



A season of relationships



February is often thought of as a month for romance, but there are plenty of types of love out there: the love we have for our friends or even for our community. Read stories of relationships this month, including how one couple shared love with their community by building “little libraries” over on page 4.

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 on all things generations 50+**

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Source: The Little Black Book of Scams (Competition Bureau Canada)

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The power of community

In the bustling cityscape where technology vies for attention and personal pursuits take center stage, the profound importance of relationships often takes a back seat.

However, within the dynamic rhythm of life, the connections we form with others become the vital symphony that harmonizes our well-being, offering

support, joy, and a sense of belonging.

If the pandemic taught us something — it was that Veiner Centre and Kerby Centre are just buildings.

It is the community that forms within those buildings that are important. We learned those relationships could be nurtured in other locations, and they could and would form online if we

all had no choice.

The value of relationships is not just recognized but celebrated in these locations. These community hubs exemplify the power of meaningful connections. From familial ties to deep-rooted friendships, these relationships serve as the foundation upon which our lives are built, offering a collective haven of support and understanding.

In times of challenge, the emotional support provided our community becomes a beacon of hope. The understanding ear of a friend or the comforting presence of a fellow member can make the journey through life's storms more bearable. The strength of these connections lies in their ability to provide solace, empathy, and encouragement during moments of difficulty.

Moreover, relationships contribute to the shared ex-

periences and joys that define our lives. Celebrating victories, both big and small, becomes a communal affair at the Kerby Centre, where members come together as a family.

The Veiner Centre, too, witnesses the power of shared moments that create lasting memories, fostering a sense of fulfillment and purpose in its community.

I suppose you could say that another thing our team learned over the past few years, is to take advantage of every opportunity to create environments and events which encourage the strengthening of these relationships and the community.

Beyond individual well-being, the interconnectedness fostered by relationships is a driving force at both the Veiner Centre and the Kerby Centre. These community hubs are liv-



Larry Mathieson, CEO and President

ing proof that when people unite — whether in families, friendships, or within larger social circles — a collective strength emerges.

We're going to ensure Veiner Centre and Kerby Centre — and for that matter any other locations we start to offer, classes, events, or services for older adults — will always capitalize on the power and the resilience of relationships and community.

FEBRUARY 2024

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Little libraries, big hearts

Sandy Bexon

Brad and Wilma Watson returned to their hometown of Innisfail when they retired a few years ago, and they quickly came to enjoy the extra time they suddenly had to pursue their individual interests after both working long careers in Calgary.

But they soon discovered that some of their key interests actually fit perfectly together in different steps of common projects.

As has happened many times in their lives together, they found themselves with the same focus at the same time.

“It started when we decided to try and get some Little Free Libraries built in town,” says Brad. “I heard that a Men’s Shed group was trying to get off the ground

and that they were looking for projects to do. I thought it would be a good opportunity to get some libraries built, but I found it to be such a welcoming place that I started spending time just in general.

Wilma joined and became President of the Innisfail Art Club, and involved them in painting the little libraries that we were producing. The things we each love to do resulted in several little libraries being built around the area and it has struck interest with a lot of people.”

‘Men’s Shed’ is an international initiative based on the goal of improving members’ mental and physical health through activities that men will be inclined to join. It’s a way to reach out and avoid isolation while giving

back to the community. For Brad, this meant fulfilling his goal of creating a series of Little Free Libraries. With her background and passion for art, and as President of the Innisfail Art Club, Wilma and her peers have lent their skills to paint unique scenes on each of the little structures once they’re built.

“Inadvertently, we’ve connected the Men’s Shed, the Art Club, the Innisfail Welcoming and Inclusive Community Committee, and the entire community which has donated books for the Little Free Libraries. It’s engaging different groups in town and our Town Council is enthused and supportive, so it has been a real hit,” said Brad.

“It has given Men’s Shed a lot of attention and a sense of purpose, which might help



us find a new location to set up our small workshop. We find ourselves needing a bit of a larger space to work and gather because there are several of us involved each week now.”

Brad and Wilma recently returned to Innisfail after their careers took them to Calgary for 30 years. Brad is determined to find time to also reignite his interest in music after a 45-year career

in oil and gas – he has played trombone since his school days and had some success in jazz and rock bands ‘back in the day’.

Wilma was adamant about focusing more on her art after she retired from a role in human resources and took up glass bead jewelry design, which took off quickly and she has begun selling it. As both are lifelong readers, the result of the joint effort to create Little Free Libraries is pleasing to both.

“I saw the kids in the neighbourhood enjoy the Little Free Libraries so much, it was rewarding right off the bat,” said Brad. “We try to build the libraries around playgrounds where there are families and kids, so they can see a different view of the world. The idea is to take a book/leave a book, but some of the kids’ books don’t come back. To me, they found a new home with a child who is loving reading that book. That’s success!”

Now they both share a new dream: to help establish an integrated community art centre where all creative interests of all people in the area could be nurtured. For now, they also share a love of travel – last year was Thailand, Scotland, and Ireland. Wilma’s deep love of glass jewellery has also resulted in lots of travel for conferences and workshops in the US, Netherlands, Thailand and Italy. They approach trips in a united front: take a different turn and go further away!

“After so many years of rushing around for work and raising three kids, it’s so nice to start our day with a leisurely cup of coffee and maybe even a game or two of [cribbage],” said Brad, who still does some consulting work and also teaches motorcycle safety in Red Deer.

“Then we ask each other what’s on tap and sometimes it’s something together and other times we go our separate ways. But our days are always full.”

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For a pair of good sneakers

Barbara Ellis
Unison News

I was putting on a pair of old runners this morning and once again thought it was time to get rid of them. But, these sneakers are my most comfortable shoes. They may be worn out and ugly, a far cry from the beautiful shoes I used to wear, but comfort rather than style is what's important to me now. In all types of weather, these are the ones I put on my feet.

My first job back in 1956 was at a shoe store during my school holiday. I would stand by as the owner suggested types of shoes, the colour of shoes, and even the height of the heel to a prospective buyer. My job was to put the unwanted shoes back in the box and back on the shelves until they were needed once again.

I looked on with envy as the young women tried on various pairs of shoes, some were slip-on, others were open-toed, or sandals with long delicate straps. All of them were high-heeled shoes, some even had platforms to make the wearer stand even taller. I was completely engrossed as I watched the young women put on these shoes and then try walking in them. The ones with platforms made walking harder, so they would wobble a little the first time they tried them on.

At the end of my holiday, I gleefully walked out with my very own pair of red high heel shoes. At school, I had to wear uniforms and brown Oxford-style shoes, which were comfortable but not the least bit flattering. I could hardly wait for the weekend so I could show off my new shoes to my friends.

As I was the first one in my group to own a pair of heels, I admit that I did "put on the dog" so to speak. I suppose it was a sort of transition from girlhood to womanhood and I felt very grown up indeed.

Over the years I have had many pairs of shoes, all the latest trends, some with platforms that elevated me by three inches, some crepe sole walking shoes, a pair of white and navy spectator shoes, boots for winter, a pair of bowling shoes, a pair of cross-country ski boots and even a pair of ballerina toe shoes.

I feel I must explain about the toe shoes because I never actually used them during my dance lessons. While I did manage to stand

up on my toes when I put them on, it was purchased on sheer anticipation and wishful dreaming that one day I would need them. Unfortunately, my dance lessons came to an end before I got that far.

My favourite winter boots were a pair of seal-skin crepe sole shoes. Not only were they comfortable, but they kept my feet warm even on the coldest day. They were taken off the market when the killing of baby seals was banned in Canada.

Wearing mules became very popular in the 1980s and I purchased an absolutely beautiful lavender pair and then matched it with the same-colored suit. I certainly felt very trendy and even a little smitten with pride. Well, everyone knows what follows self-centred pride; of course, it's the "fall".

I was walking on a marble floor, right in front of some elevators, when the heel on my left foot slipped. The files I was carrying went flying into the air, while my arms acted like windmills as I tried desperately to regain my balance. I didn't. Down I went, hard, just as the elevator door opened and people began to exit from it. One man helped me up while a lady kept asking me if I was alright. I was shaking with embarrassment and all I could do was say "I'm okay!"

I was hurting all over. Someone else picked up my scattered files and papers and handed them to me. When they were convinced I would live, they all left and

went on their way. I was still shaking as I made my way into my office and literally flopped onto my chair. My lovely lavender mules became history and went into the garbage that very night. One good thing did come out of it though, I took all of my shoes to the repair shop and had rubber non-skid soles and heels put on all of them.

Looking back on my high-heel days, I guess the sturdiest and safest shoes were the ones that had wedge heels, but I loved wearing all of them.

A lasting and ever-present reminder of my wearing these shoes are the bunions they created for me. Well, at least I can always tell when there is going to be a change in the weather because my bunions begin to pulse in unison. Ah well, if given a chance to re-do, or re-think what shoes I should wear, I

probably wouldn't change a thing. As I've said, I loved wearing them.



Thank You!

Hats off to **Calgary Foundation** for helping seniors thrive in 2023!

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Machine learning and predicting health

Gillian Rutherford
University of Alberta

A cross-disciplinary research team from the University of Alberta is using health-related, lifestyle, socio-economic and other data to develop machine learning programs to predict the future mental and physical health of aging Canadians.

The approach could one day be used to assist health-care teams to provide individualized care and promote healthy aging, says principal investigator Bo Cao, associate professor of psychiatry, adjunct professor of computing science and Canada Research Chair in Computational Psychiatry.

“Machine learning is a powerful and useful computational method to utilize rich de-identified data,” he says. “If we want to push for future individualized patient prediction for certain health outcomes, we need to leverage machine learning techniques.”

Cao’s team used machine learning in two recently published studies to identify patterns and analyze them to benefit patients with data from the Canadian Longitudinal Study on Aging (CLSA) for more than 30,000 Canadians between the ages of 45 and 85 who will be followed for up to 25 years.

“This is the top-notch data from Canada,” says Cao, who is also co-director of the U of A’s cross-faculty Computational Psychiatry group. “Our goal is to contribute to the health of Albertans and Canadians. We hope to develop a healthy aging trajectory for every one of us.”

In the first paper, published in top aging journal *Gerontology*, the team developed a biological age index by applying machine learning models to blood test data from the CLSA.

Much like the comparison made back in the 1970s by the Participaction program

between the fitness levels of a 30-year-old Canadian and a 60-year-old Swede, your body may be physiologically older or younger than your chronological age. The researchers call that difference the “BioAge gap.”

The team, which also included Eleni Stroulia, Roger A. Dixon and Russ Greiner from the Faculty of Science, investigated associations between the BioAge gap and lifestyle, environmental factors and health conditions. They reported strong associations for a positive BioAge gap (“older” than chronological age) with chronic illness, frequent consumption of processed and red meat, smoking and passive exposure to smoke.

Several modifiable factors such as consumption of fruits, legumes and vegetables were associated with a negative BioAge gap (“younger” than chronological age.)

“Understanding these associations and identifying risk factors for differ-

ential aging could guide effective public health recommendations to promote healthy longevity,” the team reports in their paper.

Cao hopes the approach could also one day influence the health care individuals receive. He says the next step for the research will be trying to understand which factors or combination of factors are the most important in affecting the biological aging process.

In the second study, the team developed a program that accurately predicted which individuals would experience depression onset within three years.

The machine learning model was trained by working backwards using records for individuals who were eventually diagnosed with depression. Participants who had been previously diagnosed with depression or had higher scores on a self-reported scale of depression symptoms were excluded.

“We identified existing subthreshold depres-

sion symptoms, emotional instability, low levels of life satisfaction, perceived health and social support, and nutrition risk as the most important predictors for depression onset,” the researchers state in their paper.

The model was about 70 per cent accurate at predicting which study participants would develop full-blown depression within three years at the individual level, Cao says, and it was still accurate when subthreshold depression symptoms were removed.

“It’s interesting that even using only personality measures, perceived health or mental health, nutrition and other factors not directly relevant to depressive symptoms and stress, depression can still be predicted,” says Cao.

Cao says neither the mental health machine learning model nor the BioAge model is refined enough for real-world implementation at the current stage, but that is his goal, so more research and testing are planned.

“We are trying to establish a conversation that includes different groups — clinicians, patients and people with lived experience — to demonstrate this kind of model can benefit the general public.”

The research for both papers was funded by the Canada Research Chairs program, Alberta Innovates, Mental Health Foundation, Mitacs Accelerate program, Simon & Martina Sochatsky Fund for Mental Health, Alberta Synergies in Alzheimer’s and Related Dementias program and University Hospital Foundation.

The Canadian Longitudinal Study on Aging is funded by the Canadian Institutes of Health Research and the Canada Foundation for Innovation. Bo Cao is a member of the Women and Children’s Health Research Institute, AI4Society, the Neuroscience and Mental Health Institute and the SMART Network Centre.



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Making (and keeping) friends as a senior

Andrew McCutcheon
Unison News

How do you make friends as a senior in Calgary?

Better question: how do you make friends as a senior, anywhere?

As we age, making or maintaining friendships gets harder and harder. It's different compared to when we were school-aged. Seems like back then, making a new friend was as easy as saying hello.

It gets harder with age and experience: the general busy nature of life takes over. Plus, a lot of people feel more closely guarded about themselves. There's enough cynicism or pessimism to fill a glass half-empty.

But friends are important, for folks of any age but especially for seniors.

We know that people with close friendships live longer, they have better support systems and are better equipped at fighting isolation and the stressors of life.

But most of all: friends just make us happy! It's nice to be able to share our life with others.

How do you make friends as a senior in Calgary? Well first, you have to find them!

There are plenty of clubs and organizations for like-minded people of your own age and interests. If you like traveling, pickleball, knitting, gardening: anything! Finding an activity with folks in your own demographic is the first step.

Unison, for Generations 50+, always has tons going on. Check out our website for more information and to find an activity that you're interested in.

If you're looking to meet new people while also making a difference in your community, there's nothing better than volunteering! Plenty of non-profits and charities are always looking for folks to fill out their rosters: us included!

Finally, it can be dif-



ficult to meet new people when you're working on yourself or working through difficult personal problems. You might be dealing with grief, the loss of a loved one, or many more things. This can make getting back out into the world a lot harder.

Our Wellness Connection Centre has plenty of programming aimed at bringing people together and supporting them through all sorts of

emotional or spiritual issues. It might be exactly what you're looking for!

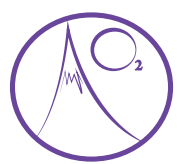
After you've found people and made friends with them, it's important to maintain those friendships.

Planning out your calendar should include making specific time for the people in your life. Those relationships are like a plant: they need attention to grow.

Whether it's a cof-

fee date or even a social phone call, consistent and scheduled time for the people in your life is important! It will bring you closer to one another and ensure that what you've started, persists into the future for a long time.

Friends are precious, important things: and it's vital we keep them in our lives for as long as they'll have us.



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Creating your winter garden



Photos and
story by Calgary
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While we have had some unusually warm weather this winter, we have had enough cold, snow, and frost that herbaceous perennials have died back, and most gardens are in a state of winter dormancy.

Usually, come February, I'm thinking about seed starting and reviving and rooting geraniums, but it is also a good time to look at the garden and evaluate its winter interest.

Usually, when gardeners think of winter interest, conifers spring to mind.

I have a Colorado blue spruce in my front yard, but it has grown so large on my standard city lot that it is more of a privacy screen, wall, or backdrop than a point of interest.

Having a point of interest is key to creating an attractive landscape in any season. In the winter, expanses of snow punctuated by a feature that attracts a viewer's attention provides good winter interest.

It could be a plant — like a spruce — but of a size that can be fully seen and sur-

rounded by openness (air, low-growing plants, or snow).

Having a tall, green plant in the yard when everything else is white or brown is eye-catching. However, one shouldn't dismiss deciduous trees. When frost adheres to the dark, bare limbs of trees it is striking.

Trees aren't the only plants that provide winter interest. The tall dry stalks of ornamental grasses also look great.

Some landscape designers say Karl Foerster grass (*Calamagrostis x acutiflora*) is over-used, and it is commonly grown throughout Calgary, but if you like the way it looks, and it thrives in your yard, enjoy!

Shrubs are great assets to a winter garden.

Their finer stems can hold bits of snow, and the texture and colour of their bark is often worth examining. Their shape also can provide yard accents that may be more notable without their leaves.

This fall I planted broad-leaved evergreen perennials (*Pachysandra terminalis* (Japanese spurge)). I'm hoping they will add some structure and colour to my late-season and winter garden.

It is too early to determine if this zone 4-8 plant is right for my yard, but I'm hopeful. It was nice to see the plants' lush dark green foliage this fall after everything else had turned brown.

In January, the leaves were still a rich dark green, but the plant had flattened. I also planted some evergreen barrenwort. It's another plant selected for its multi-season interest.

KERBY Café

February 2023 Weekly Specials

Jan. 29th – Feb. 2nd

Turkey and Caramelized Onion Panini Melt
Soup Special: Vegetarian Chili Soup

Feb. 5th – 9th

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Soup Special: Creamy Chicken and Rice Soup

Feb. 12th – 16th

Grilled Mushroom Burger
Soup Special: Roasted Tomato Soup

Feb. 19th – 23rd

Italian Sub Sandwich
Soup Special: Cremini Mushroom Soup

Feb. 26th – Mar. 1st

Baked Chicken Macaroni
Soup Special: Chicken Bacon and Potato Chowder

We're open for
breakfast and lunch,
Monday to Friday
8am-2pm.

1133-7 Avenue S.W.
Calgary, Alberta T2P 1B2
(403) 705-3225

*Menus are subject to change without notice due to product availability.
*All specials come with choice of side (Fries, House or Caesar Salad, or Soup)
*Daily fresh baked goods – baked in house! (available only while quantities last)

The
**Brenda
Strafford
Foundation**



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first week
free!

Expand Your Horizons with Rec@Home

Discover, learn, and connect with BSF's virtual recreation program for adults 55+.

Embark on virtual travels, enrich your mind with guest speakers, meet new people, and more - all from the comfort and convenience of your own home!

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For generations 50+

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cliq
Dr. Barrie Strafford
Centre for Learning
Innovation & Quality

A focal point, regardless of the season, can be offered by structures: pergola, garden shed, arch, bench, bird-bath, or garden art.

In my backyard, my blue and white garden shed is an eye-catching feature. In another area of the garden, I have a large golden-coloured pot that pops out from its surroundings.

Features used for winter interest don't have to be permanent. It can be an intentionally placed seasonal container.

These beautiful containers, filled with greens and sticks, and decorated with ornaments, can create a spot for the eye to stop and rest, before continuing its review of the view.

Even patios and balconies can be evaluated for their winter interest. Lighting, art, and containers can add beauty to these small spaces all year long.

So, take a moment to look out your window or patio door.

Do you like what you see? Does your eye stop, held for a moment by something you placed or grew?

If not, what colour, shape, or texture would you like to see? It's time to start planning your landscape (or patio) design.

Need a little inspiration? Join the Society online on Feb. 10 for Think Spring! Visit www.calhort.org for more information. Inspire your Landscape Design!



Live a life filled with *Verve*

Tour one of our wonderful residences and see what inspired senior living looks like. We offer flexible service and exceptional amenities. Make sure to ask about our trial stays and move-in incentives.

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- Independent, assisted and personalized care lifestyles
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- 24 Hour healthcare staff
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Calgary, AB

*Please note amenities can vary by property

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INSPIRED SENIOR LIVING WITH 

Need to know palliative care information

*Dying with Dignity
Canada
Calgary Chapter*

A report entitled “Access to Palliative Care in Canada” was recently published by the Canadian Institute for Health Information (CIHI) with financial contributions from Health Canada and provincial and territorial governments.

Palliative care is an approach to care that aims to reduce suffering and improve the quality

of life of persons living with life-limiting illnesses.

Palliative care...
• Is active treatment to address the symptoms and stress of living with a serious illness.

• Can benefit people with a serious illness starting as early as the time of diagnosis

• Can benefit people of any age and with any serious illness.

• Is an extra layer of support that can be received along with

other treatments.

Palliative care is care for the whole person. It includes support in the following areas:

• **Physical** - Provision of medication and treatment to increase comfort as well as equipment and strategies to make daily life easier;

• **Emotional** - Help with understanding what to expect, making decisions and expressing feelings;

• **Social** - Support with staying socially

connected and support for the people who matter most; and

• **Spiritual** - Help with engaging in activities that bring meaning and joy.

Supporting and improving access to palliative care is a goal of Canada’s health systems. Canadians are living longer and, as we do, the number of people living with life-limiting illnesses, such as cancer or kidney disease, is growing. These factors increase the demand for palliative care. Unfortunately, supply has not kept pace with demand, particularly with respect to home-based palliative care.

The 2023 report specifically looked at:

• Whether more Canadians are accessing palliative care (compared to data from 5 years ago);

• Who isn’t getting the palliative care they need; and

• Where gaps exist and what opportunities there are to improve.

The main findings were that, in Canada:

• More people are receiving some form of palliative care compared with 5 years ago.

• More people are dying at home with palliative support compared with 5 years ago.

• Some people experience greater barriers to accessing palliative care because of their age, where they live, or their disease diagnosis.

Many people do not qualify for palliative care until they are in their last days or weeks of life. Ideally, palliative care should begin much earlier than that. In addition, although most people would prefer to die at home, many end up dying in hospital “even when they have community supports such as long-term care or home

care”.

Palliative care should be accessible to all Canadians regardless of their age, their sex or gender, the expected path of their illness, their community, their socio-economic status or their culture. However, the report’s analysis shows that this isn’t the case.

Patients involved in the development of this report say there’s reason for concern in Canada about uneven access to and gaps in the delivery of care. Also, much of the responsibility for advocating for palliative care falls on the patient and their caregivers at the same time as caregivers have reported a lack of information on services and resources available to them.

Canadian research on ethnic background and palliative care suggests that people of colour and recent immigrants may have poor access. Specifically, those “born abroad were more likely to die in hospital and less likely to be discharged to PCU [palliative care unit] than those born in Canada.”

People experiencing homelessness also face barriers to receiving palliative care. Previous studies report that issues such as unstable housing and a lack of social supports can make it more difficult to get palliative care.

Rural areas are unlikely to have the same accessibility to palliative care as urban centers. In particular, improvements in community respite care and supports for home-based caregivers are needed in rural areas.

The CIHI recommends that Canada and the provinces/territories focus on major gaps including support for caregivers and delivering palliative care more consistently.

unison
At Kerby Centre

Donate your Car to Unison

We can turn your vehicle into valuable dollars to help support our cause. We accept any and all vehicles across the country, running or not, old or new!

1-877-250-4904
info@donatecar.ca

- Tell us your vehicle info
- We pick up your vehicle
- You get a tax receipt

unison
At Kerby Centre

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: Thursday, February 8th, 2024
Time: 10am - 12pm
Location: Unison at Kerby Centre - Lounge

FREE with registration required
For more information please contact Outreach Services
403-463-7296

Canada Revenue Agency | Service Canada

Remembering “the General”

Oct. 4, 2023, marked 25 years since the implosion of the Calgary General Hospital in the community of Bridgeland - Riverside. The dramatic end to the hospital was watched by hundreds of our escarpments and thousands on TV.

It was a day that left many Calgarians feeling a great sense of loss. Even today people recount fond memories of the hospital whether they were staff members, students, physicians, patients or their family members.

The 160-bed Calgary General Hospital #3 was opened in 1910 on the north side of the Bow River in the newly annexed community of Bridgeland.

It is reported that the opening was attended by over 1500 people, who arrived on foot and by horse and buggy for the significant event.

Fortunately, access to ‘the General’ from the city centre on the south side of the Bow River had been improved by the upgrading of the original wooden Langevin Bridge (renamed Reconciliation in 2017) to the steel truss bridge we use today. Steel tracks had also been laid across the bridge for a new street-car route that would take people close to the hospital.

The General Hospital served the many needs of a growing Calgary population over the years. A School of Nursing was started in the early years, primarily to ensure there were trained staff to provide care for the sick. State-of-the-art equipment such as X-ray machines and sterilizers were added.

New buildings were constructed to accommodate the healthcare needs of a growing Calgary and innovative practices such as joint replacements, forensic

psychiatry, palliative care, urodynamics and a multiple sclerosis clinic were introduced over time. By 1998, the Hospital and its grounds extended from 7A to 9A Street and from McDougall Road to 1st Avenue; it was a huge footprint!

Political decisions in the mid-1990s led to the closure and implosion of the entire campus of the hospital.

Soon after the demise of ‘the General’ a new high-density residential development called ‘the Bridges’ was planned for the area. The former Hospital was commemorated with a large park space on the former grounds of the Hospital and a memorial wall extended from the escarpment and was made with bricks from the hospital.

For newcomers to the community today it is impossible to imagine the full extent of the Calgary General Hospital’s presence here.

The story of ‘the General’ has not been told and is at risk of being forgotten. The Bridgeland - Riverside Community Association has initiated a project to tell the story. We are undertaking a Commemorative Plaza Project that will enhance Murdoch Park and the Memorial Wall.

We’ve been researching and talking with people about their past experiences and have developed promotional material to describe our project. We want to spread the news to as many Calgarians as possible – especially those who remember and still care about ‘the General’s’ significance in Calgary’s past.

In 2024 we’ll be hosting monthly information sessions where you’ll hear about the hospital’s evolution and have the opportunity to share your memories. Conceptual plans for the proposed



Commemorative Plaza will be shared.

Please consider yourselves invited to attend a session at the BRCA community centre at 917 Centre Ave NE. Parking is available in a lot south of the building and there are nearby stops for both the CTrain (Bridgeland

Memorial Station) and bus (#90).

Sessions will be held on the following dates: Monday, Jan 29, 1-3 PM; Tuesday, Feb 13, 1-3 PM; Thursday, March 14, 1-3 PM; Wednesday, April 24, 7-9 PM; Tuesday, May 14, 1-3 PM; and Thursday, June 6, 1-3

PM.

More information about the project is available via the QR code or you can contact us at cghproject@brcacalgary.org

Deb Lee, BRCA and CGH Commemoration Project



Leave a Legacy

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

Make an impact. Leave a legacy.

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



KERBY
café

Valentine's Day
AT UNISON

**Wednesday
February 14th
11am - 1:30pm
Kerby Café**

Enjoy Our Special Menu

A beautiful roast beef dinner, served with dessert.

There will be dancing, music, entertainment and more!

Celebrate love in all of its forms with the Unison Community.

We look forward to seeing you!

1133-7 Avenue S.W.
Calgary, Alberta T2P 1B2
(403) 705-3225

Dating tips for Calgary seniors!



Andrew McCutcheon
Unison News

Everybody wants to share their lives with someone else.

But easier said than done. It's hard enough just trying to find where to meet singles over 50 in Calgary, let alone trying to find a match — or even a soul mate — in all of that. Wherever

you are in your journey, it's the season of love here at Unison, for Generations 50+, and so we're here to help.

You might be dating for the first time in years or maybe you're in the midst of searching for that certain special someone, but the tips we have for you today can help!

Where are you going to find someone?

Dating is different at every age and every stage, and there's plenty of opportunities out there for seniors.

A ton of social clubs and activities are out there, and if you're wanting to meet people, a shared activity is a great way to do it. The Unison Kerby Centre has tons of different things to do

— everything from weekly dances to daytrips and drop-in card games. Surrounding yourself with people of your own age and stage is the first step.

But it's important to not rush into activities specifically looking for a partner! Go into social situations seeking friends and connections, first and foremost. If you meet someone you like, let things happen naturally, communicating your intentions openly and clearly: there's no time to play games!

Be patient too! You might not meet a special someone immediately: instead, enjoy the process of getting to know lots of new friends of both genders. Getting out there and meeting new people is hugely beneficial to your social and physical health.

What about online dating?

Online dating is not as taboo or socially odd as it once was — but despite that, there are still precautions to take!

There are lots of dating apps for seniors or dating websites for people over 50, over 60 or over 70, so there's no shortage of options.

Enlist a friend or a relative to help you make your profile. Be honest about who you are and what

you're looking for, but don't reveal too much identifying information: anything that could tell people where you live, what you own, or how much money you have is a bad idea!

Look for connections that are local to you. If people live internationally, there's a greater chance they could be a scammer! Other common signs that someone might be scamming you on the other end of the computer are:

- If they refuse to talk on the phone
- They rush you into a relationship
- They have a profession that keeps them unable to meet in person, like an international doctor, military, or on a oil rig.
- Never trust if someone asks you for money, especially if you haven't met them.
- Common reasons they might ask you for money: travel costs, customs or immigration related fees, or for surgeries/medications.

These are all indicators you might be speaking to a romance scammer. If you have a bad feeling about someone, you can ask a close friend or family member for an outside viewpoint, or just start talking to someone else!

You Found Someone, You Have a Date: Now What?

It might have been a long time since you've been on a first date! But most of the same social rules apply.

Be present and punctual; don't spend time on your phone, wear something appropriate for the date. A tuxedo is never a good look for minigolf.

Make small-to-medium talk: avoid "big-talk" subjects like exes, deceased spouses, kids and grandkids until you've gotten to know someone more.

Most importantly: have fun and don't put too much pressure on yourself. If you're nervous, know that your date probably is too. Focus on being yourself and enjoy every single part of getting to know someone new. Whether it continues into something more serious, or ends up being a friendship, you'll have a new person in your life.

And isn't that what we all want?

MAY 11TH, 2024
A TRIBUTE TO
JIMMY BUFFETT

A CALGARY KINSMEN
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DINNER INCLUDED, 50/50 DRAW.
DOOR PRIZES. SILENT AUCTION. PRIZES
FOR BEST DRESSED TROPICAL THEME

DOORS OPEN AT 6PM, DINNER 7PM
TICKETS \$50, ONLY AVAILABLE AT
WWW.KINSMENCLUBOFCALGARY.COM

KERBY CENTRE AUDITORIUM
1133 7 AVE SW CALGARY, AB

Seniors and their sexual health

Andrew McCutcheon
Unison News

There are some questions about our health and relationships that you might not want to bring to your average Calgary seniors health centre. These questions, though, are especially relevant if you're dating over 50 in Calgary or pursuing similar relationships. It's time to talk about sex: specifically, sexual health for our seniors.

We can be honest: it's an awkward conversation! It brings back memories of uncomfortable classrooms as a teenager, getting the birds and the bees talk from your parents or many other similar situations.

But the data says that seniors are having sex; and not only are they having sex, but the danger of sexually transmitted infections (STIs) are very real.

There's only so much available information at the crossroads between seniors and STIs, but what we do know is alarming.

According to Health Canada, although the

rates for these infections are lower among seniors compared to other demographics, the numbers are on the rise.

Conditions like gonorrhea, chlamydia and syphilis increased by 87, 142 and five per cent, respectively, for those over 60 years of age, between 2005 and 2015.

More recent data from the United States shows that this isn't unique to Canadians. The Centers for Disease Control and Prevention state that STIs "have more than doubled in the past ten years among U.S. adults aged 65 years and older."

But why is this happening?

We know a bit about seniors and their sexual habits, but there is still lots of research to be done.

One of the things we know, according to Health Canada, is that overall: "older adults do not perceive themselves to be at risk for [STIs]."

Seniors don't know about the risks for a variety of reasons. Since there's not a lot of information out there, some



seniors might assume there is no risk to them.

Moreover, lots of the education these demographics might have received when they were younger might have focused on sexual morality or the risk of unplanned pregnancy, instead of educating them on the dangers of STIs.

Finally, many seniors assume that — since they may no longer be at risk for pregnancy, due to

menopause or age-based infertility — that sexual health items such as condoms are unneeded.

There is hope, however! Health Canada stated that "interventions that sexual risk" are shown to be effective at providing the much-needed information for seniors to keep themselves safe.

Consider this one of those interventions! If you're sexually active, even with a monogamous

partner, make sure that both of you have been recently tested for STIs; use sexual health items like condoms if you're unsure of you or your partner's status.

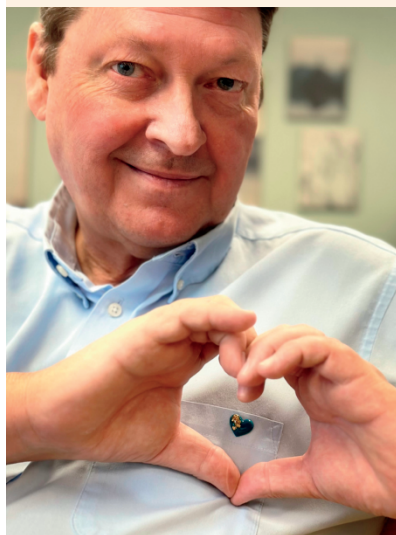
And feel free to have those conversations with your doctor or health care providers.

We promise it won't be as awkward as you might think!



The Heart of Community

Help us bring Older Adults to the Heart of the Community!



This Valentine's Day, surprise your loved ones with **a limited edition** Unison pin!

By purchasing a pin, you're helping us welcome more seniors into our supportive community!

\$25

Visit [UnisonAlberta.com/The-Heart-of-Community](https://www.unisonalberta.com/The-Heart-of-Community) to purchase a pin today!

Medicine Hat

Veiner Centre and fundraising

Cori Fischer
Veiner Centre
Director

The Veiner Centre is operated by the non-profit organization, Unison for Generations 50+.

We are partially funded to operate our programs and activities through generous contracts and grants through the City of Medicine Hat, Healthy Aging Alberta, and the Alberta Elder Abuse Awareness Council.

This means the remainder of funding to operate comes from membership fees, activity registrations fees, revenue from the Bistro, other grants we apply for, fundraising and donations.

We are so thankful for every one of our members, and know that without them, Veiner Centre couldn't exist.

A general membership grants access to over 45 weekly recreational activities, fitness activities, and craft activities.

We also host over 30 monthly activities that members can access at Veiner Centre and Strathcona Centre. Some activities cost a nominal fee to pay the instructor, but most are free!

A FitPlus membership allows the member to access all activities at the Veiner Centre and Strathcona Centre plus access to the Fitness Centre. We even have a volunteer who is available to show new members how the equipment

works.

We love Veiner Centre, and we want to ensure we can always offer an abundance of activities, programs and services to our Medicine Hat community.

We'll be hosting numerous fundraising activities over the year so our community can help make things happen.

And at times, we will be doing a special ask for donations to ensure we are able to continue our services to support some of our vulnerable seniors in the community.

And even better! As a non-profit organization, we can provide a charitable tax receipt for any donations over \$20.00.

We know that money is tight as ever, and this has affected us at the Veiner Centre, too. As the cost-of-living increases, we, in turn, must increase our prices to be able to keep operating.

So, starting March 1, 2024, we will be increasing our membership prices as well as the prices at our bistro.

To ensure our Meals on Wheels customers continue to receive affordable meals, we will not be increasing the cost of meals, but we will no longer be able to include a salad with the meal.

Moving forward, a one-year general membership will be \$80.00, a six-month general membership will be \$50.00. A one-year FitPlus will increase to \$250.00 and a six month FitPlus to \$140.00.

This wasn't an easy decision for us, but it's what will continue to allow us to serve our community to the best of our ability. Thank you all so much for your understanding.



RANDOM ACT OF KINDNESS WEEK

.....

FEBRUARY 12TH-16TH

 UNISON AT VEINER CENTRE - 225 WOODMAN AVE SE MEDICINE HAT, AB

9AM - 4PM MON & FRI 9AM-9PM TUE, WED & THU

VEINER CENTRE IS OFFERING FREE HOT CHOCOLATE KITS TO HELP KEEP WARM, TO OUR MEMBERS. WE WILL BE GOING AROUND SAYING HELLO, AND HAVING A LITTLE VISIT WITH THE MEMBERS IN THE BUILDING.

A WARM SMILE, A SHORT VISIT, AND A HOT CHOCOLATE KIT CAN BRIGHTEN UP A LOT OF PEOPLES DAYS. WE HOPE TO MAKE OUR MEMBERS FEEL WELCOMED AND LOVED.

SPONSORED BY







MARCH

FOR

MEALS

WITH

MEALS ON WHEELS™



March for Meals is a month long campaign that increases awareness and community engagement, while raising funds to **support homebound seniors live more healthy, happy and independent lives at home.**

Stay tuned for more details coming your way early 2024. In the meantime, **save the date** and get ready to join us for our second annual March for Meals!

Are you, your business or group interested in supporting our March for Meals Campaign?

Contact Jolene at **403-525-8901** or email JoleneM@UnisonAlberta.com to find out how you can help us drive further!



VEINER BISTRO

Valentine's Date Night



Bring your valentine for a romantic supper! Musical interlude while you dine.

 Wednesday, February 14th
4pm - 7pm

 Veiner Bistro
Unison at Veiner Centre

 \$40 for 2 people
Visit the reception desk at Unison at Veiner Centre to purchase tickets

Menu

- Steak and Shrimp OR Chicken Cordon Bleu with Bechamel Mushroom Sauce
- Stuffed Potato
- Garlic Toast
- Steamed Baby Dill Carrots
- Tossed Salad to start
- Warm Plum Pudding with Caramel Sauce
- Choice of beverages at additional charge

*Regular supper menu will not be available on February 14, 2024.

Medicine Hat Veiner Activities

What's Happening in February

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

Mondays

Quilting
Craft Room | 9am

Board Games
South MP | 9:30am

Canasta
South MP | 12:30pm

Tech Support
Boardroom | 1pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am

Chess
North MP | 9am

Duplicate Bridge
North MP | 12:45pm

Crib
South MP | 1pm &
6:30pm

Bridge
North MP | 6pm

Board Games
Dining Room | 6:30pm

Wednesdays

Mahjong
South MP | 9am

Bocce Ball
North MP | 9:30am

Canasta Lessons
Dining Room | 10am

Veiner Centre Choir
Craft Room | 10am

Bridge Lessons
South MP | 12:30pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Thursdays

Strathcona Arts Studio
Craft Room | 9am

Jam Session
South MP | 9:30am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

BINGO
Boardroom | 2pm

Duplicate Bridge
North MP | 6pm

Norwegian Whist
South MP | 6:30pm

Fridays

Quilting
Craft Room | 9am

Mahjong
South MP | 9am

Hearts
North MP | 9:15am

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!

February 6

Book Review Crew
1pm - 2pm | Dining Room

February 6

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

February 13

Ask a Financial Advisor—Craig Elder, RBC Dominion Securities
10am - 12pm | Registration Required | Boardroom

February 13

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

February 8

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

February 9 - 11

Scrapbooking Fanatics
Starting at 4:30pm on the 9th | Registration Required

February 20

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

February 21

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

February 23

Book Club
10am - 11am | Dining Room

Wellness Wednesdays

February 7 | CRA Presentation - Senior Benefits & *New* Canada Dental Plan | Boardroom | 10am - 12pm | Registration Required

February 7 | Movie Matinee with popcorn "Forrest Gump" | South MP | 2pm - 4pm

February 14 | BrokerLink: Personal Insurance 101 | Boardroom | 2pm - 4pm | Registration Required

February 14 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

February 21 | Optima Rocks! With Jodi
Craft Room | 2:15pm | Registration Required

February 28 | Life Long Learning Presents: "Financial Stressors" Boardroom | 10am - 12pm | Registration Required

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

Active Aging Spotlight

Men's Shed

Starting Monday February 26th
11am -12pm | Boardroom

The Veiner Center's new Men's Shed provides a comfortable and supportive environment for men to address their daily concerns.

Medicine Hat Strathcona Activities

What's Happening in February

Hours of Operation: Monday to Friday 9am - 4pm | Saturday 9am - 1pm

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner Line Dancing 9am Table Tennis 10am Chair Yoga & More 12pm Pickleball 1pm Chair Yoga & More 4pm Yang Short Form 7pm Yang Long Form 8pm	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	Absolute Beginner Line Dancing 8:30 am Beginner Line Dancing 9am Table Tennis 10am Qigong & Chair Yoga 12pm Pickleball 1pm	Fun & Fitness 9am & 10am Beginner Pickleball 11am Silver Steppers 1pm Floor Curling 2pm Pickleball - 7pm	Pickleball 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

January 3 - March 25 | Mondays | 9am-9:45am | FREE

Chair Yoga & More

February 26 - March 25 | Mondays
12pm - 12:45pm & 4pm - 4:45pm
Members: \$35 | Non-Member: \$50

Fun & Fitness

February 27 - May 2 | Tuesdays & Thursdays
9am - 9:55am & 10am - 10:55am
Members: \$100 | Non-Member: \$140

Solid Gold Fitness

February 20 - March 26 | Tuesdays
11:45am - 12:30pm
Members: \$42 | Non-Member: \$60

Absolute Beginner Line Dancing

January 8 - March 27 | Wednesdays |
8:30am - 9am | FREE

Beginner Line Dancing

January 8 - March 27 | Wednesdays
9am - 9:45am | FREE

Qigong & Chair Yoga

February 21 - March 27 | Wednesdays | 12pm - 1pm
Members: \$42 | Non-Member: \$60

Silver Steppers

February 22 - March 28 | Thursdays | 1pm - 2pm
Members: \$42 | Non-Member: \$60

Hatha Yoga

February 23 - March 22 | Fridays | 12pm - 1pm
Members: \$35 | Non-Member: \$50

Tai Chi Fitness Classes

Yang Short Form

Jan 15 - Mar 26 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

Yang Long Form

Jan 15 - Mar 25 | Mondays | 8pm - 9pm

Chen Style Short Form

Jan 16 - Mar 26 | Tuesdays | 7:30pm - 8:15pm

Fan Form

Jan 16 - Mar 26 | Tuesdays | 8:15pm - 9pm

Weapons Form

Jan 17 - Mar 27 | Wednesdays | 7pm - 9pm

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

Avalon Fitness Centre Orientation

Take the First Step to a Healthier Lifestyle with Avalon's Monthly Fitness Centre Orientation!

Are you new to working out or trying out new equipment? Don't worry - Avalon has you covered! **Join her monthly fitness orientation on the first Thursday of each month at 4 PM. Drop in only.**

Upcoming Workshops

Hips and Hamstring

February 7 | 4:15pm - 5pm
Member: \$7 | Non-member: \$10

Chest and Shoulder

February 28 | 4:15pm - 5pm
Member: \$7 | Non-Member: \$10

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

Active Aging Calgary In-Person Activities

Welcome to the Calgary Active Aging Spotlight section. For a full listing of all our activities visit our Active Aging website — KerbyCentre23.WildApricot.org or our main website UnisonAlberta.com

In-Person Kerby Centre Weekly Drop-In

MONDAY

- 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
- Pickleball - 2:30pm Gym

WEDNESDAY

- General Craft Group/Knitting for a Cause - 9:00am Rm 311.
- Men's Shed - 11am Rm 317
- Weekly Dance - 1pm Cafe
- Cribbage - 1pm Rm 312

THURSDAY

- Artist Group - 10am The Learning Lab (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

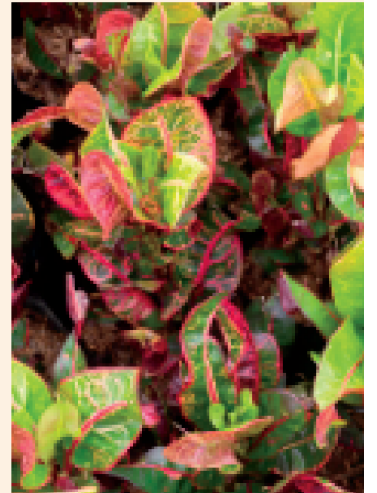
ACTIVE AGING SPOTLIGHT

Valentines Day Tropical Plant Dish

Tuesday, February 13th | 1pm - 2:30pm
@Kerby | Member / Non-Member: \$25

Join the Calgary Horticultural Society's Kath Smyth to make a unique gift for your special someone or hoping to add a fresh and romantic flair to your home, this workshop is perfect for plant enthusiasts and those who want to try something new.

*Registration Required



ACTIVE AGING SPOTLIGHT

Healthy Eating Workshop

Thursday, March 21st | 1pm - 2:30pm
@Kerby | Member / Non-Member: \$25

Don't miss the chance to enhance your culinary skills and nourish your body from the inside out. Our expert instructors will guide you through each recipe, providing tips for incorporating these nutritious delights into your daily routine such as Immune Booster Tea Mix, Lentil Soup in a Jar, No Cook Apple Sauce.

*Registration Required



ACTIVE AGING SPOTLIGHT

Indigenous Drum Circle

Tuesday, February 27th | 10am - 11:30am
@Kerby | Super Member/Member: \$30
Non-Member: \$60

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

*Registration Required



Unison's Active Aging is now offering classes at 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.



Do You Know What Love is?

In anticipation of Valentine's Day, we are working on preparing a lovely and heartwarming video featuring conversations with our members.

We have four simple questions and you have our answers!

1. How did you know when you found your true love?
2. What advice would you give your younger self when it comes to relationships?
3. How do you keep love alive over the years?
4. What's your favourite Valentine's Day memory?

If you're ready to share your experience with the world, give us a call at (403) 705-3177 or email Marinal@UnisonAlberta.com with the subject line: "I know what love is!"



Active Aging

Calgary In-Person Activities

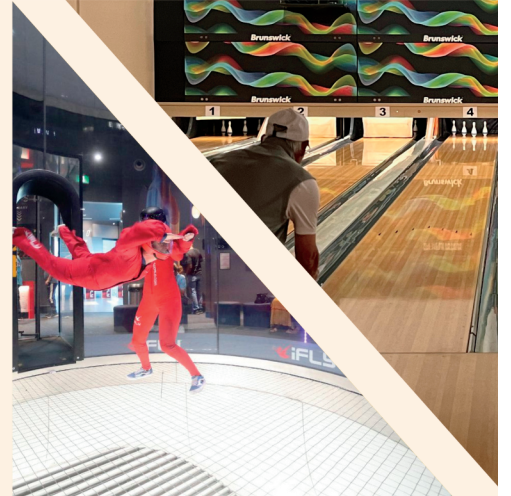
Classes and Activities Spotlight

UNISON TRAVEL SPOTLIGHT

Coming Soon!

- iFLY Calgary Indoor Skydiving
- Paradise Lanes Bowling

*For more information, please contact Unison Travel Desk at 403-705-3237



KERBY CAFE

Weekly Wednesday Dance

Join us and our volunteer house band, The Kerby Sensations every Wednesday afternoon from 12:45pm - 3pm for a little groovin' and good tunes!



SHOPPING SPOTLIGHT

Wise Owl Boutique Half Price Sale on red tag items

February 12th - 16th
10am - 3pm



WELLNESS SPOTLIGHT

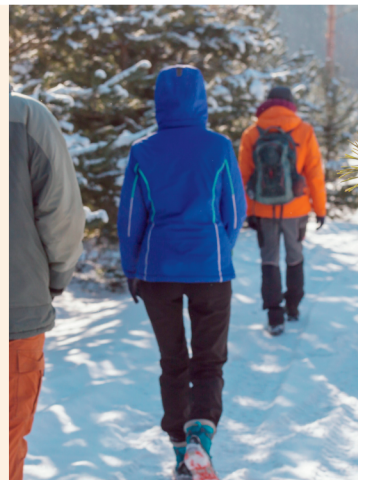
River Walk

Tuesdays | 10:30am-11:30am

A leisure walk to Plus 15 Downtown Every Tuesday, throughout winter if weather permits.

First time walkers will come to the Wellness Center Room 317 at 10:15 am for some paperwork. We will all leave from there at 10:30 am.

Email Lolaf@UnisonAlberta.com or call (403) 234-6566 to register now



WELLNESS SPOTLIGHT

Sound Bath Therapy

Mondays | February 5th, 12th, 19th, 26th and March 4th
1pm-2:30pm | @Kerby | Members: \$60
Non-Members: \$120

Sound bath therapy helps to empower individuals on their journey to holistic well-being through the transformative power of sound. It provides a sanctuary of tranquility where individuals can experience profound deep relaxation, inner harmony, and self-discovery.

Email Lolaf@UnisonAlberta.com or call (403) 234-6566 to register now



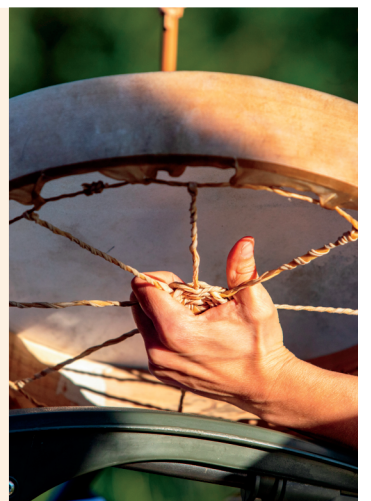
WELLNESS SPOTLIGHT

Indigenous Drumming & Storytelling (Drop-In)

Tuesdays | February 6th, 13th, 20th
1pm-2pm | @Kerby
Members: \$15 per day | Non-Members: \$30 per day

Join to learn about the Indigenous way of drumming. "Traditional Hand Drum teachings and sacred songs. The varying beats that represent the Heartbeat of Mother Earth. Healing vibrations with understanding the spirit through this Good Medicine".

Email Lolaf@UnisonAlberta.com or call (403) 234-6566 to register now



FREE Food Markets Non-Kerby Locations



Parkdale Nifty Fifty Association (NW)
Tuesday, February 13th | 11am - 12pm

CARYA Village Commons (SE)
Wednesday, February 14th | 1pm - 3pm

Bow Cliff Seniors 50 + (SW)
Thursday, February 15th | 11am - 12pm

Highland Park Community Association (NW)
Wednesday, February 28th | 1:30pm - 3pm

Active Aging Online Activities

Classes and Activities Spotlight



Valentines *Celebration*

REC@HOME
PROGRAM
LIVE AND
IN-PERSON

CURIOUS ABOUT THE REC@HOME PROGRAM BY THE BRENDA STRAFFORD FOUNDATION?

WONDER NO MORE! JOIN THE DELIGHTFUL SARAH AS SHE BRINGS THE ENTIRE DAY'S PROGRAM TO LIFE IN OUR COZY LECTURE ROOM—LIVE!

WEDNESDAY, FEBRUARY 14TH | 10:00AM-3:00PM
KERBY CENTRE LECTURE ROOM 205

To register for this event visit the Kerby Centre In-Person section under events or scan the QR code with your phone camera and click the link.



FREE Online Presentations

**Registration is required for all presentations*



Hearing aid myths. What to know to get the right help for you.

Presenter: Dr Carrie Scarff R.Aud, Ph.D.
Thursday, February 8th | 10:30am

What to do if you HAVE hearing aids but it's NOT enough. Other options to support those living with hearing loss BEYOND hearing aids.

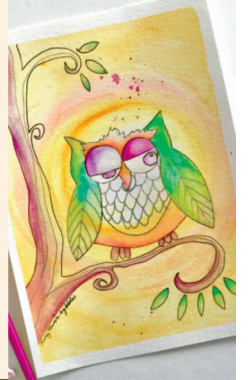
Presenter: Dr Carrie Scarff R.Aud, Ph.D.
Thursday, March 14th | 10:30am

Whimsical Owl Card Workshop (Watercolour)

Friday, Feb 16th | 10am-12pm
Members: \$25 | Non-Members: \$40

Learn how to use some basic watercolour techniques to paint a whimsical owl. Beginners welcome.

**Registration Required*



Laughter Yoga

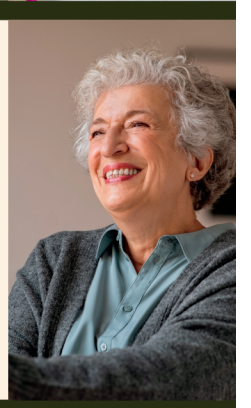
New Online - 2 Sessions

Tuesdays | 10am-10:50am
Feb 27th-Apr 2nd

Members: \$35 | Non Members: \$50

A combination of yogic breathing, gentle stretching, laughter exercises & relaxation designed to enhance health and wellbeing.

**Registration Required*



FREE Online Workshops

Financial Workshop Series in Partnership with Momentum

Register for the individual classes that interest you by going to [KerbyCentre23.WildApricot.org](https://www.kerbycentre23.wildapricot.org) and looking under "ONLINE" and "WORKSHOPS" in the main drop-down menu.

Instructor:

Robert Bryenton - Empowerment Facilitator

**All workshops are 10am-12 pm*

Limit of 15 people per class

Class details can be found on the class page online.

What are Assets? What do I do with them?

- Tuesday, February 13th

Budgeting Like a Master

- Wednesday, February 21st

Credit that works for you

- Friday, March 15th

Explore. Engage. Enjoy. Subscribe!

[YouTube.com/@Unison50Plus](https://www.youtube.com/@Unison50Plus)

Get a behind-the-scenes glimpse of our travel trips and events, educational interviews and presentations!



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 3rd floor — ROOM 306.

Community Volunteer Income Tax Program (CVITP)

Client Information/Drop Off Form

Date: _____

NAME OF PERSON DROPPING OFF:
TELEPHONE NUMBER:

CLIENT'S NAME:	<input type="checkbox"/> New	<input type="checkbox"/> Returning
Social Insurance Number:	Tax Year(s) to be filed:	
Address:	Postal Code:	
Did your address change in the past year?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Can the client be called if there are questions?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Telephone Number:		
Date of Birth (yyyy/mm/dd):	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Did the client immigrate to Canada in the tax year(s) being filed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
If Yes, what date? (yyyy/mm/dd):		
Legal Marital Status:	<input type="checkbox"/> Single, never married	<input type="checkbox"/> Married
	<input type="checkbox"/> Separated	<input type="checkbox"/> Divorced
	<input type="checkbox"/> Widowed	<input type="checkbox"/> Common Law
Did your Marital Status Change in the tax years being filed?	Date of Change:	

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

Partner's Name:	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Partner's Social Insurance Number:		
Partner's Date of Birth (yyyy/mm/dd):		
Did your Spouse immigrate to Canada in 2023? If yes, what date? (yyyy/mm/dd):		
Did Marital Status change during 2023?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	If yes, date of change:	

What province did you live in on December 31, 2023?		
Are you a Canadian Citizen?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Authorization for Elections Canada?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you claiming Disability Credit for yourself or dependent?	<input type="checkbox"/> Self	<input type="checkbox"/> Spouse
Do you have medical expenses? (<i>Medical Expense Report from Pharmacist and Receipts</i>)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you and/or your spouse have charitable donations? (<i>Receipts</i>)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have a simple rental income? (<i>Simple rental income is a basement or room in primary residence. Not a revenue property</i>)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you have a Foreign Pension amount?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Did you sell your Primary Residence in 2023?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Are you a Treaty Status Indigenous Person?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

NOTE: We don't do Rental Income, Business, Self-employment, Bankruptcy, Farm, capital gains or losses, foreign property, interest income over 1,000

Date tax return completed _____ Volunteer completing return _____

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

For more information on Unison's tax preparation service and to see if you qualify, please check out page 2!

“Publicshing” and Tiskařský Šotek

Jaroslav Maria

Up to the age of 69 it never occurred to me to write an article with an intent to have it published. By then I was doing a voluntary work promoting a club called Skyline Hikers of the Canadian Rockies that would set up backcountry camps in provincial and national parks every summer. They never had had trouble attracting hikers but at the turn of the century the demographics were changing and the club had to promote itself.

It was a club of seniors, with the average age hovering at about sixty years old. We came up with a catchphrase “Backpacking without a pack” and I started visiting old folks’ clubs and residences around Calgary to distribute flyers, eventually arriving in Kerby Center, now Unison that caters to 50+ active seniors.

Here was an opportunity to advertise. Editor at that time was Barry Whitehead who said he would be happy to place our ad into the paper, but I would have to pay for it. I reached deep down, turned my pockets inside out and found nothing there other than a tissue paper.

Barry suggested that if I gave him an article about hiking and supplied photographs he would publish it in the centerfold where there usually are travel articles. It would be my free ad. Our regular hiker and a retired columnist Jim Taylor gave me one. I had plenty of pictures in several photo albums so I invited Barry to come to my house to select some.

Unexpectedly Barry called me a few months later and said that when going through my albums he had noticed I traveled a lot. He was looking for travel articles and wondered if I could write a few for

him, besides I owed him, with an emphasis on the word OWE. Furthermore, he liked the Skyline piece as it needed no editing. He mentioned that several times.

I pointed out to him the first article had been written by a professional writer, not by an east European immigrant and a land surveyor by profession who had never written anything before even in his native tongue; much less in English.

It did not seem to bother him. So I wrote about Czech Republic. Barry’s assistant Margaret edited it and did a thorough job. After she was done it took me over an hour to correct my manuscript only 2,096 words long.

Barry and Margaret retired, and the new editor Andrew is making fewer and fewer changes to my manuscripts. Recently I asked him if I am improving or has he given up on me and my colloquial English. I think it is both.

“Jerry”, he said, “You write the way you talk”. What else, I am thinking. “You are doing better and also the readers know you and your style by now”.

He also said, that when he reads my submissions, it makes him smile. It is hard to know if I should be pleased or wring in pain, but he keeps publishing me.

I wonder if the readers of Unison News sitting in their comfortable arm chairs, with a cup of hot coffee or tea in their hands ever wonder how the paper is made.

It looks simple, but many businesses, factories or institutions that seemingly function without much effort, are actually quite complicated and require creativity and

special skills. It is even truer about newspaper business.

First there must be a format, the size, space for editorial notes, and for the boss to write about organization’s goals and objectives; and also the current events. Announcements will be closer to the end of the paper. There are ads, hopefully many, because the paper has to pay its own way.

And there have to be articles targeting the paper’s readership interesting enough for them to pick the paper up. The content should not be controversial and if it is, there must be a disclaimer such as: “The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of the publisher”. Us the writers think it is a cop-out but let it go.

I expect authors do not appear on the editor’s doorsteps in the same manner as I did on that day in 2010 and that there is not that much of quid for pro anymore. The editor sometimes writes articles himself and Andrew writes beautifully, but sadly his main job is to publish the paper and that keeps him busy enough.

Nowadays articles come in electronically, the computer lays out the pages and once they are proofread the finished paper goes to the printers.

It was much more complicated only 50, 60 years ago, in just one lifespan. Articles were written in cursive or on typewriters hence the word “manuscript”. Editing was done by crossing out words, by writing between the lines or on the margins. They had to be sorted out by the operators of machines called linotypes that produced negative impressions or molds that had a molten

lead poured into them to make printing plates fitted into the rotary drum presses for printing.

The paper came out folded, stacked into bundles for distribution.

It would be pretty simple, if it were not for the spelling mistakes, garbled up sentences and words, names and statistics. These are called typos even if not all are caused by the typing. They are very difficult to root out. Errors often start with the author, and are exacerbated through many transfers: from the writer to the editor, to the layout person and to the printers.

Mistakes are supposed to be caught by proofreaders. Today the writers and the editors get help from the spell-checking programs. But watch out, mistakes can actually be caused by the artificial intelligence. Those programs, for one, do not correct misspelling if it happens to be otherwise an actual word, albeit a wrong one in the sentence.

Thanks to computers and better printing technology corrections are made easier than in the past when the whole printing plates had to be replaced. One way or another mistakes must be corrected.

But the word mistake is such a harsh one! There is a better, gentler way. Czechs do not

call editing mistakes typos, they believe they are caused by some malicious, mythical force they call “Tiskařský Šotek”, the “Printer’s Goblin” in English, a mischievous character deriving pleasure from torturing us!

When I grew up I was enamored by an internationally renowned writer Karel Čapek. In the early 1900s he started out as a columnist for a newspaper that is still in circulation today. Consummate professional that he was, even he had run-ins with Tiskařský Šotek.

In one of his columns he wrote that “any editorial office might tell you fables of what Tiskařský Šotek sometimes does; but use him as an excuse for its own shortcomings. Otherwise, it is useful in that it amuses the reader; on the other hand, the writers of articles do not like its principles and feel that the whole article is thereby twisted and spoiled and that there is nothing but chaos, malice and confusion in the universe. But, the world is not so bad. Several of my articles have come out in which there was no printing error; but how this could have happened I do not know.

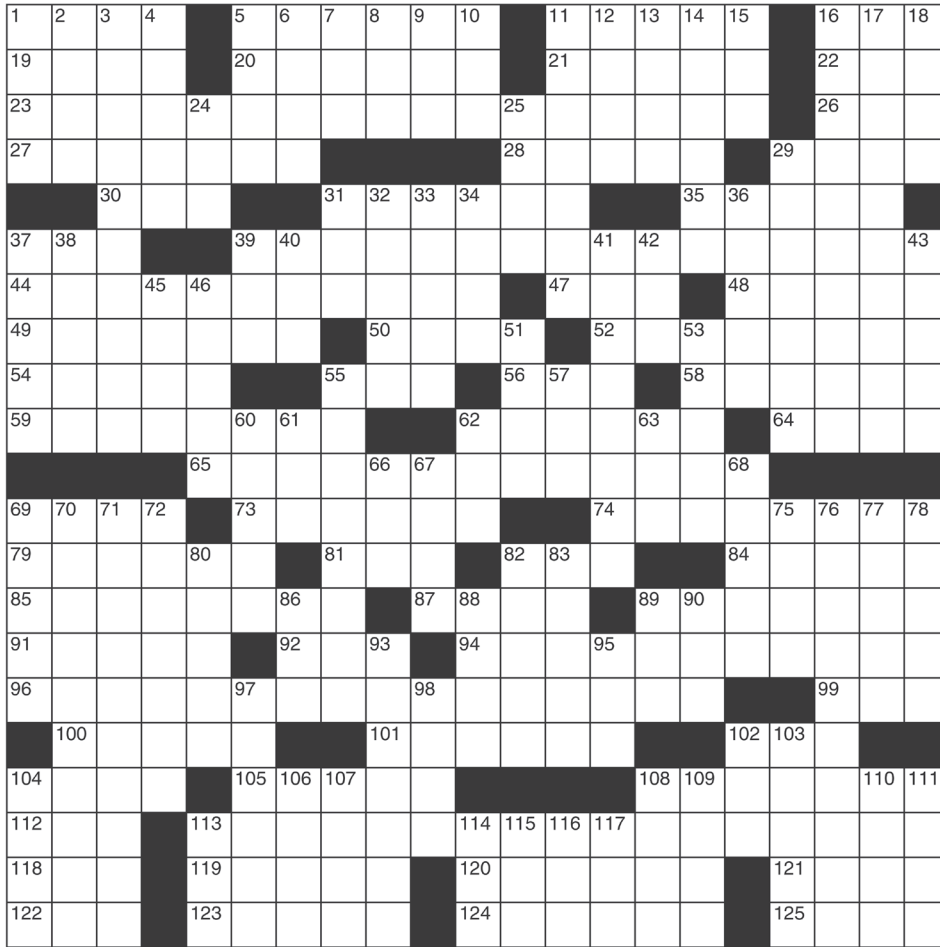
I second the motion!



GROUP OF HERBS

ACROSS

- 1 Tasks
- 5 Witty remark
- 11 Pinnacles
- 16 Inaccurate
- 19 Sailing
- 20 Ablaze
- 21 Pinnacles
- 22 Money for the senior yrs.
- 23 Start of a riddle
- 26 Guided
- 27 Redeemers
- 28 Tally
- 29 Forest growth
- 30 Comics cry
- 31 Omitted, as a syllable
- 35 Used a scull
- 37 USN VIP
- 39 Riddle, part 2
- 44 Riddle, part 3
- 47 "Mayday!"
- 48 Take to the road
- 49 Neighbor of Georgia
- 50 Aroma detector
- 52 Stain-fighting toothpaste, e.g.
- 54 "Year One" director Harold
- 55 Gun, in slang
- 56 Asian "way"
- 58 "Three's Company" co-star Suzanne
- 59 Aversion
- 62 User's guide
- 64 Celtic language
- 65 Riddle, part 4
- 69 Je ne — quoi
- 73 Incendiary felonies
- 74 Most frequently
- 79 Golf legend Palmer
- 81 Picnic pest
- 82 Lifelong pal, informally
- 84 Tiny hairlike structures
- 85 Not crying
- 87 Currency of Latvia
- 89 Gives the means
- 91 "— dabba doo!"
- 92 Lick like a cat
- 94 Riddle, part 5
- 96 End of the riddle
- 99 Part of ROY G. BIV
- 100 A stage past embryonic
- 101 Protested unpeacefully
- 102 Gp. checking baggage
- 104 Actresses Jillian and Blyth
- 105 Joan — (French saint)
- 108 Elliott of the New England Patriots
- 112 Permit to
- 113 Riddle's answer
- 118 Maui garland
- 119 Bother a lot
- 120 Sprinted faster than
- 121 Prefix with byte or ton
- 122 Org. on a toothpaste box
- 123 Pre-Soviet rulers



- 124 Sneeze catcher
 - 125 "You, over there ..."
- DOWN**
- 1 Skull parts
 - 2 Worker welfare org.
 - 3 Rodent-built channel blockers
 - 4 "Vexations" composer Erik
 - 5 Churlish sort
 - 6 Difficult task
 - 7 Gridiron gp.
 - 8 Prefix with term or week
 - 9 Eye, to poets
 - 10 Casual shirt
 - 11 Tiered temples
 - 12 Pale tan
 - 13 "Preach it!"
 - 14 "Sleeper" co-star Diane
 - 15 Old fast jet, for short
 - 16 Worker purifying petroleum
 - 17 Breath-holding reef explorers, e.g.
 - 18 Lose color
 - 24 Bowl-shaped frying pan
 - 25 Brand of PCs and tablets
 - 29 Warship with three banks of rowers
 - 31 Letters after els
 - 32 Hotelier Helmsley
 - 33 Otherwise
 - 34 Huskies, e.g.
 - 36 Expand on
 - 37 Swiss — (beet variety)
 - 38 — Lama
 - 39 Math game with matchsticks
 - 40 "I'm — loss"
 - 41 Resign from
 - 42 Hearth waste
 - 43 Succinct
 - 45 Just slightly
 - 46 Rips into
 - 51 Coup d'— (rebellion)
 - 53 Dot of land in the ocean
 - 55 Is given the chance to chime in
 - 57 Darth Vader, as a boy
 - 60 Hue
 - 61 Roadwork goo
 - 62 Eds. mark them up
 - 63 '80s sitcom
 - 66 Took the gold
 - 67 Poker stake
 - 68 Deteriorate
 - 69 Man-goat of myth
 - 70 Where aid is urgently required
 - 71 While not physically attending
 - 72 Ice cream alternatives
 - 75 Pen tips
 - 76 "Phantom Lady" co-star
 - 77 Prolonged attack
 - 78 Zapped with a stunning weapon
 - 80 Camel cousin
 - 82 "DMZ" actor Benjamin
 - 83 "— is an Englishman" ("H.M.S. Pinafore" lyric)
 - 86 Kind of 35mm camera
 - 88 High coif
 - 89 Furniture wood option
 - 90 Bridal bio word
 - 93 Avian mimics
 - 95 Rock guitarist Barrett
 - 97 Luau hellos
 - 98 Ward for preemies
 - 102 Decimal base
 - 103 Be too thrifty
 - 104 Spaghetti — bolognese
 - 106 Goat cheese
 - 107 Miles away
 - 108 Jacob's twin, in the Bible
 - 109 Region
 - 110 Nest fillers
 - 111 Exam for an atty.-to-be
 - 113 Vietnamese New Year
 - 114 Deteriorate
 - 115 Anna of fashion
 - 116 Non-earthlings, for short
 - 117 "— longa, vita brevis"

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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

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

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+

Bow Valley Singles Golf & Curling Club:

For +55 single individuals. We curl at Garrison Club on Saturdays and golf at Shag Valley Nine on Sundays. We also get together for various other social activities throughout the year. Membership only \$20 annually. For more information please email Marilyn Smith at Marilyn.bvs@shaw.ca.

University of Calgary Recruiting Research Participants

What is this survey about?

We will be examining older adults Online behaviours and attitudes towards digital privacy.

Who can take the survey?

Individuals who:

Are 60 years older

Can read English, and

Live in Calgary, Alberta

When is the survey happening?

The survey started in November 2023

Why should I take the survey?

The survey findings will provide insight into how older adults can take advantage of the technologies that can assist them as they age in a way that protects their digital privacy. These findings will also be used to develop new approaches to teaching older adults about digital privacy. Furthermore, those who take the survey will be entered in a raffle to win a \$50 gift card.

This study has been approved by the University of Calgary's Conjoint Faculties Research Ethics Board (REB23-0969)

Link to survey:

bit.ly/ucalgaryprivacysurvey

If you are interested in taking the survey in-person, please contact:

Hannah Ku, Undergraduate researcher
Department of Computer Science,
University of Calgary
hannah.ku@ucalgary.ca

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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C	D	R			N	A	M	E	F	O	R	A	B	A	N	D	I	F	I	T	
H	A	D	A	H	I	T	S	O	N	G		S	O	S		D	R	I	V	E	
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T	E	A	R	L	E	S			E	U	R	O			E	N	A	B	L	E	S
Y	A	B	B	A		L	A	P		P	A	R	S	L	E	Y	S	A	G	E	
R	O	S	E	M	A	R	Y	A	N	D	T	H	Y	M	E			R	E	D	
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A	D	A			T	S	A	R	S		T	I	S	S	U	E		P	S	S	T



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How your will can support others

The landscape of estate planning among Canadian seniors is evolving; more people are using their wills to support charitable causes.

According to insights from Will Power, a national public education campaign, eight per cent of Canadians are considering integrating charitable giving into their wills, and this number is expected to climb in the coming years.

Picture this: after a lifetime of hard work, your estate averages \$845,000.

While ensuring your loved ones are cared for is a priority, setting aside a small portion—just five per cent—for a chosen charity could mean a substantial \$42,000 donation. This act can create a lasting impact.

Strategically directing a charitable gift in your will doesn't just support

causes you believe in; it can also ease the tax burden on your estate after you're gone.

The tax advantages linked to this thoughtful approach can significantly reduce financial obligations, meaning less money goes to the government.

Concerns about family well-being often arise when contemplating philanthropy in wills. No one wants to leave their heirs without

enough resources.

But here's the beauty: it's about finding a balance. It's not a choice between family and causes; you can secure your loved ones' future while supporting what matters deeply to you.

If you have an estate of \$650,000—dedicating a modest five per cent to a chosen charity means a \$32,500 donation, leaving the remaining 95 per cent for the

next generation.

Your will isn't just a legal document; it's a testament to your life and values.

As you consider your legacy, think about the profound impact you can create through thoughtful charitable giving in your will.

Chris Hylton – President of CG Hylton Inc. – www.hylton.ca



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Payment Method: Cheque Visa MasterCard

Credit Card Number _____

Expiry Date _____ CVV _____

Signature _____

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I have included Unison at Kerby Centre in my will.

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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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