



Take a big, deep breath



May is Mental Health month this spring and we know that mental health is beyond important to our seniors. Whether you're doing something like Tai Chi meditation, seeking help in a support group or from a close friend: everything we do for our brains is beyond vital to bloom and thrive. Photo by Deborah Maier.


Inside

- 3 ways to reduce isolation** page 2
- The mental burden of chronic pain** page 6
- A calming craft for spring** page 10
- How to ask for help**..... page 21





1133 - 7th Ave. S.W.
 Calgary AB T2P 1B2
 403-265-0661
www.unisonalberta.com
 PO # 0040064604




CELEBRATE *Women*

AT EVERY AGE

This Mother's Day, make a difference by supporting women who have shaped our lives & enriched our communities.

Donate Today!

UnisonAlberta.com/Donate | 403-705-3254



3 ways to reduce social isolation for seniors

Andrew McCutcheon
Unison News

Unison, for Generations 50+, knows the seniors isolation statistics. That's why we have so many Calgary seniors' programs, to help our seniors connect in Calgary. Because we know that people need people.

We need each other. We're a social species. We were not meant to be alone.

Isolation is hard on everyone, but especially our seniors. COVID-19 may have put seniors isolation in the spotlight and made the problem more immediate, but we've known for a long time how bad it is.

We know Canada's

population is aging and that our society needs to adapt and grow to the increasing number in seniors. According to the federal government, Canadian seniors made up around 15 per cent of the total population. But by 2036, this number is expected to increase to 25 per cent — one in four people.

Statistics tell us seniors are also at risk of becoming socially isolated — with 30 per cent in danger of losing the chance to be socially connected and active.

Isolation doesn't just mean loneliness. There are serious costs associated with physical health and quality of life.

This includes an in-

creased risk of dementia, poor mental health and depression, increased use of health and support services, worsening of chronic conditions and diseases and a greater risk for falls.

Loneliness is so dangerous to the health of our seniors, that one study found evidence that being socially isolated is equivalent to smoking 15 cigarettes a day — in terms of increasing one's chances for an early death.

This is nothing to say of the mental health effects. We want our seniors to feel valued, needed and desired — because they are. If there aren't opportunities and places where seniors can

enjoy themselves, meet like-minded people, volunteer or connect meaningfully, it's a failure of our society.

Which is why Unison, for Generations 50+, is here to help.

Here are five ways organizations, seniors and individuals can help address isolation, all with examples that we here at Unison offer our community.

Active Aging Opportunities

We all know it's much easier to socialize when it's centered around an activity.

It doesn't matter what the activity is: it could be painting, card games or a match of pickleball!

There are plenty of social clubs or groups that offer different events, but we've got everything you could possibly want!

Unison has incredible Active Aging programs with a variety of opportunities for seniors to get out and socialize, and maybe even try something new!

Making socializing accessible

It's one thing to recommend going out and making connections. It's another to actually figure out logistics, especially if someone has mobility issues.

Those with chron-

ic pain, or who need a wheelchair or aid to walk, might have a lot more trouble getting out and about. This is a huge contributor to social isolation.

How do we help our isolated seniors when there are so many barriers? One thing we can do is bring the programming to them.

Our Active Aging team also offers a variety of online programming. There's a chance to do physical activities, attend interesting presentations or watch relevant interviews, and so much more.

It might seem silly, but getting online can be just as helpful when it comes to keeping and maintaining our social connections.

Providing resources and community

It's one thing to have an activity for seniors to give them an opportunity to socialize.

It's another to give people a place to talk about what's going on in their lives.

You might make a lot of friends playing pickleball or enjoying an art class, but it's difficult to transfer that into a place where you can talk about heavier topics: life and death, grief and pain.

We need to provide places and opportunities where seniors can talk about the difficult things going on in their lives: whether that be support groups, meet-ups or chances to talk with a professional.

The Unison Wellness Connection Centre is one of these places. Anything from taking in a yoga class to de-stress, to hosting grief groups, to support groups for grandparents who are raising children: it's an important place so people can feel like they aren't alone.

Because they aren't. No one is alone. It's just our responsibility to make sure they never forget that.

Volunteers Needed!

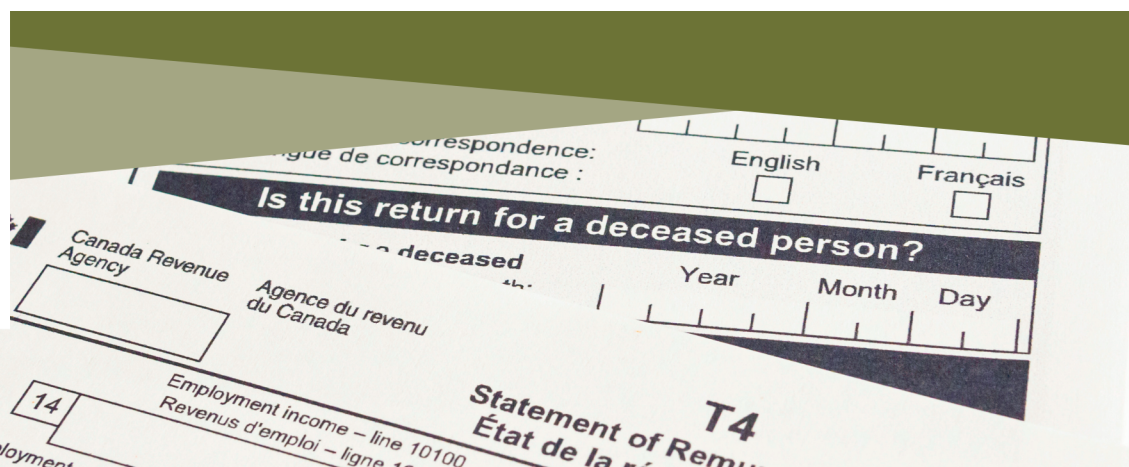
Cafe Cashier or Kitchen Helper

Join us as a volunteer in our Cafe and make a positive impact in the community!

- **Cashier:** Join our community cafe as a volunteer cashier! This role is perfect for those who enjoy customer interaction and have a knack for quick and efficient service. As a cashier, you will be the face of the cafe, welcoming guests, taking their orders, handling payments, and serving food directly to tables. This role offers a fantastic opportunity to develop customer service skills while working in a lively, community-focused environment.
- **Kitchen Helper:** We are looking for enthusiastic volunteers to support our cafe kitchen as kitchen helpers. This role is crucial for maintaining the smooth operation of our kitchen. It involves dishwashing, basic food preparation, and carrying out tasks as assigned by the chef. This position is ideal for anyone looking to gain experience in a professional kitchen environment and to contribute to a community cause.



Connect with Nicolas to start volunteering now!
403-234-6570 | NicolasV@UnisonAlberta.com



Year-Round FREE Tax Support

We're here for you beyond Tax Season!

Book an appointment now.

Seniors Supports | 403-705-3246

We can provide guidance and support with Housing, Benefits & Pensions, and Tax Support!

Our mental health is vital

According to the World Health Organization:

- By 2030, one in six people in the world will be aged 60 years or over.
- Loneliness and social isolation are key risk factors for mental health conditions in later life.
- One in six older adults experience abuse, often by their carers.
- Approximately 14 per cent of adults aged 60 and over live with a mental disorder.
- Mental disorders among older adults account for 10.6 per cent of the total years lived with disability for this age group. (2023)

For over 50 years staff and volunteers at Unison have tried to combat loneliness indirectly by building a supportive community of older people.

The pandemic in many ways demonstrated to our team that directly responding to mental health both diagnosed and un-diagnosed in the aging population was crucial. We knew we needed more direct responses both in person and online to support wellness and mental health.

First, let me be clear, the efforts our staff and our volunteers engage in the build community are critically important and by no means will we be reducing our efforts in these areas. If anything, we have plans to double down on them.

My friend and colleague, John works for a community-based seniors serving organization. At times during the pandemic our members and our users were shut in and isolated. When we met as a group of agencies John would proudly proclaim “we’re saving lives, every day.”

John was right, he knew the impacts of loneliness and isolation on a senior’s health or mental health.

He knew that we needed to be creative and innovative in figuring out ways to keep our community vital and thriving even if our buildings were locked down.

It was during these times that our team started conceptualizing groups, programs and initiatives that would support wellness and mental health.

Our Wellness Connection Centre was born out of this planning. Unison’s Wellness Connection Centre aims to support the mental, emotional, and spiritual health of older adults. Mental health is vital to full body health and a healthy mind will set up an individual for success in their daily life. The types and ranges of support both online and in-person, offered have continued to grow over the last two years.

I think one of the things I am most proud of our team did in this process is how we made the Connection Centre a reality. Sometimes a charity like Unison may become aware of a need like this, and we may submit some type of proposal to the government and ask for funding to meet the need. Sometimes you can wait a long time to receive this type of support- if you receive it at all. In 1999 we finished construction of the first purpose-built elder abuse shelter in North America.

We knew there was a need, but it took until 2005 to receive ongoing government support to operate the program. Fortunately, our members and our donors helped us fund the operation of



Larry Mathieson, CEO and President

the shelter for the first 6 years.

Over the last few years, it has become obvious to our board and our staff that more support is needed for older adults in the communities we operate in. This time we went looking directly for corporations or foundations that had the same passion for addressing wellness both physical and mental in an aging population.

The Auxilium Foundation, Bell Let’s Talk and the Hunter Family Foundation have been the primary financial supporters of our Wellness Connection Centre. If we didn’t have supporters like these organizations who had the vision for continuing to build that supportive embracing community, we would not be able to bring this vital support to more and more older adults in southern Alberta.

If you would like to know how you can support these efforts please go to our website for details on the program and how you can support it.



MAY 2024

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

**Unison Board of Directors
2023 - 2024**
1133 - 7th Avenue S.W. Calgary, AB T2P 1B2

EXECUTIVE
Board Chair: Richard Parker
Treasurer: Kenneth Lin
Secretary: Jacquelyn Poetker
Director Emeritus: Hank Heerema

Directors
Peter Molzan, Gail Lai
Deborah Durda, Jenna Naylor
Marianne Rogerson

Chief Executive Officer and President: Larry Mathieson

**For More information on Unison Alberta
Call 403-265-0661 or visit
www.unisonalberta.com**

Unison News
Published monthly by Unison, for Generations 50+
1133 - 7th Avenue S.W., Calgary, AB T2P 1B2
(403) 705-3229 • Fax (403) 705-3212
www.unisonalberta.com

e-mail: andrewm@unisonalberta.com

Publisher: Larry Mathieson
Editor: Andrew McCutcheon
andrewm@unisonalberta.com

Sales
Rob Locke (403) 705-3235
robl@unisonalberta.com

Unison News is the official publication of Unison, for Generations 50+. Of the over 30,000 copies printed monthly, 2,000 copies are mailed to its members. The rest are distributed free of charge to readers throughout southern Alberta through the courtesy of retailers and agencies and Unison News has a pick-up rate of over 96 per cent. Non-members can subscribe for \$25.00 per year, inclusive of postage and GST.

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

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

Material published in the editorial columns of the Unison News is protected by the Canada Copyright Act and may not be copied or reproduced by any means without the written consent of the Publisher.

Although every precaution is taken to monitor advertising placed in the Unison News; claims made by advertisers are theirs and are not necessarily endorsed by Unison. Unison reserves the right to refuse any advertising materials submitted.

NOTE: Display advertising is accepted on the condition that, in the event of a typographical error made by Unison News, the advertiser will be issued a credit toward future advertising. If the advertisement is for a one-time event or limited time sale, the advertiser will be refunded.

Predicting premature menopause

Will Gibson
University of Alberta

Researchers have developed a statistical model that predicts the likelihood of female childhood cancer survivors developing premature menopause as they grow up, which could help doctors personalize treatment and counselling options for patients.

“We aimed to develop and validate models to predict age-specific risk among long-term survivors of childhood cancer, and our model showed robust prediction

performance,” says Yan Yuan, a professor in the University of Alberta’s School of Public Health who led the research team that developed the tool, including an online calculator to help patients assess their risk.

Primary ovarian insufficiency, also known as premature menopause, is the term used to describe when a woman’s ovaries stop working normally before the age of 40. Yuan and her co-authors note that seven per cent of childhood cancer survivors develop the con-

dition within five years of their cancer diagnosis, and it is estimated that another 12 per cent develop it more than five years after diagnosis, compared with just one to two per cent of the general population.

The study involved a group of cancer patients under the age of 21 treated at more than 30 hospitals across North America between 1970 and 1999. Female survivors aged 18 years or older at their latest followup examination, with self-reported menstrual history infor-

mation and free of subsequent malignant neoplasms within five years of diagnosis, were included in the study.

“We found a very strong signal in the life-saving treatments used by oncologists,” says Yuan. “Different treatments, such as radiation or various chemotherapy drugs, can have very different effects. We evaluated 20 chemotherapy drugs, and some cause more damage to the ovary than others. The dosage and age of the patient are also important factors.

“This is important because it helps inform clinicians of treatment options as well as counselling prior to and after treatment.”

The study is the culmination of more than seven years of research and is the second of two papers published on the work. The previous paper described a predictive model for acute ovarian failure, a subtype of primary ovarian insufficiency that some patients develop within five years of their diagnosis.

For Yuan, it also helps validate the power of biostatistics in public health, which applies mathematical or statistical modelling to help improve patient care.

“Risk prediction is an evolving process, but there is real value in using statistical models or algorithms to predict health outcomes if you collaborate with clinicians and patients to understand the context and learn the nuances of the data, in order to build a robust and trustworthy model that benefits patients,” she says.

“It’s very rewarding in terms of scientific discovery. I remember sharing the results with our clinical collaborators, and they didn’t really realize their bias toward certain treatments and the risk factors they carry for children. It made me feel like our research is making a difference, and that’s what you want to do.”

Yuan’s co-authors on the study include Cindy Im, a U of A doctoral graduate who is now a professor at the University of Minnesota. “We also had students working on this research — Zhe Lu, Lin Yu and Yutong Han — who contributed enormously to this work,” says Yuan.

The research was supported by funding from the Canadian Institutes of Health Research and the U.S. National Cancer Institute, and a scholarship for Lin Yu from the Canadian Centre for Applied Research in Cancer Control. Yan Yuan is a member of the Women and Children’s Health Research Institute.



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.

OUR PROPERTIES INCLUDE*:

- Independent, assisted and personalized care lifestyles
- Spacious balcony suites
- 24 Hour healthcare staff
- Life enrichment activities calendar covering 8 dimensions of wellbeing
- Red seal chef inspired menus with special diet options, served in our elegant dining room or comfortable lounges
- All the comforts of home plus so much more

Book a Tour and Stay for Lunch!



(403) 286-4414
11479 Valley Ridge Dr. NW,
Calgary, AB



TRINITY LODGE
RETIREMENT RESIDENCE

(403) 253-7576
1111 Glenmore Trail SW,
Calgary, AB



(403) 258-1849
11800 Lake Fraser Dr. SE,
Calgary, AB

*Please note amenities can vary by property

To learn more about the Verve difference and find a residence near you, visit verveseniorliving.com

INSPIRED SENIOR LIVING WITH 

A sad end for Stumpy the Tree

Barbara Ellis
Unison News Columnist

There is a program that I watch every week called Sunday Morning. This program originates on CBS and on average it brings three or four interesting stories to its viewers. This past Sunday, they did a story about a little tree called Stumpy. The anchor called it a diminutive cherry tree that is nearing the end of its life.

In 1912 the people of Japan gifted the United States with over 3,000 cherry trees as a sign of friendship between the two countries.

There were about 12 varieties of cherry trees and the majority of them were planted around the Tidal Basin and the West Potomac Park.

I was in Washington in 2009 and witnessed the Cherry Blossom Festival for myself. The trees were breathtaking and the perfume that wafted through the air was a treat to my senses.

After taking part in

the annual festival which featured many marching bands on Constitutional Avenue, I was free to wander around and take in the sights on my own.

In the gardens of the National Museum of Natural History, there was a particularly beautiful cherry tree. Its branches were fully engulfed by thousands of blossoms and the shape of this tree reminded me of a Bonsai, only on a much larger scale.

I wondered if its branches had been manipulated to grow in such a pleasing shape. There were several men and women under the tree taking photographs so I could not get as close to it as I wanted, but it did not matter, this tree was magnificent from any vantage point.

In my ramblings I walked down Pennsylvania Avenue, stopping now and then to try and press into my memory the beauty of this city, its buildings, its wonderful trees and the warm

sunshine that caressed me. The sunshine was particularly pleasing as it was much cooler with snow still lingering on back in Calgary.

My journey did not take me as far as the Tidal Basin, so I did not see the tree they now call Little Stumpy.

As the Sunday Morning program showed this image, the little tree is nothing more than an unseemly hollowed-out trunk.

Amazingly, this trunk has produced three spindly branches and each year, these three branches are completely covered with beautiful pink blossoms. I am always amazed by the tenacity and the unwavering will of plants to survive.

From what I can make out the Potomac River experiences tidal events. Due in part to climate change and because the water levels are rising in our oceans, the sea wall can no longer control the incoming tide.

The surging tide push-

es more water up the river which in turn raises the water levels in the Tidal Basin. This increase in water has already killed many trees and so there is a multi-million-dollar project on the way to raise the sea walls and fix the problem. Unfortunately, this also means that 158 trees will have to be removed, and Stumpy, is one of them. When the public heard of the eventual demise of this little tree, their action was immediate and filled with a great deal of emotion.

People began leaving bouquets and other small mementos at Stumpy's feet. There was even a man who serenaded the tree by playing his trumpet. Many people stood in line just to have their photograph taken in front of the tree, probably for their scrapbooks in remembrance of Stumpy.

There was even a delegation from the Japanese embassy who came to pay tribute and bowed in front of the little tree.

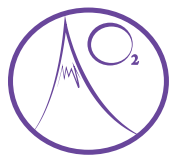
A commercial pho-

tographer who took many photos of Stumpy during the different seasons and in all kinds of weather conditions produced a 2014 calendar of them. He even decorated the tree with two little globes at Christmas time.

In my mind, I understand that it must be done. But I cannot help feeling remorse for this little tree stump. It has survived for many years, through good times and bad, and even in its deteriorating condition, it is still doing its utmost to bring life and beauty into our world. It is tenacious and does not know how to go quietly into the sunset.

They are taking clippings from Stumpy which means that in a way it will live on, and its trunk will be made into mulch so that it can enrich the soil for the new trees that will be planted.

It is the circle of life I suppose but even so, I am so sad that after trying so hard, this little tree is going to lose the battle.



PEAK OXYGEN

DITCH THE TANKS!

FUNDED BY THE ALBERTA GOVERNMENT



587-747-7699



WWW.PEAKOXYGEN.CA

NEW SERVICE!



Peak Oxygen is pleased to add **Bi-Level Positive Airway Pressure (BPAP) therapy** to our services! Eligible BPAP therapy patients can receive complete funding through Alberta Blue Cross, and the Alberta Aids to Daily Living Program



Managing chronic pain for seniors

Andrew McCutcheon
Unison News

One thing we firmly believe at Unison, for Generations 50+, is that not all parts of aging are negative — even with how complicated it is learning just how to retire!

There's plenty to enjoy, whether it's enjoying long-ignored hobbies, the wisdom of having spent more time on this earth, or making lots of quality memories with friends and family.

However, there's something we all can agree is completely

awful when it comes to getting older: pain.

Aches, pains, muscles and bones: it's just a fact as one ages, the chances of experiencing chronic pain increases.

It's not that pain is a natural part of growing old — far from it.

But pain is actually more common in seniors because the diseases, injuries or conditions which cause pain are more common, according to the Canadian Psychological Association.

These conditions can include arthritis, shingles, emphysema, os-

teoporosis, or a host of others.

It goes without saying that pain isn't fun. But the effects go beyond just the physical discomfort.

Chronic pain also leads to many other negative health outcomes for seniors, beyond just the physical.

Fatigue, frustration, depression and other mood changes, alongside poor sleep schedules, a withdrawal from activities one enjoys and a weakened immune system.

Chronic pain is no joke.

The best way to manage chronic pain, however, is one that chronic pain makes more difficult: regular movement and activity.

It feels like a Catch-22; the pain makes movement and activity difficult, but staying sedentary will only make it worse.

That's why if you're just starting to experience chronic pain — or have yet to — starting movement and regular activity may be a preventative measure.

It's important to speak to a health care professional before you

begin any exercise program, but if you choose to, Unison's Active Aging programming can't lead you wrong.

Sure, walking the dog, doing your gardening or taking the stairs are all great ways to improve your mobility and activity! But when things are fun and exciting? It sure makes it a lot easier.

That's why we have Active Aging programming for all levels of fitness and all interests. Whether it's dropping in to play pickleball, signing up for Tai Chi or Yoga, or doing a fitness class online through Zoom: we've got everything you might need to stay fit and keep the effects of chronic pain at bay.

There are other ways to help alleviate chronic pain, too! Maintaining a healthy sleep schedule will go a long way.

This means avoiding large meals or large quantities of fluid a few hours before bedtime; making sure your sleep space is quiet, dark and cool; and going to bed at roughly the same time with the same routine as often as you can.

But even with all of these changes, chronic pain is chronic pain. It has the potential to be unpleasant, even aggravating regardless.

That's why it's important for seniors to reach out, speak to others and develop healthy coping strategies.

Our minds and hearts are just as important as our bodies, and talking to a friend, a therapist or a psychiatrist about your daily experience with pain can improve your quality of life.

Chronic pain doesn't have to be an inevitability, and even if you experience it, it doesn't mean you can't take steps to improve your lot in life.

There's always hope, and at Unison, for Generations 50+, we want to help you find what that looks like.

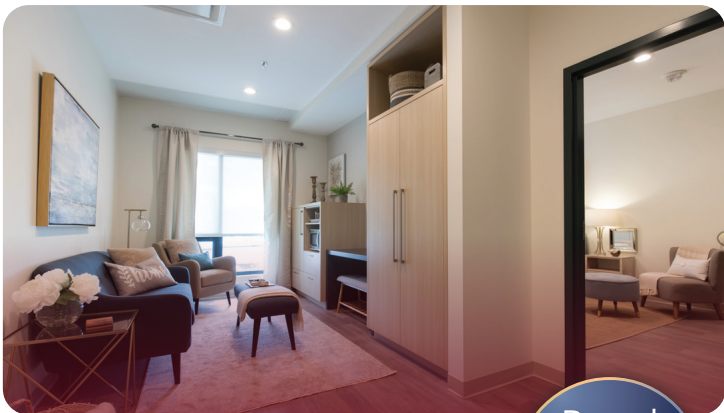


Live Life To The Fullest

Enjoy delicious chef-prepared meals, life enriching recreation, and the company of new friends with personalized care and services to support your wellness needs.

Our Private Choice seniors wellness lifestyles include:

Independent and Assisted Living | Private Long Term Care | Specialized Memory Care | Short Term Respite Care



The
Brenda
Strafford
Foundation
Cambridge
Manor

Brand
Over New
90%
Full

University District | NW Calgary
403.536.8675 | CambridgeManor.ca



The
Brenda
Strafford
Foundation
Wentworth
Manor

Newly
Renovated

Christie Park | SW Calgary
403.242.5005 | WentworthManor.ca

Find out more about our renowned, award-winning care and services at theBSF.ca

The story of the Richard's family

Amanda Borys
Historical Columnist

Little can be found about the Richards family which consisted of John Tygwydd, Christina Gertrude, and their five sons and a daughter. They originally lived in Sheffield, England, where the eldest children were born, before immigrating to Canada.

Upon their arrival, they first resided in Moose Jaw, Saskatchewan before moving to Calgary sometime between 1916 and 1919. In Calgary, patriarch John T. Richards worked at the C.P.R. Ogden shops as a machinist.

It can be assumed that John Griffith Richards, known as Griffith, was the eldest son of the family, given that he was his father's namesake. Griffith was born in Sheffield on Nov. 20, 1896, and would have immigrated with his parents.

In Moose Jaw he was a member of the First Moose Jaw Zion Troop Boy Scouts. This was the city's original Boy Scout troop, made up of boys from the various denominations that attended the Zion Methodist Church.

Griffith volunteered for the Canadian Expeditionary Force (C.E.F.) to fight in the Great War on Feb. 7, 1916, at the age of 19. According to his attestation papers, he had three years of prior militia service with the 60th Rifles and one year with the 16th Light Horse.

Griffith would have undertaken the standard military training for all Canadian soldiers before being sent to Europe, though he did spend just under 3 weeks in hospital at Camp Hughes in Winnipeg with a slight case of mumps.

Griffith sailed on the S.S. Grampian with the 128th Battalion on August 15, 1916. He was struck on strength with the 16th battalion (Canadian Scottish) and later promoted to corporal on Oct. 23, 1916.

Granted permission to marry, Griffith wed Lily Maud Drury in Greenwich, England on June 20, 1918.

On Oct. 26 of the same year, he was hospitalized in Cardiff, Wales with influenza, which was identified as trench fever rather than the Spanish Flu, and remained there until he was discharged from the C.E.F. on

Jan. 20, 1919. He returned to Canada with his battalion from Liverpool on March 5, 1919, and arrived in St. John, New Brunswick on March 17, 1919.

Lily joined him in Canada and the couple settled first in Calgary with Griffith's family until he found work at the Midland Mines in the 1920s.

The young family, which now included two young sons aged 3 and 4, moved to Midlandvale, a hamlet developed to support Midland No. 1, Midland No. 2, Western Gem, and Brilliant Mines. It was located approximately 3 km from Drumheller, which annexed it in 1972. Griffith joined the Drumheller Orange Lodge and the family settled in.

On August 2, 1924, Griffith was one of three men working a shaft at the

Midland mine when a build-up of gas in the tunnel ignited and exploded, killing them all.

A later inquest determined that the men had not been properly monitoring the fan meant to vent the mine and it stopped, allowing the flammable gas to build up. It was believed an electric battery may have provided the fatal spark, though this was not confirmed.

Griffith was survived by his wife, two sons, his parents, three brothers, and his sister. He was laid to rest in plot 105-3-F of Burnsland Cemetery in Calgary. If the tragedy of losing a young man who had survived so much already wasn't enough, Griffith was buried next to the plot of his younger brother, Morien Lloyd Richards.

Morien was born in

1914, 18 years after his older brother, and would have been about 2 years old when Griffith left for war and 5 years old when he returned.

Like his older brother, Morien also survived an early brush with death. On Nov. 21, 1920, he was playing with his friends, Walter and Reginald Johnston, in front of the Burns Block when he was struck by a car and knocked to the pavement. Morien lost several teeth, had a cut upper lip, and was badly shaken.

The driver of the vehicle stopped approximately 75 feet away, walked back to see how badly Morien was hurt, and then returned to his vehicle, driving away without ever identifying himself.

Morien appeared in Calgary Herald articles twice more, once on July 13, 1922, when he came fifth in

a competition held by Royal Household Flour to guess the weight of a sack of flour. All winners came within 3 ounces of guessing the correct weight of 348 pounds, 13 ounces.

The second story came out a year later about a children's festival held by the St. David's Society. Morien was mentioned as having competed in a junior recitation competition but was not a prize winner.

Morien contracted meningitis and died on March 23, 1924. Six years after Griffith survived the most destructive human conflict at that time, four years after Morien came close to being run down on the streets of Calgary, and less than five months apart, the two brothers would share their final resting place.

unison
For generations 50+

Intergenerational Day
June 1st, 2024

Intergenerational Day celebrates the bonds between generations, fostering understanding and appreciation across age groups.

NORTH HILL DENTURE CLINIC
STEVE SAILER DD
DISCOVER THE NEW OPTIONS TO A CONFIDENT YOU.

Full Cosmetic Denture Services For A Personalized Smile, Implant Retained Dentures — The New Standard Of Care.

- Free Consultations • All Dental Plans Accepted
- Same Day Service On Repairs/Relines
- Alberta Health Care Program For Seniors

TAKE THIS TEST

Are your dentures?	Is your denture?	Are your gums?
<input type="checkbox"/> Loose	<input type="checkbox"/> Floating	<input type="checkbox"/> Always sore
<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.

261B, 1632 - 14th Ave. N.W. North Hill Shopping Centre
403-282-6126

Accessibility icons: wheelchair, Mastercard, Visa, GST

Easy is always on hand.

Open your freezer to many easy meals made especially for seniors, delivered for free*.

We Accept Veterans Affairs Allowances

Locally owned by Tracy Brunt
Get your FREE Menu
1-844-431-2800
HeartToHomeMeals.ca

*Some conditions may apply.

HEART TO HOME MEALS
DELICIOUS MEALS MADE FOR SENIORS™

New study shows drought drives overnight burning of wildfires

Michael Brown
University of Alberta

The welcomed slowing of a wildfire's destruction that comes with the cool and humidity of nightfall shrinks and even disappears during drought conditions, according to a University of Alberta researcher whose new study challenges conventional fire management practices.

"I think it is important to bring this emerging phenomenon to the public to let them know that the night might not save us," says Kaiwei Luo, a PhD student in the Faculty of Agricultural, Life & Environmental Sciences.

Conventional understanding of the "active day, quiet night"

fire cycle is that lower temperatures and higher humidity at night naturally slow the progression and intensity of wildfires.

But in recent years, studies and first-hand accounts have shown that an unknown environmental change is enabling wildfires to surpass this natural barrier and burn more powerfully at night.

"Originally, I had thought that since nights are warming faster than days, higher temperatures and the associated lower relative humidity at night would lead to more overnight fires," says famed wildfire expert Mike Flannigan, U of A professor emeritus and researcher with Thompson Rivers University.

To test this hypoth-

esis, Luo led a team that examined 23,557 fires in North America between 2017 and 2020, using a combination of satellite and terrestrial data to analyze the burn cycle of these fires and identify overnight burning events.

They found that although warming is weakening the climatological barrier to nighttime fires, the main driver of recent overnight burns in large fires was an increase in accumulated fuel dryness, which led to consecutive overnight burns that in some cases lasted weeks.

All told, the authors identified 1,095 "overnight burning events" in 340 individual fires. Nearly all of these events were found in

fires larger than 1,000 hectares, with 20 per cent of large fires having at least one overnight burn.

Moreover, when fires burned through the night, it often occurred within two days of ignition, and in 67 per cent of cases they were detected on two consecutive nights, suggesting that one night of burning often leads to a second.

"In the extreme cases, there would be no difference between an overnight burn event and daytime burning," says Luo.

And while this overnight burning limits containment opportunities and stretches already thin resources even further, Luo says understanding this new wildfire reality could facilitate early detec-

tion and improved fire management.

"The presence of daytime drought conditions could act as a predictor of overnight burning events the following night," he says.

"Nighttime burning has long been overlooked. In a warmer and drier world, we can use daytime drought indicators to predict the night."

Flannigan adds more overnight burn events also means more firefighting resources will be needed, and if fire management agencies want to fight fires at night, they need additional training and equipment.

"More of these fires also increases the likelihood of a catastrophic fire."

Welcome to Westview

An Independent Living and All-Inclusive Retirement Community



Make new friends, and share new memories when you retire at Westview Community. Enjoy all-inclusive living at Westview Town Suites, or pay for what you need at Westview Residence West. The choice is yours, for the lifestyle you desire!

- Spacious brand new suites with walk-in showers.
- A pet friendly community, with an accessible pathway system and a gorgeous park.
- Access to services on-site, including paramedical, a hair salon & more
- Located near conveniences such as London Drugs, Co-op, restaurants, medical facilities, banks, and more!



Limited Time Pricing

Independent Living
starting at \$1,790

All-Inclusive
starting at \$2,900

Ask about our
Move in Incentives



403-390-2934 | westviewliving@silvera.ca
5050 50 Ave SW, Calgary, AB T3E 8B1

Enjoy a virtual tour at:
westviewtownsuites.silvera.ca



What is a personal directive?

Jenna Bever
DD West LLP

Have you made a Will? An Enduring Power of Attorney (EPA) or Personal Directive (PD)? If the answer is no you're not alone.

These three legal documents make up your Estate Plan. It is important to have an Estate Plan to ensure that your loved ones are taken care of and that the friends, family and charitable organizations most important to you are considered.

The goal of this series is to provide valuable information to the community about the importance of Estate Planning. While most people have heard of a Will, not everyone is familiar with the Enduring Power of Attorney and Personal Directive.

The Personal Directive is a legal document that appoints someone who will look after your personal and health care needs if you ever find yourself in a position where you're no longer able to make reasonable decisions about your care.

This article will discuss the importance of the

Personal Directive. In a lot of instances this document, along with the Enduring Power of Attorney, can be almost more important than a Will as there is no presumption in law as to who would be your Agent (the name of the person appointed in your Directive) should you need one, not even your spouse.

A Personal Directive is a legal document that you create when you are of sound mind, where you appoint someone to be your Agent.

An Agent's role is to assist you by making all personal and health care decisions on your behalf should you become incapacitated. I'm often asked, "can't I just appoint an Agent if I need one?"

The answer is no. The Personal Directive must be created when you are of sound mind, therefore an Agent cannot be appointed if you have suffered a stroke or have a serious dementia diagnosis that would impact your mental capacity to the point that you are incapable of understanding the significance of creating a legal document.

The Personal Directive can only be created by someone capable of understanding the document at the time of signing. This document is very important as it sets out who will take care of your health and wellness decisions should you ever suffer an event that impacts your ability to make reasonable decisions for yourself.

The Personal Directive document will also lay out your preferences for health care decisions so that your Agent can best make decisions that reflect your wishes.

For example, your Personal Directive can lay out your wishes regarding care if you're ever in a comatose state, thus easing the burden on your loved ones for having to make such difficult and emotional decisions.

There are certain steps that must be taken to ensure a Personal Directive is an effective legal document. It is important to discuss these measures with a lawyer to ensure that your PD is effective and valid.

A Personal Directive is important because if you

are ever in a situation where you cannot make reasonable, informed decisions for yourself you need someone to make those healthcare decisions for you.

Decisions like, giving doctors instructions or hiring health care aids to care for you, your appointed Agent will be able to step in and assist. If you do not have a signed Personal Directive, there is no assurance of who that Agent would be.

In such a case, your loved ones would have to make a costly, time-consuming, and stressful application to the Courts, to be appointed as your guardian and have the legal authority to take care of you. This could create significant and costly delays to the care you need. In addition, the person who applies to the court to be appointed as your guardian may not be the person you would choose to take on that role.

You could end up having a guardian who does not make decisions you would prefer. Your Agent has a lot of responsibility and there are unfortunately many instances in which people, es-

pecially senior citizens, are taken advantage of by bad actors.

The Personal Directive is an important part of the Estate Planning toolbelt. It allows you to control who will take care of your health care and personal decisions if you are ever in a position where you are unable to do so.

It saves your loved ones from the grief and expense of costly court applications, and it provides a valuable piece of mind that should something happen to diminish your capacity that your interests are looked after.

Jenna Bever is a Wills and Estates lawyer with DD West LLP. She has a plethora of experience in preparing Estate Plans for clients from all walks and stages of life. She also has many years of experience in Estate Administration and Estate Litigation. Jenna is always happy to speak with the members of her community about the importance of Estate Planning. You can reach her directly at 587-324-2034 or by email at jbever@ddwestllp.com.

“No one can see into the future, but Jenna Bever can help you plan for it.”

Plan for tomorrow, today. Safeguard your legacy with comprehensive wills and estate planning .

Visit Jenna at the Kerby Centre on Monday June 3rd from 10AM to 11:00AM for a presentation on Estate Planning or check out her profile at ddwestllp.com



2300, 520 - 5 Avenue SW
Calgary, AB T2P 3R7
[403.245.0111](tel:403.245.0111)

JENNA BEVER Estate Planning





Spring flower

Photos and story by Leanne James

Contributing writer

Looking forward to spring? Me too! Leaving behind the white and browns of winter with glorious thoughts of living in full color.

Yellows, pinks, blues and greens — beautiful arrays that lift the spirits. I usually purchase live flowering plants for spring but this year I'm thinking I'd like to try something new.

I'm so impatient to get out in my garden this year so I decided to research different floral arranging ideas, that even a not so crafty person, like me, could make to add a splash of spring color to my home.

I spoke with a few florists about how much time, effort and money it would take to design and create a lovely centerpiece for my table using fresh flowers.

Turns out you need a few specialized tools and materials to create a balanced arrangement.

I have to admit, I initially felt that I could easily build a bountiful bouquet.

My enthusiasm waned once I learned about some of the technical aspects of floral design. Maybe I'll leave real flower arranging to the pros.

Next, I spoke with another florist who not only designs flower arrangements but also designs outdoor garden spaces.

I asked her about using faux (fake) flowers along with some real flowers to fill out a colorful look while saving a few bucks.

I was amazed when she said that people walking through parks and gardens don't realize that there is often a mixture of fake and real plants.

After speaking with a few crafters about my floral adventures I felt like I was getting closer to a flower project that I could do but still I kept looking in case an even better, easier, more financially doable project could be found.

I like crafts that I can complete easily and quickly while achieving an aesthetically pleasing final project I can be proud of.

Livingston Terrace Apartments

Opening Spring 2024 1 to 2 bedrooms starting from **\$1228+**

Pet-friendly (small dog or cat), independent living apartments (accessible layouts available), 65+ community with in-suite laundry.



PH 403-567-5301 | communityliving@silvera.ca
silvera.ca/livingston

Will Power

Make your last gift your best!

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

Make an impact. Leave a legacy.

Contact Rob Locke
 RobL@UnisonAlberta.com
 403-705-3235

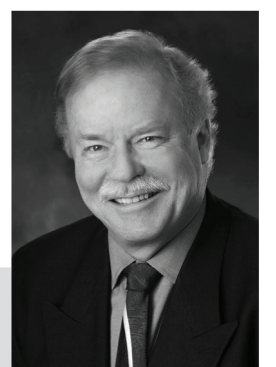
STEMP & COMPANY

Tel. 403-777-1129 Fax 403-777-1124 www.stemp.com

Bill Stemp
LAWYER

Wills,
 Probate Applications,
 Power of Attorney

Offering 10% reduction to Kerby Centre clients.



Our service is prompt and reasonably priced
 We have your best interest in mind
 1670, 734-7th Avenue S.W. Calgary, Alberta
 T2P 3P8
reception@stemp.com

arrangements

I thought about what things are important to me for home décor and plants in general. I have some potted flowering plants that, when in bloom make me very happy.

There are things that I don't like about potted plants; the mess of repotting, the watering and the occasional wet ring marks on my good furniture.

Fresh flowers in vases are really nice but again there is some upkeep and their beauty is short-lived. The supplies and knowledge of flower arranging balance and design just left me bewildered.

I kept Googling for easy, simple long-lasting flower arrangement projects.

Suddenly, there was my answer, staring at me – a lovely simple clean looking composition of beauty. I watched a YouTube video about how to make the project.

I am excited to share what I learned through a series of photos and instructions so you to can make a lovely spring/summer arrangement of your own to bring forth some colorful beauty in your home.

Supplies: Clear glass or plastic vase, Ashland Acrylic Water kit (Michael's Craft Store), Faux flowers, Wire cutters, Scissors, Disposable container, Optional – hot glue gun, Masking tape, Plastic tablecloth to protect your work area.

Many of the above listed supplies can be purchased at dollar stores, second hand stores or you might even have many of the items in your home already.

Project Instructions:

1) Wash and dry the flower vase.

2) Trim faux flower stems to correct length. Trim unwanted leaves. You can use masking tape to mark the length before cutting.

3) Coat the cut tips with hot glue to protect rust from wire leaking into acrylic water.

(Optional step)

4) Use masking tape to mark the vase where you will want the acrylic water to fill to. Approximately 1.5-2 inches deep.

5) Follow the directions in the package for mixing the acrylic water in a disposable container. The mixing process is easy and takes 8 minutes.

6) Pour the acrylic solution into the vase to fill to the masking tape fill line. Be careful to pour slowly so you do not create bubbles.

7) Arrange the flowers in the vase. You have a half hour to gently move the flowers around.

8) The finished project will take forty-eight hours to cure. Try not to move the vase before the forty-eight hours so that you get a nice clean water line look.

9) Enjoy your lovely made-by-you flower arrangement.

I had the most wonderful afternoon creating my bountiful bouquets. I just couldn't decide on one color palette, so I made three arrangements.

I have to admit that I'm a bit phobic about chemicals so I enlisted the help of my husband and son to do the mixing of the acrylic water.

If there are any steps in this project that make you feel uneasy feel free to have your husbands, grandkids or neighbors help you out.

I initially found this project online in a YouTube video. I Googled acrylic water floral arrangements how to and that brought up a whole list of great tutorials. I also spoke with Francesca at the Silk Plant Warehouse to get her views and ideas about faux flowers and acrylic water.

She loves creating them and referred to them as, "liquid illusions."

What a beautiful way to describe the look.



unison
For generations 50+

Mental Health Week
May 6th - May 12th, 2024

Come join us as we focus on the transformative force of compassion during this year's Mental Health Week.

403-234-6566
Lolaf@UnisonAlberta.com

The Brenda Stafford Foundation

Spring into Rec@Home

Join Rec@Home and stay active with a variety of exercise programs, embark on virtual travels, enrich your mind with guest speakers, meet new people, and more - all from your own home!

Learn more at thebsf.ca/RecAtHome



In partnership with:



Making every drop count this season



Photos and Story by
Deborah Maier
Calgary Horticulture
Society

“Make every drop count” is a slogan that you’ll likely read a lot this year. It’s from The City of Calgary’s campaign to encourage Calgarians to be water-wise. While April brought wet snow, this winter did not bring the expected snowpack to the mountains, and we may be heading into a dry summer.

Did you know that lawn watering can be responsible for a 30–40 per cent increase in water usage?

Wanting to keep a Kentucky blue grass-based lawn green all summer long requires a lot of water. This is the least beneficial use of this valuable resource.

Green lawns look lovely, but they don’t provide habitat or forage for our native

wildlife or pollinators.

Some lawn owners are concerned that if they don’t water the lawn it will die. However, this type of lawn is a cool season crop that becomes brown and dormant in dry hot weather.

According to the University of Wisconsin, it can survive 60 days of drought. It greens up again when the season cools, and moisture returns.

Many garden plants use less water than classic lawns because they have deeper roots systems, so consider converting part of your lawn into a garden.

Unless you have a naturally wet area in your yard, choose drought-tolerant plants.

These plants come in a variety of colours, textures, and bloom periods.



Get back to enjoying what you love.

Check your hearing.

Your hearing helps you stay connected to those who matter most, enjoy all the sights and sounds around you, and maintain a good quality of life.

Get your hearing checked by a licensed hearing care professional at your local Connect Hearing clinic.



Phonak
Slim™ Lumity

Book your FREE* hearing test today!

**1.888.850.9979
connecthearing.ca**

10 convenient hearing clinics in the Calgary area

#1 PHYSICIAN REFERRED



Connect Hearing

VAC, WCB, WSIB, ADP & ODSP accepted. Part of the WorkSafeBC provider network. *CAA and CAA logo trademarks owned by, and use is authorized by, the Canadian Automobile Association. CAA Rewards™ used by the Canadian Automobile Association. *Hearing evaluations/tests are free for customers over the age of 18. Fees may apply where specific testing for employment purposes, reports, a copy of your results or the completion of an application is required. See clinic for full details. †Based on national physician referrals over the tenure of the corporation's Canadian business operations compared to the disclosed referral count of leading competitors.

Also choose plants of different heights to give the bed structure, and ones with stiff and others with flexible stems to add a dynamic element.

Plants that I enjoy in my yard are blue-bird clematis, blue flax, blazing star, bearded iris, lamb's ear, sea holly, sedum, maiden pinks, prairie coneflower, salvia, golden rod, and veronica, to name a few.

Information about these plants can be found in the YardSmart guides on the Society website calhort.org or on calgary.ca.

Before creating garden beds or lawn-like areas using grass or lawn alternatives, ensure that there is at least 20 cm of quality topsoil overlying the subsoil.

Unlike the few centimetres that are often applied to yards in new developments that dry out quickly and contribute to runoff, this depth of topsoil retains moisture and provides a good rooting substrate.

A key means to reduce the amount of tap water needed for the yard is to capture and retain rainwater. Collect rain in rain barrels. They come in many sizes and shapes. Our rain events cause them to fill quickly, so have a plan for the overflow.

Direct downspouts and overflow hoses towards trees, shrubs, and garden beds. Swales, berms, French drains, and weeping tile can be used to manage rainwater in your yard and direct it to where it will do the most good.

If you need supplemental water, apply it to the root zone.

Drip irrigation is the most efficient, especially if drip emitters are only placed to service plants.

During watering restrictions, hand watering is often required, using either a watering can or watering wand with a shutoff. Water the root area not the leaves.

Water in the evening or early morning so the



water can soak into the soil and any exposed soil should be mulched to reduce water loss to evaporation.

Watering priorities should be given to food crops and newly planted (in the ground for less than three years) trees and shrubs. This season, focus your yard watering efforts on making every drop of water count.

Want more YardSmart gardening tips? Come to the Society's free Be YardSmart event in Richmond Green Park on May 11.





NEW!
Wing Wednesday
10 for \$10

Flavours: BBQ, Hot, Honey Garlic, Salt & Pepper

May 2024
Weekly Specials

April 29th to May 3rd
Meatball Subs
Soup Special: Clam Chowder Soup

May 6th to May 10th
Fried Mushroom and Swiss Beef Burger
Soup Special: Italian Wedding Soup

May 13th to May 17th
Chicken Enchiladas
Soup Special: Pozole (Mexican Soup)

May 20th to May 24th
Grilled Chicken Caesar Salad with Garlic Toast
Soup Special: Roasted Asparagus Soup

May 27th to May 31st
Greek Lemon Kabobs with Greek Salad, Herb Potatoes and Tzatziki
Soup Special: Greek Lemon Chicken Soup

We're open for breakfast & lunch!

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

Wednesday
8am - 3pm

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

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

MOTHER'S DAY CELEBRATION

Join us for a memorable Mother's Day filled with music, special meal with wine, engaging workshops, and capture beautiful moments at our photo area.

Plus, get a chance to win value prizes!

Friday, May 10th
11am - 2pm
Kerby Café
Unison at Kerby Centre
1133-7 Avenue S.W.
Calgary, AB

Workshop:
Acrylic Spring Painting
1pm - 3pm | \$20

Workshop Registration:
403-705-3177
Marinai@unisonalberta.com






THANK YOU to our 2024 Seniors' Expo Sponsors!

Golden Sponsors



Volunteer Sponsor



Partner Sponsors



Friend Sponsors

- AgeCare
- Alberta Blue Cross
- Bayshore Home Care Solutions
- Calgarians for HOUSING is a HUMAN RIGHT
- CG Hylton Inc.
- DD West LLP

- Dr. Anita Dorczak
- Maple Homecare Services
- National Pensioners Federation
- NEXT Stage Services
- Qualicare Calgary Home Care
- Trico LivingWell

Visit UnisonAlberta.com/Seniors-Expo for more information about the sponsors!

Medicine Hat

A reminder to embrace compassion

Erin Reeder
Manager of Programs

In Compassion, the act of recognizing and alleviating suffering, is a powerful force that connects us all.

As we approach Mental Health Week from May 6 to 12, 2024, let's explore how compassion can enhance our well-being and foster a sense of community.

Compassion isn't just a feeling; it's a call to action. It involves empathizing with others' struggles and actively working to make a positive difference.

Imagine seeing a friend in need and offering them a helping hand—that's compassion in action.

Volunteering is all about compassion, showing kindness and helping others. At Unison at Veiner Centre & Kerby Centre, our volunteers are the heart of our senior centers in Medicine Hat

& Calgary. They do so much—whether it's assisting at the front desk, leading activities, delivering meals, providing rides to appointments, or organizing events.

Without their generosity, we wouldn't be able to do what we do. Their dedication to helping others shows just how powerful compassion can be. It makes a real difference in the lives of everyone who comes to our centers.

But compassion isn't limited to our interactions with others. It starts within ourselves. Self-compassion, the practice of treating ourselves with kindness and understanding, is equally important, especially as we navigate the challenges of aging.

Think of self-compassion as extending the same care to yourself that you would to a dear friend. When faced with difficulties or setbacks, instead of being overly critical,

try offering yourself words of comfort and encouragement.

Remember, everyone experiences tough times—it's part of being human.

To help foster self-compassion, start by monitoring your self-talk and replacing self-criticism with kindness. Challenge unhelpful thoughts by accepting mistakes as part of growth.

Engage in self-compassion exercises like writing encouraging letters to yourself or practicing a loving-kindness meditation. Simply search for "loving-kindness meditation" online and choose a guided session that resonates with you. Prioritize self-care through activities that bring joy and relaxation.

Stay mindful of your thoughts and feelings, allowing yourself to step back and observe them with clarity without feeling

overwhelmed.

Self-compassion isn't just a feel-good concept; it's a vital tool for maintaining positive mental health and building stronger connections with others. By treating ourselves with kindness, we pave the way for a more fulfilling and meaningful life.

As we celebrate Mental Health Week,

let's remember that compassion begins with each one of us. By extending kindness to ourselves and others, we create a ripple effect of positivity and support in our community.

Embrace the power of compassion, and together, we can make a difference in the lives of seniors everywhere.

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



Our volunteers down in Medicine Hat are so vital to our services. We're beyond thankful and that's why we adore giving back to them. This is why we held our amazing Volunteer Appreciation event in April, showing off all the love and gratitude we have for them.

Volunteer spotlight

Welcoming May in with our volunteers of the month Irene & Dale. Irene and Dale have been volunteers for nine months with our Meals on Wheels program. They decided to become volunteers for our program, because they had a family member who used the service and they know how important Meals on Wheels can be for seniors aging in place. They also enjoy getting to know the clients and being active in the community. Though they like living in Medicine Hat, if they could they would live by the ocean where they could gaze out on the waves and go fishing everyday. A dream come true! Their most treasured



possession are all their photos. Irene and Dale enjoy listening to music from the 60s and 70s and reading books written by David Baldacci and James Patterson. Their motto is "Stay Strong – Move Forward."

Thank you, Irene and Dale, for all that you do and your commitment to Meal on Wheels!

Medicine Hat Veiner Activities

What's Happening in May

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

Mondays

Quilting
Craft Room | 9am

Tech Support
Boardroom | 9am

Board Games
South MP | 9:30am

Men's Shed
Boardroom | 11am

Canasta
South MP | 12:30pm

Euchre
North MP | 1pm

Shuffleboard
Games Room | 1pm

Tuesdays

Strathcona Arts Studio
Craft Room | 9am

Chess
Dining Room | 9am

Ukulele Group
North MP | 10am–12pm

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

Duplicate Bridge
South MP | 12:30pm

Hearts
Dining Room | 1pm

Scrabble
North MP | 1pm

Pinochle
North MP | 1pm

Bridge Lessons
South MP | 3:30pm

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

Kaiser Club
Dining Room | 1pm

Duplicate Bridge
North MP | 12:45pm

**Mexican Train
Dominoes**
South MP | 1pm

Stitch & Laugh
Boardroom | 1pm

Presentations & Events

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

May 3 – 5
Scrapbooking Fanatics
Starting at 4:30pm on the 3rd | Registration Required

May 7
Ask a Financial Advisor–Craig Elder, RBC Dominion Securities
10am – 12pm | Registration Required | Boardroom

May 7
Book Review Crew
1pm – 2pm | Dining Room

May 7
Card Makers
1pm – 4pm | Registration Required | bring your own supplies

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

May 14
Alzheimer Society Care Partner Support Group
1:30pm – 3pm | Craft Room | Register with Kristel (403) 528-2700

May 15
Parkinson Association Support Group
12:00pm – 2:00pm | Boardroom | Register with Brienne at 403-317-7710

May 21
First Link Connections
1pm – 3pm | Boardroom | Register by calling 403-528-2700

May 24
Book Club
10am – 11am | Dining Room

May 29
Kitchen For Support
1pm – 3:30pm | Strathcona Kitchen | Intake with Nicole Required 587-770-1420

Wellness Wednesdays

May 1 | Movie Matinee with popcorn
"Star Wars: The Empire Strikes Back" | South MP | 2pm – 4:15pm

May 8 | BrokerLink: Personal Insurance 101 | Boardroom | 2pm – 4pm | Registration Required

May 8 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

May 15 | Optima Rocks with Jodi
Craft Room | 2:15pm – 4pm

May 22 | Life Long Learning Presents: "Conflict" | Boardroom
10am – 12pm | Registration Required

Active Aging Spotlight

Senior Safety Series: Aging Matters – Community Connections

May 16 | 10am – 12pm
North MP | Everyone Welcomed

Bridges Grandparents Group

May 21 | 10:30am – 12pm
Boardroom | Register by calling Kayla 403-526-7473

Cooking for Connection

May 22 | 1pm – 3:30pm
Strathcona Kitchen | \$20/pp | Registration Required

Medicine Hat Strathcona Activities

What's Happening in May

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
High Beginner Line Dancing 9am	Fun & Fitness 9am & 10am	Absolute Beginner Line Dancing 8:30 am	Fun & Fitness 9am & 10am	Pickleball Beginner 9am
Table Tennis 10am	Solid Gold Fitness 11:45am	Beginner Line Dancing 9am	Beginner Pickleball 11am	Table Tennis 10am
Chair Yoga & More 12pm	Pickleball -Skills & Drills 11am	Table Tennis 10am	Silver Steppers 1pm	Hatha Yoga 12pm
Pickleball Intermediate 1pm	Pickleball -Beginner 12:35pm	Qigong & Chair Yoga 12pm	Floor Curling 2pm	Pickleball Intermediate 1pm
Pickleball Advance 2:30pm	Floor Curling 2pm	Pickleball Intermediate 1pm	Yang Short Form 7pm	Pickleball Advance 3pm
Chair Yoga & More 4pm	Chen Style Short Form 7:30pm	Pickleball Advance 3pm	Yang Long Form 8pm	Pickleball Open Session 6pm
Yang Short Form 7pm	Fan Form 8:15pm	Weapons Form 7pm		

Fitness Class Spotlight

All fitness classes require registration

High Beginner/Improver Line Dancing

April 1 - June 24 | Mondays | 9am-9:45am | FREE

Chair Yoga & More

May 13 - June 24 | Mondays | No Class May 20
12pm - 12:45pm & 4pm - 4:45pm
Members: \$42 | Non-Member: \$60

Fun & Fitness

May 7 - June 13 | Tuesdays & Thursdays
9am - 9:55am & 10am - 10:55am
Members: \$60 | Non-Member: \$84

Solid Gold Fitness

May 14 - June 25 | Tuesdays
11:45am - 12:30pm
Members: \$49 | Non-Member: \$70

Absolute Beginner Line Dancing

April 3 - June 26 | Wednesdays |
8:30am - 9am | FREE

Beginner Line Dancing

April 3 - June 26 | Wednesdays
9am - 9:45am | FREE

Qigong & Chair Yoga

May 15 - June 26 | Wednesdays | 12pm - 1pm
Members: \$49 | Non-Member: \$70

Silver Steppers

May 16 - June 13 | Thursdays | 1pm - 2pm
Members: \$35 | Non-Member: \$50

Yin Yoga

May 2 - May 30 | Thursdays | 6:30pm - 7:30pm
Members: \$25 | Non-Members: \$50

Tai Chi Fitness Classes

Yang Short Form

Apr 8 - Jun 25 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

Yang Long Form

Apr 8 - Jun 24 | Mondays | 8pm - 9pm

Chen Style Short Form

Apr 9 - Jun 25 | Tuesdays | 7:30pm - 8:15pm

Fan Form

Apr 9 - Jun 25 | Tuesdays | 8:15pm - 9pm

Weapons Form

Apr 10 - Jun 26 | Wednesdays | 7pm - 9pm

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

Avalon 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.

Free Event for Members and Non-Members

Grasslands Naturalist Walking Tour of Strathcona Trails
May 29 | 9am - 10am | Registration Required

Weekend Activities at Strathcona

Table Tennis - Single Play Only

Saturdays | 11am - 1pm

Pickleball - Open Session

Saturdays & Sundays | 1pm - 4pm

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

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>Badminton & Ping Pong (\$3) Gym 10am – 12pm</p> <p>Mahjong (\$2) Room 312 10:30am – 12:30pm</p> <p>Live Well Be Well Conversations (FREE) Room 317 11am – 12pm</p> <p>Pickleball Beginner Lessons (\$20 for 4 weeks) Gym 10am – 12pm</p> <p>Pickleball (\$3) Gym 2:30pm – 4pm</p>	<p>Recorder Group (\$2) Room 108 10am – 12pm</p> <p>Bridge (\$2) Room 312 10am – 12pm</p> <p>Pickleball (\$3) Gym 2:30pm – 4pm</p>	<p>General Craft Group & Knitting for a Cause (FREE) Room 311 9am – 12pm</p> <p>English Language Literacy (FREE) Room 312 10am – 12pm</p> <p>Men's Shed (FREE) Room 317 11am – 12:30pm</p> <p>Wednesday Dance (FREE) Café 1pm – 3pm</p> <p>Cribbage (\$2) Room 312 1pm – 3:30pm</p> <p>Walking Soccer (\$3) Gym 2:30pm – 4pm (Registration Required)</p>	<p>Artists Group (\$1.50 per half day) Room 313 10am – 3pm</p> <p>Kerby Centre Tours (FREE) Meet at Kerby Café 10:30am</p> <p>Pickleball (\$3) Gym 2:30pm – 4pm</p>	<p>Spanish Conversation Group (\$2) Room 311 10am – 12pm</p> <p>Krazy Karvers Woodcarving Club (\$1.50 per half day) Room 102 10am – 3pm</p> <p>Tech Help (\$5) 11am – 1pm (Registration required)</p> <p>Badminton & Ping-Pong (\$3) Gym 1:30pm – 3:30pm</p> <p>Beginner English as a Second Language (FREE) Room 305 1:30pm – 3:30pm</p> <p>Intermediate English as a Second Language (FREE) Room 311 1:30pm – 3:30pm</p>

Active Aging Spotlight

Intro to German Longsword at Kerby Centre

Wednesdays | May 8th – June 19th
1pm – 2:30pm
Member/Super Member: \$70
Non-Member: \$100

Discover a new adventure in weapon-based martial arts! No experience needed. Learn foundational practices of Historical European Martial Arts, including breathing, balance, footwork, and attack angles. Improve fitness, challenge your mind, and find your footing! **LIMITED SPOTS!**

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



Active Aging Spotlight

Colour Pencil Painting at Kerby Centre

Tuesday, May 21st
10am – 12pm
Member/Super Member: \$35
Non-Member: \$65

With a deep understanding of colour theory and technique, our instructor can guide students in creating stunning artwork using colour pencils. Her approach emphasizes both technical skill and creative expression. Supplies are not included.

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



Active Aging Spotlight

Safety on Transit at Kerby Centre

Tuesday, May 28th
10am – 12pm
Member/Super Member: \$30
Non-Member: \$60

In this workshop, you will identify potentially harmful situation in the bus stop, train station and in the train.

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



Unison Travel Spotlight

Glenmore Park Walk & Buffet Lunch with Unison Travel

Wednesday, May 22nd
9:30am – 2:45pm
Member/Super Member: \$60
Non-Member: \$90

Price includes transportation and buffet lunch at Grey Eagle Casino.

Cut-off date: Wednesday, May 8th (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

Silver Springs Botanical Gardens with Unison Travel

Tuesday, June 18th
9:30am – 2:30pm
Member/Super Member: \$57
Non-Member: \$87

Experience the beauty of Silver Springs Botanical Gardens followed by a delicious meal at New Dynasty Restaurant.

Cut-off date: Tuesday, June 4th (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



Shopping Spotlight

Wise Owl Boutique at Kerby Centre


Half Price Sale on red tag items

Week of May 27th – 31st
10am – 3pm



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**



Mental Health Week
May 6th – May 12th, 2024
ALL Wellness programs will be **FREE** during Mental Health Week + a **special workshop on Wednesday May 8th!**



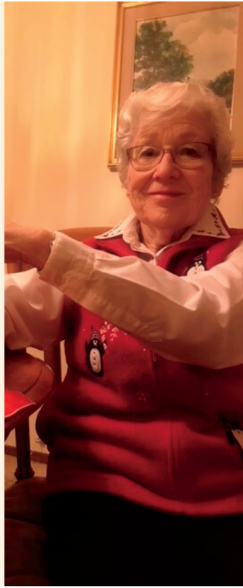
Wellness Spotlight

Self Care Using Therapeutic Touch at Kerby Centre
Thursdays | May 2nd – May 30th
10am – 11:30am
FREE

Join our free sessions to learn how you can heal yourself using Therapeutic Touch

Therapeutic Touch is a safe, gentle, holistic healing practice that focuses on restoring balance in all aspects of the human energy field, body, mind, emotions, and spirit. It supports the body's ability to heal itself.

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



Wellness Spotlight

Indigenous Drumming & Storytelling at Kerby Centre
Tuesdays | May 7th – June 11th
1pm – 2:30pm
Member/Super Member. \$15
Non-Member. \$25
FREE during May 6th – May 12th

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"

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



Wellness Spotlight

Grief 101 "An Introduction to Grief and Loss" at Kerby Centre
Wednesday, May 8th
1pm – 2:30pm
FREE during May 6th – May 12th

Discussions about the Myths and Facts of grief, difference between grief and mourning, coping strategies, etc.

This will be a workshop by Kevin Shea, a Master's of Counseling intern from City University of Seattle.

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



Wellness Spotlight

Laughter Yoga at Kerby Centre
Fridays | June 7th – June 28th
10:30m – 11:15am
Member/Super Member. \$5
Non-Member. \$15

Laughter Yoga combines yoga breathing techniques with laughter exercises to bring more oxygen to the body and the mind. Breathing exercises and yoga have a variety of health benefits, which may be a bonus and an additional reason to try them.

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




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



Community Food Markets

Drop-in at our monthly Community Food Market at Kerby Centre!

Offering **older adults 50+** food donated by partnered retailers and generous Calgarians, on a first-come, first-serve basis.

Every Tuesdays and Fridays from 11am – 12pm at 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 Class Spotlight

FREE! English as an Alternative Language (ESL/EAL)

Mondays | May 6th - June 24th
1pm - 2pm
FREE

No Matter your level – beginner, intermediate or advanced, your language skills can improve as you enjoy a warm welcome, new friendships and fun activities with an encouraging, trained and experienced EAL teacher.

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



Online Class Spotlight

FREE with Membership! Yoga & You

Thursdays | May 2nd - June 27th
9am - 10am
FREE with Membership!

In this class you will learn kind and beneficial poses while increasing strength and balance, both physically and mentally. You must be able to get up and down off of the floor, but a chair can be used for additional confidence in the class. Join us each week for an enjoyable hour of exercise from any location with internet!

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



Online Workshop Spotlight

NEW! Creative Mandala

Friday, May 17th
10am - 12pm
Member/Super Member: \$40
Non-Member: \$60

Creating mandala art, with its intricate patterns and colours has the power to evoke a sense of peace and calm. In this class, you will learn how to create concentric patterns and designs on paper. Then take your design to the next level by adding watercolour and ink.
*Supplies not included

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



Online Presentation Spotlight

FREE! Spring Cleaning for Future Downsizing

Wednesday, May 23rd
10:30am - 11:30am
FREE

Spring cleaning is a great way to kick start the downsizing process. Whether you are just hoping to declutter and reset for your annual spring-cleaning event or are looking to downsize and relocate in the future, Soft Landings can help provide you with some timely tricks and tips that will leave you motivated and inspire you along your way.

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



Online Workshop Spotlight

Food for thought... and Energy

Tuesday, June 4th
10am - 12pm
Member/Super Member: \$45
Non-Member: \$75

Join Dan Leung for an introduction to the essential food groups, common sources for each, nutritional requirements for the Older Adult, and how food can help us maintain or facilitate our mental and physical health.

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



Online Presentation Spotlight

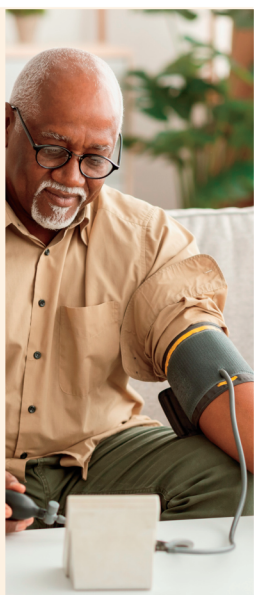
FREE! Did someone mention... Hypertension?

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 Workshop Spotlight

NEW! Mixed Media Cards Workshop

Friday, June 7th
10am - 12pm
Member/Super Member: \$40
Non-Member: \$60

Create a set of unique mixed media cards to inspire and nurture your art practice! Learn how to mix various media together to create interesting backgrounds for inspirational words. Keep the cards on your art studio desk to inspire and motivate your creativity!

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



Online Workshop Spotlight

FREE! What are Assets? What can I do with them?

Thursday, June 6th
10am - 12pm
FREE

A Momentum workshop – "Assets: build your future."

This workshop will help you discover all the valuable qualities and things you have in life. Learn how to use all your different types of assets to overcome the challenges you face.

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



How do you ask for help?

Andrew McCutcheon
Unison News

We're told when we're young that it's okay to ask for help.

Whether it's to cross the street, to use the bathroom, when our feelings get hurt: we're taught early on to look for the helpers.

Over time, as we grow up, we lose a big part of that.

We want to feel mature and capable, and something about asking for help feels wrong. Asking for help feels like giving up, admitting defeat — or worst of all — embracing the weakest parts of ourselves.

Instead, we strive for other virtues: we want to be self-reliant, we want to be independent, we want to be enough on our own.

These are all noble traits. I don't mean to knock them.

But no person is an island unto themselves. Not a one. No one gets where they are without a community around them: whether it's colleagues, family, or friends.

Plus! We love helping each other!

You have to be honest: there's no better feeling than when you get to help someone out. Whether it's a small good deed or a big favour — it feels good to help other people.

Then why is it so hard, for ourselves, to ask for help when we need it most? Why is it hard to be honest with our feelings?

What are we afraid of?

Well, first and foremost, we're afraid of rejection.

Rejection is terrifying. To be vulnerable and open up to someone, to sincerely ask them for help is a lot.

Remember this though: how would you feel if the roles were reversed? If someone who you care about came to you for help?

You'd probably welcome them and how they're feeling with open arms.

Know that the same kindness you extend to others is the kindness they will extend to you.

Moreover: you wouldn't think less of them, would you? You wouldn't mistake their vulnerability for weakness?

So make sure you also extend the same kindness you would to others to yourself.

It feels good to help someone out. Let your friends and loved ones feel good by getting the chance

to help you!

But those thoughts might not be enough.

It might be difficult just putting your thoughts and feelings into words.

Sit down and write how you're feeling. Find words for what you're going through so you can communicate as best you can what you're experiencing.

Heck, you can even read right from what you wrote when you eventually open up. That way you don't have to worry about fumbling what you're going to say.

And if you think that you have no one to open up to: look again.

We as a species are designed for community and designed to help one another.

You might feel alone in what you're feeling, but know that you're absolutely wrong. We are surrounded by others who have gone through the same thing.

All you need to do is look.

At the Unison Wellness Connection Centre in Calgary, we've designed a whole space where you can find people going through similar things and reach out.

Beyond that, there are plenty of support groups for various issues available, that are only a search away.

No one should have to deal with the trials of life alone. So remember: you're not a burden, you're not weak and you deserve to have your feelings heard.



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

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



ears to you

Mobile Hearing Clinic

At our practice, we understand the importance of personalized care and support when it comes to addressing hearing needs. Our team is dedicated to providing compassionate and comprehensive services to ensure our clients receive the attention and assistance they deserve. We prioritize convenience and comfort by offering hearing evaluations in the familiarity of one's own home, eliminating any potential barriers to accessing essential care.

Trish Ehman

Registered Hearing Aid Practitioner



Please get in touch with us to book your hearing test now!

403-970-7201

earstoyou.ca

trish.ehman@earstoyou.ca

PREMIER Crossword

By Frank A. Longo

REPTILIAN EMPIRE

ACROSS

- 1 Soft drink giant
- 9 Pappy
- 12 "Botch- —" (old hit song)
- 15 Masticate
- 19 Oval wind instruments
- 20 Took too far
- 22 Put concrete on
- 23 Start of a riddle
- 25 Partially
- 26 Heir, often
- 27 Penta- plus one
- 28 Spitting beast
- 30 Everything
- 31 Unusual
- 34 "Our Gang" novelist Roth
- 37 Actress Peet of "Trust Me"
- 39 Riddle, part 2
- 44 Leonardo of "Titanic"
- 45 Curvy letter
- 46 Given a permanent post
- 47 Cereal grain
- 48 Computer menu option
- 50 Prefix with chemistry
- 53 Curiosity's planet
- 54 Riddle, part 3
- 60 Palatable
- 61 Computer menu option
- 62 Revise, as a manuscript
- 63 Yank's home
- 66 Try to be like
- 69 A couple of
- 71 Mice, e.g.
- 73 House divs.
- 74 Kinda
- 77 And higher, as in price
- 80 Perfect
- 81 Riddle, part 4
- 85 Dalai —
- 88 Contaminate
- 89 Big burden
- 90 Sports draw
- 91 Paper-folding craft
- 94 Part of BTW or OTC
- 96 "Allow me to assist"
- 99 End of the riddle
- 103 Allergy sufferer's device
- 104 White swan in "Swan Lake"
- 105 Audit org.
- 106 Spy's device
- 107 With 112-Across, "Hold on!"
- 109 Sneak attack
- 112 See 107-Across
- 115 Akron's state
- 117 Riddle's answer
- 123 Painter Vincent van —
- 124 Fastening feature of many a face mask
- 125 Ultimate consumers of products

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

- 126 With 83-Down, Italian veal dish
- 127 'Zine staffers
- 128 Antis' votes
- 129 Occupied, as an inn

DOWN

- 1 Female whales
- 2 Eight, in Peru
- 3 "Misery" actor James
- 4 Prado display
- 5 102, to Nero
- 6 Walk- — (small roles)
- 7 Plastering strip
- 8 Arthur of tennis
- 9 Troy of "A Summer Place"
- 10 Gardner or DuVernay of film
- 11 Biden's party: Abbr.
- 12 Basketball coach Rupp
- 13 Re-sol linkup
- 14 Boiled, salted soybeans
- 15 1040 pro
- 16 Dance similar to the tango
- 17 Unsaintly soul
- 18 Marshy habitats
- 21 Holy artifact
- 24 Trade show
- 29 "So true!"
- 31 Fertilizable cells

- 32 Chip go-with
- 33 Actress Bo
- 35 "The risks outweigh the benefits"
- 36 Intense beam
- 38 Some reunion-goers
- 39 U.S. women's soccer star at the Atlanta Olympics
- 40 Living ink squirter
- 41 Assistant
- 42 Idaho's capital
- 43 Person doing penance
- 44 One searching for water with a divining rod
- 49 Tariff
- 51 Sporty truck, in brief
- 52 Daiquiri base
- 55 "Cool" cash amount
- 56 Very little, as of salt
- 57 Tantrum
- 58 Brian of electronica
- 59 Give as a bonus
- 63 Like wasted food
- 64 In a theatrical manner
- 65 Snoozing
- 67 Shoe tip
- 68 Like Nin's writings
- 70 "Mind Train" singer Yoko
- 72 Baseball great Roush
- 75 Old Pan Am competitor
- 76 "Shy" singer DiFranco
- 78 ETs' craft

- 79 Fail to keep one's cool
- 81 Return to base after a fly ball
- 82 — nous
- 83 See 126-Across
- 84 "Likewise"
- 85 African capital on the Gulf of Guinea
- 86 Wyoming tribe members
- 87 Small swine breeds
- 92 Several
- 93 Plant-eating sea mammal
- 95 Catches in a snare
- 97 "Planet Money" ailer
- 98 Includes
- 100 People lugging things
- 101 Politician Mo, Mark or Tom
- 102 Ship's rigging
- 108 "If only — known!"
- 110 — of March
- 111 Taboo thing
- 112 Litigated
- 113 Poet Pound
- 114 "— la vie!"
- 116 "Well well!"
- 118 Charged atom
- 119 Animal park
- 120 Rx watchdog
- 121 Dude
- 122 Suffix of enzymes

THE ESTATE LADY

KIMBERLY WALLACE
Paralegal, Commissioner for Oaths
25+ Years' Experience
Mobile Service

- PHONE (403) 870-7923
- EMAIL Kimberly@TheEstateLady.ca
- WEBSITE TheEstateLady.ca

Wills, Powers of Attorney, Personal Directives, Estate Probate/Administration Applications

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

RE/MAX COMPLETE REALTY

Call us at 403-605-3774

info@TheMolzanTeam.com

Peter & Debra Molzan
Senior Real Estate Specialists

Coins, Stamps & Furniture

Buying Coins & Paper Money, Canada, US & World
Fair pricing, references upon request. Meet where convenient. Appraisals.

☎ (403) 263-7052 📞 (403) 850-9137 ✉ hembre071@gmail.com

Buying stamps, covers & postcards, Canada, US & World
Downtown shop location and can travel. Will do appraisals.

☎ (403) 264-1551 ✉ selstamp@telus.net

Buying Scandinavian & Danish Teak & Rosewood Furniture & Lighting
Inglewood shop location and can travel.

Murphy's Mid-Century 📞 (587) 436-6330 ✉ murphysmcm@gmail.com

Mobile service specializing in Wills, Enduring Powers of Attorney & Personal Directives, and Estate Administration including Grants of Probate/ Administration.

CHRISTINE HERRINGTON

Paralegal 30+ years experience
Phone: 403 629 5702
Email: cherrington@azperlegal.com
www.azperlegal.com

Seniors discount - 10%

ST.PATRICK CEMETERY

HISTORICAL PLACE

Traditional burial plots (limited)
Columbarium niches

Only location in the south part of the city.

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

ABC Moving

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

☎ 403-383-9864

✉ abc_moving123@hotmail.com

A-\$AV-ON Moving

403.208.8060

ACCREDITED BUSINESS A+ asavonmoving@shaw.ca
www.asavonmoving.com

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

Reliable • Courteous • Affordable

Serving Kerby Seniors and Albertans for 21+ years

Free Estimates –
\$25.00 off Coupon

Call Erica @ 403-233-7212

COMPUTER REPAIR & LESSONS

For Seniors and older Adults

Call Christian @ 403-481-8080

Email: service@xentas.ca

No travel fee within Calgary City limits.

GREAT SERVICE · COMPETENCE · RELIABILITY

ACUMEN

CAPITAL PARTNERS

Frank J Walker, B Comm
Senior Investment Advisor

☎ (825) 540-3763
✉ FWalker@AcumenCapital.com

Hari Mohan, MBA
Investment Advisor

☎ (825) 540-7903
✉ HMohan@AcumenCapital.com

AcumenCapital.com/Teams/Walker-Mohan

Securing your Golden Years

My Aide In Life Senior Support Partner

- Downsizing and Moving
- Healthcare Liaison
- Residential Homecare and Companionship

☎ (403) 708-3657
✉ myaideinlife@gmail.com
🌐 www.myaideinlife.ca

Wooden Fences- Decks – Steps

We can Build or Repair.
Call or Text: 825-438-8603
Email: rwheatley@shaw.ca

Creditors calling? We can help.

Free confidential assessment offered in-person and virtually

SCBSolutions.ca | (403) 261-7779

Seniors scene; events about town

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+

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 meetups 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 rainbowelder-scalgary.ca and on Facebook and Instagram for information about upcoming social events and membership!

Gwen Marcial
 Director of Operations
 825-734-2383
 AmumaCare23@gmail.com
 AmumaCare.com

"Your Comfort, Our Commitment"

Rainbow Elders Calgary
 Rainbow Elders Calgary is a fun social group of enthusiastic 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.

The Calgary Philatelic Society
 Join Calgary Philatelic Society (Postage Stamp Collecting). The World's Largest Hobby! Art, Nature, Genealogy, Travel, History, Sports, Nature, Professions and more. Meeting and auctions on the first and third wednesdays of the month, at the Unison Kerby Centre @ 7:00 P.M. No meeting in June and July.

SUDOKU SOLUTION

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

CROSSWORD SOLUTION

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

Action Lawncare
 (403) 651-3900

- Spring Clean-Up, Fertilizing
- Lawn Mowing
- Hedge Trimming
- Eavestrough Cleaning

Callaghan Handyman Service

Your Reliable Solution for Home Repairs, Skilled Handyman, Quality Workmanship, Prompt and Professional

Services Offered:
 Carpentry, Painting Electrical, Repairs, Plumbing Fixes, General Maintenance

(403) 978-4201
 CallaghanYYC@gmail.com
 CallaghanYYC.com

Stella the Care Helper
 No job too small.

Specializing in cleaning for seniors:
 laundry service, windows, move in/out, grocery & personal shopping

Phone: 403-890-9861

VACATION!
Sooke BC on Vancouver Island
 Small town atmosphere with all amenities:
 1 bedroom, furnished, fully equipped, 5 appl.
 Water/mountain views.
 Cable/internet.
 \$1100/month

Email: sew4fun@telusplanet.net
 Phone: 403-720-8609

Jewish Family Service Calgary
 At JFSC we have a host of complimentary programs and services for seniors, their families and friends. Below is some information on our Spring/Summer 2024 Monthly Caregiver Discussion Groups, and our upcoming session dates. Our Caring Together Group will resume in Fall 2024.

We also provide free counselling for caregivers of seniors. More information on our Caregiver Programs can be found here: <https://www.jfsc.org/programs--services/caregiver-support-programs.html>

Monthly Caregiver Discussions Groups

Spring/Summer 2024 Monthly drop-in Caregiver Discussions Groups

Free sessions at 3 Calgary community locations

Facilitated by a registered social worker from JFSC's Caregiver Support Program, this is a space for caregivers of seniors and/or persons living with dementia to exchange caregiving and coping strategies and resources. For more information, dates and locations, click here (<https://www.jfsc.org/news--events/events.html?eventID=409>) There is no charge for these groups. Pre-Registration is required, we cannot talk walk-ins – please call 403-287-3510.

Donor Impact; Making a Difference



unison 50 years
At Kerby Centre 1973-2023

The Heart of Community

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

Join us in mission to welcome more seniors into our supportive community by purchasing a **limited edition** Unison pin!

Wear it proudly and showcase your dedication vital role in the Unison community.

\$25

**Only available while supplies last.*

Visit UnisonAlberta.com/The-Heart-of-Community to purchase a pin today!

CELEBRATE Women AT EVERY AGE

This Mother's Day, make a difference by supporting women who have shaped our lives & enriched our communities.

Donate Today!

UnisonAlberta.com/Donate
403-705-3254

DONOR IMPACT

Your difference in action

Unison is built on three pillars

Our volunteers, our clients and our supporters. Without our donors and supporters, we wouldn't be able to help our senior community live their best lives.

Our Tax Clinic helps low-income seniors

By getting their taxes done, low-income – for free! – we're able to ensure our seniors are able to access their vital governmental supports, like Canada Pension plan.

The impact is staggering

In 2023 we helped over 4,300 low-income seniors get their taxes filed, which resulted in over \$1,000,000 in returns! This year, we are helping around 100 seniors a day.

Seniors Supports leads the way

The low-income Tax Clinic is managed by our Seniors Supports department. They assist our community with difficult-to-navigate bureaucracy year round.

Every dollar helps

Every donations means we get to continue helping seniors navigate affordable housing, benefits and assistance. Your help means we keep seniors fed, housed and secure.

www.unisonalberta.com/donate

CELEBRATE Women AT EVERY AGE

- I would like to make a one-time donation: \$50 \$100 \$150 \$250 My choice: _____
- I would like to join the monthly donor **Kindness Club**: \$15 \$25 \$50 \$100 My choice: _____



Payment Method: Cheque Visa MasterCard

Credit Card Number: _____

Expiry Date: _____ **CVV:** _____

Signature: _____

Send tax receipt to:

Name _____

Address _____

City _____ **Prov** _____

Postal Code _____ **Phone** _____

Email _____

Planned Giving - A way to make a BIG impact!

I would like to receive information on planned giving.

I have included Unison at Kerby Centre in my will.

Donate NOW at UnisonAlberta.com/Donate or call 403-705-3254

Thank you for supporting seniors!
All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.
1133 - 7 Ave SW Calgary, AB T2P 1B2 | Charitable Registration #11897 9947 RR0001

