpox through direct contact with fluid from the shingles blisters. A person diagnosed with shingles remains contagious until the blistering rash crusts over.

PREMIER Crossword

By Frank A. Longo

"WHERE'S THE BEEF?"

ACROSS

- 1 Predicaments
- 9 Metallic car trims
- 16 Sporty German cars
- 20 Cosmos
- 21 What a flushed person has
- 22 Uncommon
- 23 Start of a riddle
- 26 Advance, as money
- 27 Japanese pond fish
- 28 Bad with musical pitches
- 29 Letter-shaped girder
- 33 Feared fly
- 37 Wine barrels
- 38 Riddle, part 2
- 44 Before now
- 45 Indent keys
- 46 Poodle, e.g.
- 47 Org. fighting trafficking
- 48 Particular mag. edition
- 51 Letter following 36-Down
- 52 Supports for broken arms
- 55 Supersonic speed unit
- 57 Scissor cut
- 58 Fetuses-to-be
- 60 Riddle, part 3
- 64 BLT offerer
- 65 Listen (to)
- 67 Post-workout discomfort
- 68 Swelled head
- 70 Queued up
- 72 Comedic sort
- 73 Like the pope
- 77 Trattoria rice dish
- 80 Wee bits
- 83 Riddle, part 4
- 85 Ottawa's province
- 87 Seoul soldiers
- 88 "A little dab'll —"
- 89 Noisy napper
- 91 Marina — Rey
- 92 Corrosive cleanser
- 93 Place to input a PIN
- 94 Frat party dispenser
- 97 Language of Pakistan
- 98 — Fridays (restaurant)
- 99 End of the riddle
- 104 Father of Hector and Paris
- 107 Ready to go, as a car
- 108 Actor Dick Van —
- 109 Reaps
- 112 Spunk
- 114 Use a keypad
- 118 Riddle's answer
- 125 Beef cut
- 126 Attacked with a jump
- 127 Refrigeration slows it down

1	2	3	4	5	6	7	8		9	10	11	12	13	14	15		16	17	18	19
20									21								22			
23								24								25				
26							27					28								
			29	30	31	32		33		34	35	36				37				
38	39	40					41						42	43						
44				45						46			47				48	49	50	
51				52				53	54			55	56			57				
58			59					60		61	62					63				
64				65		66						67								
		68		69			70					71			72					
73	74				75	76			77				78	79		80		81	82	
83								84					85		86					
87				88						89		90					91			
92				93				94	95	96			97				98			
			99					100				101	102				103			
104	105	106					107							108						
109					110	111					112		113				114	115	116	117
118									119	120	121				122	123	124			
125						126									127					
128						129									130					

- 128 Paquin of "The Piano"
- 129 Intertwists
- 130 Tinkered (with)

DOWN

- 1 Two-in-one
- 2 Facts or stats
- 3 — fire under (roused)
- 4 No matter whether
- 5 Sea, to Jules
- 6 "Rocky III" actor
- 7 Bat wood
- 8 Try to find
- 9 Sailing outing
- 10 "You! Look over here!"
- 11 Nutrition fig.
- 12 Frequently, poetically
- 13 Lusterless photo surfaces
- 14 Cave sound
- 15 Not hidden
- 16 Like many white gowns
- 17 Features of zebras' necks
- 18 Inflict, as havoc
- 19 Medieval menials
- 24 Cousin of emo
- 25 Joe causing no jolt
- 30 Itsy- —
- 31 Like a clock with hands
- 32 Giovanni of "Avatar"
- 34 Roush of baseball

- 35 Albeit, for short
- 36 18th Greek letter
- 38 Abhorred
- 39 Best competitive effort, slangily
- 40 Surprised second look
- 41 IRS datum
- 42 Like Popeye and Rambo
- 43 Former anesthetic
- 48 Apropos of
- 49 Knights, e.g.
- 50 1974 CIA spoof flick
- 53 Pop's Stefani
- 54 Big scissors
- 56 "Plus" point
- 57 Hyundai model
- 59 The "R" of ERA
- 61 College "Eli"
- 62 Bracelet sites
- 63 Hem, e.g.
- 66 French spa city
- 69 "Nice one!"
- 71 Twelve p.m.
- 73 Key near Alt
- 74 Cry on a ship
- 75 Samsung or LG product
- 76 "Where — from ..."
- 78 Really hot
- 79 In the future
- 81 San — Padres

- 82 Not at all iffy
- 84 Made of a certain sturdy wood
- 86 Place for a car jack
- 90 "— Lips Are Sealed"
- 93 "Bibleman" star Willie
- 95 Nest nugget
- 96 "Aw, shucks"
- 99 Cuban capital
- 100 Sight-related
- 101 Simple putts
- 102 Greek Mars
- 103 In fine — (doing well)
- 104 Big city in Penna.
- 105 Betray by blabbing
- 106 Novelist Shaw
- 110 Store lure
- 111 Subsequently
- 113 "You! Look over here!"
- 115 Calendar unit
- 116 Calendar unit
- 117 — out a living (barely scraped by)
- 119 H.S. transcript stat
- 120 & so forth
- 121 "The Simpsons" tavern keeper
- 122 Fed. cleanup group
- 123 DeLuise of "Silent Movie"
- 124 Drink a little

Medicine Hat



Volunteer of the Month

Dianne S. has been a Reception Volunteer with Veiner Centre for the past six years.

She was attracted to this position because she loves chatting with people and sharing information about all the our Centre has to offer.

She also likes reception because it keeps her in the know about all of the interesting activities, classes and events that happen and she can promote them to others.

She enjoys getting out and being part of a friendly, safe environment. Dianne loves being a part of the Veiner community.

Dianne loves all kinds of music from Classical to Rock-n-Roll to Country.

Some of her all time

favourites are ABBA, Bon Jovi, Queen, Elton John, Pink, Johnny Reid, Luke Bryan and Allan Jackson.

She loves to dance and when she was a young girl, she would imagine different dances — she should have been a ballroom or chorus line dancer.

Dianne has fond memories of reading Dr. Seuss to he children and granddaughter, but her favourite meal isn't "Green Eggs and Ham" but rather lamb, risotto, and brussel sprouts finished off with lemon pie.

But as Dianne will tell you, she's never met a cinnamon roll she didn't like!

Dianne is very happy to live in Medicine Hat, treasures her family and

friends more than anything else, and believes that you should treat others as you would like to be treated.

All we can say, is that it is a real treat for Veiner Centre members and staff to have Dianne as one of our volunteers. Her warm smile, quick wit and positive attitude make her a favourite!



Autumn delights

As the crisp embrace of fall descends upon us, the world outside transforms into a vibrant tapestry of breathtaking colors.

There's an extra special reason to revel in this October, as the Veiner Centre is gearing up for a month of lively celebrations.

Mark your calendars for Oct. 4 because we're bringing Oktoberfest to Veiner Centre! Join us for an unforgettable evening featuring a delectable German-themed supper.

Notably, this marks the inaugural Wednesday night opening of Veiner Centre and its Bistro for supper service.

Come down and immerse yourself in the spirit of Oktoberfest with us!

But that's not all – on October 6th, prepare your taste buds for a traditional turkey feast during lunch-time at the Bistro.

Think succulent turkey and mouthwatering stuffing; it's a treat you won't want to miss. For those who fancy a twirl on

the dance floor, Oct. 14 is your date with the Harvest Dance. Featuring music by the sensational "The Dance Man," this promises to be an evening of grooves and moves.

Grab your tickets, priced at a mere \$5.00, available exclusively at Veiner Centre.

As the month draws to a close, we're getting into the Halloween spirit! On October 31st, unleash your creativity and join our staff for a spooktacular costume parade. There are two parades scheduled, one at 10:30 AM and another at 2:30 PM — so you have ample opportunity to showcase your best Halloween attire.

October at Veiner Centre is not just about the changing leaves; it's about the changing rhythms of celebration, feasting, dancing, and dressing up.

Come join us for a month packed with unforgettable moments!

Cori Fischer
Veiner Centre
Director, Unison Alberta

Seniors Safety series is made possible thanks to:



SENIORS SAFETY SERIES: AGING MATTERS

FALL PREVENTION

QUALITY OF LIFE DEPENDS ON IT

BRING A FRIEND OR MEET A NEW ONE

Join our friends from Alberta Health Services and the YMCA Living Fit Program to learn about:

- Risk factors and how to avoid tripping, slipping or falling.
- Improving strength and balance



THURSDAY
OCTOBER 19

9:45AM - 12:00PM

VEINER CENTRE

FREE PARKING, ADMISSION, REFRESHMENTS AND DOOR PRIZES!

REGISTRATION :

In Person: Veiner Centre Reception Desk
Phone: 403.952.8984 Email: jeanetted@unisonalberta.com

Giving Thanks

Hunger is hard to spot!

Help ensure local seniors are not going hungry this Thanksgiving.

Donate online today!

UnisonAlberta.com/Donate

Medicine Hat Veiner Activities

What's Happening in October

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Quilting Craft Room 9am Board Games South MP 9:30am Canasta South MP 12pm Tech Support Boardroom 1pm Euchre North MP 1pm Shuffleboard Games Room 1pm	Strathcona Arts Studio Craft Room 9am Chess North MP 9am Crib South MP 1pm & 6:30pm Duplicate Bridge North MP 12:45pm Silver Song Group Craft Room 1pm Bridge North MP 6pm Board Games Dining Room 6:30pm Darts Games Room 6:30pm	Mahjong South MP 9am Bocci North MP 9:30am Veiner Centre Choir Craft Room 10am Bridge Lessons South MP 12:30pm Scrabble North MP 1pm Pinochle North MP 1pm	Strathcona Arts Studio Craft Room 9am Jam Session South MP 9:30am Canasta South MP 12pm Euchre North MP 1pm Shuffleboard Games Room 1pm BINGO Boardroom 2pm Duplicate Bridge North MP 6pm Norwegian Whist South MP 6:30pm Darts Games Room 6:30pm Poker Boardroom 6:30pm	Quilting Craft Room 9am Mahjong South MP 9am Hearts Dining Room 9:30am 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!

October 3

Book Review Crew
1pm - 2pm | Dining Room

October 3

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

October 3

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

October 10

Alzheimer Society Care Partner Support Group
1:30pm - 3pm | Boardroom | Register with Kristel (403) 528-2700

October 12

Counselling Services with Ben Feere
9am-12pm | Registration Required

October 19

Senior Safety Series - Aging Matters: Fall Prevention
9:45am - 12pm | North MP | Registration Required

October 13 - 15

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

October 27

Book Club
10am - 11am | Dining Room

Wellness Wednesdays

October 4 | CMHA – Is your mind full or is it mindful? | Boardroom | 9:30am - 10:30am | Registration Required

October 4 | Movie Matinee with popcorn "Two Mules For Sister Sara" | South MP | 2pm - 4pm

October 11 | BrokerLink: Personal Insurance 101 | Boardroom | 2pm - 4pm | Registration Required

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

October 18 | Optima Rocks! With Jodi
Craft Room | 2:15pm | Registration Required

October 25 | Life Long Learning Presents: "Healthy Relationships" | Boardroom | 9am - 11am | Registration Required

Veiner & Strathcona Centres will be closed October 9th for Thanksgiving

Active Aging Spotlight

Silver Song Group
September 19 - November 28
Craft Room | Every Tuesday | 1pm - 2:30pm
Registration Required

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

Medicine Hat Strathcona Activities

What's Happening in October

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner Line Dancing 9am	Fun & Fitness 9am & 10am	Absolute Beginner Line Dancing 8:30 am	Fun & Fitness 9am & 10am	Pickleball Lessons 8:30am
Table Tennis 10am	Solid Gold Fitness 11:45am	Beginner Line Dancing 9am	Beginner Pickleball 11am	Table Tennis 10am
Chair Yoga & More 12pm	Beginner Pickleball 12:35pm	Table Tennis 10am	Silver Steppers 1pm	Hatha Yoga 12pm
Pickleball 1pm	Floor Curling 2pm	Qigong & Chair Yoga 12pm	Floor Curling 2pm	Pickleball 1:05pm
Yang Short Form 7pm	Yang Short Form 7pm	Pickleball 1pm	Yin Yoga - 6pm	Pickleball - 6pm
Yang Long Form 8pm	Chen Style Short Form 7:30pm	Beginner Tai Chi 3pm	Pickleball - 7pm	
	Fan Form 8:15pm			

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

October 16 - November 6 | Mondays | 12pm - 12:45pm
Members: \$32 | Non-Member: \$40

Fun & Fitness

September 19 - November 2 | Tuesdays & Thursdays
9am - 9:55am & 10am - 10:55am
Members: \$35 | Non-Member: \$90

Solid Gold Fitness

October 10 - November 7 | 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

October 11 - November 8 | Wednesdays | 12pm - 1pm
Members: \$36 | Non-Member: \$50

Tai Chi Fitness

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

Silver Steppers

October 12 - November 9 | Thursdays | 1pm - 2pm
Members: \$36 | Non-Member: \$50

Yin Yoga with Saamis Immigration

September 7 - October 12 | Thursdays
6pm - 7pm | FREE

Hatha Yoga

October 13 - November 3 | 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

Active Aging Week

October 2nd - 8th, 2023

In recognition of Active Aging Week,
Fitness classes will be 50% off
when you register between October 2nd to 6th!

Thanks to Alberta Recreation and Parks Association for funding, which reduced the cost of fitness classes from Jan. 1st - Oct. 6th, 2023. Fitness classes will return to regular prices on October 9th.

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 or click the link in the menu on 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

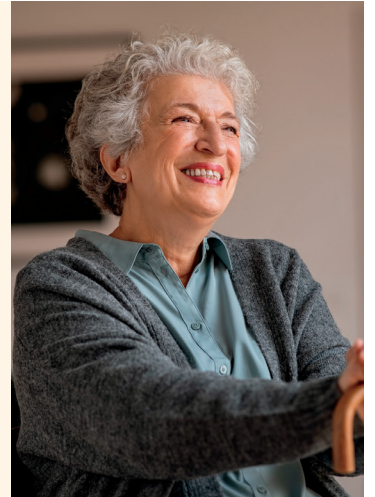
Laughter Yoga

Fridays | Sept 29 - Oct 20 | @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.

*Registration Required



WELLNESS SPOTLIGHT

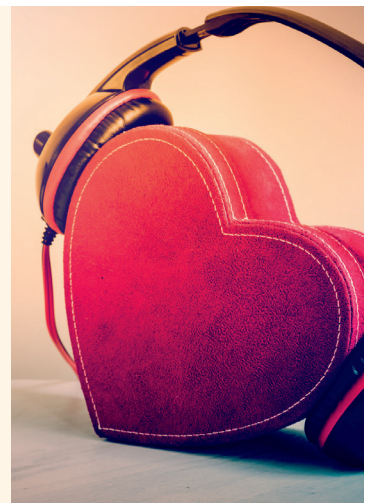
Music Wellness

Thursdays | Sept 21 - Oct 19 | @Kerby
10 pm - 11:30 am

Members: *\$10 | Non-Members: *\$25
*(*per class, sign up until the last class)*

Increase expressive and receptive communicative skills, improvement of fine motor skills through instrument and gross motor skills through instrument play and movement to sounds.

*Registration Required



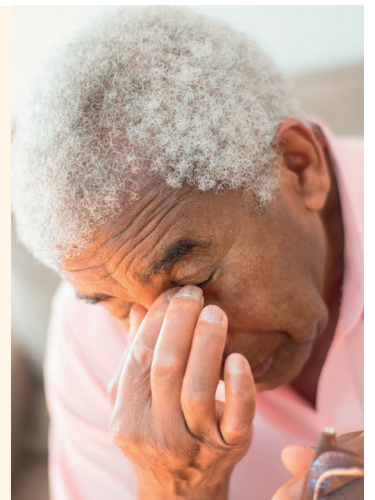
WELLNESS SPOTLIGHT

Grieving Together

Thursdays | Nov 2 - Dec 21 | @Kerby
1 pm - 2:30 pm | FREE

Join our support Grief Group to rediscover yourself after loss and learn skills to start enjoying and living your best life again.

*Registration Required



TRAVEL SPOTLIGHT

Hangar Flight Museum & Buffet Yangtze

Wednesday, Oct 25 | 9 am - 2:15 pm

Members: \$67 | Non-Members: \$97

Cut-off Date - Wed, Oct 11

**Includes museum admission, buffet lunch, and bus transportation by Southland*

*Registration Required



TRAVEL SPOTLIGHT

Monster Mini Golf & ACE Casino Restaurant

Tuesday, Oct 17 | 9:30 am - 2:30 pm

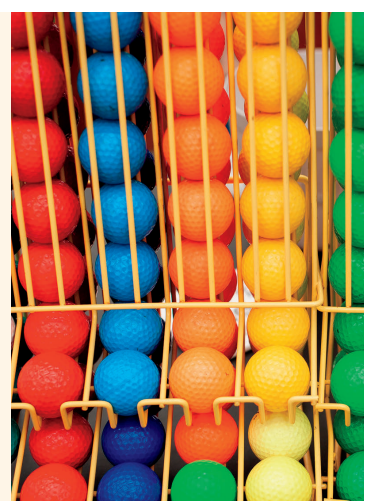
Members: \$45 | Non-Members: \$75

Cut-off Date - Tues, Oct 3

**Includes arcade admission and bus transportation by Universal Coach*

**Lunch not included in trip price*

*Registration Required



Active Aging Department Calgary In-Person Activities

Classes and Activities Spotlight

WELLNESS SPOTLIGHT

NEW Compassionate Friends Workshop

Thursdays | **Dates TBD** | @Kerby
1 pm – 2:30 pm | FREE

Grievers need not walk alone. Are you a family member, friend, or an acquaintance to someone that is grieving, and you wonder how you can help? Join the Compassionate Friends 3-week workshop to learn how to be a compassionate support to those going through the loss of a loved one. For information contact Lola at 403-234-6566 or email to lolaf@unisonalberta.com.



ACTIVE AGING SPOTLIGHT

Fitness with Dan

Tuesdays | Oct 17 – Nov 22 | @Wild Rose
10:30 am – 12:30 am

Members: \$36 | Non-Members: \$66

Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands.

*Registration Required



ACTIVE AGING SPOTLIGHT

Guitar for Beginner

Mondays | Oct 16 – Nov 20 | @Wild Rose
10 am – 11 am

Members: \$54 | Non-Members: \$84

This class is geared to individuals with little or no previous experience, or those who may be looking for a little refresher. You'll be learning basic chords and strumming patterns while also singing along!

*Registration Required



SHOPPING SPOTLIGHT

Active Aging Craft Sale

There is NO craft sale this month.



ACTIVE AGING SPOTLIGHT

Still Life Drawing

Monday, Oct 16 | @Wild Rose
10 am – 12 pm

Members: \$50 | Non-Members: \$80

This workshop is a great opportunity for all levels of students who are interested in learning about still-life drawing.

*Registration Required



SHOPPING SPOTLIGHT

Free Food Markets Non-Kerby Locations

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

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

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

Northminster United Church at the
Highland Park Community
Association (3716 – 2nd St. NW)
October 25 | 1:30PM – 3PM



ACTIVE AGING SPOTLIGHT

Watercolour – Whimsical Purse Affirmation Book

Thursdays | Oct 12 – Nov 9 | @Kerby
10 am – 1 pm

Members: \$119 | Non-Members: \$139

Join us for our "Crafting and Painting Your Own Affirmation Purse Book" class, where you'll unleash your inner artist while crafting a unique and inspiring piece of functional art you can give as a gift or keep for yourself.

*Registration Required



Travel 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

Mobility issues, health issues, weather not great, or you don't live close enough? Not a problem! We are staying connected.

Unison Online is working to improve our offerings. We are in the process of adding more free and paid online classes and working to add more online presentations we can add to our YouTube Channel.

Get your friends and family together from anywhere in the world and take a class together or watch a presentation and chat about it afterward. We are here to bring our Online Unison community together.

Make sure you visit our YouTube Channel and **"Like"** and **"Subscribe"** so you know right away when new items have been added. www.youtube.com/@unison50plus

Moving forward all Online classes and presentation events can be found under the **"ONLINE"** menu option in the top menu bar of our Calgary Active Aging website. Make sure you favourite this link for easy access www.kerbycentre23.wildapricot.org.

Online Presentations

Eye Health Presentation Series

with Optometrist
Dr. Monea OD FAAO



Nothing stays the same, including your eyes. Join us for a series of presentations on your eye health with the engaging and dynamic Dr. Diana Monea OD FAAO.

Sight Unseen: Navigating the Shadows of Macular Degeneration

Tuesday, Oct 24 | 12:15 pm – 1:15 pm

Through the Looking Glass: Understanding Cataracts and Clearing the Fog

Tuesday, Nov 14 | 12:15 pm – 1:15 pm

Sight Under Pressure: Understanding Glaucoma's Silent Threat

Tuesday, Dec 12 | 12:15 pm – 1:15 pm



Calgary Police Services: Be in the know!

Monday, Nov 6 | 10:00 am – 11:00 am

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

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 and looking under **"ONLINE"** and **"WORKSHOPS"** in the main drop-down menu.

Instructor: Robert Bryenton – Empowerment Facilitator

*All classes are 10 am – 12 pm | Limit of 15 people per class
Class details can be found on the class page online.

- **Budgeting: Control Your Money** | Thursday, Oct 26
- **Banking: Be a Smart Bank Customer** | Thursday, Nov 2
- **Assets: Build your Future** | Thursday, Nov 9
- **Credit: Take Charge of It!** | Thursday, Nov 16
- **Consumerism: Decide for Yourself** | Thursday, Nov 23

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!



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



Standing up against food insecurity



Food, water, shelter. These are things we take for granted, and until you've lived a day in want for any one of them, you have no idea how terrifying the prospect is. Food insecurity at its most basic is not having the means to keep the cupboards full. Without the money to buy healthy food, health is impacted, both physically and mentally.

Studies from Alberta Health Services indicate people living with food insecurity are three times as likely to suffer chronic conditions; four times more susceptible to heart disease; and up to four times as likely to have diabetes. Beyond physical health, there's the ongoing mental stress about having enough, or making difficult choices about what to go "without." One in 10 households

in Alberta experience food insecurity. But there is hope. Every day, our incredible staff, volunteers and community partners are working to help as many food insecure seniors as possible. Our Thrive department operates Free Food Markets, where seniors can go home with a bag of healthy foodstuff, and maybe even a treat.

Our vision is a world where no older adult has to choose between bread and lifesaving medication. Or between milk and making rent. And with your help, we're making it a reality, every single day. Just ask the folks we help: "The food markets at Kerby Centre are great. It helps me reduce my grocery costs. The food quality is fantastic. The people that work there are helpful and friendly. My whole experience is 10 out of 10" - Rocco A. "The food market at Kerby Centre is very helpful because grocery prices are unaffordable these days. It is well organized and well-run. Thank you!" - Anon

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 _____

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.

Send tax receipt to:

Name _____

Address _____

City _____ Province _____

Postal Code _____ Phone _____

Email _____



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

Thank you for supporting seniors!

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 Donate online at UnisonAlberta.com/Calgary-Donate or call 403.705.3254



George and Harry

Andrew McCutcheon
Kerby 50th Anniversary

Reverend George Kerby and former Medicine Hat Mayor Harry Veiner were very different people.

Kerby was a Christian, Veiner was born to a Jewish immigrant family; Kerby was from out east, where as Veiner was always a prairie boy. Kerby founded Mount Royal College; Veiner would be a tireless campaigner for small, Albertan towns.

If the two ever met, I'd imagine they'd have gotten along though. For all their differences, they were committed men. Men who believed in the power of a single person's contribution to the whole.

It's no wonder, then, that both have their names attached to non-profit senior centres. Both at Kerby Centre in Calgary and Veiner Centre in Medicine Hat, we truly believe we can make a change when it comes to improving the life of our older adult community.

Veiner Centre is celebrating two years of coming under our little umbrella. In September 2021, Kerby Assembly — the managing body of Kerby Centre — took over operation of the Veiner Centre. Just over a year after that, we changed the name of that governing body to Unison, for Generations 50+.

That's a lot that's happened in the past two years. When we're talking about the history of Kerby Centre, the past 50 years and our future, we have to talk about the big changes we've made recently.

And I've gotten a lot of questions and curiosities, people wondering why we made the choice to do this or do that. And the answers to those questions might help us answer the big question we've set out on over these 50 weeks and 50 stories: what exactly is Kerby Centre?

To begin: Veiner Centre was established in the 70s just like Kerby Centre was, as a senior recreation facility. In 2020, the city of Medicine Hat put out a request for a new contract operator to handle the management of Veiner, as well as the Strathcona Centre in Medicine Hat.

Kerby was in the midst

of trying our best to navigate the COVID-19 crisis, but this was a huge opportunity.

We wanted to take all the things that make Kerby Centre great and wanted to replicate them in another place. Who wouldn't love that?

One of the first things we encountered were people in Medicine Hat wanted to keep the name. We couldn't just call it Medicine Hat Kerby. The history of Veiner Centre was just as important as the history of Kerby Centre. We knew from the start, we needed to respect that.

But we also wanted to keep things straight when it came to naming them. Calling it the Kerby Centre Veiner Centre was just... going to be confusing. For everyone. So we decided to come up with a brand new name.

This is where Unison, for Generations 50+ was born.

Unison was founded with the same history, mission and philosophy that had made Kerby Centre such an incredible place for half a century. It kept alive the hopes and dreams of everyone from the original founders to every single volunteer that's ever worked here.

The dream that we can make this world a better place for older adults. The hope that dream could come true, and the drive to see it through.

So, for those that still have any questions or cu-

riosities: nothing about Kerby Centre has changed since we became Unison. All we did was make a bigger umbrella for the best things about us, so we can continue to help more and more people, across the province instead of just across the city.

I truly think Patricia Allen, our founding CEO, would be proud.

And how is Veiner Centre faring, now two years under our cozy little umbrella, with our hopes and dreams helping them?

The Meals on Wheels program Veiner runs is thriving. They've announced new programs, like Active Aging, Seniors Supports and Veiner Vintage Transport, things named after and following the same ideals as programs we've run in Calgary for years.

We're getting closer to answering the question of what Kerby Centre is. I can feel it.

Because if we can take Kerby Centre outside of this building, bring it to an entirely different place and have it survive, grow and thrive? Then it has to be more than just these four walls. It's something bigger than that. Way bigger.

We've spent 50 years creating something... big. A movement? An idea?

I don't quite know yet. But as we approach the end of our jubilee, I know we're getting close to an answer.

Volunteer Spotlight



Belinda Rojas

This month's invaluable volunteer is Belinda. Since June of 2022, she has been volunteering for the Elder Abuse Resource Line, providing education, information, resources, and support for older adults suspected of or experiencing elder abuse.

Belinda was first introduced to Kerby when her father came to get help preparing his taxes, which he continued to do for many years. Belinda began volunteering as a way to show her gratitude for the help he received.

Belinda's belief that "caring for our seniors is perhaps the greatest responsibility we have" keeps her coming back to volunteer.

Belinda says she has "benefitted immensely" from her experiences and appreciates how the Kerby Centre "supports some of the most wonderful people in our society." Kerby seniors have certainly benefitted from her compassion. Her "belief in the cause" shines through in her commitment to protecting them.

Belinda's favourite hobbies are "travelling, camping, cooking, and gardening." One thing that always makes her smile is her "dog's wet nose in my face at 7:00 a.m." A delightful start to the day!

So far, Belinda has contributed over **142** hours.

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




unison
At Kerby Centre


Canada
canada revenue
agency


Service
Canada

Join us for a presentation by
Canada Revenue Agency and Service Canada

FREE Information Session
CRA will cover topics such as
Benefits, Credits and Tax Filing
and Service Canada will be
sharing an overview of **CPP,**
OAS, GIS and Fraud Prevention

Date: Tuesday, Oct. 17th
Time: 10:00am – 12:00pm
Location: Unison at Kerby Centre – Lounge

FREE with registration required
For more information please
contact Outreach Services
(403) 829-3436

Seniors Scene: events about town!

Good Companions

There is something for everyone at Good Companions 50 Plus.

We offer in-person programming including Luncheons, Social Suppers, Pub Nights, Walking Club, Garden Concerts, Canasta, Crib & Cards, Garden Games, Heart & Soul Singers, Line Dancing, Square Dancing, Bridge, Bingo, Floor Curling, Pool & Shuffleboard, Rhythm Kats, Day Trips and a yearly FUNdraiser Cruise!

We also offer online programming featuring Monday Melodies, Active Aging Yoga, Mindfulness & Meditation and Tai Chi with Qigong. Services offered include Hearing Care Clinics, Foot Clinics, Reflexology and Massage.

Call us at 403-249-6991 or check us out online at www.gc50plus.org to see our hours and program details. We are located at 2609 19th Ave SW. Hope to see you soon!

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 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 SW, Calgary

This 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 healthcare 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

Parkdale Nifty Fifties

Memory Lane Fashion Show
Oct. 14, doors open at 1:00 P.M.
\$20/ticket



Cookies, tea, refreshments and a seated lunch before the show starts!

Door prizes!

For more information, call 403-283-0602 or visit www.pdnf.com

Halloween Spooktacular 2023

Saturday, Oct. 28

From 7:00 P.M. to 11:00 P.M.

Games, dance, snacks, 50/50 draw, costume contest, and prizes.

Presented by Rainbow Elders Calgary and the Parkdale Nifty Fifties Senior Organization.

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A first for Kerby News

I've not been with the Kerby News for a long time, relatively speaking.

There's folks that work here who you can see photos from decades past. Like almost a single day hasn't passed by. They are as much an institution as the Centre itself.

So I can't quite say for sure if what happened in mid-September was a Kerby News first, but it was absolutely a first for me; and no one else I asked had remembered it happening in history. So I suppose I'm taking a light liberty with the title.

We had a person come into the Centre who was a fan of the Kerby News, and the work we do, the stories we write and publish.

Kerby News, as many of you can guess, is my baby. So hearing feedback like that always makes me smile. That alone would leave me on Cloud 9, but what happened next had me floating for the rest of the week.

She asked how she could make a donation.

I told her how the Unison Kerby Centre could happily take her donation to help all the different programs here.

She said, no. She wanted specifically to donate to the Kerby News.

You could have knocked me over with a feather.

I know the work we do in the newspaper is important. We connect people; we tell stories of hope and loss. We inform and excite.

It's very easy to get isolated in this wide, scary world. I'd like to think the Kerby News is just one small bit of relief for folks across the province who need it.

And here was someone willing to, quite literally, put their money where their mouth is,

having faith in that same mission. That same goal I strive towards.

I helped her make the donation to my co-worker, Joy, who later would tell me how much it was.

I want you to know if I was surprised before, finding out what this person donated. I didn't have words.

This person wishes to remain anonymous and I will absolutely respect that.

But I also want them, and everyone else to know, that I don't take my position here lightly.

The work I do, I truly believe, is important. It's needed.

It's an honour and a privilege, one that I don't take lightly.

So I wish to thank this person, and everyone else who believes in the power of the written word: the way it can change hearts and minds for the better.

Thank you all.

Andrew McCutcheon
Kerby News, Editor





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