



# Giving Thanks starts with giving



It's our annual Giving Thanks campaign. Whether it's Meals on Wheels in Medicine Hat or our Kerby Market in Calgary, we don't want a single senior to go without food this holiday season. Our staff even managed to raise over pounds of food just internally to help feed our community! For more information on how you can help, check out page 24!

## Inside

- What investment fund is right for you? ..... page 4
- Mulch and compost for autumnal gardening ..... page 6
- How families are affected by cardiac events ..... page 8
- Need to know tips for fire prevention week ..... page 15

    
 1133 - 7th Ave. S.W.  
 Calgary AB T2P 1B2  
 403-265-0661  
[www.unisonalberta.com](http://www.unisonalberta.com)  
 PO # 0040064604

**GIVING THANKS**  
 #UNISONGIVINGTHANKS

## Hunger is hard to spot. We see it every day.

**HELP FIGHT FOOD INSECURITY FOR SENIORS**  
[UnisonAlberta.com/Donate](http://UnisonAlberta.com/Donate)






# Day-to-day driving hazards

Barbara Ellis  
Unison News Columnist

Well, I never thought I would ever get lost in my own neighbourhood. When did driving around Calgary get so complicated?

Or, is it just me? No, it is definitely not me. I have every right to blame this new and better road system that has evolved since 1972. When I moved into my neighbourhood in the '70s, I had no problems crossing over Crowchild Trail from my side on the west to the other side, or east, at 50th Avenue.

Of course, back then there were street lights to get me across, now there are overpasses; merge lanes; and big directional green signs. There are so many directions that I find it impossible to read them while I am driving and then try to figure out which lane I am supposed to be in.

Today, all I wanted to do was find a medi-

cal place for my forthcoming appointment. I don't have a cell phone to direct me, besides, even if I did, I probably would not follow those directions. As a passenger in other people's cars, I have noticed that the car's ingenious genie always directs the driver to the freeways in our city. Long ago I decided to always drive on our suburban roads and stay off the trails, not only for my benefit but for those other impatient drivers who inhabit them.

After lunch, I decided to do a dry run for my upcoming appointment took out my Calgary Road Map book and began flipping through the pages until I found where I sort of thought I would be going. For reasons I can't explain, I decided to look for the address in the southeastern part of the city.

My eyes are pretty good but the printing

was so tiny that I had to reach for my magnifying glass. No luck. I could not find a 24th street on the pages I was looking at no matter how hard I tried.

Perhaps if I turned on the lights. Well, that did help a little, but still no luck. Time to double-check the address again and that is when I realized that I was searching in the wrong quadrant, the clinic was in South West Calgary and not South East.

That was much better and not only that but when I thought about it, it was not that far from where I live. Confident that I now knew how to get there, I drove out of the garage and headed towards Mount Royal University.

Why is it that when I am trying to figure out where I am going, there is always someone on my tail pushing me with their horn blaring?

I took a right turn which was a wrong turn and ended up doing a tour of the campus. Goodness, when did Mount Royal get this big?

It was such a nice quiet place back in the day when my father and I would walk his dog around the grounds.

Yes, I guess everything has changed in the last 40 years or so. I had to find my way out of the University which was easier said than done.

Things got very confusing, very fast. So many roundabouts; no U-turn; four-way stops and always, always someone on my bumper pushing me on.

If I could just find the road that still crosses over Crowchild, I knew I would be able to find the medical center.

Then, success! Knew I would find it once people stopped harassing me. I crossed over Crowchild and then took the first street heading south. Immediately I ran into construction.

Is there nowhere in this city that I can go without finding torn-up roads under con-

struction? Detour this way, then detour the other way, but luck was with me and I finally found my destination. Now, all I will have to do is find it again tomorrow.

Happy with my achievement, I decided to go and apply for my license and then on my way home, I would stop and gas up the car. It was rush hour so every street was crawling with cars.

Eventually, I pulled into the AMA parking lot. As I reached for my purse, I remembered that I had forgotten to bring the medical report with me.

Was this another one of those senior moments that keeps interfering with my life these days? Or was my mind still bothered by the fact that this medical report cost \$75.00 more than the one two years ago?

I decided that it would be better and safer if I just went home. I steered my car into its very own spot and as I turned off the engine, I asked myself, "wasn't I supposed to get gas?"

Oh well, as that infamous Scarlet O'Hara once said, tomorrow is another day.



## NEED HELP APPLYING FOR BENEFITS AND PENSIONS?

Unison's Seniors Supports Team can help you apply for:

- CPP
- CPP Disability
- Guaranteed Income Supplement (GIS)
- Old Age Security (OAS)
- Alberta Seniors Benefits (ASB)
- AISH
- FairEntry Applications

Call 403-705-3246 or email [SeniorSupports@UnisonAlberta.com](mailto:SeniorSupports@UnisonAlberta.com) to book an appointment. **Admin fee - \$5. By Appointment ONLY!**



## Volunteers Needed! Kerby Café Volunteer

Join our Kerby Café team as a Volunteer, handling cash transactions or assisting with dishwashing as needed. This position is ideal for someone with strong customer service skills and the ability to thrive under stress. Previous restaurant experience is a plus but not required.

Available Shift: Tuesday 10am – 2pm

For more information, please contact: [Volunteer@UnisonAlberta.com](mailto:Volunteer@UnisonAlberta.com)

## FREE Will Clinic

Get your will, personal directive and power of attorney documents done for FREE.



Eligibility for our FREE Will Clinic for low-income seniors includes the following:

- For an individual - equal to or less than \$35,000 annually
- For a couple equal to or less than \$45,000 annually
- No dependent adult children
- No property outside the province
- Assets equal or less than \$65,000

Call 403-705-3230 to book an appointment or Visit Seniors Supports in **ROOM 206**



# We want to feed our community

Before COVID-19, the Unison Kerby Centre ran a program where volunteers picked up and delivered groceries to older adults who had limited incomes and were housebound.

This was the closest thing to a food security program we had ever

attempted.

When the pandemic happened, we started recruiting volunteers to help us deliver frozen meals to older adults who were shut in — now due to COVID-19.

We figured we couldn't run our café, but this was a way we

could keep our kitchen staff working and fortunately due to the support of our donors we were able to keep delivering these meals.

I remember a phone call with Josephine Pon and several other seniors serving sector leaders around this time. Josephine was the provincial Minister of Seniors and Housing and she told us that her staff were reporting the issue of food insecurity and seniors across the province.

All of us were witnessing massive food insecurity problems all around the province. I think we all naively believed that this was related to COVID-19 and it would go away when the pandemic was over.

At Unison, which was Kerby Centre at the time we doubled down on developing strategies and programs to address food insecurity. We worked with donors and corporations, — we solicited foundations and we recruited more and more volunteers.

At the high point of the pandemic, we had 120 volunteers helping us staff a growing food rescue program. We partnered with national food rescue groups like Second Harvest and local groups like Leftovers.

We started free bread markets and the free food markets. We became a member of Food Banks Alberta and started a food pantry and a food bank. To this day, we still have over 80 volunteers in Calgary alone who help us run these programs.

A little over three years ago the City of Medicine Hat was looking for an operator to run the Veiner Centre in Medicine Hat. The city also ran Meals on Wheels which is also a food security program directed at supporting older adults.

We put in a proposal not only to run the Veiner Centre but also Meals on Wheels. Meals on Wheels America has been involved in a lot of research that identifies not only the food security benefits of a program like MOW- but the program is also a strategy to both help seniors' health and their ability to age in place.

I am proud to say that we have just signed our second 3-year contract to provide both of these programs. In a few years, we have gone from providing almost no food security-type programs to this continuum of services being one of the key pillars of the services our team provides. Our team



Larry Mathieson, CEO and President

continue to improve these services.

If you go onto our YouTube channel you will find a few videos on what it is like to volunteer with our Meals on Wheels program. You can also see a recent video where Ashley describes the benefits of our new Kerby Food Market for Seniors.

Of course, you know that all these programs are possible because people like you donate to us every day. We have just launched our usual holiday campaign — this year proceeds from this campaign will support all the food security initiatives we provide in Medicine Hat and Calgary.

Please help us support older adults who are facing food insecurity this holiday season.

## OCTOBER 2024

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

**Unison Board of Directors  
2024 - 2025**  
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**  
Gord Nott, Peter Molzan, Gail Lai  
Deborah Durda, Jenna Naylor  
Marianne Rogerson, Rein Saar

**Chief Executive Officer and President:** Larry Mathieson

**For More information on Unison Alberta**  
Call 403-265-0661 or visit  
[www.unisonalberta.com](http://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](http://www.unisonalberta.com)  
e-mail: [andrewm@unisonalberta.com](mailto:andrewm@unisonalberta.com)

**Publisher:** Larry Mathieson  
**Editor:** Andrew McCutcheon  
[andrewm@unisonalberta.com](mailto:andrewm@unisonalberta.com)

**Sales**  
Rob Locke (403) 705-3235  
[robl@unisonalberta.com](mailto: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.



## Will Power

**MAKE YOUR LAST GIFT YOUR BEST!**

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

**MAKE AN IMPACT. LEAVE A LEGACY.**

CONTACT ROB LOCKE

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



# Is an investment fund is right for you?

*Alberta Securities Commission*

For many Canadian investors, investment funds are commonly used to build a diversified portfolio.

Diversification in investing means the act of spreading your investment risk across multiple companies and investment types. Investment funds like mutual funds and exchange-traded funds enable investors to pool their money together to invest in a basket of investments like stocks and bonds rather than having to buy each investment directly.

To help investors learn more about a pub-

lically available fund, fund issuers are required to provide a prospectus and a fund fact sheet on their websites, which are documents that outline important information about the fund and its managers.

While investment funds are a great way to gain exposure to a range of investments and can help mitigate investment risk, investors need to take the time to properly understand the information contained within the prospectus before buying in.

Here are a few things to consider when determining if a fund is right for you.

1. The fund's objective

A fund's objective is a high-level overview of what it aims to achieve for its investors. Every publically available fund will include its objective within its prospectus. For example, a fund's objective could be to track the performance of a particular market segment, provide long-term capital growth or generate regular monthly dividend income, which is profits from the businesses held in the fund, paid to investors for holding shares or units. Investors should ensure that the fund's objective aligns with their goals and when they will need to withdraw their

money before adding it to their portfolio.

2. The fund's strategy and asset allocation

Reviewing the fund's policy or strategy is a way to examine how the fund aims to achieve its objectives. Investors can better understand the fund's strategy by examining the types of sectors, countries, and investments the fund will invest in and the percentage of the fund allocated to each.

Reviewing asset allocation also helps investors avoid inadvertently over-investing in a particular company, country, or sector, which could skew their risk level

and overall asset allocation mix for their entire portfolio.

3. The fund's risk rating and performance

The level of risk that an investor is willing to embrace is a critical component of any investment. Higher levels of risk can potentially provide a more significant return, but it can also increase the chances of losing money.

While past performance is not a guarantee of future performance, investors can also review year-over-year returns and average returns over time to see if the risk and return align with their financial goals.

Finally, if the fund tracks a benchmark index (a list of companies or investments within a market segment), investors should assess how well it compares to its benchmark. Essentially, the closer it matches its benchmark, the more accurate the fund is in providing equivalent returns after fees.

4. The fund's trading information and fees

Last but not least, investors should take the time to review the trading information for the fund. In this section of the prospectus, investors can confirm important details, including who runs the fund, what exchange the fund is listed on, the currency the fund can be purchased in and the management fees associated with holding shares or units of the fund.

It's essential to recognize that fees can significantly impact the overall returns of your investment. Seeking out funds with lower management fees that align with your goals can help reduce your investment management costs, which can compound over time as your investment grows.

Investment funds can be an essential asset in your portfolio. By reviewing the prospectus information thoroughly, investors can better ensure that they choose funds that align with their risk tolerance, time horizon, and fee expectations.



## 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



### Cambridge Manor

University District, NW Calgary  
403.536.8675  
CambridgeManor.ca



### Wentworth Manor

Christie Park, SW Calgary  
403.242.5005  
WentworthManor.ca

Find out more about our renowned, award-winning care and services at [theBSF.ca](https://theBSF.ca)



# What exactly is estate planning?

Jenna Bever  
DD West LLP

As an estate lawyer, people often ask me what is an estate.

Many people assume I work in real estate, which is not the case. An estate is the collective sum of a person's net worth, including all the real property they own (such as houses or cabins), possessions and other assets.

It is important to note that from an estate planning perspective, not all assets are considered part of a deceased person's estate. Accounts that have designated beneficiaries, such as TFSAs, RRSPs and RIFs often do not form part of an estate to be divided according to a Will but flow directly to the person named as beneficiary on the account.

It is therefore very important to discuss your estate plan with an estate professional. When preparing an estate plan, there are generally three documents that are included: Your Will, Your Enduring Power of Attorney (EPA), and your Personal Directive (PD).

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.

These three Estate Planning documents (Will, EPA and PD) are all important and work together to ensure your interests are protected while alive and allow you to set out your wishes for your property and health care.

The EPA and PD are documents that appoint a person(s) to look after your assets (EPA) and your health care and personal decisions (PD) while you are still alive, but unable to manage your affairs. It is a big decision and one that should be discussed with an estate lawyer. Unfortunately, financial abuse of elders is a real concern in society, a topic I'll be expanding on in an article next month. A Last Will and Testament (Will) is a testamentary document.

Meaning it is meant to set out your wishes for when you've passed.

It is arguably the most important tool in your arsenal to help protect your assets, preserve your wishes, and provide for your loved ones.

In a Will you will appoint someone to look after the distribution of your assets and ensure your property goes where you want it to.

This person is called the Executor and is ideally someone you trust, resides in the same city, and who is younger than you are. In addition to naming the Executor, the Will provides the Executor with certain instructions and certain powers and responsibilities when administering your estate.

It is important to discuss these aspects with an estate lawyer. The Will also sets out the beneficiaries, the people you want to receive your assets, which may include money, bank accounts, investments, homes and possessions.

You can also discuss what to do with assets like TFSAs and RRSPs that may fall outside your estate and how best to organize such assets.

There are certain steps that must be taken to ensure a Will is a formal Will pursuant to

Alberta Law. It is important to discuss these formalities with a lawyer to ensure that your Will is effective and valid. It is important to have a Will to protect your wishes, take care of your affairs, and make things easier on those you love.

If you don't have a Will you are now dependent on provincial legislation which sets out the distribution of your estate and it may be different from what your preference would be.

A common thing I hear from clients is "I don't have many (or any) assets so what's the point in making a Will?" In addition to being the best way to ensure the people, charities and organizations that are im-

portant to you benefit from your Estate, a Will also provides important powers and responsibilities to the named Executor that are often essential to dealing with insurance companies, banks and pension administrators.

It can also help those close to you avoid higher legal costs in administering your Estate.

Also, without a properly named Executor, there are numerous hurdles in the way of your loved ones being able to administer your assets and/or pay debts.

I hope this article has helped in explaining that while a Will is essential, it is only one tool in your toolbox when thinking about es-

tate planning.

The Enduring Power of Attorney and Personal Directive are also important and valuable tools in ensuring your finances and property, as well as your personal and health care, are taken care of when you're no longer able to do so yourself.

*Jenna Bever is a Wills and Estates lawyer with DD West LLP and she has experience in preparing Estate Plans for clients from all walks and stages of life. She is always happy to speak to members of her community about the importance of Estate Planning.*

## Housing Conversations

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

**2nd Tuesday of the month**  
**10am - 11am | Kerby Café**  
**FREE Drop-in**

**Seniors Supports | 403-705-3246**  
We can provide guidance and support with  
Housing | Benefits & Pensions | Tax Support




**Staff from Service Canada will be at Kerby Centre** every Second Friday (Oct 11th, Nov 8th and Dec 13th) 9am - 12pm to assist senior clients in signing up for the Canadian Dental Care Plan and answer questions on Federal benefits.

**Staff from CRA will be at Kerby Centre** 9am - 3pm on Oct 1st, Oct 15th, Oct 29th, Nov 12, Nov 26, Dec 10 and Dec 17th to assist clients by printing their T-slips, notice of assessment and answering questions on benefits and credits.

## Being Proactive Presentations Series

Join us live for insightful presentations full of advice, options, and opportunities!

**Contact: [Marinai@UnisonAlberta.com](mailto:Marinai@UnisonAlberta.com)**

Where: Unison at Kerby Centre (1133-7 Avenue S.W. Calgary, AB)

**Registration is Required – Light Lunch Provided.** Space Limited. RSVP By November 5th

**DAY 1: Tuesday, November 12th. Aging In Place - Resolutions**

**10 am | Caregivers Alberta:** Caring for yourself while taking care of others

**11 am | Hearing Aid:** Hearing Aid More Accesible Than Ever

**12 pm | AB Blue Cross:** Health Benefits - What You Need to Know

**DAY 2: Thursday, November 14th. Aging In Place - Resolutions**

**10 am | Budget Builder:** Thinking Home Renovations

**11 am | CG Hylton Inc:** Leaving a Legacy

**12 pm | Tooth Express:** Your Smile, Our Priority: Mobile Dental Hygiene Care Right at Your Doorstep

**Free**





# Top off the season with compost



Photos and Story by  
Deborah Maier  
Calgary Horticultural  
Society

Late fall is often a quiet time for Calgary gardeners. There is not a lot of gardening to do after the first hard frost. Deciduous trees and shrubs should be watered well just before the ground freezes. The last of the spring flowering bulbs and garlic should be planted. And, if you want a pollinator garden or have one, then fall clean up should be light. The easiest way to

attract native pollinators to your garden in the spring is by providing overwintering habitat for the ones that visited your garden last season.

Be sure to clean up leaves and plants that hosted pests. If you are concerned about the spread of a self-seeding plant, then remove those seed heads. However, keep the seed heads of plants that are easy to manage, such as rudbeckia, to provide food for migrating and year-round birds.

Beneficial insects such as mason bees will use the hollow stems of plants for nests and will deposit eggs in them. Lady bugs appreciate curled dry leaves to shelter in. So, leaving plant stalks and piles of leaves help these beneficial insects remain in your yard, facilitating a quick spring reappearance.

There is one task that if done now will yield many benefits come spring. That is applying a compost as a mulch. Spread compost over all the beds. You don't have to be careful with the placement unless the plant is an evergreen perennial, then keep the mulch off the crown.

Compost applied in the fall will provide nutrients and organic matter to the soil. Like other mulch products, it will help insulate the soil from air temperature swings, such as high temperatures accompanying a chinook, or deep freezes associated with an arctic front. It also helps the soil retain moisture by creating a barrier between the soil and drying winds.



Hear what our patients have to say



Incredible service. Trish was super friendly and made us feel comfortable explaining any questions we had. It was great to have her come right to our home instead of having to go to a clinic. Definitely recommend!!

Vivien B., on Google

- ✓ **FREE** at-home hearing tests
- ✓ State-of-the art technology
- ✓ At-home aftercare included
- ✓ Competitive pricing

Trish Ehman,  
Registered Hearing Aid Practitioner



Call today to book your free at-home hearing test!

403-970-7201

earstoyou.ca  
trish.ehman@earstoyou.ca







There is no need to dig compost in. It can be applied to the surface of the garden bed.

If the bed has a wood bark or other mulch, it is best to pull that mulch back before applying the compost, then reposition the wood or bark mulch. Having the compost in direct contact with the soil engages the soil biota to work the compost into the soil for you over the fall, winter, and early spring.

The nutrients from the compost will percolate into the soil where they will be ready to support plant growth next season.

Microbes turn organic wastes into compost. Soil is also teaming with life. Putting these two communities in contact with each other creates a unique biome for the plants in your yard and creates healthy soil. It is a combination that improves with time.

Compost can be lightly spread over a wood or bark mulch, but it will cause the mulch to degrade more quickly. The nutrients from the compost may be absorbed into the mulch material, delaying their addition to the soil.

It can make wood mulch look dirty. Whenever possible, compost and soil should be in direct

contact with each other.

Don't worry about not having compost for spring. While compost creation usually happens more slowly in winter, a compost system can remain active.

Steam rising off the compost pile or ice droplets on the composter lid are good indicators that it is active.

Keep a bag of dried leaves on hand to add as browns to the compost between layers of kitchen scraps and you should have a batch of fresh compost before the first day of summer.

Visit the Calgary Horticultural Society's website [calhort.org](http://calhort.org) to learn more about gardening in the Calgary area.



## Get connected & feel confident online.

Learn to keep yourself safe and avoid cyber attacks.



START THE FREE DIGITAL LITERACY PROGRAM

(888) 839-9239  
[alberta.ca/DigitalLiteracy](http://alberta.ca/DigitalLiteracy)

Funded in part by the Government of Canada's Skills for Success Program



## Welcome home to Bridgeland!



**Spruce Commons**



**Aspen Commons**



**Bow Valley Commons**

## Affordable Supportive Living

Enjoy friendly community living with meals & housekeeping too!



[silvera.ca](http://silvera.ca) 403.567.5301  
[leasing@silvera.ca](mailto:leasing@silvera.ca)



# Families of cardiac arrest patients need care too

Gillian Rutherford  
University of Alberta  
Folio

Samina Ali awoke with a start at 5 a.m. to the sound of her husband, Tim Graham, gasping for breath beside her. He was only 46 years old, but she knew immediately that his heart was in trouble.

A physician and professor of pediatrics at the University of Alberta, Ali called 911, started

chest compressions and sorted out care for their three children as Tim was rushed to the hospital in an ambulance.

It was a whirlwind of stress for the family that left Ali sleepless for months afterwards, even though Tim survived his cardiac arrest and was released from hospital just two weeks later.

“The cardiologist shook our hands and said, ‘This is a miracle, it’s such an incredible

outcome. You should be so happy, have a great rest of your lives,’” Ali remembers. “We went home, and every time I had doubt, sadness or anger about what happened, it felt like a betrayal because our amazing care team told us we were so gosh darn lucky.

“I know now that all the things that I felt were very normal feelings, but once you leave the hospital, there’s no follow-up. You have to process

all of it on your own.”

Ali had to seek out private counselling, including guided family debriefing, to deal with post-traumatic stress symptoms.

Ali is hoping other families won’t have to do the same on their own. She served as a survivor family adviser for a U of A-led study on the care needs of families of cardiac arrest patients, which proposes new clinical practice guide-

lines. Over the weekend, the paper won 2023 Article of the Year from the Emergency Nurses Association and the Journal of Emergency Nursing.

“It used to be that the guidance (for emergency medical services and hospital staff) was mostly about how to break bad news to families,” says lead author Matthew Douma, an emergency nurse educator and adjunct professor of critical care medicine. “We want to reconceptualize that.”

“Our research reflects that the families need to be heard, their presence respected and acknowledged early on. They need the right information provided in the right way at the right time.”

Sixty thousand Canadians experience cardiac arrest outside of hospitals each year. Only one in 10 survive, according to the Heart and Stroke Foundation of Canada. For Ali, her husband’s cardiac arrest was a rude awakening both professionally and personally.

“It’s a very different experience being a family member when you’re used to being the one providing the health care,” she says. “After Tim got home, I’d be up all night waiting for something bad to happen again. I just couldn’t trust that we were safe. And there’s a genetic component to his cardiac issue, so then I was worrying about the kids.”

Ali is convinced the medical staff her family encountered were well-meaning, but some just didn’t have the training to meet their emotional needs.

“We don’t often realize how important that moment is when we ask the family to leave the patient care room, or we rapidly summarize what happened so we can just get them out of the intensive care unit because we need that bed for someone else,” Douma explains.



## 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



**(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](http://verveseniorliving.com)

INSPIRED SENIOR LIVING WITH 



“Those may not seem like very significant moments for health-care providers, but sometimes they can be the most significant for families. Our work is really trying to shed light on those moments.”

Family-centred care has been a focus in pediatrics and critical care medicine for years, but little has been added for cardiac patient families. Douma, who is a PhD candidate at University College Dublin and an editor of the Canadian Journal of Emergency Nursing, has focused his doctoral studies on changing that through his Family Centred Cardiac Arrest Care project.

Douma himself lost his grandfather to a sudden cardiac arrest at home.

His research team includes survivors, bereaved family members and co-survivors like Ali. Tim Graham, a clinical professor in the Department of Emergency Medicine, is also an author on the paper. Co-designing and carrying out research with people who have lived experience is important, says Douma.

“We really should stop designing health care without the people who are directly impacted by it,” he

says. “We know that the health status of cardiac arrest survivors is so intertwined with that of their co-survivors and their family.”

The researchers analyzed 39 studies from the past 20 years, looking at the experiences of 418 people whose parents, spouses, siblings or close friends went through cardiac arrest.

Like Ali, most family members called 911, initiated or witnessed CPR, and followed their loved ones to hospital for treatment and admission.

“The family experience of cardiac arrest care is often chaotic, distressing and complex, and the after-effects are long-lasting. Patient and family experiences could be improved for many people,” the researchers concluded.

“High certainty family care needs identified in this review include rapid recognition and response, improved information sharing, more effective communication, supported presence and participation, or supported absence, and psychological aftercare.”

Douma notes that the trauma from cardiac arrests is unique in that most happen outside of hospital and are fatal.

If patients do sur-

vive, troubling questions remain about brain injury and quality of life after resuscitation.

“Survival is everyone’s priority, but then you’re navigating the nebulous ‘unknown,’” Douma says. “Families need to know, ‘Why did this happen? What condition will my loved one be in? How do I become a caregiver and a health system navigator? Who takes care of us after discharge?’”

As Douma pushes for change within hospitals and health-care systems around the world, he sees signs of hope. The Australian and New Zealand Committee on Resuscitation recently became the first in the world to adopt family-centred cardiac arrest care principles after consultation with Douma.

He’s also advised Canadian EMS organizations on how to improve out-of-hospital cardiac arrest care.

He’s advocated for the needs of survivors and families to be included in upcoming Canadian heart and stroke guidelines.

Meanwhile, he gets to implement them immediately in his own practice as a clinical nurse specialist in critical at the University of Alberta Hospital.



**THE FLO GROUP**

**A NEW AND HEALTHY WAY OF HEARING**

At The Flo Group, we transform lives through enhanced auditory experiences and empower individuals to reconnect with the world of sound.

We offer affordable hearing that prioritize comfort, quality and health, through an innovative open-ear bone conduction technology, featuring a special built-in amplifier.

- MINIMIZE TINNITUS
- LIGHT WEIGHT & COMFORTABLE
- BUDGET FRIENDLY
- IMPROVES SOCIAL INTERACTIONS

Contact Us

Email Address: [michael@theinnerflo.com](mailto:michael@theinnerflo.com)

Phone Number: (403) 828-3880

Website: [www.theinnerflo.com](http://www.theinnerflo.com)

**STEMP & COMPANY**

Tel. 403-777-1129 Fax 403-777-1124 [www.stemp.com](http://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](mailto:reception@stemp.com)



**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

**COOPERATIVE MEMORIAL SOCIETY**

serving Calgary, Edmonton, southern and central Alberta.

resources & information

affordable burial & cremation services

a cooperative

education

affordable memorial services

*Stay Connected*

403-248-2044 or 1-800-566-9959

[admin@calgarymemorial.com](mailto:admin@calgarymemorial.com)

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

[facebook/ coopmemorialsociety](https://facebook.com/coopmemorialsociety)

**Bringing Compassionate Care to your Home**

Miracle Home Care is a reliable home care provider, focusing on improving the lives of each individual and family we serve. Helping clients achieve their full potential in their daily life by receiving the right care, tailored to their unique needs and preferences.

**Our Services**

- Companionship
- Personal Care
- Nursing Care
- Special Care

**Book your FREE consultation**

403-991-9857

[Info@MiracleHomeCare.ca](mailto:Info@MiracleHomeCare.ca)

[MiracleHomeCare.ca](http://MiracleHomeCare.ca)






# Become an organ donor – save lives

## *Dying with Dignity* Calgary

You don't have to be a doctor or a firefighter to save lives – become a registered organ and tissue donor and you could help save the lives of up to 8 people and make life better for up to 75 other people!

In Canada, almost 90 per cent of Canadians say they support organ donation, but only 32 per cent have actually registered their intent to donate.

Though donation rates have improved over the last ten years, there is more to be done as approximately 250 Canadians die annually waiting for an organ transplant. There are over 700 Albertans waiting for life-saving transplants, with many others on waitlists for life-enhancing tissue transplants.

Most adults can become organ and tissue donors. Most religions allow organ donation, you do not need to be in perfect health, and there is no age limit.

In fact, earlier this

year, the liver of a 98-year old Missouri man was successfully transplanted to a woman in need. You can donate directly to someone you know, or you can donate to your provincial organ and tissue donor organization.

Organ donation is when an organ (e.g., heart, lung, kidney) is removed from one person and transplanted into another person. Tissue donation is when tissues in the body (e.g., skin, corneas, bone) are removed from one person and transplanted into another person.

An organ donor usually dies an unexpected and sudden death. This often happens because of a motor vehicle accident. Deaths from Medical Assistance in Dying (MAID) are also eligible for organ donation.

At this time in Alberta, MAID deaths with organ donation to follow are done at a hospital to streamline this time-sensitive process. According to a recent article in the Canadian

Medical Association Journal, options for patients who prefer a MAID death at home or other familiar location and still want to be an organ donor are being pioneered and one was successfully completed in Ontario with the use of a pre-arranged ambulance.

Tissues, on the other hand, do not require the same conditions as organs to survive, so tissue donation is possible after the heart and lungs have stopped working for 12 to 24 hours.

You can choose what organs and tissues you would like to offer for donation. Or you can choose to donate any organs that are needed. You can also choose to donate for transplant, for research, or for educational purposes.

There is no cost to your family or estate if you donate organs or tissues. All costs are covered by the health-care system.

The surgeons take great care during the process. Most of the time, there is no way

to tell that the person was an organ or tissue donor, and you can have an open casket funeral.

Registering as an organ or tissue donor in Alberta is easy. As of 2020, registration through the Alberta Organ and Tissue Donation Registry can be done online. Register at [myhealth.alberta.ca/Pages/OTDRHome.aspx](http://myhealth.alberta.ca/Pages/OTDRHome.aspx) or register in-person at any registry office. It communicates your wishes to healthcare professionals though a formal record.

Once you have registered, it is a good idea to intentionally set aside some time to discuss the decision with loved ones to ensure that they understand your wishes and that there are no surprises. It may be helpful to print out copies of the documentation for yourself as well as loved ones and agent(s).

While medical professionals in Alberta will have access to your records, printed copies can still be use-

ful particularly if you regularly travel out of province. By taking these steps, you can contribute to a life-saving cause and help reduce the waiting list for organ and tissue transplants.

Green Shirt Day in Canada is April 7 which honours the Logan Boulet Effect and supports organ and tissue donor awareness/registration across Canada. On April 6, 2018, Canadians were heartbroken to hear the news of the Humboldt Broncos bus crash.

On April 7, 2018, Humboldt Broncos defenseman Logan Boulet succumbed to his injuries. He was able to donate his organs because he was a registered donor and was able to save 6 people's lives. As news spread of the organ donation by this young hockey player, it is estimated that almost 150,000 people registered to become organ donors in the days and weeks that followed.

Green Shirt Day was created to honour, remember, and recognize all the victims and families of that fatal crash and to continue Logan's legacy by inspiring Canadians to talk to their families and register as organ donors.

The Dying with Dignity Calgary Chapter is pleased to continue to create articles for the Kerby News on a variety of end-of-life topics. Our volunteers are also available to give presentations on Advance Care Planning. Please reach out to [calgary@dyingwithdignity.ca](mailto:calgary@dyingwithdignity.ca) if you would like to book one of our knowledgeable volunteers to make a hands-on presentation to your group.

This is an excellent opportunity for community associations, condominium boards, and social groups. We can customize the presentation to fit your demographics.

Celebrate the Legacy  
**CALGARY GENERAL HOSPITAL**  
1910 - 1998



**JOIN US!**  
Bridgeland Riverside Community Centre  
917 Centre Avenue NE

Learn about the evolution of the General Hospital from its humble beginnings thru 1998. Creating a place to pause, remember and learn about the Hospital's important role in the city, health care and its impact on Calgarians.

**Choose one of the following sessions:**

September 24 (Tuesday)	1:00 - 3:00 pm
October 10 (Thursday)	7:00 - 9:00 pm
October 23 (Wednesday)	1:00 - 3:00 pm
November 7 (Thursday)	1:00 - 3:00 pm
November 21 (Thursday)	7:00 - 9:00 pm
December 2 (Monday)	1:00 - 3:00 pm

For more info: <https://brccalgary.org/home/history/>  
Email: [cghproject@brccalgary.org](mailto:cghproject@brccalgary.org)



Love your ears



*"I can experience normal life again and the world isn't silent anymore. I am so happy."*

**Gary Byers**  
on how hearing aids has made his life better.<sup>4</sup>



**Start Your 30-Day FREE Trial\***

When you're ready, purchase with confidence as we provide a **90-day money back guarantee.**

Experience the benefits of personalized **hearing care and on-going support.**

**Book your FREE hearing test\***

We are in your neighborhood.  
10+ clinics in Calgary region



1-888-985-3985

Mention code: **EVT-TBYB-SNRX**

Book online [HearingLife.ca/Calgary](http://HearingLife.ca/Calgary)

\*A comprehensive hearing assessment is provided to adults ages 19 and older at no cost. The results of this assessment will be communicated verbally to you. Depending on the province you're located in, an administrative fee may apply if a copy of an Audiological Report is requested. Some conditions apply, see clinic for details. Offer not valid in Quebec. \*\*90-Day Risk-Free Trial begins at the date of purchase. If you are not completely satisfied, you can return it within 90 days for a full refund or exchange. Trial period varies by province. If you are quoted a lower price on an identical hearing aid with the same features, options and services, HearingLife Canada Ltd. will match that price. Conditions Apply. Ask our hearing care professionals for more details.



# Getting your home ready to sell

Debra Molzan  
Real Estate Specialist

Before you put your home on the market for sale it is important that you take the time to get it ready. How your home looks the first time to a potential buyer is so important. We don't often get a second chance to make a good first impression!

The majority of today's home buyers are searching for homes on the internet. Most Buyer's look for homes that have been well maintained and in general "clean and spiffy". It is important how your home looks when it is viewed virtually and in person.

Where do your start? You don't need to spend a lot of money. The following checklist will help you in getting your home ready.

**Kitchen** – Clean all appliances inside and out. When was the last time you cleaned your oven? Most Buyers will open an oven door. The kitchen sink should be clean & shiny. All counters and table should be clear of unnecessary items. Remove magnets and papers from

fridge door. Sweep and wash your floors. Take out the garbage. The Kitchen is one of the most important rooms and should sparkle!

**Bathrooms** – Should be neat, spotless and fresh. Keep toilet, shower and tub clean. Remove your personal items from the counter top and bathtub (e.g. toothbrush, hair products, razors, etc.). Put out fresh towels.

**Closets** – This is the time to be organized. Untidy or over-crowded closets suggest inadequate storage space.

**Bedrooms** – Put away your personal items and all valuables. Clear the top of your dresser and night stands of unnecessary items. Organize your closet to make it look spacious. Put away your clothes and make your bed. Adding extra pillows can add a decorative touch.

General condition includes dusting and vacuuming, washing windows, replace burned out light bulbs, remove carpet stains, as required. Pack away all valuable items including; jewellery boxes, trinkets, trophies, coins, and pri-

vate papers.

Some people are sensitive to animals. If you have a pet make sure your yard and home is cleaned up after them. A Buyer will be easily turned off a home with a full litter box.

Strong cooking or smoking odors can ruin a sale. Make sure your home is smelling fresh for showings. Do not use strong deodorizers. People will

think you are trying to hide something. Instead open a window and let the fresh air in.

Your home doesn't need to look empty. Packing away a few items can give a specious feeling. Think of the last time you stayed in a hotel. It was clean and there were no extra items taking up space. This is how your home should look. Ask yourself

the question, does this room pass the hotel test? If it does then you are on your way to having your home ready to sell.

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

Debra Molzan,  
Senior Real Estate Specialist  
"Serving Calgary & Area Since 1991"



## October 2024 Weekly Specials



**\$5 frozen meals available for purchase**

*Try our crispy seasoned onions rings as a side dish!*

**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)

**September 30 to October 4th**  
**Active Aging Week**  
Special: Shepard's Pie  
Soup: Wild Rice Soup

**Active Aging Week special:** Rita's Oat Bar for only \$1.50

**October 7-11**  
Special: Chicken Parmesan served with spaghetti  
Soup: Italian Wedding Soup

**October 15-18 - Closed Oct. 14**  
Special: Turkey Dinner  
Soup: Butternut Squash Soup

**October 21-25**  
Special: Chicken Pot Pie  
Soup: White Bean and Sausage Soup

**October 28th to November 1st:**  
Special: Meatball subs served with your choice of side  
Soup: Potato and Cheddar Soup



## Upcoming Closures

**Thanksgiving Day**  
Monday, October 14th, 2024  
All Unison locations



### The choice is yours

With Alberta's **Client Directed Home Care Invoicing Program**, you can choose your own provider of in-home care and have the cost covered by this **government-funded program**.

Our dedicated team will help guide you through the enrollment process, review your AHS assessment, design a personalized care plan, and manage the invoicing – alleviating your stress and providing the care you need to live your best life at home.

**Let's talk.**  
**403.776.0460**

PERSONAL CARE | HOME SUPPORT | NURSING [bayshore.ca](http://bayshore.ca)



# THE PEOPLE AROUND US

## PART III

*Jerry Cvach  
Story*

Capitalism is an economic system in which private actors own and control property in accord with their interests, and demand and supply freely set prices in markets in a way that can serve the best interests of society. The essential feature of capitalism is the motive to make a profit - definition by: the International Monetary Fund (IMF).

### The Capitalist

We have a pretty good standard of living, don't we? In our subdivision, the family houses are from 1,200 to 1,800 sq. ft., each. They are comfortable, and furnished with various appliances that take care of many household chores.

Most people own as many cars as there are adults in the house. Children's bicycles and toys are strewn on lawns. Nobody steals them. We have money and shop frequently.

Ours is not even an upper-middle-class neighborhood. Most people are tradesmen, office workers, teachers, or nurses. There are not that many letters behind the names.

Ever wondered why that is? Long-time citizens probably do not, but many newcomers are baffled. Where does this wealth come from? Is it a result of hard work and good organization?

Since nobody is holding guns to anybody's head to make them work, what drives them? Perhaps the social system called capitalism motivates people to work hard because they profit from their labor.

Who are the capital-

ists that lead us and create the wealth? Where do we find them and what do they look like?

Hopefully, not like a cartoon creature with a goatee, wearing striped pants and top hat with stars and striped flag wrapped around its sides straight out of the famous "I Want You!" WWII poster or a corpulent fellow in coattails surrounded by bags of cash!

Detractors of the capitalist system would say capitalists are cruel, evil persons who are only motivated by greed, have no compassion, and possess every other possible character fault that may be found in an individual.

I preferred to think they were positive efficient leaders, smart, innovative, ambitious, and hard-working. It must be a good idea to emulate them.

So I started looking, and learning. First, there are many capitalists. Small businessmen and even self-employed persons fit the definition and come in many shapes and personalities. Not all are uniformly successful. Some are very nice to their staff, others are demanding and authoritative, and there are the smart ones and the dumb ones.

But only a few are the naturally born entrepreneurs. I wondered if I would ever meet one.

Then, when it happened, he sneaked up on me without notice!

On Monday morning in January 1969, a 22-year-old Anglophone from Quebec five years younger than me was in our office and was our new boss, Rolland.

He had boyish good looks, was fit, and appeared even younger than he was. He was smiling and friendly.

Later, when we got to know him better I found he was in a good mood most of the time because of his positive outlook.

The business began to expand, consequently increasing the number of employees. Rolland hired his wife soon after. True capitalists are not usually bothered by nepotism. We became friends because Rolland, his wife Nicole, my wife, and I were all close in age, and new in town.

We visited them often on the farm where they lived in a rented house to go fishing and they had a habit of dropping in unexpectedly in our home with steaks in the bag.

Invariably after the meal much of the talk was about work, the first sign of them being pure capitalists. Rolland was full of ideas, mostly the dreams of how far this young company could go and expand.

Even solving problems was fun. Being a part of a brand-new industry, there were a lot of opportunities for experimenting. But Rolland also didn't count the hours he worked and expected the employees to pitch in.

One time a customer had a problem with the trusses he had built from our designs, so Rolland, me, and my slide ruler drove overnight 300 kilometers to Edmonton, then took a flight to Grand Prairie, where the customer waited for us with his car to drive us another 170 kilometers north to Grimshaw where I redesigned the roof and supervised fixing it; stopping only once to watch the Aurora Borealis.

It was a crazy thing to do and it probably did not have to be done overnight, but it was

typical Rolland. It was amply demonstrated and duly noticed that the customer was the boss.

So who were these two Quebecers? He had attended Dalhousie University, but if he had graduated or not I do not know. I gathered he soon got bored by the academia and returned home. Unfettered by excessive education he did not emanate much academic aptitude. But he met Nicole there and they married. She was his perfect partner.

Rolland's family owned a lumber yard and a truss plant in the Eastern Townships. It was a well-established business. Twenty years younger than his next youngest sibling, he arrived too late to get a good position in the family firm, by then run by Rolland's brother-in-law who was a conservative manager. Rolland was quite the opposite; ambitious, outgoing, hard-working, and a risk-taker. He felt his brother-in-law was a fool.

One day he and Nicole packed up their possessions and headed west in their small Austin Healey, seeking their fortune.

They drove west on the Trans-Canada Highway #1, but there were no jobs along the way until they arrived in Calgary where he met a builder who was making trusses for his homes using connectors made by his other business called RT Plate Company.

Working for RT Plate Company would be more interesting than churning out roofs for cookie-cutter houses.

It was a small operation then, with a punch press, a warehouse, and eight employees. I was

one of them. There was no marketing and no decent design service. Rolland believed he could have helped the company to grow, but they did not bite.

On Vancouver Island the Trans-Canada Highway #1 ends in Tofino and they still had no jobs. They had to turn around. Back in Calgary, and with no money left Rolland went to see the owner of RT Plate Company again and tried at least to sell him a blueprint for a fully automatic truss plant.

He believed it could be done and had sketched it out although making trusses on fully automated production lines is impossible.

Yet, the owner was fond of starting businesses and liked the tenacity and the young man's spunk. So on their second meeting, he hired Rolland to manage it. It was a good decision for both of them.

Rolland's business strategy was always the same: develop or improve a product, produce it, sell it, and service the customers to the hilt. He believed that the difficult part of the business was to sell the stuff, making and servicing it was easy.

As a manager, he never hesitated to ask anybody to do whatever had to be done regardless of whether they were properly trained. He believed that all that was needed was to try hard and learn. It worked for him.

He could overcome difficulties by persistence and could not understand that others, albeit hard-working and worthy individuals, were not like him.



He lacked compassion for unambitious people and there are many. They would not stay with him long, but through the process of elimination, he wound up with a team of capable, versatile, and innovative people. I presume it is the trait of a true capitalist, somewhat ruthless but getting the results. People who could deliver and keep pace with him would prosper.

Although Rolland was the boss there were no pressures from the potentially uneven relationships. We were all in our twenties, enjoyed the work, and were getting along. He hustled, was signing on new customers and the company grew, and so there were opportunities for advancement.

When the company needed another salesman I was offered the job. I was hesitating as I knew nothing about commercial selling. That night I told my wife about the offer and that I was worried I was not qualified; even my English was still rather rudimentary.

“Will it pay more?” she asked, “Yes” said I. “So what’s the problem?” my wife asked. “If it pays more”, she continued, “and if your shortcomings do not bother Rolland, why do they bother you?”

It was a roller coaster of bizarre and unexpected. Of course, there were no job descriptions as having them would be limiting. I soon learned selling consisted of traveling around, talking with people, learning about their problems, and within reason helping to solve them. I was seemingly not selling anything, per se, and I think that attracted them. Eventually, I earned their trust and they became customers.

But Rolland expected the salesmen to be the jacks of all trades. Once when out of town on a routine call, Rolland phoned and directed me to help another customer in the vicinity fix a problem with one of the machines we had sold him. Being “in the vicinity” meant driving overnight, as this is Canada

after all. Never mind that I am a technical ignoramus and was wearing the only good outfit I owned. I reported to the factory, took apart a very greasy machine, diagnosed the problem, and called a local repairman to fix it.

Another time I was sent to install a new production machine in a town 600 kilometers away. I hardly knew what the resulting production line should look like. In those days we made and sold machines without any operating manuals, unthinkable today.

“How am I going to do that?” I asked. “Oh, it is simple, you will manage”, Rolland said.

And I did. I went to a plant nearby and took many photographs. My installation supervision consisted of showing the pictures to the workers. Luckily they were a pretty smart lot. Afterward, I took the owner and his wife to dinner. That worked every time!

Rolland made RT Plate Company the largest firm of its kind in Canada but grew bored, and after five years left the company to work for himself. He started to manufacture shelving and utility furniture for an international furniture retailer and became rich.

He did not do it traditionally by raising capital, building a plant, and hiring laborers. That would be very unlike Rolland. He rented an

abandoned warehouse, equipped it with repurposed machinery he had bought in auctions, and provided materials, but his workers are independent subcontractors. Every time a new item comes for a bid, he and his foreman make it to determine how much they will have to pay to their subcontractors.

One time one of them found a way to produce an item considerably faster than was anticipated. Rolland told me the story himself and was genuinely happy for the fellow making the killing. He never tried to change the agreed-upon price.

As a capitalist to the marrow of his bone, he carries entrepreneurship into everything he does. When building his house he did not buy a lot like you and I would. He realized that the cost of a serviced lot equals the price of a big tract of undeveloped land, borrowed money, divided it, kept one of the lots for himself, and sold the rest.

When his son went to university and needed a place to live, Rolland bought a small apartment building and gave it to him to live in, manage it, and learn to be a capitalist.

At one point he decided to compete with the company he had managed, and where I continued to work. It was a serious challenge. At that time I was the

manager. Suddenly we became rivals. Rolland soon discovered that the company he had built was too solid, and could not convert any of our customers.

To his credit, it didn’t destroy our friendship. I even think that Rolland was proud that he had bet on the right horse when he dragged me along.

We do not see him and Nicole much now since 600 miles and the Strait of Georgia are between us.

The last I heard he still has new ideas and works hard, well into his seventies. They are wealthy and Nicole makes sure it stays that

way. She keeps his feet firmly on the ground by making rules like that he is not allowed to buy a pleasure boat that would be more expensive than their house. It is a very good rule indeed, don’t you agree?

In Rolland, I met the ultimate entrepreneur, and am very grateful that thanks to his business acumen, panache, zest for work, and eternal optimism he made the small company great and that he pulled us all along, kicking and screaming I might add.

Is it not what the capitalist extraordinaire is expected to deliver?



## Canada’s Choice in Home Care®

Senior Home Care by Angels provides essential senior home care, allowing your loved one to remain where they are the most comfortable...in their own home.

- Bathing & Dressing Assistance
- Assistance with Walking
- Medication Reminders
- Errands & Shopping
- Light Housekeeping
- Meal Preparation
- Companion Care
- Respite Care for Families
- Live-In Care
- Flexible Hourly Care
- Veterans Care
- Transitional Care
- End-of-Life Care
- Chronic Disease Care
- Alzheimer’s Care
- Dementia Care

587.997.5800

SeniorHomeCareByAngels.com/CalgaryAB

Each Senior Home Care by Angels agency is independently owned and operated.  
\*2024 Senior Home Care by Angels is a registered trademark of Visiting HomeCare International, Inc.

## Staying Healthy This Fall At Home and Beyond

### Discussion Panel

Wednesday, October 2nd | 10am - 11:30 am

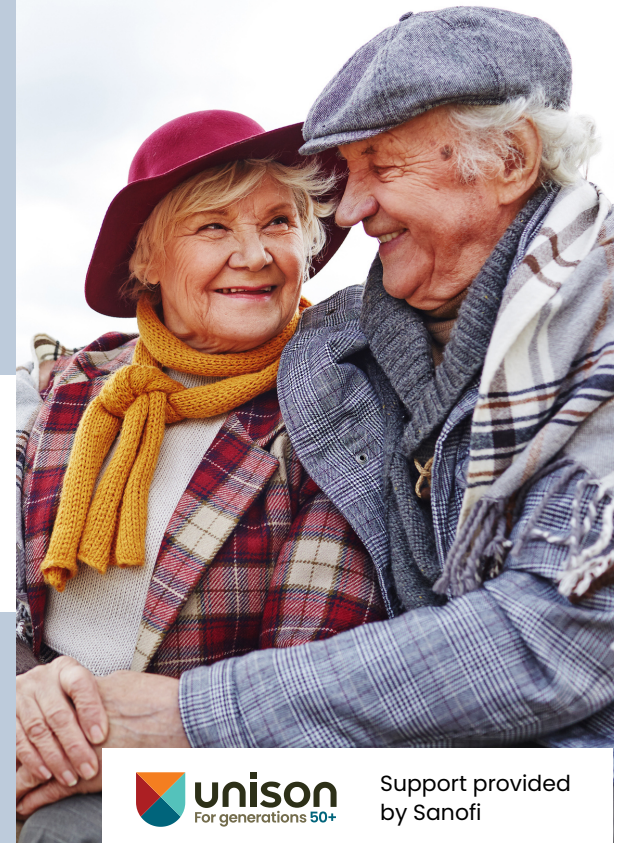
Lounge - Unison at Kerby Centre  
1133-7 Avenue S.W. Calgary, AB

#### Speakers:

- Anjali Acharya, Immunizations & Travel Health Specialist at Bowmont Medical Clinic
- Betty Golightly, B.Sc. Pharmacy, RPh, President of Go Travel Health Inc.
- Mohamed El Hussein, Ph.D. Nurse Practitioner

Join us for expert guidance on winter wellness, interactive Q&A session, and connect with healthcare specialists. Enjoy free refreshments and a chance to win a prize.

Reserve your spot now for a warm and welcoming experience!



**unison**  
For generations 50+

Support provided  
by Sanofi

**RSVP NOW! Contact [Marinai@unisonalberta.com](mailto:Marinai@unisonalberta.com) or 403-705-3177**



# There's more to accessibility than availability

Adrianna McPherson  
University of Alberta Folio

Urban planners and developers have predetermined markers of accessibility for recreational spaces, such as parks and playgrounds that might include ramps or the ability to travel to the space using public transportation.

But whether these spaces are actually used by and functional for the communities they are meant to serve depends on perceived accessibility, a concept that Josephine Godwyll explores in a recent study.

Accessibility looks at the opportunities for people to interact with a particular space, while perceived accessibility looks at people's considerations and perceptions of whether and how they will be able to use

those opportunities.

"When you consider the perception of accessibility, you go from objective ways of measuring accessibility to subjective ways of measuring it," says Godwyll, an assistant professor in the Faculty of Kinesiology, Sport, and Recreation.

For example, when planning a park, developers might choose to construct it within five kilometres of several residential areas, assuming the residents will use the resource because it's close to home (walkable).

However, if that distance requires traversing what people say are dangerous roads, for example, or involves unsafe interactions with other users within the space, it might be accessible on paper but in reality it won't get used nearly as

often as the developers had anticipated. Sometimes, users report that there was limited public engagement during the planning of these spaces.

"The central focus of the paper is trying to enlighten readers on what 'access' means beyond the availability of space," Godwyll says.

The ideas she explored in the study could provide important insight for urban planners, policy-makers and community leaders looking to create accessible public recreational spaces.

Godwyll examines the issue through the lens of social space production, a concept that traces its roots to French sociologist Henri Lefebvre.

With social space production, Godwyll explains,

it's not just the physical elements of a space that matter, "it's also the kinds of interpretations and meanings that are assigned to these elements."

The concept has been around for decades but hasn't been studied in relation to perceived accessibility to recreational spaces, says Godwyll.

She and her collaborators focused on Maryvale, a low-income community in Phoenix, Ariz. They conducted participatory mapping interviews, an approach incorporating visual aids that encourages participants to point out particular recreational spaces, the routes they may take to reach them and other details pertinent to their perspective.

According to Godwyll,

this approach often leads to richer insight because participants are able to recall spatial information (such as details about the spaces they use) that they may not have remembered without the visual aids.

The researchers identified three themes they believe are critical to understanding perceived accessibility of recreational spaces: ease of use, planning and design engagement experiences, and the role of social interactions with and within the space.

These themes are particularly useful considerations when creating spaces for marginalized or low-income communities like the one Godwyll and her collaborators studied.

"Marginalized and low-income communities are frequently linked to inequitable planning and design processes because they weren't engaged in the process or their input was disregarded," says Godwyll. "These communities are also often disproportionately affected by limited infrastructure, such as poorly maintained facilities, and interactions that do not meet social expectations, for example limited opportunities of use for cultural celebrations."

The three themes offer a possible framework for examining perceived accessibility in public recreational spaces — and a step forward in the effort to achieve the UN's Sustainable Development Goal 11.7 of providing universal access to safe, inclusive and accessible green and public spaces, Godwyll notes.

"Equity is not just giving everybody the same thing. It's meeting people at their needs and considering the things that might be preventing them from using these spaces," she says. "It's equally as important as having some kind of rubric saying a park is supposed to be 1.5 kilometres from a neighbourhood."

And though it may seem unrealistic to expect to please everyone accessing a particular public recreational space, Godwyll disagrees with taking a black-and-white perspective.

"It's often discounted as impossible, but that's not the case," says Godwyll. "There are steps and dimensions we can look at more deeply to foster or facilitate positive perceptions that would support the use of spaces."

"What's the point of creating recreational spaces if they're not used?"



Millrise  
Seniors Village

## Millrise Seniors Village

### Independent & Supportive Living Suites Available!

**Skilled nursing care 24/7, Red Seal chef prepared meals  
daily recreational activities and more!**

**Book a tour and come see what we  
have to offer!**

**403-451-4327**

**beatricemandipaza@sehc.com**

**Millrise Seniors Village**

**14911 5St SW**

**T2Y 5B9**



**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™



# Fire prevention need-to-knows

Andrew McCutcheon  
Unison News

Fire is fickle. We use it every day, whether it's to heat our homes or heat our food.

But as useful as it might be, fire can equally be dangerous and destructive. It's estimated that fire costs Canadians \$11 billion annually. It's all too easy to forget the dangers associated with this common tool.

Fire Prevention Week runs every October — this year going from Oct. 6 to Oct. 12; It's a great time to check your smoke detectors, update or create an evacuation plan and remind yourself of the important information you need to know to protect you, your family and your home.

First and easiest: check and test your smoke alarms. It's the simplest way to reduce risk. Ideally, you should have alarms on every level of your home, inside each bedroom and outside each sleeping area. If you want the highest level of protection, ensure alarms

are interconnected — when one sounds, all of them should. It's fine to give them a test every October during fire prevention week, but it's recommended you test them once a month.

But alarms are just one part of the equation. Do you know what you'd do if a fire broke out where you live? Panic will have your mind racing. It's vital to have a plan so when the worst occurs, you're prepared to get out and stay out.

It's recommended that you should plan to have at least two ways out of your home in case of emergency — on the chance that one is blocked by smoke and flame.

If you're someone who requires a mobility aid to get around like a can, scooter, walker or wheelchair — make sure it's close by! If you don't know if you'd be able to escape in the moment, make sure you have a phone nearby. If you end up trapped inside, you can use this to coordinate with your rescuers.

But what if we want to

ensure fires never happen in the first place!

Most fires start as cooking fires. Never leave food unattended on the stove or in the oven. If food catches fire, don't use water to put it out — especially if the fire is oil based. Put a lid on overtop to prevent air from fueling the fire and turn off the heat source.

If you take medications that make you drowsy, make sure to do your cooking beforehand.

If you're an oxygen user, do not smoke anywhere near your oxygen canister or line.

All smokers should smoke outside, using large, deep and sturdy ashtrays. Make sure to wet your butts before throwing them out!

And if your clothes catch fire? Everyone knows this one! Say it with me:

Stop!  
Drop!  
Roll!

For more information, check out the city of Calgary website at <https://www.calgary.ca/our-services/fire/campaigns.html> for more information and great tips!



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.

#1 PHYSICIAN REFERRED



Book your FREE\* hearing test today!  
1.888.850.9979  
[connecthearing.ca](http://connecthearing.ca)

10 convenient hearing clinics in the Calgary area



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.



## CARING FOR CALGARY'S SENIORS FOR NEARLY A DECADE

We provide temporary staffing for nursing facilities to alleviate planned & unexpected staff shortages

In-home health care for seniors & non-seniors.

Personal Care, Companionship, Transportation & Accompaniment services

SHORT STAFFED?

OUTBREAK?



LEAVES OF ABSCENCE?



(825) 736-7456





# Medicine Hat

## Volunteer appreciation at Veiner!



We had a wonderful volunteer appreciation BBQ at Veiner Centre last month. We wouldn't be able to help our community without the tireless effort of our volunteers. We want to recognize all of them, and spotlight a select few, as this newspaper editor failed to get them in over the past few months! Consider this me catching up on an important part of our volunteer efforts!



We would like to introduce Linda, who

volunteers for the Veiner Centre Event Planning Committee. Over the last year, this group has hosted dances, a Spring Tea, Bingo Night, a Tea and Fashion Show, Trivia Night, and a Rodeo Street Dance.

Linda was one of the first ladies to join this committee and has been instrumental in planning all the events. She has volunteered for 1 year now and believes in the importance of providing social events for all seniors, 50 to 110 years old. Growing up in a farming/ranching community, volunteering and community involvement were ingrained in her lifestyle. Providing opportunities for seniors to participate in various social activities is especially meaningful for her. When Linda is not volunteering, she

loves reading, golfing, gardening, visiting friends and family, and travelling. Her motto is "It is what it is." Thank you, Linda, for all you do and your commitment to the Veiner Centre!

We look forward to seeing what events the Veiner Event Planning Committee has in store next.



Brett has been involved with the Veiner Centre for one year and is one of our volunteers who helps with MOW and Veiner Vintage Transport.

We keep him terribly busy, often on the road many days in the week. There are days when he does MOW in the morning and Vintage Transport in the afternoon. We are so incredibly grateful for all that he does for our two programs.

Brett volunteered for these two programs because they align with his abilities, and he recognized the importance of these services for our seniors. Volunteering gives Brett a sense of accomplishment, knowing he is making a difference in people's lives.

If Brett were to take a trip, Australia is on his list of places to visit. Brett is a car guy who loves fixing cars and restoring them. This may be why his favourite movie is "Smokey and the Bandit." His personal mottos are "stay

in touch with friends" and "never turn down an invitation." Thank you, Brett, for all you do and your commitment to Veiner Vintage Transport and MOW.



We're thrilled to introduce Heidi & Jim, our volunteers for MOW. Jim and Heidi have generously dedicated a year to the MOW program. Their motivation stems from a desire to assist seniors and bring joy during their meal deliveries. They find fulfillment in interacting with clients and forging friendships with fellow volunteers.

Additionally, Jim and Heidi played a significant role in delivering Christmas gifts last holiday season. In their leisure time, they enjoy activities such as skating, golfing, walking, reading, and cooking.

They find relaxation in diving into a good biography or hockey book while listening to Rock n Roll or a little country music. Their motto is "Be Kind." We appreciate all you do for us Heidi and Jim and are so grateful for the time you spend volunteering for MOW.

Thank you!



# Medicine Hat Veiner Activities

## What's Happening in October

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

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

### Presentations & Events

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

**September 25, October 1, October 15, & October 23**  
Secure Your Future - 4 Part Lecture Series  
Registration Required | Please call 587-770-1536 for more information

**October 1**  
Ask a Financial Advisor-Craig Elder, RBC Dominion Securities  
10am - 12pm | Registration Required | Boardroom

**October 1**  
Book Review Crew  
1pm - 2pm | Dining Room

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

**October 4 - 6**  
Scrapbooking Fanatics  
Starting at 4:30pm on the 4th | Registration Required

**October 8**  
Alzheimer Society Care Partner Support Group  
1:30pm - 3pm | Craft Room | Register with Kristel (403) 528-2700

**October 8 - 29**  
Glammy Grammy's Models  
3pm - 4pm | Registration Required

**October 10**  
Counselling Services with Ben Feere  
9am-12pm | Registration Required

**October 15**  
First Link Connections  
1pm - 3pm | Boardroom | Register by calling 403-528-2700

**October 16**  
Parkinson Association Support Group  
12:00pm - 2:00pm | Boardroom | Register with Brienne at 403-317-7710

**October 23**  
Cooking For Support  
1pm - 3pm | Strathcona Kitchen | Intake with Nicole Required 587-770-1420

**October 24**  
Cooking for Connection  
1pm - 3pm | Strathcona Kitchen | Registration Required

### Wellness Wednesdays

October 2 | Movie Matinee with popcorn "Hocus Pocus" | Craft Room | 2pm - 4:30pm

October 16 | Pet Therapy with Kenzy  
Games Room | Craft Room | 10:30am

October 16 | Optima Rocks with Jodi  
Craft Room | 2:15pm - 4pm

October 23 | Life Long Learning Presents: "Boundaries" | Boardroom | 10am - 12pm | Registration Required

### 1960's Sockhop Dance - With Elvis!

**Saturday, October 26**  
6:30pm - 10pm | Tickets: \$10/pp at VC reception  
Cash bar | 1950 - 1960's Costumes encouraged!

### Looking Forward

**Walking Soccer**  
November 2 - December 14  
10am - 11am | Strathcona Centre | Registration Required

**Diabetes Workshops**  
November 6 & 13  
Boardroom | 10am - 11am | Registration Required

**Veiner Centre Fundraiser: Card Making Workshop**  
November 19  
2pm - 5pm | Craft Room | Registration Required | \$50/pp

### Active Aging Spotlight

**Bridges Grandparents Group**  
October 16 | 10:30am - 12pm  
Boardroom | Register by calling Kayla 403-526-7473

**Fall Housing Resource Fair - With Flu Shots**  
October 29 | 10am - 2pm  
South MP & Boardroom



# Medicine Hat Strathcona Activities

## What's Happening in October

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

### Mondays

High Beginner Line Dancing | 9am  
 Table Tennis | 10am  
 Chair Yoga & More | 12pm  
 Pickleball Intermediate | 1pm  
 Pickleball Advance | 2:30pm  
 Chair Yoga & More | 4pm  
 Yang Short Form | 7pm  
 Yang Long Form | 8pm

### Tuesdays

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

### Wednesdays

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

### Thursdays

Fun & Fitness | 9am & 10am  
 Beginner Pickleball | 11am  
 Floor Curling | 2pm

### Fridays

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

## Fitness Class Spotlight

All fitness classes require registration

### High Beginner/Improver Line Dancing

Sept 16 - Dec 16 | Mondays | 9am-9:45am | FREE

### Chair Yoga & More

Sept 9 - Oct 21 | Mondays | No Class Oct 14  
 12pm - 12:45pm & 4pm - 4:45pm  
 Members: \$42 | Non-Member: \$60

### Fun & Fitness

Sept 10 - Oct 31 | Tuesdays & Thursdays  
 9am - 9:55am & 10am - 10:55am  
 Members: \$88 | Non-Member: \$120

### Solid Gold Fitness

Sept 3 - Oct 22 | Tuesdays  
 11:45am - 12:30pm  
 Members: \$56 | Non-Member: \$80

### Absolute Beginner Line Dancing

Sept 19 - Dec 18 | Wednesdays |  
 8:30am - 9am | FREE

### Beginner Line Dancing

Sept 19 - Dec 18 | Wednesdays  
 9am - 9:45am | FREE

### Qigong & Chair Yoga

Sept 4 - Oct 23 | Wednesdays | 12pm - 1pm  
 Members: \$56 | Non-Member: \$80

## Tai Chi Fitness Classes

### Yang Short Form

Sept 16 - Dec 3 | Mondays & Tuesdays | 7pm - 8pm & 7pm - 7:30pm

### Yang Long Form

Sept 16 - Dec 2 | Mondays | 8pm - 9pm

### Chen Style Short Form

Sept 17 - Dec 3 | Tuesdays | 7:30pm - 8:15pm

### Fan Form

Sept 17 - Dec 3 | Tuesdays | 8:15pm - 9pm

### Weapons Form

Sept 18 - Dec 4 | Wednesdays | 7pm - 9pm  
 Must have completed Yang or Chen form before registering for this class. No exceptions

## Cornhole Introduction

Interested in learning a new game? Our Cornhole instructors will show you the rules and techniques needed to master this sport.

September 18 - October 9  
 1pm - 4pm  
 Registration Required

Please note the Strathcona Centre will be closed Saturday, October 12 and Monday, October 14.

## 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 **UnisonAlberta.com/Active-Aging-Calgary**

Weekly In-person Activities at Unison at Kerby Centre				
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Badminton (\$3)</b> 1 court only Gym   10am - 12pm</p> <p><b>Meditation Monday (FREE)</b> Room 317   10am - 10:45am</p> <p><b>Mahjong (\$2)</b> Room 312 10:30am - 12:30pm</p> <p><b>Live Well Be Well Conversations (FREE)</b> Room 317   11am - 12pm</p> <p><b>Beginner Pickleball (\$3)</b> 2 courts only Gym   10am - 12pm</p> <p><b>Pickleball (\$3)</b> Open to all levels Gym   2:30pm - 4pm</p>	<p><b>Recorder Group (\$2)</b> Room 108   10am - 12pm</p> <p><b>Beginner Pickleball Lessons (\$35 for 4 weeks)</b> Gym   10am - 12pm (Registration Required)</p> <p><b>Ukrainian Group - English as a Second Language (FREE)</b> Room 313   1:30pm - 3:30pm</p> <p><b>River Walk (\$2)</b> Meet in Room 317   10am - 11am (Must sign a waiver)</p> <p><b>Intermediate Pickleball (\$3)</b> Gym   2:30pm - 4pm</p>	<p><b>General Craft Group &amp; Knitting for a Cause (FREE)</b> Room 311   9am - 12pm</p> <p><b>Beginner English Language Literacy (FREE)</b> Room 312   10am - 12pm</p> <p><b>Men's Shed / Tech Shed (\$3)</b> Room 317   10am - 12:15pm</p> <p><b>Wednesday Dance (FREE)</b> Kerby Café   1pm - 3pm</p> <p><b>Cribbage (\$2)</b> Room 312   1pm - 3:30pm</p>	<p><b>Artists Group (\$1.50 per half day)</b> Learning Lab   10am - 3pm</p> <p><b>Kerby Centre Tours (FREE)</b> Meet at Kerby Café   10:30am</p> <p><b>Pickleball (\$3)</b> Gym   2:30pm - 4pm</p>	<p><b>Spanish Conversation Group (\$2)</b> Room 311   10am - 12pm</p> <p><b>Krazy Karvers Woodcarving Club (\$1.50 per half day)</b> Room 102   10am - 3pm</p> <p><b>Tech Help (\$5)</b> 11am - 1pm</p> <p><b>Badminton &amp; Ping-Pong (\$3)</b> Gym   1:30pm - 3:30pm</p> <p><b>Intermediate English as a Second Language (FREE)</b> Room 305   1:30pm - 3:30pm</p> <p><b>Advanced English as a Second Language (FREE)</b> Room 311   1:30pm - 3:30pm</p>

**Unison Travel Spotlight**

## Rosebud Theatre - Christmas in the Air

Thursday, November 14th | 9:15 am - 5:30 pm  
 Member | Super Member: \$139  
 Non-Member: \$169  
 Cut-off Date: Oct 31, 2024

Join Us for "Christmas in the Air" at Rosebud Theatre! Step into the 1940s for a live Christmas Eve broadcast at a family-run radio station. Enjoy festive carols, a budding romance, and on-air chaos. Includes: Dinner and Theatre. Transportation: Universal Coach Lines. Suitable for persons with reduced mobility.

Please call Unison Travel Desk at 403-705-3237 | [travel@unisonalberta.com](mailto:travel@unisonalberta.com) for more information, to book your spot.



**Active Aging Spotlight**

## Spooky Halloween Planters Workshop at Kerby Centre

Monday, October 28th | 10 am - 11 am  
 Member | Super Member: \$40  
 Non-Member: \$70

**Get into the Halloween Spirit with Our Spooktacular Planter Workshop!** Create eerie and enchanting planters to enhance your Halloween decor. This fun workshop will guide you through designing and planting spooky-themed planters, complete with ghostly decorations and hauntingly beautiful plants. Bring your creativity and craft some ghoulishly delightful creations with us. Don't miss out on this festive event! Perfect for seniors seeking a festive, hands-on activity.

**Register NOW!**  
 403-705-3233 or Program@UnisonAlberta.com



**Active Aging Spotlight**

## Kokedama Balls Workshop

Monday, November 18th | 10 am - 11 am  
 Member | Super Member: \$40  
 Non-Member: \$70

**Get into the Green Spirit with Our Kokedama Balls Workshop!**

Join us to learn how to create charming, small hanging moss planters known as Kokedama balls. Fun to make and easy to care for, these elegant planters will add a touch of greenery to any space. Instructor: Joanna Tschudy (Horticultural Society)

**Register NOW!**  
 403-705-3233 or Program@UnisonAlberta.com



**Active Aging Spotlight**

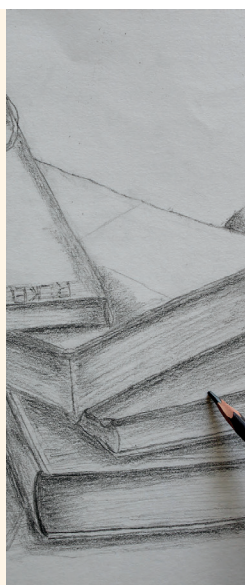
## Sketching Workshop at Kerby Centre

Tuesday, December 10th | 10 am - 12 pm  
 Member | Super Member: \$35  
 Non-Member: \$65  
 Instructor: Hamideh Khadem Sohi

**Discover the Joy of Sketching with Our Workshop!** Join us to explore both the technical and expressive sides of sketching. Our workshop is designed to build artistic confidence and help you bring your imagination to life on paper.

**Supplies Needed:** Pencils (HB, 3B, 6B), Sketchbook, Eraser, Pencil Sharpener

**Register NOW!**  
 403-705-3233 or Program@UnisonAlberta.com



**Active Aging Spotlight**

## Spruce Meadows Christmas Market

Friday, November 22nd | 11 am - 4:30 pm  
 Member | Super Member: \$35  
 Non-Member: \$65

Cut-off Date: Friday, November 8, 2024

Includes ticket admission, and bus transportation by Wilco. Lunch is not included in trip price.

Please ensure you have your Health Care Card and government-issued photo ID. Bring appropriate clothing and footwear for cold/icy/windy conditions. Trip is not suitable for persons with reduced mobility.

**Please call Unison Travel Desk at 403-705-3237 | [travel@unisonalberta.com](mailto:travel@unisonalberta.com) for more information, to book your spot.**





# 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 **UnisonAlberta.com/Active-Aging-Calgary**

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

Week of October 21st - 25th  
10am - 3pm



Wellness Spotlight

## Self Care Using Therapeutic Touch

Thursdays | October 10th - October 31st  
10:00 am - 11:30 am  
Member | Non-Member: \$3

Join our free sessions to learn how you can heal yourself using Therapeutic Touch. It 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!**  
403-234-6566 | Lolaf@UnisonAlberta.com



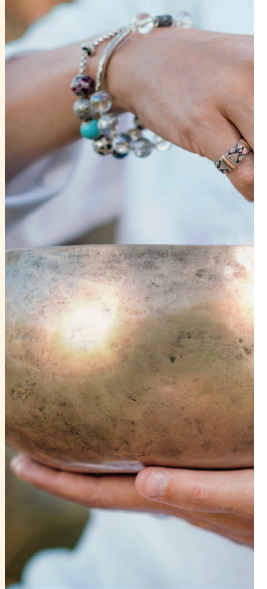
Wellness Spotlight

## Sound Bath Therapy at Kerby Centre

Mondays | November 18th - December 2nd | 1 pm - 2:30 pm  
Member/Super Member: \$60  
Non-Member: \$120

Join us for a transformative 1.5-hour Sound Bath Workshop by Healing Sound Bath Inc. Experience the stress-reducing benefits of sound therapy, enhance your healing, release negative energy, and deepen your mindfulness. Discover the power of sound for holistic well-being!

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



Wellness Spotlight

## Compassionate Support Workshop at Kerby Centre

Wednesdays | November 6th - 20th  
1pm - 2:30pm  
Member/Super Member: \$20  
Non-Member: \$50

Want to support someone who is grieving? Join our Compassionate Support 3-Week Workshop to gain the skills needed to help loved ones on their journey to recovery.

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



Wellness Spotlight

## Caregivers Peer Support Group at Kerby Centre

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

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

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

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



## \*Important Update from Unison's Wellness Connection Centre\*

### Effective September 1st,

The Wellness Connection Centre implements **a fee of \$3 per session** for the following drop-in programs:

Men's Shed, Live Well Be Well, Meditation Monday. The Riverwalk program will be **charged at \$2 per person** per session.

*We appreciate your understanding and continued support.*



## Host a Food Drive

### For the Kerby Centre Market, Calgary's only senior-specific food bank!

The Kerby Centre Market provides supplemental food, frozen, and non-perishable items to seniors in need. It offers choice, dignity, and community support. Help us support this initiative by collecting non-perishable food items with friends, family, or coworkers for Unison at Kerby Centre.

We'll provide a Food Drive Resource Kit to get you started! For more details or to arrange a drive, call 403-234-6569 or email [ashley@unisonalberta.com](mailto:ashley@unisonalberta.com)

**Support Seniors at the Kerby Centre Market!**



# 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 **UnisonAlberta.com/Online-Resources**

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

Online Class Spotlight

## NEW! Digital Photography for Android Products – Online Coffee Group

Wednesdays  
*October 2nd – November 20th*  
 1 pm – 2 pm. **FREE with Membership**

Join Our Android Photography Pilot Group! Connect with fellow photography enthusiasts using Android devices. Our volunteer, Paul, will lead discussions with tips, tricks, and occasional guest professionals.

**Register NOW!**  
[UnisonAlberta.com/Online-Resources](https://www.unisonalberta.com/Online-Resources)  
 403-462-5080 or [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)



Online Class Spotlight

## NEW! Art Jam for Seniors

Fridays  
*September 13th – November 29th*  
 9:30 am – 10:30 am  
**FREE with Membership**

This 1-hour art class is perfect for seniors wanting to explore their creativity. No prior experience needed—just come and create beautiful art in a relaxed, supportive setting.

**Register NOW!**  
[UnisonAlberta.com/Online-Resources](https://www.unisonalberta.com/Online-Resources)  
 403-462-5080 or [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)



Online Class Spotlight

## Ski Fit IS BACK!

Mondays & Thursdays  
*November 4th – December 12th*  
 11 am – 12 pm (12 Class Sessions)  
 Price: Members -\$64; 2-member household - \$102.40 | Non-Member - \$ 84.00. Seniors Alpine Ski Club - \$74.

This six-week conditioning course will focus on balance & strength training exercises designed to get you ready and stay fit for the hill! Not just for skiing!! The focus of the exercises are also designed for your balance and strength training for all outdoor enthusiasts. Get out those walking poles and snowshoes! Winter is also about fun!

**Register NOW!**  
[UnisonAlberta.com/Online-Resources](https://www.unisonalberta.com/Online-Resources)  
 403-462-5080 or [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)



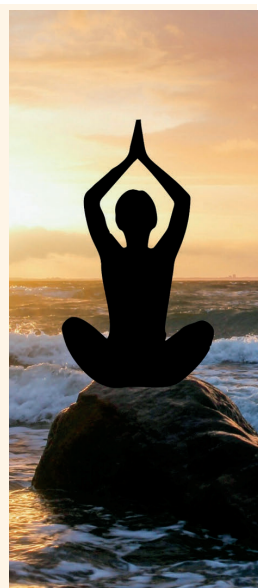
Online Class Spotlight

## Gentle Soulful Yoga

Wednesdays  
*September 4th – November 27th*  
 9 am – 10 am  
**FREE with Membership**

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

**Register NOW!**  
[UnisonAlberta.com/Online-Resources](https://www.unisonalberta.com/Online-Resources)  
 403-462-5080 or [HeatherD@UnisonAlberta.com](mailto:HeatherD@UnisonAlberta.com)



Online Class & Presentation Spotlight

## Classes & FREE Presentations

### Members Fitness Over 50! – Online Class

*Tuesdays, September 10th – December 3rd*  
 9:30 am – 10:30am | Online via ZOOM | **FREE**  
 ALL ABILITIES LEVELS WELCOME!

### Fitness with Dan – Online Class

*Fridays, September 13th – November 29th*  
 9:30 am – 10:30am | Online via ZOOM  
 Member Price: \$ 64.00 | Non-Member Price: \$95.00

### Helping Pet Owners & Families Navigate Pet Illness, Cancer, End-of-Life and Loss

*Tuesday, November 19th | 10:30 am – 11:30 am*  
 With speaker HOLLY SMITH PASHNIAK, Community Outreach Manager, Kali's Wish Cancer Foundation

### Funeral Planning on a Budget: Smart Strategies to Save Money Without Sacrificing Dignity

*Wednesday, November 6th | 10:30 am – 11:30 am* | Online via ZOOM | **FREE**  
 With speaker Terry Geib, past chair and current director of the Cooperative Memorial Society (CMS)

### Living with Peripheral Neuropathy and Chronic Pain

*Friday, October 11th | 10am – 11am* | Online via ZOOM | **FREE**  
 With speakers Sylvia Donley & Linda Petiot, Calgary Neuropathy Association

### Exploring Housing Choices As We Age

*Tuesday, October 22nd | 10am – 11am* | Online via ZOOM | **FREE**  
 With speaker Harold Shand of the Brenda Stafford Foundation

### The Challenge of Downsizing: Nobody Said This Was Gonna Be Easy!

*Wednesday, October 16th | 10am – 11am* | Online via ZOOM | **FREE**. With speaker Sheldon Smithens, Co-Host from Canadian Pickers

### Empowering Your End-of-Life Choices: Understanding Memorial Societies and Funeral Co-ops

*Tuesday, October 29 | 10:30 am – 11:30 am* | Online via ZOOM | **FREE**. With speaker Terry Geib, past chair and current director of the Cooperative Memorial Society (CMS)



**PREMIER Crossword**

By Frank A. Longo

**RAISING A RACKET**

**ACROSS**

- 1 Streisand of "Nuts"
- 7 President after Bush
- 12 Japanese soup
- 16 Beaker locale
- 19 Fanatic
- 20 Boo-boo
- 21 State of mind
- 23 "Can this be?!"
- 25 Color close to aqua
- 26 Leave shore
- 27 "I'm to blame for everything"
- 29 Mil. address
- 32 Nada
- 34 "— see!" ("Evidently!")
- 35 Events that break ground
- 36 Like K-Cup coffee pods
- 42 Two-word conjunction
- 44 Sol's Greek counterpart
- 45 Bangor locale
- 47 Built
- 52 2011 Steve Carell film
- 56 Puppeteer Lewis
- 57 Opera song
- 58 Gallery work
- 59 Fox hangouts
- 61 Nest eggs for srs.
- 62 Flanders on "The Simpsons"
- 63 Quick, sharp punches
- 65 Cocktail of bourbon, lemon and mint
- 68 Purse
- 69 Ross who ran against Clinton
- 70 — in the bud
- 71 It might consist of a dictionary, thesaurus and atlas
- 76 Pouches
- 78 Tic- — -toe
- 81 "You wish!"
- 82 They may get slammed
- 83 Dad on "Rugrats"
- 84 For takeout
- 85 Fail to remain calm
- 87 Annual mailing to the IRS
- 92 Baskers' goals, often
- 94 Birth-related
- 95 Home for French presidents
- 96 Lerner's musical collaborator
- 99 Kind of salute performed at military funerals
- 101 Cherubs, e.g.
- 105 Smartphone buy
- 107 Emulate Picabo Street
- 108 Mag bigwigs
- 109 Heroic fighter pilot of the 1940s
- 114 Sinister
- 117 Studios with easels
- 118 Question you might feel like asking after seeing nine key words in this puzzle?
- 123 Yellow turnip

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

- 124 Roast beef fast-food chain
  - 125 Big brand of cosmetics
  - 126 Water quality org.
  - 127 Pack neatly
  - 128 L.A.'s region
  - 129 Pitfalls
- DOWN**
- 1 German auto
  - 2 Spa sigh
  - 3 Material in viral genes
  - 4 Tiny pieces
  - 5 Pro — (in proportion)
  - 6 Post-workout feeling
  - 7 Multivolume Brit. lexicon
  - 8 Matzo — (Passover breakfast option)
  - 9 In — (stuck)
  - 10 Soft shoes, for short
  - 11 Locations
  - 12 Actress Marlee
  - 13 Agenda unit
  - 14 Stick around to see
  - 15 Rig accidents
  - 16 Doozies
  - 17 Fully grown
  - 18 Borscht base
  - 22 Kind of lift for downhillers
  - 24 Yalies
  - 28 Mauna —
  - 29 Waste barrel
  - 30 Capital of South Dakota
  - 31 Mounted to a backing for decoration
  - 33 Big-eyed primates
  - 37 Egyptian city with pyramids
  - 38 Myrna of old movies
  - 39 Spellbound
  - 40 Roman 7
  - 41 Finale
  - 43 Plow pioneer John
  - 46 "Mama" Cass
  - 48 Orang cousin
  - 49 Figure skater Lipinski
  - 50 Epochs
  - 51 Plate
  - 53 Key near Q
  - 54 Brewery kiln
  - 55 Actor Sahay who played Lester Patel on "Chuck"
  - 60 Lip- — (mouth the words)
  - 63 Pantry container
  - 64 Got older
  - 65 Alternative to Mazola or Crisco
  - 66 Charlemagne ruled it: Abbr.
  - 67 Bro's sibling
  - 68 Suit well
  - 69 Orch. section with timpani, cymbals, etc.
  - 71 Performs like Drake
  - 72 Jacob's twin
  - 73 Twain's Huck
  - 74 Clamor
  - 75 Hoodwink
  - 76 Gets trite
  - 77 "La Cage — Folles"
  - 78 Muss, as hair
  - 79 "I concur"
  - 80 Chili dogs
  - 83 Headliner
  - 84 "Ciao 4 now"
  - 86 Beat others in claiming something
  - 88 Dojo surface
  - 89 Old verb suffix
  - 90 Remade musicals, e.g.
  - 91 "Showdown" rock gp.
  - 93 "Easy-peasy"
  - 97 Polish capital
  - 98 Start for Pen or dermis
  - 100 Barely earns, with "out"
  - 101 Informed (of)
  - 102 Still in bed
  - 103 Garbo of old movies
  - 104 Singer Fitzgerald
  - 106 Gyro wraps
  - 110 Ship of myth
  - 111 Sleek, in brief
  - 112 "Fast Money" network
  - 113 "Watermark" singer
  - 115 A party to
  - 116 Constellation next to Hercules
  - 119 Oahu, e.g.: Abbr.
  - 120 Atop, in odes
  - 121 Scot's dissent
  - 122 Raised trains

**COINS & CURRENCY**

*Estate coins, paper money, gold & silver Maple Leafs, bills & coins from abroad.*

**I BUY**

Call Israel: 403-263-7052, 403-850-9137

**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](mailto:sew4fun@telusplanet.net)  
Phone: 403-720-8609

**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**

**Peter & Debra Molzan**  
Senior Real Estate Specialists  
[info@TheMolzanTeam.com](mailto:info@TheMolzanTeam.com)

**AZPERLEGAL SERVICES INC.**

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](mailto:cherrington@azperlegal.com)  
[www.azperlegal.com](http://www.azperlegal.com)

*Seniors discount - 10%*

**A-\$AV-ON Moving**

403.208.8060  
asavonmoving@shaw.ca  
[www.asavonmoving.com](http://www.asavonmoving.com)

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

*Reliable • Courteous • Affordable*

**ACUMEN CAPITAL PARTNERS**

Frank J Walker, B Comm  
Senior Investment Advisor  
(825) 540-3763  
[FWalker@AcumenCapital.com](mailto:FWalker@AcumenCapital.com)

Hari Mohan, MBA  
Investment Advisor  
(825) 540-7903  
[HMohan@AcumenCapital.com](mailto:HMohan@AcumenCapital.com)

[AcumenCapital.com/Teams/Walker-Mohan](http://AcumenCapital.com/Teams/Walker-Mohan)

*Securing your Golden Years*

**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

**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](mailto:CallaghanYYC@gmail.com)  
[CallaghanYYC.com](http://CallaghanYYC.com)

**5 Five Star Seniors Relocators Ltd.**

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](mailto:service@xentas.ca)

No travel fee within Calgary City limits.

**GREAT SERVICE · COMPETENCE · RELIABILITY**

**My Aide In Life Senior Support Partner**

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

(403) 708-3657  
[myaideinlife@gmail.com](mailto:myaideinlife@gmail.com)  
[www.myaideinlife.ca](http://www.myaideinlife.ca)

**Shiny Steel Cleaning Services**

*Housing Cleaning*

Monday - Friday | 9am - 5pm  
(No long weekends & stat holidays)

Lois-Ann Sigvaldason

825-449-4190 | [LSigvaldason@yahoo.com](mailto:LSigvaldason@yahoo.com)

**Creditors calling? We can help.**

Free confidential assessment offered in-person and virtually

**SCBSolutions.ca | (403) 261-7779**

**SCB**  
Smith George Bailey, Inc.  
Licensed Insolvency Trustee





**150+ unison NEWS**  
Southern Alberta's Premier General Publication  
Formerly Daily News

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

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



**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



**Gwen Marcial**  
Director of Operations

"Your Comfort. Our Commitment"

825-734-2383  
AmumaCare23@gmail.com  
AmumaCare.com



# Discover Joyful Living at Evanston Summit

## Discover Joyful Living at Evanston Summit Retirement Living

Transitioning to independent living can be a significant change, and at Evanston Summit Retirement Living, we're here to ensure that it's a fulfilling and joyful experience. Backed by respected institutions like the University of Calgary Faculty of Kinesiology, Canadian Institutes of Health Research, University of Calgary Cumming School of Medicine, O'Brien Institute for Public Health, W21C Research and Innovation Centre, and Covenant Health/Covenant Living, our approach is grounded in the latest research.

## A Warm Welcome to Vibrant Living

Recent research from these esteemed institutions reveals that staying active is crucial for a smooth transition to independent living. At Evanston Summit, we offer six diverse group exercise classes each week, designed to fit various fitness levels and interests. These classes are more than just workouts—they're opportunities to connect with fellow residents and become an integral part of our community.

## The Power of Staying Active

The study highlights how consistent physical activity enhances quality of life and fosters a sense of belonging. Residents who participate in our programs often find greater satisfaction with their living experience. As one resident shared, "I wanted to be involved in physical activity, but being

involved with other people...it's physical and it's almost a social too." Our exercise classes provide the perfect combination of physical activity and social engagement, enhancing both your fitness and your social connections.

## Maintaining Independence and Vitality

The research also underscores the importance of physical activity in maintaining independence as we age. Our residents appreciate how our exercise programs help them stay energetic and engaged. "I just feel that I get enough exercise for my age," said one resident, reflecting the positive impact of our offerings. At Evanston Summit, we're committed to supporting your health and well-being, helping you live your best life every day.

## Experience Joyful Living at Evanston Summit

At Evanston Summit Retirement Living, our slogan—"Living in Joy - Body, Mind, and Soul"—captures our commitment to a holistic approach to well-being. Our engaging exercise programs and supportive community are designed to enhance your lifestyle and bring joy to your daily life.

Explore our vibrant community and see how our group exercise programs, featured in the photos included here, can make a meaningful difference. We invite you to visit us and experience firsthand how Evanston Summit can be your perfect home for active, joyful living.

Join us at Evanston Summit and discover the joy of living fully every day.

## SUDOKU SOLUTION

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

## CROSSWORD SOLUTION

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



## OPEN HOUSE

TOURS AND REFRESHMENTS

Oct 19 (Sat)  
10:00am - 3:00pm

ALL-INCLUSIVE ONE-BEDROOM SUITES

STARTING FROM \$2465\*

\*WITH PARTICIPATION ON LIFE LEASE RENTALS

JOIN US

587-538-7511

150 EVANSPARK MANOR NW

COVENANTLIVING.CA

Living in joy  
— BODY, MIND, AND SOUL





# Donor Impact

## Making a Difference



“Water, water everywhere and not a drop to drink.”

Dying of thirst surrounded by an ocean of water you can’t drink sounds like torture.

What about only having food that will make you sick to your stomach?

Our seniors have dietary restrictions, and they often risk being sent home from food banks with food they cannot eat. That’s why we do things differently at our Kerby Market.

Here, seniors can choose appropriate food for themselves. It encourages dignity, community and security.

“The new Kerby Centre Market is excellent. Being able to make choices that enable me to acquire food that meets my sensitivity or allergy needs is very helpful,” an anonymous client told us.

It’s not always an easy thing to access a food bank, however, especially for the older adults in our community.

Hunger is a powerful feeling. Shame sometimes even more so.

Can you imagine looking at bare cupboards and considering using a food bank for the first time after a life of hard work?

Our seniors must make these choices every day. We want that choice to be easier

for them.

Our Kerby Market allows older adults to approach food insecurity in a way that’s dignified, accessible and offers choice. No longer do seniors have to sacrifice their pride to get the help they need.

“I am always treated with great respect and the staff and volunteers are very friendly,” another anonymous client said.

Our Kerby Market does not exist without the incredible support of our volunteers, staff — and especially — every single person who donates.

Every dollar goes to helping staff and fund the Kerby Market. Every food-stuff goes right into the hands of deserving seniors.

Whether you, your community, your workplace or your family want to come together to help, every bit counts this Thanksgiving season.

Food donations can be dropped off at the Unison Kerby Centre between 8 and 4PM, Monday to Friday. We’re most in need of rice, dry pasta, and canned soups, pastas, fruits and vegetables.

If you want to help us continue serving and feeding the seniors of our community: please. Donate today.

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



## Help Fight Food Insecurity for Seniors!



I would like to make a one-time donation: \_\_\_\_\_



**Payment Method:** Cheque    Visa    MasterCard

**Credit Card Number:** \_\_\_\_\_

**Expiry Date:** \_\_\_\_\_ **CVV:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**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.

**Send tax receipt to:**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Prov** \_\_\_\_\_

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

**Email** \_\_\_\_\_

**Donate NOW at [UnisonAlberta.com/Donate](http://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 RR001