



# Everyone's a cowpoke at Unison



It's Stampede season here in Southern Alberta! And Alberta wouldn't be the amazing province it is without the incredible people that make it up: full of diverse backgrounds, ethnicities and cultures. We're celebrating our wonderful diversity here at Unison, for Generations 50+ this month, at the same time we're observing Stampede! For a great stampede story, go check out page 4!

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## NEW Kerby Café Menu

Launching the week of July 8th

Step into Kerby Café and savor the flavors of our brand-new menu! Whether you're craving a hearty breakfast or a delicious lunch, we have something to delight every taste bud!



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# Runners outlive expectations

Don Bell  
University of Alberta Folio

A new study challenges the idea that extreme exercise can have a negative effect on longevity. On the contrary, it finds a significant benefit. The study, “Outrunning the grim reaper: Longevity of the first 200 sub-four-minute mile runners,” was published today in the British Journal of Sports Medicine.

The senior author of this new paper is Mark Haykowsky, a nursing professor at the University of Alberta. He says inspiration for the study came from the 70th anniversary of one of the biggest and most famous events in sports history. On May 6, 1954, Roger Bannister, a 25-year-old

English medical trainee, became the first person to run a mile in under four minutes — 3:59.4 to be precise.

Bannister went on to a successful career as a neurologist and an academic. He also lived a long time, dying just 20 days shy of his 89th birthday in 2018. Haykowsky and his colleagues set out to determine the effect of running a sub-four-minute mile on longevity.

There have long been concerns that too much exercise can be a bad thing. That thinking dates back more than 2,500 years, to the first marathon.

In 490 B.C., Pheidippides died suddenly after running from Marathon to Athens to announce the Greeks’ victorious battle against the

Persians. But the hypothesis of Haykowsky’s team, which includes experts in exercise physiology, sports cardiology and population health, was that elite runners would actually live longer, on average, than the general population. The research proves them right.

Haykowsky and post-doctoral fellow Stephen Foulkes and their team took a look at the first 200 athletes to run a mile in under four minutes.

Each runner’s date of birth, the date of their first successful mile attempt, current age if still alive or age at death, was compared with their country of origin-specific life expectancy. The study included all sub-four-minute milers regardless of ethnicity, nationality and

socioeconomic status. The study included no women as none have yet broken the four-minute mile.

The researchers found that the sub-four-minute milers lived an average of 4.74 years longer than their predicted life expectancy. “That is significant” says Haykowsky, who has himself run both the Boston and New York marathons. “Now, that’s provided those are quality years, right?”

The team did not delve into factors about quality of life as athletes age, as the data were outside the purview of this study. Of course, people who end up being able to run a mile in under four minutes have some special qualities.

“I personally think the athletes who are doing

this, they are phenomenal. They’ve got great genetics. They also have great training, big hearts and lungs, and very high quality vasculature and skeletal muscles.”

And Haykowsky says there is the psychological component too. “To do a sub-four you’ve got to be mentally tough. If you watch Bannister do the sub-four online, he’s in pain. It’s painful.”

Another interesting finding in the study is that the longevity advantage has varied over the decades. Those runners whose first successful sub-four-minute-mile was in the 1950s, lived an average of 9.2 years longer than the general population. Those who did it in the 1960s showed an average increase of 5.5 years, and those in the 1970s had an average longer life of 2.9 years. Haykowsky speculates that the reason for those differences may be that milers from the 1960s and 70s haven’t been followed up long enough, and that in 20 years there may be similar numbers.

Haykowsky’s study is of men who have run a mile in less than four minutes and trained from a young age. He speculates that studies looking at elite female runners at the top of their field who have trained from a young age would find similar life-lengthening gains, regardless of if they are breaking the four-minute mark.

But is there still a benefit to taking up vigorous exercise later in life? Haykowsky strongly believes there is.

“Someone who starts later in life is not going to run a sub-four,” he says. “But from a health perspective, getting people who were sedentary — which unfortunately in North America is almost everybody because we’ve engineered physical activity out of our lives — moderate to vigorous exercise will improve their overall survivorship.”

Haykowsky says that the bar for what counts as “vigorous” is low for people who are out of shape, but undertaking progressively more vigorous activity gets easier, and it’s beneficial.

“My take is twofold. First, in the study we countered this notion that extreme exercise is detrimental,” says Haykowsky. “And from a health perspective, it’s yet another study that shows exercise is beneficial for longevity, that we are meant to sit less and move more.”

## Housing Conversations

Come and explore **senior housing** options based on your needs and income level. Learn more about the process over a warm cup of coffee!

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**Canada Revenue Agency (CRA) will be at Kerby Centre every Tuesday 9am – 3pm** to guide clients about their benefits and credits, printing tax slips, notice of assessment and answering tax questions.

**Service Canada will be at Kerby Centre every Friday 9am – 3pm** to assist senior clients in signing up for the Canadian Dental Care Plan and answer questions on Federal benefits.



## Volunteers Needed! *Food Rescue Volunteer (Casual)*

- Assist by picking up bread from Cobs Bread on weekday evenings (7 pm or 8 pm), when needed, and deliver to Unison at Kerby Centre. Bread is re-distributed to seniors at our on-site and community free food markets, as well as to homebound seniors in the community.
- Volunteer with a friend or family member, or another Thrive Food Rescue Volunteer.
- Commitment: Weekly (various days) for 1 hour / Orientation and training will be provided.
- Must be able to lift and carry up to 25 lbs.

**For more information, please contact:** [Volunteers@UnisonAlberta.com](mailto:Volunteers@UnisonAlberta.com) | 403-234-6570

# Changing seniors' lives

As of March 31, 2022 there were approximately 705,000 seniors in Alberta.

The Office for Statistical Information estimates that by 2035 the number of seniors will exceed one million. Today over 90 per cent of older Albertans live in private residences, and almost any study you might read about aging in place will indicate that over 90 per cent of Canadians want

to stay and age in their own home and in their community.

The Government of Alberta announced \$3.2 million in funding in June 2022 to Healthy Aging Alberta to enable community-based organizations across the province to offer older adults personal, psychosocial and mental health support.

Unison successfully secured funding from Healthy Aging Alberta to fund Veiner Vintage Transport in Medicine Hat.

If you look at our website you will see Veiner Vintage Transport Described in the following way: Run by volunteers, Unison can take seniors where they need to go.

Veiner Vintage Transport remains committed to empowering older adults to maintain their independence and age in place by providing them with a reliable means of transportation.

By addressing transportation barriers and ensuring access to essential services, our program contributes to an overall improvement in the quality of life for seniors in

rural Alberta.

You might ask what is so special about a transportation program for seniors?

Well, the program impacts the social determinants of Health positively.

The World Health Organization describes the social determinants of health as the non-medical factors that influence health outcomes. Healthy seniors can live longer and live independently where they want to. Our program is aimed at getting seniors who have transportation barriers to health appointments and other essential services.

Also, it seems that anything these days that is really bad gets compared to smoking. Recent research suggests that loneliness and isolation is as bad for you as smoking 15 cigarettes a day. Veiner Vintage and our volunteers who support the program actively help seniors remain engaged in their community.

In many cases that may mean driving seniors to Veiner Centre to participate in programs or support groups. This is a relatively



Larry Mathieson, CEO and President

new program for us, and we are ramping up our capacity. However, by May we were already up to 68 regular clients. During that month our volunteers provided 90 rides, 20 of those were to the Veiner Centre, and the rest were to appointments around the community.

We have 15 volunteer drivers who do at least 20 rides a week.

We are pretty excited about the impact this is having in the community and we are proud to be partnering with Healthy Aging Alberta and the Province of Alberta on this initiative.

Oh and did I mention that if we have more volunteers and more donors we can support even more seniors in our community?

Call the Centre at 403- 525-8657 if you want to help us change lives.

## JULY 2024

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

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1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

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[www.unisonalberta.com](http://www.unisonalberta.com)

### Unison News

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**Make an impact.  
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.

**Contact Rob Locke**  
[RobL@UnisonAlberta.com](mailto:RobL@UnisonAlberta.com)  
403-705-3235

# Volunteering with the Stampede

Laureen James  
Columnist

Calgary seniors have a lot to offer their communities as volunteers. Their past personal and professional experiences, along with an increase in availability after retirement, make seniors a valuable resource for many organizations, including the Calgary Stampede. “The Largest Outdoor Show On Earth” is “fueled by the community spirit of more than 3,000 dedicated volunteers”, according to the Calgary Stampede. “The Parade is supported by a committee of 140 dedicated volunteers.”

The Calgary Stampede is always looking for volunteers wielding great community

spirit and particular know-how that older Calgarians have in abundance.

“The Calgary Stampede is a volunteer-supported, not-for-profit, community organization that preserves and celebrates our western heritage.”

Fran Anderson is a Calgary Senior passionate about her volunteer career, with the Calgary Stampede. Her mom introduced her to volunteering at a young age and she has been, “volunteering when there is a need”, for many years. She feels that volunteerism is a great way to engage with others, stay active and be on a path of lifelong learning.

When asked to answer

a few questions about volunteer positions for seniors and the important role seniors play in the success of the Calgary Stampede and Parade I received these answers.

*Q: What makes senior volunteers so special to the Calgary Stampede and why do seniors make great volunteers?*

*A: Whether your passion is agriculture, arts, youth, history or the future, this is a gathering place for those who want to celebrate the community we share. No prior experience is needed though, just an interest in preserving and celebrating our Western culture and com-*

*munity spirit.*

*Q: Could I get a list of current committees that seniors would enjoy being a part of?*

*A: Our current opportunities:*

- *Wine & Food Tasting Event Volunteer: The Wine & Food Tasting Event Committee supports the planning and execution of the annual tasting event that highlights the Agri-Food & Beverage industry through the presentation of wine and local cuisine.*

- *Sam Centre Volunteer: Opening on May 29, 2024, the Sam Centre is Calgary's Stampede Story — brought to life in an immersive, engaging and in-*

*teractive experience that blends modern with history. Once open, the Sam Centre will connect Calgarians and visitors to the rich heritage of Alberta and the legendary story of the Calgary Stampede, year-round. Sam Centre Volunteers will fill 2 primary roles: Sam Rangers (hosts) and Gallery Experience Facilitators during the facility's opening hours and occasionally in the evening to support special events. All volunteers will have interactions with local and international guests of all ages.*

- *Born to Buck Showcase Volunteer: Tell the story of the Calgary Stampede Ranch & the animals who call it home. The Born to Buck showcase will be educating the general public about the Calgary Stampede Ranch and its top-tier Animal Care Program.*

*There are so many unique volunteer opportunities at the Calgary Stampede and the reasons for volunteering are unique to each volunteer the organization appreciates how Calgary seniors can mentor younger generations, educate the public about our heritage and teach newcomers and visitors about Calgary western traditions. The Stampede is always looking for volunteers with a passion to help others by leveraging their skills, expertise and life experiences.*

*As a volunteer, you have a sense of purpose and fulfillment and will meet interesting people and even spark new friendships. It is your chance to give back to your community and foster a sense of wonder for the history of our city.*

The Stampede online volunteer application form is very simple and straightforward to use. Members of their Volunteer Recruitment Committee are often at events around our community and can help interested seniors sign up. You can also reach Volunteer Services at 403 261-0197 or [volunteer-services@calgarystampede.com](mailto:volunteer-services@calgarystampede.com) for what makes their vision of becoming a year-round gathering place.

“The Stampede family gladly extends an invitation to retired seniors who are looking for exciting and flexible volunteer opportunities, at the Stampede grounds around Calgary, and want to become patrons of western hospitality and community spirit.”

Yahoo!!

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INSPIRED SENIOR LIVING WITH



# From saving to drawdown

The following is a paid editorial piece from Alberta Securities Commission

Imagine this: you have diligently saved towards retirement for decades, consistently contributing to your Registered Retirement Savings Plan (RRSP) or Group RRSP plan through your employer during your working years. Now, with retirement on the horizon, a new question arises: how do you withdraw from your hard-earned savings and create a steady income stream through your golden years? One way is through a Registered Retirement Income Fund (RRIF), the bridge between your accumulated savings and retirement.

What is a RRIF and how does it work?

Much like other registered accounts, the Registered Retirement

Income Fund (RRIF) is a tax-deferred retirement account available to Canadians. However, the RRIF is not an account to which you can contribute. Rather, it is an extension of your RRSP.

RRSPs are designed to help you save for retirement by allowing tax-deferred growth on your savings and investments until you're ready to withdraw them. Your accumulated savings and investments from your RRSP can be transferred to a RRIF, which automatically creates a routine annual drawdown process of your assets to provide an income stream.

Similar to the RRSP, the RRIF also offers you the option to allocate your underlying funds to a number of investments such as stocks, bonds, mutual funds, Exchange Traded Funds (ETFs), and



Guaranteed Investment Certificates (GICs). You can also transfer funds into a RRIF from a Pooled Registered Pension Plan (PRPP), a Registered Pension Plan (RPP), a Specified Pension Plan (SPP), another RRIF, or from a First Home Savings Account (FHSA).

When to convert and what to consider when converting a RRSP to a RRIF

An RRSP can be converted into a RRIF before standard pensionable age. Once converted, no additional funds may be added to it. However, a crucial deadline exists. By the end of the year you turn 71, your RRSP must be — transferred into a RRIF, converted into an annuity, or paid out as a lump sum. Failure to convert your RRSP to a RRIF will result in your

account being deregistered, leading to serious tax issues.

If you realize you have opened a RRIF too early and change your mind, it can be converted back to an RRSP as long as the account owner is 71 or younger. It is best to consult a financial advisor who can provide personalized advice based on your situation.

*Continued on page 7*





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# Celebrating our seniors with Pride



Andrew McCutcheon  
Unison News

Pride is a celebration focused on the 2SLGBTQ+ community: anyone whose sexuality or gender identity differs from the heterosexual or cis-gender\* falls under that umbrella.

Let's talk about the folks we serve in relation to that community.

We know that four per cent of Canada's population identifies as gay, and .3 per cent of the population are transgender.

When we look at older generations, however, that amount drops significantly. For example, 55+ individuals make up about 37 per cent of Canada's population, yet only make up 16 per cent of our 2SLGBTQ+ community. Why is that?

One reason is that it was less acceptable for folks to come out in previous generations, and as society has progressed and knowledge has increased, more people feel comfortable coming out.

However, a major

part of this is in relation to the AIDS epidemic of the 80s and 90s.

AIDS killed 324,029 men and women in the USA between 1987 and 1998. This directly affected the Baby Boomer population.

By 1995, 10% of men aged 25-44 who identified as gay had died – a literal decimation of this cohort of gay men born 1951-1970.

For perspective, the number of men who died in WW2 from the United States was around 404,000.

There aren't as many recorded statistics for Canada, compared to the US, but we can see why it's rare for us to have 2SLGBTQ+ elders in our communities, and why those who persist may have decided to stay closeted due to the discrimination.

How bad was the discrimination in Canada? Starting in the 1950s, homosexuality was considered a character defect. There were purges of those who held government positions and were identified as gay. This would include spying, encouraging co-workers to disclose the sexuality of their colleagues, or forced confessions.

These purges lasted all the way into the 1990s, remarkably. Many lives were shattered.

Our 2SLGBTQ+ elders are also at greater risk for experiencing loneliness or social isolation, fears about going into private seniors' residence and long-term care facilities, and continued discrimination.

There are groups that aim to help, however.

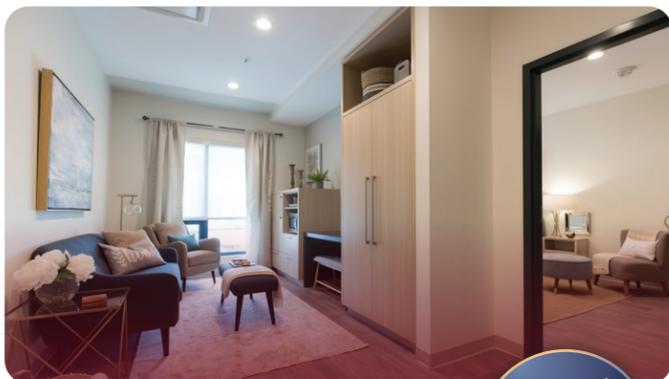
Rainbow Elders is a fantastic group that meets at the Calgary Kerby Centre monthly. For more information, check out their website at [www.rainbowelder-scalgary.ca](http://www.rainbowelder-scalgary.ca)



## Live Life To The Fullest

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# Understanding RRIFs in retirement

Con't from pg. 5

## Understanding RRIF withdrawals

A hallmark feature of a RRIF is its mandatory minimum withdrawal. Unlike an RRSP, where you can grow your money untouched, the Registered Retirement Income Fund requires you to take out the minimum required amount each year.

There are some factors to consider when withdrawing from your RRIF:

- **The minimum percentage:** The minimum withdrawal amount is calculated based on percentage of your RRIF's total market value at the end of the previous year. This percentage increases as you age, reflecting the idea that you will need more income as you get older. If your spouse is younger than you, the minimum withdrawal can be based on your spouse's age, allowing for lower minimum payments and longer tax-deferred growth.

- **Finding the right amount:** Since a RRIF offers tax-sheltered growth only on the money that remains within the plan, all withdrawals, including the minimum amount, are considered income and taxed at your marginal tax rate. While the plan offers the freedom to withdraw more than the minimum if needed, it's recommended to consider the following before doing so:

- You could deplete your savings faster than anticipated.

- The amount of taxable income increases as you withdraw more.

- This can impact eligibility for certain government benefits like the Old Age Security (OAS).

## Should you convert your RRSP early?

The decision to convert your RRSP to a RRIF is a significant milestone when planning for retirement.

While some people might wait until their income is lower to convert, there's no one-size-fits-all answer.

There can be some advantages to converting early, like accessing your savings sooner. However, there are also drawbacks.

To make the best choice, consider your retirement timeline, goals, health, and spouse's age and income. These factors will influence your future needs and tax implications.

The best choice for you will depend on your individual circumstances. Talking to a certified financial advisor can help you weigh the pros and cons and decide what's right for your retirement goals.

What happens to a RRIF when the annuitant dies?

By default, upon death, the value of your RRIF becomes taxable income of your estate. To prevent this, you can name a beneficiary or a successor annuitant.

- **Beneficiary:** You can choose anyone as a beneficiary. However, only a beneficiary who is 71 or younger can transfer the funds into their RRSP without affecting their contribution limit. The RRIF account is then closed, and your estate avoids income tax on the amount.

- **Successor annuitant:** Only your spouse or common-law partner can be named a successor annuitant. In this case, they will take ownership

of the RRIF and have the choice to continue receiving payments, transfer the assets to their own RRIF, or delay the annual withdrawal by transferring it to their RRSP if they are 71 or younger.

- **Financially dependent infirm child or grandchild:** Proceeds of a deceased annuitant's RRIF can also be rolled over to the Registered Disability Savings Plan (RDSP) of a financially

dependent infirm child or grandchild.

- **Financially dependent child or grandchild:** The funds can only be transferred to a term annuity if the child or grandchild is financially dependent, but not because of a mental or physical impairment.

## Investing as you age

Having a sound financial plan can play a significant role in helping

you work towards your retirement goals.

While building up your savings and investments for your retirement is a worthwhile endeavour, finding the optimal path to drawing them down is just as important.

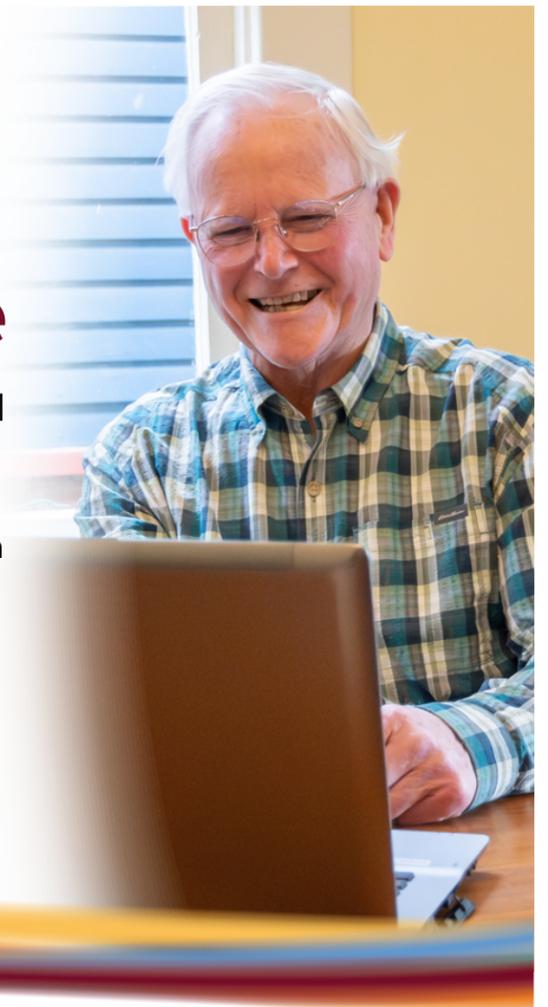
Take the time to learn more about RRIFs and how they can fit into your overall retirement strategy.



## Rec@Home

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\*Some conditions may apply.



# The reality of ageism

Andrew McCutcheon  
Unison News

Discrimination is something important on our minds here at Unison, both our Kerby Centre and Veiner Centre locations.

We're devoted to diversity and we believe firmly that no one's life should be negatively affected by factors they can't control.

Whether this is gender, sexuality, ethnicity, or ability: all are welcome here.

But what if the discrimination is specific to our clientele?

A form of discrimination we rarely talk about is ageism: the stereotypes, prejudice and discriminatory actions against older adults.

We want people to age in enjoyment and fulfillment. Ageism stands in opposition to that.

Ageism comes in many forms of different severities. It ranges from jokes about a person's age or having a "senior moment" all the way to the assumption that an older person is incapable of making their own decisions.

A Canadian survey

found that 63 per cent of older adults felt that "they had been treated unfairly based on their age."

Most often, the sources of age discrimination were cited as health care professionals, employers and the government.

A common form of ageism are the various stereotypes that exist. Think about how seniors are portrayed often in media and you'll see plenty. Things like lacking technological skill, being resistant to change, being frail and dependent on others, or even "crochety" and easily frustrated.

I know the seniors that we have at Unison and they can't be easily categorized like that.

Our seniors range in their interests, personalities and abilities just like any other demographic.

We have seniors who use walkers and we have seniors who play pickleball and dance well into their 90s.

We have seniors who might need extra help with technology, and we have just as many technologically experienced seniors who know much more

than I do.

We have seniors who like to golf or play cards or shuffleboard: and we have folks who come with us for axe-throwing, in-

door skydiving and learning swordsmanship as part of our Active Aging programs.

Seniors cannot easily fit into a box: they are all

individuals and governments, employers and everyone else would do well to remember that.

**unison**  
At Kerby Centre

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# AI project aims to diagnose stroke more accurately

Gillian Rutherford  
University of Alberta Folio

A University of Alberta research team will use artificial intelligence to diagnose and treat stroke patients more quickly and easily, potentially saving lives and improving prognosis. The research is funded by a grant from Alberta Innovates.

The project — entitled “An agile AI pipeline for urgent health conditions requiring diagnostic imaging” — will receive \$799,662 over three years from a fund aimed at improving health care using AI applications. It is one of five newly funded U of A projects announced today.

“Our program provides the necessary research funding to help companies and innovators identify and overcome roadblocks to the broader use of artificial intelligence,” says Laura Kilcrease, CEO of Alberta Innovates. “The goal is faster and better health care for Albertans and the development of new technologies right here in Alberta that can be exported around the world.”

The goal of the project is to develop a software program that augments the information available from brain scans taken with existing CT technology. Doctors will be able to look at scan results and determine whether a patient is having a stroke, how much brain tissue has been damaged, and whether the patient could benefit from reperfusion therapy — with clot-busting drugs, a procedure called endovascular thrombectomy to remove the clot from a blocked blood vessel, or both. If a patient needs a thrombectomy, they must be quickly moved to a major centre such as the University of Alberta Hospital.

Currently, of the 3,800 ischemic strokes per year in Alberta, approximately 400 patients are treated with thrombectomy.

They typically have blockages in large blood vessels and more severe strokes, but their disabling symptoms can be reduced or even reversed with quick treatment.

The software will provide doctors with informa-

tion that ensures the right patients receive timely access to this treatment, and prevents unnecessary and costly transfers.

“By making more accurate assessments, patients should receive the most appropriate care more quickly,” says project lead Greg Kawchuk, professor of physical therapy in the Faculty of Rehabilitation Medicine.

“These are pretty big decisions made in the emergency department,” Kawchuk says. “The new AI data on stroke will provide a better, deeper analysis. This is information that physicians are anxious to get their hands on for the benefit of their patients.”

More efficient diagnosis and treatment decisions Strokes are much more difficult to diagnose than heart attacks, for example, because there is no definitive scan or blood test, explains research team member Brian Buck, associate professor of neurology in the Faculty of Medicine & Dentistry and co-chair of an Alberta Health Services working group on stroke. Current CT scans help to rule out other potential causes for stroke symptoms such as a brain tumour or hemorrhage. The new system will provide a blood flow map and highlight blocked arteries, which will aid doctors in making quicker diagnoses and treatment decisions.

The project will use CT scans and AI software to help neurologists quickly decide whether a patient is having or has had a stroke, which

blood vessel is blocked and whether there is brain tissue to save by opening the blocked vessel with thrombectomy.

“If all those are a yes, then the next step is often to get the patient to the University of Alberta Hospital as quickly as possible,” says Buck. “We’re trying to improve access to clot-removing treatments for stroke patients across the province when we only have two sites in the province that are able to offer thrombectomy.” The second site is in Calgary, but this particular research project deals with communities in northern Alberta.

The team is working with Cercare Medical, a Danish medical imaging company, as well as five remote stroke centres in Grande Prairie, Camrose, Westlock, Fort McMurray and Cold Lake, all part of the Northern Alberta Telestroke System.

“We’ve got a very experienced group of stroke researchers and also people with expertise in computer science and artificial intelligence in Alberta,” says Buck.

AI has the potential to help glean better information from existing medical tools. “We’re functioning within a health-care system that has finite resources, so we want to make these decisions in the most efficient way possible.”

The research team will also target another, less critical but even more resource-heavy medical condition for its AI and imaging project: lower back pain. It’s one of the

top five reasons that people go to the emergency department, according to Kawchuk, although it rarely leads to hospital admission.

The AI program will read images taken of patients’ lower backs to help doctors make diagnostic and treatment decisions more quickly, says Kawchuk, who is also an adjunct professor of clinical biomechanics at the University of Southern Denmark and past Canada Research Chair in Spinal Function.

“We picked these two very different problems that the emergency departments have — stroke and lower back pain — to

showcase what the AI can do,” he says, adding that he hopes the software will eventually be adaptable to aid diagnosis of other conditions that often require diagnostic imaging, such as brain injuries and pulmonary embolisms.

Kawchuk notes that the team will use an approach called federated learning, which allows AI programs to continuously learn and improve at different sites without sharing specific data, thereby ensuring patient privacy.

“The AI program uses the existing data to make better decisions but it leaves the data behind and comes back with an upgraded structure,” he says.



## Upcoming Closures

**Canada Day**  
Monday, July 1st, 2024  
All Unison locations

**Stampede Parade in Calgary**  
Friday, July 5th, 2024  
Unison at Kerby Centre

**Stampede Parade in Medicine Hat**  
Thursday, July 25th, 2024 until 11am  
Open at 11am for regular activities,  
lunch and supper  
Unison at Veiner Centre

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# Let's celebrate with flowers



*Deborah Maier  
Calgary Horticultural  
Society*

Want to make a special occasion have a lasting impact? Plant a perennial, shrub, or tree in celebration.

June 1992, we moved to Calgary and bought our first house and yard.

The property was typical of the neighbourhood: front yard foundation plantings including juniper, lilac, and Nanking cherry.

A blue spruce was planted off to one side of the front of the lot and, a bit unusual, a pin cherry was planted on the other side. The rest of the front yard and all the backyard was a ubiquitous lawn.

There wasn't much time for gardening that first month but come July first, we thought we'd celebrate by visiting a garden centre to buy a couple of trees for the backyard.

After all, when is the best time to plant a tree? To paraphrase the saying, 10 years ago...or today.

I wanted a dolgo crabapple tree. My parents had planted some at my childhood home.

I really like the colour of the fruit and had made beautiful jelly from the apples. I also didn't mind snacking occasionally on the tart fruit, straight from the tree.

My husband wanted a more traditional eating apple.

So, Canada Day we headed to a locally owned garden centre



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However, it being July our choices were quite limited. We came home with an ornamental flowering crabapple and a ‘Transparent’ apple. The trees were planted in the middle of our backyard by that evening.

It was a fun project that has become a tradition. On Canada Day, we often visit a local garden centre, or two, to see what’s in stock.

I’ve found over time that garden centres are carrying more plants later into the season and receiving late season plant deliveries. If you are looking for plants that offer late summer or early fall colour, July is a good time to pick them up. Spring stock is often on sale so there are opportunities to find bargains.

The next year, we decided to celebrate Canada Day by purchasing and planting two peonies.

Yes, buying plants in two’s and selecting two of the same plant in different colours is not recommended from a design perspective, as odd numbers make more pleasing arrangements, and groupings of colour have more impact, but gardens typically aren’t built in a day.

I also wanted each of us to be able to pick a plant and budget limited the number of plants purchased.

I remember the first selections and plantings the best and have a garden journal to help keep track of the other Canada Day purchases.

I occasionally cringe inwardly at my family’s plant choices, but it ensures my garden has diversi-

ty and I try things I would likely not choose for myself.

And, while my family members are not gardeners, it makes them part of the garden, and provides a focus for them in the sea of plants.

When we look at the garden together, I can say, “Remember that plant you picked? Look at it now!”

We have also selected plants for birthdays, anniversaries, and other occasions. I’ve given garden centre gift cards and plants as wedding and housewarming gifts.

For these occasions, it’s best if you know the yard plans or desires of the recipients.

My eclectic garden will likely never make a designer happy, but it is full of sentiment, remembrance, and family and friend connections, and that makes me happy. May your garden make you happy, too.

To learn more about gardening, visit the Calgary Horticultural Society’s website, calhort.org.

**Garden Coaching**

Thursday, July 25  
7:00 – 8:30 pm  
2725 33 Avenue SW Calgary (in Richmond Green Park)

Looking for some gardening advice? Join the Society’s horticulturist, Kath Smyth, for a Q&A session with demonstrations to address what’s happening in the garden now. Visit [www.calhort.org](http://www.calhort.org) What’s Happening for event details.



**Monday - Friday: 8am - 2pm**  
**Wednesday: 8am - 3pm**

1133-7 Avenue S.W. Calgary, AB T2P 1B2  
403-265-0661

**Weekly Lunch Specials ----- \$12**  
*July 2024*

**July 2nd to July 4th**  
Chicken Caesar Salad Wraps\*  
*Soup Special: French Onion Soup*

**July 8th to July 12th**  
**Stampede Breakfast Special**  
**2 pancakes & sausages for \$5!**  
Stampede BBQ Burger\*  
*Soup Special: Stampede Style Chili*

**July 15th to July 19th**  
Pork Chop with Mushroom Gravy  
with Scallop Potatoes  
*Soup Special: Creamy Mushroom Soup*

**July 22nd to July 26th**  
Sausage and Perogies  
*Soup Special: Roasted Red Pepper Soup*

**July 29th to August 2nd**  
Fajitas  
*Soup Special: Corn Soup*  
**\*Comes with choice of side (Soup, Garden Salad, Caesar Salad, or Fries)**

- Soup Special sold separately; Cup \$4 and Bowl \$5
- Menus are subject to change without notice due to product availability.
- Daily fresh baked goods – baked in house! (available only while quantities last)

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# Historic Calgary comes to Kerby



Andrew McCutcheon  
Unison News

Who doesn't love a bit of history?

Learning about interesting figures long passed who've helped shape the world in large and small ways, wonderful stories and amusing anecdotes: all are great ways to keep your mind active!

This summer, during Historic Calgary Week, the Kerby Centre will be

hosting our very own presentation all about our namesake: the Kerby Family!

It also will be hosted by our amazing Communications Specialist, Andrew McCutcheon (Ed. note: Hey! That's me!)

Andrew worked as our unofficial Kerby Centre historian last year for our 50th anniversary and is chock full of plenty of information you may not know about.

For example you may know George William Kerby, the person for whom Kerby Centre is named, but how much do you know about his better half?

Emily Spencer Kerby, wife of George William, is a character and historical figure in her own right.

Rather than just a

footnote in the history of her husband, Emily Spencer spent her life campaigning for the rights of women and promoting suffrage and liberation of her gender.

Their children and ancestors went on to play an interesting role as well when it comes to the history of aviation!

We even got to meet the youngest living relative of the Kerby Family, as we as got some copies of the family's photo album: which will be on display for you to peruse on July 30th!

Come on out, learn a bit about our local history and check out what the Kerby Centre is all about!



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<input type="checkbox"/> Cracked, worn	<input type="checkbox"/> Clicking	<input type="checkbox"/> Flat
<input type="checkbox"/> Over five years old	<input type="checkbox"/> Requiring adhesive	<input type="checkbox"/> Difficult to fit
<input type="checkbox"/> In your pocket	<input type="checkbox"/> Causing you to age	
<input type="checkbox"/> Missing teeth	If you have checked any of the above please call for an appointment.	

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**CELEBRATE  
HISTORIC  
CALGARY WEEK  
WITH UNISON  
AT KERBY CENTRE**



**TUESDAY, JULY 30TH | 2PM - 3:30PM | 1133-7 AVENUE S.W. CALGARY, AB**

You might know that George William Kerby is the namesake of our Kerby Centre building, but how much do you really know about him? Or his family for that matter? Join us for an incredible presentation that will trace the Kerby's throughout history, from the suffragette Emily Spencer Kerby to the three generations of pilots in the Kerby Lineage.

Refreshments provided.

**Save the date. Registration starts July 2nd!**

**Visit [UnisonAlberta.com](http://UnisonAlberta.com) and [ChinookHistory.ca](http://ChinookHistory.ca) for details**



# 5 tips for accessible homes

News Canada

Buying a home is the biggest purchase most of us will ever make. There are many factors to weigh when deciding which one to put an offer on.

If you or a loved one has mobility or cognitive limitations, there are even more things to consider. Here are five, and some potential fixes if your would-be dream home is missing some key elements.

## Steep exterior steps

If someone with mobility issues can't even make it inside the front door, that's a major deal-breaker. The treads on any exterior stairway should be of uniform height and depth to avoid a tripping hazard, and

secure railings should be on both sides of the stairway.

**Potential fix:** Is there an accessible side entrance that someone could use? If not, see if it is possible to install a ramp leading to the front door or an outdoor lift to get a walker or wheelchair safely to the entrance.

## No washroom on the main floor

If climbing the stairs is a challenge, having a bathroom on the main floor will make the home safer and more comfortable for residents and guests alike.

**Potential fix:** If there isn't one already, is there room to add a small bath-

room on the main floor? To keep costs down, locate it below a bathroom on the upper floor so you can connect to existing water and drain lines.

## Multiple levels on the ground floor

Some home designs include two or three stairs to reach an elevated or sunken level off the main floor. These can be tripping hazards, particularly for someone with limited vision or mobility.

**Potential fix:** Would it be cost-effective to raise a sunken area to match the height of the main level? For short runs of interior stairs, consider whether there is space to install a portable or permanent ramp, or a

chair lift.

## No railings on stairways

Ideally, each stairway should have railings running along both sides. This helps people with balance problems or limited use of an arm or hand to gain a stable footing as they go up or down.

**Potential fix:** Provided that the stairway is wide enough, installing railings on both sides of the entire length of the stairs is a relatively simple and low-cost renovation.

## No accessible bathing options

Many bathrooms have only a bathtub for bathing and showering. The problem with that is

the height of the side of a tub can be a huge barrier for some people to step over.

**Potential fix:** Adding grab bars will provide extra hand support for stepping in and out of the tub. If you have the budget for renovating, you can install a curbless shower stall (that is, one that doesn't have a lip that you have to step over). Installing a walk-in tub, one that has a water-tight door and a seat, is also an option.

If you or a family member needs an accessible home, an occupational therapist can help you determine which renovations and work-arounds can make a home suitable for all.

# Living in joy – body, mind and soul

The following is a paid editorial piece by Evanston Summit/Covenant Living

Evanston Summit, a retirement community in northwest Calgary, is a haven for seniors, catering to their needs while promoting an active lifestyle with a seamless blend of independence and community.

For resident Diane Devenney, her move to the community managed by Covenant Living came at a time when she needed it most.

"I lost seven dear friends, as well as my cat in the last year and a half and I was getting lonesome in my house. I lived there for 42 years, and it was too much for me," she says. "I looked at three other places first, but when I walked in here, I just felt welcomed and at home."

Built in 2016, Evanston Summit offers one- and two-bedroom suites for rent, with extra support in the form of weekly housekeeping, three tasty meals a day, resident attendant and a host of other activities and amenities that shatter the stereotype of seniors losing their autonomy.

"I go down to a dining room for my meals, other-

wise I do everything else myself," says Devenney. "I still drive and look after myself and am very independent, but it's a relief for me to be here. It's made my life very easy."

Many residents sold their previous homes before moving in, which can help them take advantage of the Life Lease program when paying their monthly rent.

"Residents can choose from being on a month-to-month rental or participate in our Life Lease program. Our Life Lease allows residents to substantially discount their monthly rent by making an upfront deposit," says Charles Kumar, sales and leasing co-ordinator with Covenant Living. "And when they move from Evanston Summit, this deposit is returned to them at a minimum of 95, up to 99 percent."

The advantage to this program is that it can reduce rent, which can be helpful for people on a fixed income. For resident Keith Williams, this added incentive was one more thing that drew him to the lifestyle at Evanston Summit. "The program is great for us," says Keith. "I made a substantial payment and can now save \$1,200 a

month on rent, and I can get 95 per cent of my deposit back down the line. Plus, we don't have to worry about a mortgage, taxes or utilities

now."

For additional information, visit [CovenantLiving.ca/Evanston-Summit](http://CovenantLiving.ca/Evanston-Summit) or attend the Life Lease Seminar

hosted by Evanston Summit on July 24th at 6:30pm.

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🕒 6:30pm - 8:30pm

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📅 July 27 (Sat)

🕒 10:00am - 3:00pm

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Living in joy  
— BODY, MIND, AND SOUL

# Medicine Hat

## Are you at risk when it comes to heat?



News Canada

Heat waves are on the rise. That's when we experience elevated temperatures and humidity for a few days. Extreme heat can harm everyone's health, but some groups are more

at risk. Here are five groups that should be extra cautious during a heat wave.

As we age, our body's ability to deal with extreme heat decreases, and we have more difficulty adjusting to sudden tem-

perature changes. With older age, we may also take certain medications and have other chronic diseases that may affect our ability to regulate our body temperature.

During heat waves,



Beat the heat by enjoying some of the activities at Veiner and Strathcona Centres in Medicine Hat! Check out pages 16 and 17 for all the fantastic things available to the seniors of Medicine Hat!

older adults should spend as much time as possible in a cooler or air-conditioned location such as a basement, library or community centre, and stay hydrated.

They should also monitor themselves for signs of heat illness, including dizziness, nausea, headache, extreme thirst and rapid breathing or heartbeat. Since these symptoms can rapidly evolve into life-threatening emergencies, older adults should have someone check in on them daily.

Everyone knows that kids are constantly on the move. They also don't always pay attention to their surroundings. Teach your kids to recognize the signs that they're overheating, listed above. If they're experiencing these, they should stop what they're doing, find a place to cool off, drink water and notify an adult.

If you have respiratory issues, a heart condition, a mental illness, Parkinson's disease, hypertension or another pre-existing health condition, you may be more at risk to the effects of extreme heat.

Speak to your health-care provider about the risks of extreme heat to your health and spend as much time as possible in a cool or air-conditioned location during heat waves. If that's not possible at home, spend as much time as you can in a cool public space, such as an air-conditioned mall, library or community centre.

Many jobs require working outdoors on hot days. Unless you're required to wear heavy safety gear, choose loose-fitting, breathable clothing and a wide-brimmed hat. Try to stay in the shade as much as possible and stay hydrated – drinking water is best.

Many summer sports are played outdoors. During a heat wave, try to schedule games and practices early in the morning or later in the evening when the weather is cooler, or postpone until the heat passes. And remember to stay hydrated.

Learn more about how to protect yourself during a heat wave at [canada.ca/health](http://canada.ca/health).

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

# The Magic of Meals on Wheels

One of the things we want to celebrate is the incredible contributions our older Hatters give back to their community.

Nowhere is this more obvious than the Medicine Hat Meals on Wheels program that the Unison Veiner Centre operates.

Hundreds of meals get made and delivered daily, and none of that would be possible without our fantastic volunteers: many of whom are seniors themselves!

Seniors helping seniors, giving back to their community in a big way: there's nothing better! But it's a massive undertaking. We sat down with Rick Leech, the food service manager at the Veiner Centre, to explain how they manage it.

"We start at 7:00 A.M., every morning, prepping meals

and getting ready," he explains.

By 8:30 they are getting the soups prepared and put in their cozy cups and by 9:00, the hot entrée is ready. The whole meal is boxed up, handed off to one of the fantastic volunteer delivery drivers and are en route by 10:00 A.M. at the latest.

On an average day, a whopping 120 meals are made and sent out to folks in the community. On the day we spoke with Rick? They were over 160!

"It's so busy," he says. "But knowing that we provide an essential service for our seniors? They are always so appreciative and happy."

"They love the food. It's a good feeling."

But more than just the meals, it's a social connection: a little



check-in on some of Medicine Hat's most vulnerable.

"A lot of it is about the [volunteers] ... some of the folks, the [volunteers] are the only people they see on a daily basis," Rick says. "It's an essential service. Our clients have to eat, and they have to eat a hot meal."

Bill Ramage is one of the incredible volunteer driv-

ers. He's been volunteering with the Veiner Centre for about three years.

"We deliver meals to people, and when the opportunity arises, we spend a few minutes chatting with people," Bill says. "You get to know them. You get to realize it's helpful for them to spend time with them."

Bill's late mother — who lived to be

over 100 — received Meals on Wheels for several years.

"For me, it's an easy payback," Bill says. "It's a great program that helps people stay in their homes longer."

We're beyond thankful for all of our volunteers and for the chance to help make Meals on Wheels happen in Medicine Hat!



## COWBOY UP WITH UNISON

In the spirit of Stampede, join us at Unison at Veiner Centre (Medicine Hat) for some exciting festivities!

### Rodeo Street Dance

Thursday, July 20th | 6:30pm – 10:30pm  
Unison at Veiner Centre | \$10



**Music by**  
Mixed Company

Cash Bar / BBQ Hamburger & Chips \$5

Bring a lawn chair – there will be no chairs or tables

### Western Night

Wednesday, July 3rd | 4pm – 8pm  
Veiner Bistro | \$15

#### Dinner Menu:

- Potato Skins
- Steak Bites
- BBQ Pork Ribs
- Baked Beans
- Coleslaw

#### Dessert Menu:

- Apple Crisp

*Everyone's  
Welcome!*

For more information contact [HelloMedHat@UnisonAlberta.com](mailto>HelloMedHat@UnisonAlberta.com) or 403-529-8307 or visit the Unison at Veiner Centre Reception Desk at 225 Woodman Avenue SE, Medicine Hat, AB, T1A 3H2

# Medicine Hat Veiner Activities

## What's Happening in July

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

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>
<b>Quilting</b> Craft Room   9am	<b>Strathcona Arts Studio</b> Craft Room   9am	<b>Mahjong</b> South MP   9am	<b>Strathcona Arts Studio</b> Craft Room   9am	<b>Quilting</b> Craft Room   9am
<b>Tech Support</b> Boardroom   9am	<b>Chess</b> Dining Room   9am	<b>Bocce Ball</b> North MP   9:30am	<b>Jam Session</b> South MP   9:30am	<b>Mahjong</b> South MP   9am
<b>Board Games</b> South MP   9:30am	<b>Ukulele Group</b> North MP   10am-12pm	<b>Singing with Jodi Faith</b>   Craft Room 10am	<b>Canasta</b> South MP   12:30pm	<b>Kaiser Club</b> Dining Room   1pm
<b>Men's Shed</b> Boardroom   11am	<b>Duplicate Bridge</b> North MP   12:45pm	<b>Canasta Lessons</b> Dining Room   10am	<b>Euchre</b> North MP   1pm	<b>Duplicate Bridge</b> North MP   12:45pm
<b>Canasta</b> South MP   12:30pm	<b>Crib</b> South MP   1pm & 6:30pm	<b>Duplicate Bridge</b> South MP   12:30pm	<b>Shuffleboard</b> Games Room   1pm	<b>Mexican Train Dominoes</b> South MP   1pm
<b>Euchre</b> North MP   1pm	<b>Bridge</b> North MP   6pm	<b>Hearts</b> Dining Room   1pm	<b>BINGO</b> Boardroom   2pm	<b>Stitch &amp; Laugh</b> Boardroom   1pm
<b>Shuffleboard</b> Games Room   1pm	<b>Board Games</b> Dining Room   6:30pm	<b>Scrabble</b> North MP   1pm	<b>Duplicate Bridge</b> North MP   6pm	
		<b>Pinochle</b> North MP   1pm	<b>Norwegian Whist</b> South MP   6:30pm	
		<b>Bridge Lessons</b> South MP   3:30pm		

### Presentations & Events

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

#### July 2

Book Review Crew  
1pm - 2pm | Dining Room

#### July 2

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

#### July 9

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

#### July 12 -14

Scrapbooking Fanatics  
Starting at 4:30pm on the 12th | Registration Required

#### July 16

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

#### July 17

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

#### July 26

Book Club  
10am - 11am | Dining Room

### Wellness Wednesdays

July 3 | Movie Matinee with popcorn  
"Going in Style" | Craft Room |  
2pm - 4pm

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

July 17 | Optima Rocks with Jodi  
Craft Room | 2:15pm - 4pm

### Rodeo Street Dance

Saturday, July 20 | 6:30pm - 10:30pm  
Tickets: \$10 | Purchased at Veiner Centre

Please park in South Parking Lot as the fun will be in the North Parking Lot. Hamburgers and chips for just \$5 and a cash bar for beverages. Please bring a lawn chair as seating won't be available.

Veiner Centre will be Closed July 1st for Canada Day .

Veiner Centre will open at 11:00AM on July 25th for the Stampede Parade

### Active Aging Spotlight

**Bridges Grandparents Who Parent Group**

July 16 | 10:30am - 12pm  
Boardroom | Register by calling  
Kayla 403-526-7473

# Medicine Hat Strathcona Activities

## What's Happening in July

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

### Mondays

High Beginner Line Dancing | 9am  
Table Tennis | 10am  
Chair Yoga & More | 12pm  
Pickleball Open Play | 1pm  
Pickleball Open Play 2:30pm  
Yang Short Form | 7pm  
Yang Long Form | 8pm

### Tuesdays

Fun & Fitness | 9am & 10am  
Pickleball -Skills & Drills | 11am  
Pickleball -Beginner | 12:35pm  
Yang Short Form | 7pm  
Chen Style Short Form 7:30pm  
Fan Form | 8:15pm

### Wednesdays

Absolute Beginner Line Dancing | 8:30 am  
Beginner Line Dancing 9am  
Table Tennis | 10am  
Qigong & Chair Yoga 12pm  
Pickleball Open Play 1pm  
Pickleball Open Play 3pm  
Weapons Form | 7pm

### Thursdays

Fun & Fitness 9am & 10am  
Beginner Pickleball | 11am

### Fridays

Pickleball Beginner 9am  
Table Tennis | 10am  
Pickleball Open Play 1pm  
Pickleball Open Play 3pm  
Pickleball Open Session | 6pm

## Fitness Class Spotlight

All fitness classes require registration

### Chair Yoga & More

July 8 - 22 | Mondays  
12pm - 12:45pm

Members: \$21 | Non-Member: \$30

### Absolute Beginner Line Dancing

July 3 - August 28 | Wednesdays |  
8:30am - 9am | FREE

### Beginner Line Dancing

July 3 - August 28 | Wednesdays  
9am - 9:45am | FREE

### Qigong & Chair Yoga

July 10 - 24 | Wednesdays | 12pm - 1pm  
Members: \$21 | Non-Member: \$30

## Programs Returning in the Fall

- Fun & Fitness with Erynn
- Solid Gold Fitness with Krista
- Silver Steppers with Krista
- Hatha Yoga with Krista
- Yang Short Form, Yang Long Form, Chen Style Short Form, Fan Form & Weapons Form with the Tai Chi Association
- Floor Curling
- Fitness Orientation with Avalon

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

## Closure Notices

Strathcona Centre will be Closed June 29 & July 1 for Canada Day long weekend.

Strathcona Centre will open at 11:00AM on July 25 after the Stampede Parade

Strathcona Centre gym will be Closed July 25 to August 11 for renovations. Fitness Centre will remain open

## FREE Online Fitness Classes

### Fitness with Dan

Mondays | July 8 - August 26 | 9:30am - 10:30am

Join us online for a traditional aerobics class with emphasis on cardiovascular training. Variations are given for strength training using weights or resistance bands.

You are encouraged to work at your own pace

### Fitness over 50

Tuesdays | July 2 - August 27 | 9:30am - 10:30am

Join us for a combination of movement, strength, core and stretch class. This involves a good warm up and nice long cool down/stretch. This class will be about mild cardio (movement and fun dance moves etc.) interspersed with some more higher intensity intervals. We will incorporate hand weights and other items that you will have around the home like stretch bands, towels, etc.

ALL ABILITIES LEVELS WELCOME! Participants can do some or all the class standing or in a chair - depending on their ability and comfort level.

To register for these FREE classes please email Heather at: [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)

## Weekend Activities at Strathcona

### Table Tennis - Single Play Only

Saturdays | 11am - 1pm

### Pickleball - Open Session

Saturdays & Sundays | 1pm - 4pm

# Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**  
Online registration and full details at **KerbyCentre23.WildApricot.org**

## Weekly In-person Activities at Unison at Kerby Centre

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Badminton (\$3)</b> Gym   10am – 12pm</p> <p><b>Meditation Monday (FREE)</b> Room 317   10am – 10:45am</p> <p><b>Mahjong (\$2)</b> Room 312 10:30am – 12:30pm <i>Closed until Sept. 1st</i></p> <p><b>Live Well Be Well Conversations (FREE)</b> Room 317   11am – 12pm</p> <p><b>Beginner Pickleball (\$3)</b> Gym   10am – 12pm <i>Starts July 8th</i></p> <p><b>Pickleball (\$3)</b> Gym   2:30pm – 4pm</p>	<p><b>Recorder Group (\$2)</b> Room 108   10am – 12pm <i>Closed until Sept. 3rd</i></p> <p><b>Beginner Pickleball Lessons (\$20 for 4 weeks)</b> Gym   10am – 12pm <i>(Registration Required)</i></p> <p><b>Bridge (\$2)</b> Room 312 10am – 12pm <i>(Registration Required)</i> <i>Closed until Sept. 10th</i></p> <p><b>River Walk (FREE)</b> Meet in Room 317   10am – 11am <i>(Must sign a waiver)</i></p> <p><b>Intermediate Pickleball (\$3)</b> Gym   2:30pm – 4pm</p>	<p><b>General Craft Group &amp; Knitting for a Cause (FREE)</b> Room 311   9am – 12pm</p> <p><b>Beginner English Language Literacy (FREE)</b> Room 312   10am – 12pm</p> <p><b>Men's Shed / Tech Shed (FREE)</b> Room 317   10am – 12:15pm</p> <p><b>Wednesday Dance (FREE)</b> Kerby Café   1pm – 3pm</p> <p><b>Cribbage (\$2)</b> Room 312   1pm – 3:30pm</p> <p><b>Walking Soccer (\$3)</b> Gym   2:30pm – 4pm <i>(Registration Required)</i></p>	<p><b>Artists Group (\$1.50 per half day)</b> Learning Lab   10am – 3pm</p> <p><b>Kerby Centre Tours (FREE)</b> Meet at Kerby Café   10:30am</p> <p><b>Pickleball (\$3)</b> Gym   2:30pm – 4pm</p>	<p><b>Spanish Conversation Group (\$2)</b> Room 311   10am – 12pm</p> <p><b>Krazy Karvers Woodcarving Club (\$1.50 per half day)</b> Room 102   10am – 3pm <i>Closed until Sept. 6th</i></p> <p><b>Tech Help (\$5)</b> 11am – 1pm <i>(Registration required)</i></p> <p><b>Badminton &amp; Ping-Pong (\$3)</b> Gym   1:30pm – 3:30pm</p> <p><b>Intermediate English as a Second Language (FREE)</b> Room 305   1:30pm – 3:30pm</p> <p><b>Advanced English as a Second Language (FREE)</b> Room 311   1:30pm – 3:30pm</p>

Active Aging Spotlight

### Intro to Baton Twirling Workshop at Kerby Centre

Monday, July 15th  
1pm – 1:45pm  
Member/Super Member: \$35  
Non-Member: \$65

Come and learn some baton twirling basic twirls and fun-damentals with Miss Lorraine (Head Coach of the Baton & Dance Company). Did you know that baton twirling is recognized as a sport here in Alberta? Did you know that baton twirling improves hand-eye coordination? Did you know that it gets our hands moving and can improve arthritis and stillness in our fingers and wrists?

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-705-3233 or HenriettaF@UnisonAlberta.com



Active Aging Spotlight

### Ukulele Beginner at Kerby Centre

Thursday, July 11th – August 29th  
10am – 11pm  
Member/Super Member: \$75  
Non-Member: \$105

This class is designed for those with little or no experience. If you have a ukulele, bring it to class with an electronic clip-on tuner. Don't have a uke? Please contact Active Aging Department for purchasing information. Instruction is for the small size varieties of ukulele – soprano, concert, or tenor.

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-705-3233 or HenriettaF@UnisonAlberta.com



Active Aging Spotlight

### Outdoor Safety & Awareness at Kerby Centre

Tuesday, August 13th  
10am – 12pm  
Member/Super Member: \$35  
Non-Member: \$65

Join retired Calgary Police Officer Don Muldoon on a downtown walkabout to learn various situational awareness techniques and safety practices.

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-705-3233 or HenriettaF@UnisonAlberta.com



Unison Travel Spotlight

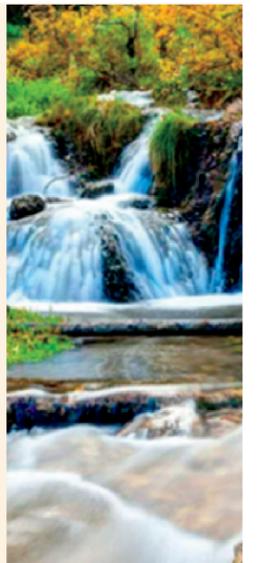
### Big Hill Springs Hike & Bragg Creek with Unison Travel

Wednesday, July 24th  
9am – 2:15pm  
Member/Super Member: \$71  
Non-Member: \$101

Includes Park admission and bus transportation by RTB Tours

*Cut-off date: Wednesday, July 10th (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)*

**For more details:**  
KerbyCentre23.WildApricot.org  
403-705-3237



Unison Travel Spotlight

### Waterton Lakes Boat Tour with Unison Travel

Wednesday, August 7th  
7:30am – 8pm  
Member/Super Member: \$169  
Non-Member: \$199

Includes boat tour, Park admission & bus transportation by Universal Coach Lines

*Cut-off date: Wednesday July 23rd (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)*

**For more details:**  
KerbyCentre23.WildApricot.org  
403-705-3237



Unison Travel Spotlight

### Ghost Lake Boat Tour with Unison Travel

Thursday, August 15th  
9:30am – 3pm  
Member/Super Member: \$71  
Non-Member: \$101

Transportation: Willco Bus Company and boat tour fee. Bring your own lunch.

*Cut-off date: Tuesday, August 1st (Non-refundable. Travel credit may be requested up to 1 week before the cut-off date.)*

**For more details:**  
KerbyCentre23.WildApricot.org  
403-705-3237



# Unison for Generations 50+ Calgary In-Person Activities

Register in person at **Unison at Kerby Centre in Room 306** or by phone at **403-705-3233**  
Online registration and full details at **KerbyCentre23.WildApricot.org**

## Wise Owl Boutique Half Price Sale on red tag items!

Week of July 22nd - July 26th  
10am - 3pm



Wellness Spotlight

## Creating Boundaries Workshop at Kerby Centre

Mondays | August 12th - August 19th  
1pm - 3pm  
FREE

Join us for a 2 - week Workshop about setting and maintaining healthy boundaries in relationships with friends and co-workers.



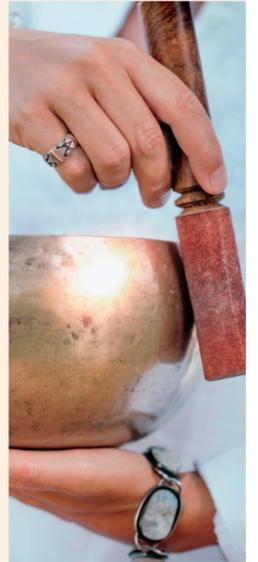
**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-234-6566 | Lolaf@UnisonAlberta.com

Wellness Spotlight

## Sound Bath Therapy at Kerby Centre

Mondays | July 15th - 29th  
1pm - 2:30pm  
Member/Super Member: \$60  
Non-Member: \$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.



**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-234-6566 | Lolaf@UnisonAlberta.com

Wellness Spotlight

## Compassionate Support Workshop at Kerby Centre

Wednesdays | August 7th - August 21st  
1pm - 2:30pm  
Member/Super Member: \$20  
Non-Member: \$50

Do you want to support those who are Grieving? Are you a family member, friend, or an acquaintance of someone grieving, and you wonder how you can help? Join the Compassionate Support 3-Week Workshop to learn the necessary skills you would need to walk side by side with your loved ones who are grieving and learn how to support them in their journey to recovery.



**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-234-6566 | Lolaf@UnisonAlberta.com

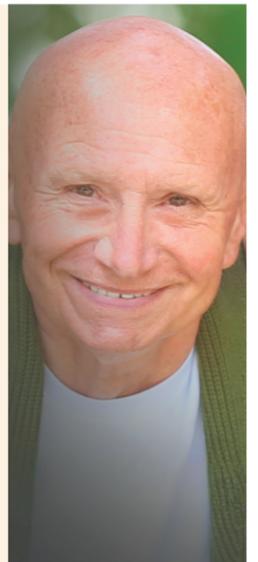
Wellness Spotlight

## Caregivers Peer Support Group at Kerby Centre

Every last Wednesday of the month  
1pm - 2pm  
FREE

Are you a Caregiver to a loved one? Unison's Wellness Centre and Caregivers Alberta in collaboration are here to empower caregivers and help their well-being by providing a supportive group where you can connect with other caregivers.

In our program, you can have open conversations about the ups and downs of caregiving while learning about topics relevant to caregivers



**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-234-6566 | Lolaf@UnisonAlberta.com



## Community Bread Markets

### Drop-in at our monthly Community Bread Market!

Offering **older adults 50+** bread and baked goods donated by partnered retailers, on a first-come, first-serve basis.

#### Parkdale Nifty Fifty Association (NW)

Tuesday, July 9th | 11am - 12pm

#### CARYA Village Commons (SE)

Wednesday, July 10th | 1pm - 3pm

#### Bow Cliff Seniors 50 + (SW)

Thursday, July 18th | 11am - 12pm

#### Northminster United Church

#### Highland Park Community Association (NW)

Wednesday, July 24th | 1:30pm - 3pm

#### Confederation Park 55+ Activity Centre (NW)

Thursday, July 25th | 12pm - 1:15pm



## Weekly Wednesday Dance

Join us and our volunteer house band, The Kerby Sensations every Wednesday afternoon from 1pm - 3pm for a little groovin' and good tunes!

### Serving breakfast and lunch!

Monday, Tuesday, Thursday, Friday:  
8am - 2pm

Wednesday: 8am - 3pm

Located in the lower level of Unison at Kerby Centre

# Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at **HeatherD@UnisonAlberta.com** or call **403-462-5080**. Online registration and full details at **KerbyCentre23.WildApricot.org**

Explore. Engage. Enjoy. Subscribe! [YouTube.com/@Unison50Plus](https://www.youtube.com/@Unison50Plus)

Online Presentation Spotlight

**FREE! Did someone mention... Hypertension?**

Tuesday, July 16th  
11am - 12pm  
FREE

Many of us have heard this word from our doctors, family, or our friends. What does it mean?

Join Dan Leung for an exploration into Hypertension (high blood pressure): What is it? What causes it? Who is at risk, and how can you help prevent or manage it?

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-462-5080 or HeatherD@UnisonAlberta.com



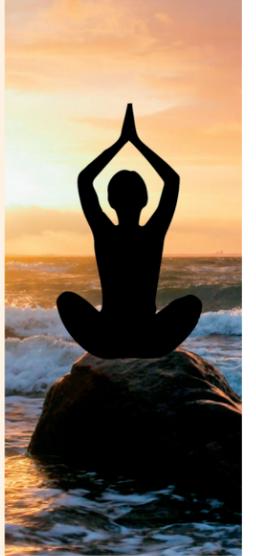
Online Class Spotlight

**FREE! Gentle Soulful Yoga SAMPLE CLASS**

Tuesday, July 30th  
2pm - 3pm  
FREE

Join our new instructor Navin for a more traditional, slow, grounding, and meditative yoga class. Navin will help you find your center, stretch our limbs, and provide alternative movements to accommodate those who need them.

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-462-5080 or HeatherD@UnisonAlberta.com



Online Presentation Spotlight

**FREE! Navigating the Final Chapter: End-of-life Pre-planning**

Wednesday, July 31st  
1pm - 2pm  
FREE

Join us for a transformative session on end-of-life preplanning. This presentation will cover meaningful subject matter that will empower you to live vibrantly today while securing a legacy for tomorrow.

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-462-5080 or HeatherD@UnisonAlberta.com



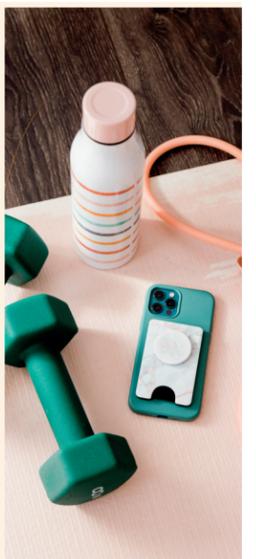
Online Class Spotlight

**Fitness with Dan**

Mondays | July 8th - August 26th  
(7 Sessions)  
9:30am - 10:30am  
FREE with Membership

Join us online for a traditional aerobics class with emphasis on cardiovascular training. Variations are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-462-5080 or HeatherD@UnisonAlberta.com



Online Class Spotlight

**Fitness Over 50!**

Tuesdays | Ongoing  
9:30am - 10:30pm  
FREE with Membership

Join us for a combination of movement, strength, core and stretch class. This involves a good warm up and nice long cool down/stretch. This class will be about mild cardio (movement and fun dance moves etc.) interspersed with some more higher intensity intervals. ALL ABILITIES LEVELS WELCOME!

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-462-5080 or HeatherD@UnisonAlberta.com



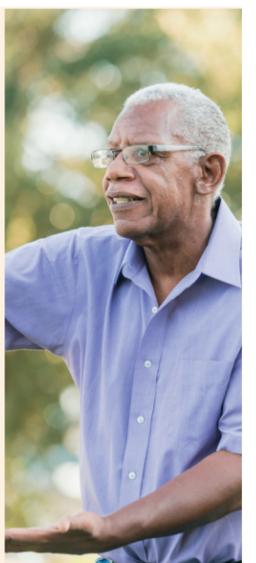
Online Class Spotlight

**Tai Chi**

Tuesdays | Ongoing  
1:45pm - 2:45pm  
FREE with Membership

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

**Register NOW!**  
KerbyCentre23.WildApricot.org  
403-462-5080 or HeatherD@UnisonAlberta.com



## NEW! Online Volunteer Opportunities

Have you retired but have knowledge or skills you would like to share with others?

We are looking for Volunteer Online Instructors/Hosts (Only very basic Zoom knowledge needed – we can teach you if you are willing to learn)

**Duration Options:**

- 1 day 2-hour workshop
- 2-3 week, 1 hour workshop
- 6 week, 1 hour, topical conversation “coffee” group host

Zoom group size: Max 8 people plus instructor/host.

**You might have more to offer than you think?**

**Here are some ideas to get you started:**

- Crafting (knitting, crochet, flower arranging)
- Entrepreneurialism (starting, marketing, and managing a small business)
- Sciences (astronomy, geology, horticulture, birding, archaeology)
- Sports (Baseball, NFL, CFL, NHL, Olympics)
- Agriculture (Urban farming, Horse husbandry)
- Literature
- Language conversation groups (Arabic, French, Tagalog, Mandarin, Spanish, etc.)



# Donor Impact

## Making a Difference



I want you to imagine how important a single meal is when you're hungry.

We've all been hungry, but can you imagine what hunger feels like when you don't know where your next meal is coming from?

Can you imagine what hunger feels like when you're stuck at home, unable to get out and buy groceries or afford delivery?

Imagine how wonderful it must feel when you finally get just a single meal. A hot meal that satisfies your hunger, the relief of knowing you have a full cupboard, even for just a few days more.

That one, single meal would be incredible, right?

Last year, we delivered 15,400 meals in Calgary. We had 12,874 food market participants, where we had the chance to give a bag of much-needed groceries to those living with food insecurity.

We also delivered over 30,000 meals in Medicine Hat, through Meals on Wheels: about 2,500 meals a month.

That singular, vital relief that one meal provided? Multiplied by thousands. Tens of thousands. That's what we accomplished.

Imagine not having a place to stay on the worst day of your life.

Think about the worst day you've ever had, and then imagine not having a place to go at the end of the day.

Nowhere safe to lay your head.

And then, suddenly, someone steps in to help. They provide you with someplace safe to rest, to recover and get back on your feet.

Going from not knowing where you'll be safe, to having a safe place to stay? Even for one single night? That's huge.

In 2023, our Elder Abuse Shelter provided 3,761 safe nights to seniors experiencing abuse.

Here's another example. Imagine being stuck at home. Unable to get groceries, see your friends, or go to church. Day after day, trapped because every distance is too difficult to walk, and all you want to do is get back to enjoying life.

And a friendly face with an extra seat offers you a ride: a ride that's safe, reliable and accessible.

Veiner Vintage Transport in Medicine Hat? They provided an average of 30 rides a month in 2023.

This program means — every single day — an isolated senior was given the chance to get back into the world.

We're only able to do all these incredible things — and more — with your help.

Every single dollar donated goes towards another meal, another reliable trip for a deserving senior.

Won't you help us?

Please donate today! Visit [www.unisonalberta.com/donate](http://www.unisonalberta.com/donate)



**Over 50,000 readers a month.**  
**Countless reasons to advertise.**

Contact [RobL@UnisonAlberta.com](mailto:RobL@UnisonAlberta.com) for more information.

# CASINO NIGHT FUNDRAISER

## VOLUNTEERS NEEDED

Join us on September 1st and 2nd from 11pm to 3:30am at Ace Casino Airport for a fun night that helps our great cause. Your support is crucial for Unison at Kerby Centre!

To volunteer, email [NicolasV@UnisonaAlberta.com](mailto:NicolasV@UnisonaAlberta.com)  
Let's make it a night to remember!

### 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!**

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

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



**PREMIER Crossword**

By Frank A. Longo

**QUADRENNIAL ARRIVALS**

**ACROSS**

- 1 Elite roster
- 6 Yard tool
- 11 Attorney's job
- 15 Close loudly
- 19 Maui porch
- 20 Yankee Yogi
- 21 Penne — vodka
- 22 Imogene of comedy
- 23 Motivational speaker who wrote "Unlimited Power" [1960]
- 25 Tooth-saving procedure
- 27 Takes effect
- 28 He convoked the Council of Trent [1468]
- 30 Via walking
- 33 Rolling car part, in Leeds
- 34 Suffix with Rock
- 35 Lead singer on the 2010 hit "Pumped Up Kicks" [1984]
- 39 And more: Abbr.
- 41 "Always on Time" rapper [1976]
- 45 Suffix with Rock
- 46 Aquanaut's abode
- 48 "Equi-" cousin
- 50 Bovine bellow
- 51 — B. DeMille
- 54 Director of "Wings," the first Best Picture winner [1896]
- 59 Santa — (hot winds)
- 61 Platoon VIP
- 62 Morales of "Freejack"
- 63 Liquidy Japanese bowlful
- 67 Gave it a shot
- 69 Crime doers
- 73 When the people featured in this puzzle were born
- 77 Sniffed (around)
- 78 Tale
- 79 More prying
- 80 Political admin.
- 82 Dianne of "Parenthood"
- 85 — marché (cheaply, in Paris)
- 86 He played Jagger Cates on "General Hospital" [1972]
- 92 Finished
- 95 Color grade
- 96 Hwy. offense
- 97 Overly long sentences
- 99 Bread variety
- 100 Founder of the Shakers in America [1736]
- 103 "Adios!"
- 106 "Anniversary Song" singer [1916]
- 109 Wise to
- 111 Catch sight of
- 113 Fled to marry
- 114 "So Rare" bandleader [1904]
- 118 Thick-trunked African tree
- 121 Criminal court of London
- 122 Designation for the people featured in this puzzle

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					
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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			
131						132				133				134			

- 127 Maui, e.g.
  - 128 Facet
  - 129 Fessed (up)
  - 130 Actress Kemper
  - 131 Depilatory brand
  - 132 Co. honchos
  - 133 Requires
  - 134 Be in power
- DOWN**
- 1 Key near Ctrl
  - 2 China's — -tzu
  - 3 Motel's kin
  - 4 Consents verbally
  - 5 Get bored by
  - 6 Recedes
  - 7 Actress Mazar of "Younger"
  - 8 Smile widely
  - 9 Suffix with north
  - 10 Hoarse
  - 11 Rug
  - 12 Healing plant
  - 13 Skiing site
  - 14 Classic neon diner sign
  - 15 Mountain climber, e.g.
  - 16 TV actress Anderson
  - 17 Brazilian berry
  - 18 African nation
  - 24 Klemperer and Preminger
  - 26 — rug (dance)
  - 29 Raw metal
  - 30 Quad VIP
  - 31 Elis' college
  - 32 Noisy fights
  - 33 Merry song syllables
  - 36 Stitch
  - 37 Mai —
  - 38 Right-angled annexes
  - 40 Covert U.S. org.
  - 42 Steak- — (frozen beef brand)
  - 43 Mauna —
  - 44 Huge time stretch
  - 47 What the number in brackets is for the people featured in this puzzle
  - 49 Stockholm is its capital
  - 52 During a single sitting
  - 53 1996 Mario Puzo novel, with "The"
  - 55 Farming-related prefix
  - 56 "Correct — I'm wrong"
  - 57 Blanket for the legs
  - 58 Rest atop
  - 60 Tofu source
  - 63 Everest, e.g.: Abbr.
  - 64 — Jima
  - 65 Remove from the cargo hold, e.g.
  - 66 Fruit stone
  - 68 Failing grades
  - 70 Bit of precipitation
  - 71 Lead-in to nuptial
  - 72 Leb. neighbor
  - 74 "And — word from our sponsor"
  - 75 Chi-Town daily paper
  - 76 Constricting snake
  - 81 Part of DVD
  - 83 Cram, e.g.
  - 84 Novelist Morrison
  - 86 "I've got it!"
  - 87 Mother superior, e.g.
  - 88 Five pairs
  - 89 Sis or bro
  - 90 Actor Hamm
  - 91 Single-stranded cell stuff
  - 93 Brontë's Jane
  - 94 Feat of skill
  - 98 "Come Back, Little —" (1952 film)
  - 101 Supple
  - 102 "Exile" New Age singer
  - 104 "For sure!"
  - 105 Jargon suffix
  - 107 "Buffy the Vampire —"
  - 108 Walk with a limp
  - 110 "It's true!"
  - 112 Aviator's guidepost
  - 114 Connect
  - 115 "Casablanca" heroine
  - 116 Roman 1,551
  - 117 Make anew
  - 118 Cause of ruin
  - 119 Mimicked
  - 120 Chances
  - 123 Ram's mate
  - 124 Muhammad of the ring
  - 125 Large
  - 126 Money unit of Japan

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# Seniors scene events

**Bowness Seniors' Centre**  
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 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

thusiastic 2SLGBTQ+ folks aged 50+.

We are inclusive and welcome all people from diverse backgrounds who are part of this community, curious, questioning, or who might like to learn more about collaborating with us or suggesting our group for an older family member.

We meet at the Unison Kerby Centre monthly for Coffee, Cookies and Chat on the first Wednesday of the month in addition to other social events. We invite you to drop by for an afternoon of friendship and conversation.

Our next few Wednesday meet-ups will be from 1-3 p.m. on April 3, May 1, June 5, July 3, August 7.

Kerby Centre 1133 - 7 Avenue SW (Room 305)

Accessible by C-train: Kerby station

Free parking is available! Just check in at the main desk and leave your license plate number.

Find us online as well at rainbow-elderscalgary.ca and on Facebook and Instagram for information about upcoming social events and membership!

### 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+

**Rainbow Elders Calgary**  
 Rainbow Elders Calgary is a fun social group of en-

### JFSC Memory Care Program In-Home Leisure Activity Support Accepting New Referrals

Are you or someone you care for living with dementia at home and seeking leisure activity support? We are accepting new referrals to our no cost Memory Care Program.

Our trained volunteers come to your home for one-on-one activity support, while also providing the opportunity for caregiver respite and social work services. Volunteers build relationships and offer individually catered activities, like crafting, outdoor walks, and board games.

For more information, including eligibility, contact us at 403-287-3510 or go to <https://www.jfsc.org/programs--services/memory-care.html>.

### 34th Annual Festival of Pins

Celebrating the 100th Anniversary of the RCAF

Free Admission  
 Hosted by the Calgary International Pin Club

9AM - 5PM, Saturday August 24.

9AM - 4PM, Sunday August 25  
 Royal Canadian Legion Calgary Centennial Branch #285 at 9202 Horton Road SW

## SUDOKU SOLUTION

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

## CROSSWORD SOLUTION

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

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