



SENIORS' WEEK

JUNE 2 – 6 2025

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May

2025

Volume 41

#5

Unison **NEWS**

Southern Alberta's
Premier Seniors Publication

Formerly Kerby News

Mental health and wellness for all



Mental Health Awareness Week runs May 12-18, 2025. Our Wellness Connection Centre is here for you! Photo: Chahat Yadav

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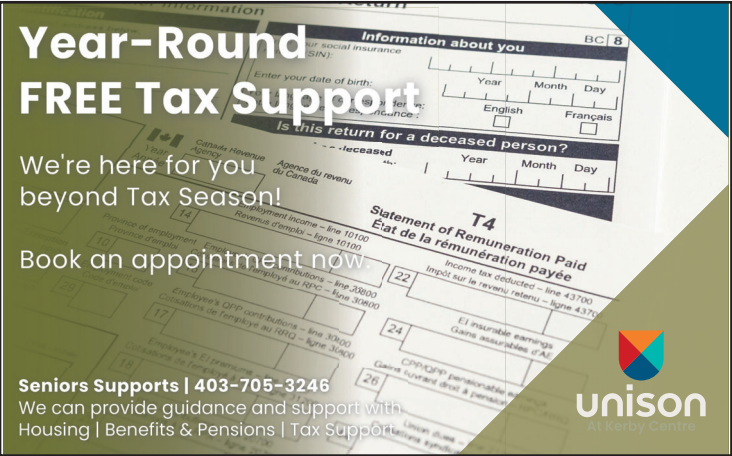
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Staff from **Service Canada** will be at Unison Kerby Centre to assist seniors with signing up for the Canadian Dental Care plan, and to answer questions about Federal benefits.

Service Canada will be available from 9 am – 12 pm on:

- May 14
- June 11
- July 16
- August 13
- September 17

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Seniors Supports

Staff from the **CRA** will be at Unison Kerby Centre during the spring and summer months. CRA staff can assist with printing T-slips, notices of assessment, and answering questions on benefits & credits.

CRA Staff will be in the building from 9am – 3pm on:

- May 13 & 27
- June 20 & 24
- July 8 & 22
- August 5 & 19
- September 2 & 16

Seniors Supports | 403-705-3246
Call us for guidance and support with Housing | Benefits & Pensions | Tax Support




Unison Staff

Tax season is finally over! Unison at Kerby Centre and Unison at Veiner Centre have been crunching the numbers right alongside you. We love supporting older adults, low-income seniors, and seniors who are years behind on their taxes. It's like an enormous checklist that we can help you with, and with great satisfaction, everyone who comes through the clinic gives us the thrill of another “done” tick on that list.

Did you miss the tax clinic this year? Don't worry. Unison Kerby Centre offers year-round tax support. All you need to do is make a quick phone call to make an appointment, and you will be guided on what to bring with you. You can catch up if it's been a while since you have filed, or if you missed this years' deadline. We can also help you discover benefits that you may qualify for. It's all free.

It's easy to access Seniors Supports and request help with your taxes, and receive guidance on applying for benefits and pensions. Call 403-705-3246 today!



Closure Alert

Both Unison locations will be closed
on Monday May 19, 2025
for Victoria Day

**Unison at Kerby Centre and
Unison at Veiner Centre will re-open
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Navigating a changing country

While Canada faces ongoing political and economic challenges, our senior population is feeling the strain. The combined effects of economic uncertainty and healthcare system pressures are contributing to rising stress, anxiety, and depression among older Canadians.

For many seniors, financial stability has always been a cornerstone of well-being. However, recent economic conditions, from inflation, rising living costs, and volatile financial markets, have placed significant stress on this demographic. Many seniors live on

fixed incomes from pensions or savings, which are being eroded by inflation. The cost of living, particularly for essentials like food, housing, and healthcare, has risen sharply in recent years.

In addition to the day-to-day challenges of making ends meet, uncertainty about the future has caused many seniors to worry about the rising cost of healthcare. Many seniors are facing increased out-of-pocket expenses for medications, treatments, and long-term care. For those without adequate savings or insurance coverage, the fear of not being able to afford necessary care can be overwhelming.

The Canadian healthcare system, despite being one of the country's most praised institutions, is under increasing pressure, especially post-COVID. For seniors with chronic health conditions, delays in receiving proper care can be both physically and mentally taxing. The inability to access timely medical care can heighten feelings of frustration, and even despair.

Mental health services for seniors are generally insufficient, despite increasing awareness of the importance of mental health care in recent years. Seniors often face barriers to accessing services tailored to their needs. Long wait times, a shortage of geriatric mental health professionals, and the stigma surrounding mental health in older adults can all hinder the timely provision of necessary care. Without community support,

validation of lived experiences, unresolved pain, and other concerns that weigh heavy on the heart, some seniors become isolated, posing another risk factor for overall health.

Recognizing that social isolation is a major contributor to poor health, Unison fosters connections by organizing community programs and events. From virtual gatherings to local meetups, these initiatives allow seniors to engage with one another, combat loneliness, and build a supportive network of peers. Unison addresses many of the key issues exacerbating mental health struggles among seniors. The changing environment necessitates that we adapt and transform our services to provide relevant support in this changed environment. Financial and mental health, though on different ends of the care spectrum, have big impacts on our wellbeing.

Unison works to combat financial insecurity by advocating for increased support for pension programs. We also offer financial literacy programs to help seniors manage their budgets during tough economic times.

In addition to financial support, Unison recognizes the importance of addressing the mental health crisis. We offer a variety of mental health services tailored specifically to older adults, including counseling, support groups, and help accessing mental health care. Unison also advocates for improved access to senior-friendly



Larry Mathieson, CEO and President

mental health services and campaigns to reduce the stigma around mental health issues within this demographic.

The mental health impact of Canada's current political and economic conditions on seniors is a growing concern. By working together to improve financial security, mental health access, and social connectivity, we can ensure that its senior population not only survives but thrives in an increasingly uncertain world. The changes we have all experienced over the last five years has prompted us to adapt services, offer new programs and supports to remain relevant and helpful to our members and our users. This has required our organization to learn and adapt. Any organization that needs to learn gets a few things wrong along the way. If you notice ways our team could be more responsive or effective in helping older adults navigate the current environment, drop me an email at larrym@unisonalberta.com

MAY 2025

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

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Are you in, or are you out?

A Unison membership includes a mailed copy of our flagship newspaper, Unison News. If you are frequently 'in the building' and can grab a copy or two, why not skip the snail mail! In an effort to conserve our resources, we are asking those able to do so, to opt out of receiving their mailed copy of Unison News.

We always have copies of Unison News at both our Kerby and Veiner locations, as well as around the city. Unison News is also available digitally on Unison's website!

Please let us know by emailing "Opt Out" to marketing@unisonalberta.com

Celebrating 80 years post-WWII

Ada Muser

Europe celebrates the End of World War II on May 8, 1945, although this date is arbitrary. The fighting was over much sooner in some places, and elsewhere, it continued even after the armistice was signed.

In this story, we follow the destinies of four people, why or how they participated in the war, and when it ended for them.

Tadeusz Pęczak - Polish army soldier.

Eleven-year-old Rayne Pensak wrote an essay for the Royal Canadian Legion and won a Remembrance Day contest. It is a remarkable story, and well-written:

"Imagine your entire life, your country, your home, your friends, and your trust changed overnight. This is the story of my grandfather, Tadeusz Pęczak, fourteen years old, whose family lived in Poland when the war began.

In Poland, no one knew that Russia, rather than protecting Poland, would soon be attacking from the east. Russian soldiers arrived at my grandfather's farm. The family was given 24 hours to pack what they could carry and leave. Your life is irrevocably changed. Your property. Your home. Forever gone...."

They walked for days, at gunpoint, before being put into railway cattle cars equipped with bunks for sleeping and buckets for defecating; a precursor to how Germans later transported Jews to extermination camps.

"They were ordered off the train in Siberia. After his father and the youngest brother died of starvation, my 16-year-old grandfather dug their graves. He was now solely responsible for his family. He found work as a lumberjack to feed his frail mother and five younger siblings.

Still, the family was starving. As the eldest son, he had to do something. Hearing about a Polish army base, he



walked for days to find Tadeusz Pęczak. Photo provided by Ada Muser

it, unsure it even existed. The recruitment center was in Chok Pak, Kazakhstan.... He walked in and said: 'I am Tadeusz Pęczak, and I would like to join the Polish Army!'"

In his memoirs, Tadeusz describes the scene: When taking the medical examination, the doctor remarked: 'You know, Pęczak, I am happy to say that your health is excellent, but my turkey in Poland weighed more than you do!'

'Does that mean I am accepted?'

'Yes, you are, but you badly need a bath.'

Rayne ends her story by writing, "Afterwards, he sent care packages to his family via the Red Cross every week. Without them, they would never have survived."

* * * * *

Fully trained, the

Polish units were attached to the British Army close to the German Gustav Line, a formidable defensive fortification spanning Italy from the Tyrrhenian to the Adriatic coasts, centered on Monte Cassino, which the Allies had to breach to advance towards Rome.

The final battle fell to the Polish Corps. On the evening of May 11, 1944, the Allies unleashed a massive artillery bombardment. In a chaotic night fight, the Poles threw themselves against German defenses. They were cut down by machine-gun fire and mortars. They had to withdraw. But after the British seized Route 6 south of Monte Cassino, the Polish Kresowa Division attacked Phantom Ridge and drove off the German defenders. On May 18, 1944, the Podolski Lancers claimed Monte Cassino and raised the Polish flag.

"The gallantry of the Polish soldiers was beyond praise," said British General Alexander in the ensuing press conference. Tadeusz earned the Cross of Valour.

There was more fighting yet, but none of the battles were as vicious, bloody or legendary as Monte Cassino, the Polish "Vimy Ridge."

Germans capitulated

on May 2, 1945, in Italy, and for Tadeusz, the war ended.

Mílo Jiránek - Czech concentration camp survivor.

In the 1920s, Mílo was enrolled in university ostensibly to study law, but in reality, had more fun socializing. He was a dashing man who attracted the most glamorous girls in town. Slim and handsome, his black hair slicked back and parted like Fred Astaire's.

He was the protégé of a newspaper magnate, a wealthy Jew converted to Christianity. Mílo became a director of the daily Lidové Noviny, the most influential paper in the country. He was the most eligible bachelor in town.

In 1939, Mílo met Eva, a member of a notable Prague family. A competitive skier and also attractive, she graced the covers of popular Czech magazines, leading a charmed life.

However, Czechoslovakia was already annexed by Nazi Germany and made into a Protectorate of Bohemia and Moravia. The clouds were gathering on the horizon. World War II officially started in September with the invasion of Poland.

Mílo and Eva were married in 1942. On

their wedding night, at 3:00 am, the Gestapo came for Mílo. They were arresting prominent Czechs after the assassination of Reich Protector Reinhard Heydrich. Mílo spent the next three years in a concentration camp in Gross-Rosen, Poland.

It was a bad camp, but not an extermination camp. Jews received the worst treatment. Next were the prisoners associated with Jews, like Mílo, whose ex-employer had Jewish ancestry. Real criminals, thieves and murderers were the foremen in the factories or capos in the camps.

Death was ever-present. Executions happened daily, usually by public hanging during roll call.

There was also sadistic, psychological torture. Once, Mílo had to line up with six Polish officers and two Russian officers, who were all shot dead. He expected to be next. But they let him stand there for twelve hours and then said: "You can go."

He never talked about the camp, but after his stroke in 1984, he was able to recount:

"In the winter of 1944/1945, the Russian army neared our camp. We were forced to march to Flossenbürg in Germany, roughly 500 km



Mílo and Eva Jiránek. Photo provided by Ada Muser

Celebrating 80 years continued

away. Sleeping rough, with very little food. We were starving. Those who couldn't walk any further were shot. Our ranks were thinning. In the end, I barely dragged my feet. Other prisoners supported me, but I was still falling back. The end was near. Then, the sound of shuffling feet stopped suddenly. We were left alone, just standing there wondering if it was some sort of a trick. But our guards were gone. Over the top of



Ken McKinnon. Photo provided by Ada Muser

the hill came Jeeps. First, we saw the roofs, then the windshields, and eventually, entire vehicles appeared on the horizon. Americans. They were strong young men, smiling. An officer asked if we wanted to go hunting. The willing prisoners were given guns and ran into the woods after the SS. I think I heard several shots; perhaps I was hallucinating. I collapsed. One soldier gave me a can of condensed milk. It saved my life." Milo's war ended on the road in Bavaria in late April 1945.

Ken McKinnon - Officer, RCAF Bomber Command.

Ken grew up on a dairy farm in Cloverdale, BC. He had to lie a bit about his age to enlist. He joined the

RCAF on November 13, 1942, a few month shy of his 18th birthday. It took two years and forty-eight days to become a tail gunner on a Lancaster bomber. The tour of duty at that time was 30 sorties, but the average crewman had a life expectancy of 11, and the tail gunners, only five. The odds were terrible, but as a teenager he felt immortal. Ken credited his survival to having been assigned to a great crew and the best pilot in the force. They had difficult assignments, to bust dams or to attack well-defended submarine pens in Norway. He told a story about a particular raid- the marshaling yards at Karlsruhe: "All six groups of the bomber command were flying that night, probably 800 bombers. The weather prognosis called for the high cloud to be at 14,000 feet and the low cloud at 6,000, giving us 8,000 feet of clear air to bomb. But by the time we arrived, the clouds had moved. All we had was 4,000 feet of clear air. The German fighters were waiting. It was like a shooting gallery, 200 German night fighters and 200 Allied bombers of our group mixing it up in that narrow space. The tail gunner's job was to report the bombers going down. Barely seven minutes into the battle, I called in my sixteenth downed bomber. There were many other sorties, but none trumped the Karlsruhe raid. Afterwards the crew stopped flying sorties as the war was winding down. Little bored by inactivity, other than the training flights, we became mischievous.

Returning to the base one day, approaching Grantham, where one of our crew member's girlfriend lived, he asked the pilot to fly lower and see if she might be out walking. The bomber flew as low as 30 feet above the ground. People scattered like chickens. It was a damned fool thing to do, to be so cocky." Unbeknownst to them, a Wing commander lived on the hill and turned them in. He testified at the court martial that he could read the numbers of the plane on the top of the wings! Fortunately, before the court martial convened, the war ended for Ken on the 8th of May 1945. **Bruno - Czech toddler.** While the Red Army raced west to Berlin through the plains of Poland, the German Wehrmacht still held on to the traditional Czech lands they had annexed six years earlier. On May 9, 1945, four-year-old Bruno sat on the railing in front of his family's cottage. He had a clear view across the dirt path behind the fence, the large grassy field sloping down to the village and the hills beyond. In the distance, he saw the crumbling tower of a medieval fort peeking above the trees. This valley has been a strategic passage for armies crossing from Moravia to Bohemia since the Middle Ages. Something unusual and interesting was happening in the village. A column of tired and dispirited men marched west on a road that was meandering steeply to reach the mountain plateau above. They were German soldiers in their olive-coloured uniforms. Abandoned cars were

burning in the ditches. Suddenly, small bands of much perkier soldiers, men and women in bright green uniforms, appeared on the narrow path in front of the property. They had weapons slung over their shoulders. The girls waved at him and blew kisses. It was the Red Army making sure the Germans would not spill out into the woods. The two armies had a brief battle the next day, further up in the hills. Many still needlessly died. On the same day, only ten miles away, Oskar Schindler of "Schindler's List" movie fame, spoke to the Jews he had saved from the gas chambers by employing them in his ammunition factories: "In his proclamation today, British Field Marshal Montgomery has declared that we must deal with the defeated humanely.... Think about what many people who live around this factory have done for you in terms of providing additional food and clothing. Do not go into the houses around here to forage and steal. Show yourselves to be worthy of the sacrifice of millions from your ranks and avoid every act of revenge and terrorism. In conclusion, I ask all of you for three minutes of silence to remember the innumerable victims who have fallen in these terrible times....." In this little enclave

in the middle of Moravia, the war ended on May 9, 1945, for the Czech boy Bruno, the German Oskar Schindler, and his 1,200 Jews. * * * * * In 1946, Tadeusz left the army and immigrated to Canada. He distinguished himself as a prolific inventor in the electronic field. Milo immigrated to England after the communist takeover of Czechoslovakia in 1948, worked for the British Foreign Office and was an advisor to future President Havel.



Bruno as a child. Photo provided by Ada Muser

Ken returned home and opened several very successful factories on Vancouver Island, becoming a leader in the industry. Oskar Schindler died on October 9, 1974, in Hildesheim, Germany, and was buried in Jerusalem on Mount Zion, the only former member of the Nazi Party to be honoured in this way. And Bruno is just the Bruno you read about in Unison News from time to time...





Join our team! We'll be participating on Saturday, May 24th in the 5km and 10km races!

Ways to support Team Unison!

Join our Unison at the Kerby Centre Team!



Donate to the team:





Mental Health Awareness Week

May 10 - May 16, 2025

We're here for you.
Please visit the Wellness Connection Centre for support

Celebrating mom with extra help

Deborah Maier
Calgary Horticultural
Society

In the month of May, we celebrate mothers. Lunch with family is always nice. However, as a mom, and, if we are fortunate enough to still have our mothers with us, at this stage in life there is no need for trinkets. Receiving a gift that helps us continue to do the things we enjoy though is a thoughtful and appreciated gift that goes beyond a bouquet of flowers.

As we get older our ability to grip hand tools changes. Knees creak. General muscle strength tends to fade. And we need to be kinder to our skin, too. The list of deficiencies seems endless, but there is still joy in nurturing a garden. We just need to adjust our approach.

When I started gardening, I could man-handle just about anything. I got a wheeled garbage can that I thought could dou-

ble-duty as garden mulch hauler. After a year or two of aggravation and nearly harming myself when it toppled (it is top heavy), I decided that I really needed a wheelbarrow. It was one of my best garden investments. I still use that wheelbarrow. It is sized for me. A few years ago, the grips cracked. I did not want to replace my wheelbarrow, but the cracked grips made it difficult to use. My husband kindly found replacement grips for it. Every season, I thank him for being so thoughtful. He is not keen on being in the garden with me, but when I look at the yellow grips, he's there.



My mother, however, has been told that she cannot lift anything heavy. She still likes to work in the garden, but a wheelbarrow needs to be lifted,



and it is too heavy and unwieldy of a tool for her. Thankfully, there are ways around a wheelbarrow, so I gave her something a bit different that still works just as well. She is delighted with the garden wagon I gave her. She has filled raised garden beds by putting pails in her wagon that she partially fills with garden soil. She then pulls the wagon to the bed to empty the pails. It is slow, steady work that lets her continue doing what she enjoys. I'm amazed at what she can get done. It also helps to keep her fit.

Ergonomic, ratcheting, and battery assisted pruners also help aging hands in the garden. These tools reduce pressure on finger joints and require less

direct strength to use. Be careful using battery pruners. They are unselective clippers. Make sure that only the branches you want removed make their way between the blades, and not one of your digits.

Battery tools are very helpful. My brother selected a lightweight weed trimmer for my mother. The battery lasts only 20 minutes, but my mother thinks that is perfect. It means that she must take a break after 20 minutes, or less if the grass is wet, long, or there are tough weeds in the area. The time limit prevents her from overexerting herself.



There is a common gardeners' tool used both indoors and outdoors that needs more consideration. It is the watering can. It is often purchased because of its price, colour, or look. It really should be selected for how well it suits the user. When filled, will it be too heavy? Is the handle comfortable to grip? Is it balanced for carrying full? Does it fit under the tap of the rain barrel or is it too tall?

The spout of the watering can is also important. Does it provide a reach to the containers you want to fill? Can you control the flow of water or does the plant experience Niagara Falls when you try to give it a light watering? The lowly ol'e watering can is a much more complex tool than many think. You may not need to invest in a Haw's watering can, but perhaps an upgrade?

May is for moms, but these ideas work for gardener dads, too.

To learn more about gardening in the Calgary area visit www.calhort.org.

Photos by Deborah Maier

Get ready for spring

Courtesy of the
City of Calgary

Protecting Calgary's precious water resources is a shared responsibility. There are many actions you can take to ensure that your home is safe and as water efficient as possible. This simple spring checklist is a great place to start.

Outdoors - Around the yard: Check the City of Calgary's Watering 101 Guide (<https://www.calgary.ca/water/programs/homeowner-water-guide.html>) to find out when

to start watering plants, shrubs and trees. Consult the YardSmart plant list before you plan what to plant this season. Schedule lawn aerating and dethatching.

Once pollinators are done hibernating (when average night-time temperature is 10 degrees Celsius), clean debris from gardens and lawns. Pull any weeds that may have grown, remove dead annuals and prune perennials. Fertilize gardens and lawns with compost. Check City of Calgary compost pick-up dates and add them to your

calendar. Add mulch to your gardens. Check City of Calgary mulch pick-up dates and add them to your calendar. Set up or install your rain barrel.

Maintenance: Get your lawn mower services, sharpen the blades and set the cutting height to three inches to keep your grass healthy. Check and repair watering cans and hoses. Check for water leaks from your outdoor tap and irrigation system. Clean and repair downspouts, and direct stormwater away from your house,

ideally towards your garden. Clean any debris from storm drains in the street near your home. Check all outdoor water fixtures like fountains and ponds for leaks. If you have an automatic irrigation system, schedule to have your backflow prevention device tested by certified cross connection tester. Check your irrigation system for leaks and damage and misaligned heads during start up and make any necessary repairs.

Indoor: Check your sump pump for leaks or

damage. Use your water meter to check for leaks inside your home every six months as part of regular home maintenance. Check your toilets, taps, humidifier, hot water heater, water softener and other water-using devices for leaks. Consider replacing low flow toilets, faucets and showerheads with WaterSense approved models to conserve water and save money. Use the Homeowner Water Guide for step-by-step instructions on fixing toilet and faucet leaks.



unison
At Kerby Centre

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Unison Calgary Charity
Classic Golf Tournament**

SAVE THE DATE: September 11th, 2025

Sirocco Golf Club

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The ups and downs of spring

Loreen James

Increased daylight hours, sunlight and warmer weather have both positive and negative effects on our moods and sense of well-being. The positive effects on our mood are very welcome after a long, cold winter. But even good things like spring-time can have negative impacts on people who suffer from seasonal affective disorder (SAD).

Spring can bring some people positive feelings of rejuvenation and growth. It's not at all unusual to find oneself humming a lively spring tune or thinking of what to plant in this year's garden. There is a sense of renewed hope that leaves many of us feeling optimistic about the near future.

For others, the spring season can bring with it a sense of sadness and depression. Mood swings, irritability and anxiety can surge

with an increase in daylight and warmer temperatures. Seasonal Allergies can contribute to both physical and mental stress. Environmental chang-



Pollinators keep our environment thriving, and our noses running. Photo: David Clode

es can play a significant role in a person's overall mood going into spring. Springtime allergies like hay fever can cause symptoms like sneezing, a runny nose, congestion, and burning, itchy eyes.

Tree pollen seems to be a major culprit which is most common in early spring followed by grass pollen in late spring and summer.

Symptoms can range from mild to severe and even develop into reactions like wheezing or difficulty breathing. Pollen levels are highest in the morning according to the Mayo Clinic. They suggest staying indoors until early afternoon to avoid higher amounts of exposure to pollen. Also, limit time outdoors during dry, windy days.

Seasonal Effective Disorder (SAD) is a type of depression that's related to changes in seasons. It seems to begin and end at about the same time each year. Some people are more affected in the fall and winter seasons while others are more affected in the spring and summer.

Treatment for SAD is more prevalent for most people in the fall and winter – when symptoms typically begin appearing, and treatment can include light therapy, psychotherapy and medications. For these people, symptoms go away in spring and summer thanks to the increase in daylight, and warmer weather. Although less common, the opposite is true for others, and SAD has a springtime onset.

The signs and symptoms of SAD may include losing interest in your favourite activities, feeling listless or sad almost every day, having low energy for no apparent reason, feelings of hopelessness, worthlessness or guilt, even having



Some people experience Seasonal Affective Disorder in the spring. Photo: Annie Spratt

suicidal thoughts. Specific fall /winter SAD symptoms can include sleeping a lot. Specific spring/summer SAD symptoms can be trouble sleeping, poor appetite, agitation, anxiety, and increased irritability.

It's normal to have some off-days, but if you

increase your risk of SAD include a family history of the condition, having major depression, having bipolar disorder, living further away from the equator, and low levels of vitamin D.

According to the Mayo Clinic there is no known way to prevent the devel-



Warmth, then snow, then warmth again, can cause some sadness and anxiety. Photo: Pedro Netto

feel blue for extended periods and you just can't find that spark that gets you going, you might benefit from speaking to your doctor. This is especially important if your moods are affecting your sleep patterns or relationships.

Some factors might

opment of seasonal affective disorder. You can take steps to prevent the symptoms from getting worse, though. Early diagnosis and treatment are key to lessening the affects and complications of this often-debilitating health condition.

While most of us really enjoy spring, for some, it can be torturous. The weather can be so unpredictable in spring. We can feel positive and energized when the sun is shining and the temperature climbs, but when the skies fill with clouds and the rain or snow starts to fall, we can all fall into a bit of a funk.

The only thing we can count on is that this is Calgary, and the weather doesn't usually take long to change again for the better. Just remember on those cloudy, cold spring days, that summer is right around the corner.



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unison
At Kerby Centre

Calgary



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unison
At Kerby Centre

Three ways to pickle

Eddie P with Thrive Food Security

How do you like to pickle? As part of our community recipe series, we’re delighted to share Unison contributor Eddie P’s pickle recipes, nestled in Northern Indian and Punjabi tradition.

The traditional method of curing your pickles in the sun uses natural heat and UV rays. Southern Alberta isn’t famous for its year-round heat. Rather, we’re known for the opposite of that! But there are ways to adapt these recipes to our climate.

A note on garam masala: This warm, aromatic Indian spice blend flavours curries, pickles, and stews. Typical Ingredients Include cumin, coriander, cardamom, cloves, cinnamon, black pepper, and nutmeg.

Mango Pickle

You will need:

- 12 medium mangoes 1 tablespoon fenugreek seeds (about 10 grams)
- 3 tablespoons mustard seeds (about 30 grams)
- 25 cloves garlic
- 2 tablespoons turmeric powder (about 16 grams)
- 1 cup salt (coarse or pickling salt)
- 1 cup red chili powder (approx. 90–100 grams, depending on fineness)
- 4 1/4 cups oil (traditionally mustard oil, but you can sub with canola or sunflower oil)

Preparation:

- ▶ Cut mangoes into slices
- ▶ Mix with salt and set aside for one day



Masala brings warmth and depth to many dishes. Photo: Prchi Palwe

- ▶ Grind whole spices and garlic coarsely
- ▶ Prepare the masala: Heat half of the oil and fry the spices until a nice aroma emerges
- ▶ Remove the mangoes from brine and mix with the masala.
- ▶ Put contents in a clear jar and cover with the remaining oil.
- ▶ Set in the sun for 15 days.

Whole Lime Pickle

You will need:

- 1 kg limes (approx. 20–22 medium limes)
- 100 grams salt (approx. 1/2 cup coarse salt)
- 50 grams garam masala (approx. 1/4 cup)
- Juice from 250 grams of limes (about 3/4 to 1 cup fresh lime juice)

Preparation:

- ▶ Soak whole limes in water for 24 hours
- ▶ Drain and pat dry.
- ▶ Make 4 deep cuts in each lime without cutting all the way through - like you’re quartering them, but keep them hinged at the base
- ▶ Stuff limes with a mix of salt and garam masala.
- ▶ Pack the stuffed limes into a clean glass jar
- ▶ Pour juice over the top
- ▶ Cover and leave in a sunny

window spot for 15 days, shaking gently each day to mix. Optional: If the sun isn’t strong in your home, place the jars near a warm stove or heating vent, or extend a few extra days .

Sweet and Sour Pickle

You will need:

- 3 dozen limes (approx. 36 limes)
- 3 cups white or malt vinegar
- 1 cup salt (use coarse pickling salt, if you have it)
- 4 cups sugar

- 1 cup water
 - Immediately and carefully add remaining 1/2 cup of vinegar to the caramel, stirring constantly. Add the remaining 3.5 cups of sugar.
 - Simmer mixture until it thickens to a syrupy consistency (10-15 mins).
 - Add the softened limes to the syrup, then pour in the vinegar-salt mixture..
 - Boil everything together for 5 minutes.
 - Let cool completely, then transfer to sterilized glass jars or bottles.
 - Let rest for 5 days before using for best flavour.
- ### Preparation:

 - Boil the limes in water until slightly soft (approx 10-12 min)
 - Drain limes and let cool slightly
 - In a pan, mix 1 cup of water and 1 cup of salt. Heat until salt dissolves and crystals begin forming at the edges of the pan.
 - Add 1.5 cups vinegar and boli for 5 mins,
 - In a separate pan, melt 1/2 cup of sugar over medium heat until it becomes a deep golden brown caramel.

Announcement

With a heavy heart, we are announcing the end of the Community Bread Markets. Due to rising financial pressures and no dedicated funding to support its operation, we can no longer continue offering bread markets across the city.

The final markets will take place at our partner organizations, as scheduled, between April 17 – May 14.

This is difficult news, especially for those who truly need this resource. We are grateful to everyone who has been part of this wonderful program. Your presence and support have meant so much.

If you have questions or need help finding other food resources, please speak with a Thrive Food Security staff member or visit UnisonAlberta.com.

Thank you for being part of our Community Bread Markets.

May 2025 Weekly Specials for \$14

April 28 – May 2
Special: Fish and chips with homemade coleslaw
Soup: Lemon chicken orzo

May 5 – May 9
Special: Pulled pork with mac & cheese
Soup: Cream of mushroom

May 12 – May 16
Special: Chicken garden salad (manager’s favourite)
Soup: Italian wedding

May 19 – May 23
Special: Chicken picatta with egg noodle and green beans
Soup: Roasted tomato

May 26 – May 30
Special: Fish & chips with homemade coleslaw
Soup: Lemon chicken orzo

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How tulips got their stripes

Adrianna MacPherson,
University of Alberta Folio

Researchers have found an answer to a centuries-old floral mystery, using a mathematical model to explain how striped tulips get their distinctive pattern.

Often referred to as “broken tulips,” the striped

variations of the popular flower were coveted in the 17th century for their beautiful markings. It’s been known since 1928 that the pattern is caused by a viral infection known as the tulip breaking virus, but exactly how the signature stripes are formed remained an un-

solved mystery until now.

In a study published in *Nature Communications Biology* and led by University of Alberta mathematics professor Thomas Hillen, researchers found out the tulip breaking virus inhibits the production of anthocyanins, the pigments that give

tulips their vibrant colours.

“The plant wants to produce a pigment and the virus wants to produce a virus. And if the virus is very strong, it takes over the machinery completely and there’s no more resources to produce any colouration,” says Hillen.

The striped pattern arises because the areas of the tulip petals that are most infected become almost colourless, while the areas that have less extensive infection keep their colour.

To simulate the interaction between the virus, pigment production and the cellular resources within the plant, Hillen and his collaborators designed a mathematical model that incorporates two key mechanisms, the substrate-activator mechanism and Wolpert’s positional information mechanism.

The substrate-activator mechanism is similar to a well-known mathematical concept called the Turing instability, which is responsible for other patterns in nature such as stripes on zebras or spots on leopards. This mechanism helps explain how the virus moves at different rates within the tulip, creating areas with more or less infection, and consequently more or less pigmentation.

Hillen likens it to a mall where some stores are having big Black Friday sales and others aren’t. The products for sale are the substrate, the shoppers are the activators, and the mechanism

describes their behaviour as they rush to the stores with the best sales, congregating in clumps there while the other stores remain empty. In tulip terms, the substrate is the cellular resources the plant uses to make the pigments, and the activator is the virus.

Wolpert’s positional information mechanism was initially conceived to explain the chemical signalling taking place within a developing embryo. As organs are developing, Hillen explains, the cells need information on where to go. “Let’s say there is a heart cell — where does it need to go to meet with all the other heart cells to settle and form a healthy heart? The mechanism relates to the chemical signalling, where the cells stop if they receive the right signal and settle to, say, form the heart.”

Working together in the model, the activator-substrate mechanism kicks things off by creating instability in the tulip that causes the virus to spread unevenly, while Wolpert’s mechanism signals how much pigment is needed in each part of the petal. The result? Eye-catching flowers that commanded an eye-watering price during “Tulipmania.” To test the model, Aidan Wong, first author on the study and an undergraduate student at the time of the research, entered the code in MATLAB, a programming language often used in mathematics. The simulation yielded a variety of images that mimic the appearance of the striped tulip petals.

“Whatever you write down in differential equations, you can also write down in a programming language and then solve it on the computer,” says Hillen, “so you get a screen full of beautiful tulip images.”

According to Hillen, the model could be used to better understand other patterns found in nature. For example, he posits that plants within the lily family would likely be affected by the same mechanisms as tulips, because both flowers transport their nutrients in similar ways. And since the virus is responsible for weakening the plant, mathematical modelling could also be beneficial in helping growers avoid viral infections in commercial plants.



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Unison trivia

Kemi Anjorin-Ohu & Marissa Inglis

How well do you know Unison? Whether you're a Calgary-plac-es history buff, or excited to learn something new, here is a bit of trivia about an organization we all know and love!

The Wellness Connection Centre's most popular program: It's a three-way tie, with the river walk, Live Well, Be Well, and Meditation.

Who founded the Kerby Centre? Patricia Allen, whose famous line adorns our building: Nothing about us, without us.

Unison Kerby Centre is located on Treaty 7 territory.

What is the minimum donation eligible for a tax receipt? Only \$20!

What is the Kerby Cafe's most expensive item? The bacon cheddar burger, at a whopping \$13. It's probably still less expensive than making it yourself, *wink.

What year was Unison founded? We broke onto the Calgary scene in 1973.

Who was George Kerby?

Mr. Kerby founded Mount Royal College. Unison Kerby Centre is the original location of MRU! Some of our members have told us they used to attend MRU at our location. Amazing!

What year was the Unison Veiner Centre opened? Not long after Calgary - in 1975. This year, Unison Veiner Centre is celebrating it's 50th year of supporting seniors in Southern Alberta.

Who was Harry Veiner?

Mr. Veiner was the mayor of Medicine Hat, and donated the land that Unison Veiner Centre sits on. Mr. Veiner was a very large, and very generous man!

How many of these did you already know? We hope you learned something new and fun about Unison!

Free Estate Planning Workshop



Tuesday, May 27th or Wednesday, May 28th

12:00 pm – 3:00 pm

Unison at Kerby Centre, Lounge Room

Join Jonathan Ng and Christianne Murphy from Underwood Gilholme to learn about:

- How to prepare a Will
- The legal issues that affect Wills
- How to select an Executor
- Information about Enduring Power of Attorney and Personal Directives

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Help fighting fires

Bev Betkowski, University of Alberta Folio

Communities susceptible to damage from wildfires may be able to manage that risk more strategically with a new method developed through University of Alberta research.

Using a combination of remote satellite imagery and a search optimization computer algorithm, the U of A's Wildfire Analytics Team was able to identify the areas of highest priority for removing trees and brush that are considered "optimal fuel" for wildfires.

The study focused on Whitecourt and Hinton, two Alberta towns surrounded by forest.

"Communities have limited budgets for removing hazardous fuels," says team lead Jen Beverly, a professor of wildland fire in the Faculty of Agricultural, Life & Environmental Sciences. "They need to know where to prioritize efforts, and we developed a new way to do that."

The study builds on previously developed assessments of landscape fire exposure in and around both towns, and rated hazardous fuels — trees — by the number of buildings they exposed to wildfire, a measurement called building exposure load.

The resulting model the researchers devel-

oped identified areas with the highest proportion of high-hazard trees — those capable of spreading ember fire over long ranges. "The information would show where to take strategic measures such as clearing brush, helping communities make the most of their wildfire mitigation strategies," Beverly says.

The priority areas showed strong alignment with existing community wildfire plans in the two towns, confirming the method's reliability, she adds.

The approach also offers improvements over other fire behaviour models that rely on short-term predictions and are influenced by changing factors such as weather, Beverly notes.

"Our model focuses on identifying where wildfire can enter the built environment, rather than the speed or intensity of the fire, which can help communities develop fuel management plans that don't need constant daily updates."

The method can also be adapted for the diverse fire landscapes around communities and is a "valuable starting point" for those still working to develop their wildfire treatment strategies, Beverly suggests.

"This is a systemic decision-making tool that can provide a community with a clear consensus on where to address or how to frame the risk from wildfire."

For smaller communities facing tighter financial constraints, the method lends itself to phasing in fuel management plans over a few years, and uses free, publicly available satellite imagery, helping reduce costs.

"This gives time and space for the development of local expertise, which supports community engagement and resilience to future wildfires," she adds.

Using the method, for example, would let residents know if they are living in particularly susceptible neighbourhoods, so they can take steps to help protect their property.

Though more exploration would be needed, the tool also has potential to be used with other methods to improve short-term wildfire planning, such as developing evacuation scenarios, she adds.



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Tips for first-time home buyers

Alberta Securities Commission

In a January 2023 poll conducted by The Harris Poll on behalf of NerdWallet, nearly two-thirds of Canadians (67%) listed owning a home as a priority. For those with younger family members looking to buy their first home, the Canadian government introduced the Tax-free first home savings account (FHSA) on April 1, 2023, to help Canadians over 18 save and invest towards home ownership.

The FHSA is a registered plan that allows you to save and invest up to \$40,000 tax-free toward your first home purchase. Learn what you should consider before opening an FHSA account.

1) The FHSA offers the best perks of the RRSP and TFSA

The FHSA takes the best benefits of a Registered retirement savings plan (RRSP) and a Tax-free savings account (TFSA). Your contributions to your FHSA within a particular calendar year will also reduce your taxable income when you file your tax re-



Photo: Tierra Mallorca

turn. Unlike RRSPs, where your withdrawals are taxed as income, withdrawals from your FHSA to purchase your first home are tax-free, including all the

investment income you may have generated in the account, like a TFSA. This allows you to maximize your savings towards your first home purchase while minimizing income tax.

2) The FHSA has annual contribution limits and qualifying withdrawals

For those wanting to use this registered account, the Government of Canada imposed limitations on how much you can save and invest in your FHSA before incurring penalties. Starting in 2023, Canadians can contribute up to \$8,000 in their FHSA yearly, with any unused contribution amounts carried forward to a max of \$8,000. Over-contrib-

uting to your FHSA will incur a 1% tax on the over-contributed amount each month unless brought below contribution limits.

To make a qualified tax-free withdrawal or series of withdrawals, you must be a first-time home buyer when you make the withdrawal(s). To qualify as a first-time home buyer, you must not have lived in a home you owned at any time during the part of the calendar year before the withdrawal is made or at any time in the preceding four calendar years. Any non-home related purchases may result in withdrawals being treated as taxable income.

3) You can combine your FHSA savings with the Home buyer's plan

Before the FHSA was introduced, Canadians could use the Home buy-

ers plan (HBP) to pay for a down payment. The HBP allows you to take up to \$35,000 from your RRSP without taxation for your first home purchase. Any amount withdrawn through an HBP must be paid back to the RRSP within fifteen years or you lose the contribution amount from your RRSP and it is treated as taxable income. Combining the use of both accounts, potentially gives you access up to \$75,000 in savings and investments towards your home purchase.

Saving and investing toward your first home purchase can be challenging, but leveraging the unique benefits offered by the FHSA can help you reach your goal quicker and more efficiently than any other registered plan or account currently available.

Government for the people

Thomas Pickering

When we moved from Hong Kong to Calgary in 1996 my son was ten years old and had never lived in North America. I wanted him to integrate fully into Canadian -- and Albertan -- life. So, I asked my Uncle Fred (who is a very successful farmer and knows everything) what kind of club would be best for my son to join: Cadets, Boy Scouts, 4H, what? His answer: "definitely 4H. He'll learn all kinds of things: self-confidence, how to run a meeting, public speaking, etc." Public speaking? I thought. Uncle Fred must be pulling my leg. No, he was right. 4H turned out to be the best thing for my son.

The nearest club met at the Rec Centre in Indus, a long way from Calgary South. Plus, all the kids in the club were farm kids, not city kids like my son but we joined the club anyway. The club's first question was, "What are you going to do for your farm project?" Well, we couldn't keep a calf to raise. Someone offered to keep a calf on his property if my son wanted to buy and raise one for auction. I declined the offer. If he was only going to see his calf on the weekend and leave all the feeding and care to some-

one else, then that project would teach him nothing. The Leader suggested raising chickens -- layers to produce eggs. That sounded doable, so we agreed.

At home in Sundance, a neighbour came over for a cup of tea and I told her about Mike's upcoming project. "Chickens? You can't have chickens inside the city! It's against the law!" At that time my niece was staying with us. She had a Burmese python in our house as a pet. I challenged my neighbour. "We have a snake; why can't we have chickens?" The next day she came over with a slip of paper in her hand -- the phone number of Calgary Bylaws with the name of the Chief Officer.

I called the office and spoke to the Chief and outlined my son's poultry project.

"How many chickens?" he asked.

"Less than a dozen, I'm sure."

"Where will they be? Will they be inside or outside?"

"Well, outside, but we have a garden shed in the backyard. They'll be in there."

"Hmm," he said, "I have to tell you, it is against the law to have any poultry within 150

feet of a human dwelling inside the city limits."

Oh-oh, our idea is dead, I thought. Before I could express my disappointment, he added, "But, I also have to tell you that if my officers are driving down an alley and they see chickens, they don't stop."

"Really?" I asked.

He explained, "In my view, if no one complains then there isn't a problem. If your son's chickens are inside and no one can see them, no one can hear them, and no one can smell them, then they aren't there, are they?"

"Oh," I said.

"You tell your son to go ahead with his project. . ."

"Thank you so much," I said, "I really thank you --"

He interrupted me.

"But, you also tell him that if someone complains I will have to send a By-law Officer to your house. He will issue a Warning Ticket and give 30 days notice to remove the birds. Is that understood?"

"Yes, Sir. I understand and I'll tell him."

"I wish him good luck with his project, and I hope you won't hear from one of my Officers. Have a good day."

As with any 4H project, keeping records was paramount. In keeping with

4H spirit, my son learned to budget. He learned how to keep a financial record, produce an income statement and a balance sheet for his egg production business. He kept track of all his capital expenditures (wiring to supply the shed with electricity, insulation for it, etc.) and his loan repayments (the



Photo: Tim Mossholder

4H lady was aghast that I charged my son interest on his loan!). He knew his expenses and priced his product accordingly.

He kept those chickens for about a year and a half. The chickens were happy, with 15 hours of regulated light per day, 24 hours of classical music, and balanced diets. Eight hens produced eight eggs almost every day, they were that happy. One day my son walked home from school for lunch and was greet-

ed by loud clucking from the henhouse announcing that someone had just laid an egg. This city boy retrieved the still-warm egg and had it for his lunch.

No neighbours complained. In fact, two of them regularly bought eggs from my son. When he told his grandpa that he charged twice the price of Safeway eggs because they were organic, grandpa wanted to know, "What the hell is an organic egg?" My son told him "It's a marketing term."




After the poultry project, Mike worked on a small engine repair project with 4H. Was this group worthwhile to a new Canadian boy? The lessons he learned at 4H served him well. Now, 30 years later, Mike owns and manages a software company that has employed a dozen engineers (but no chickens), serving a client base of Fortune 500-sized companies. Thanks to the success of his chickens, he learned a lot and made money starting at a young age. If it hadn't been for an insightful Bylaw Officer who understood the real purpose of laws and regulations, it would not have happened. My son saw an "enlightened government" at its best!

May Sudoku (solution, p. 26)



	4			8	5	2		
		2		7			5	
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8		6			3	7		
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Word search: Bird is the word

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Sparrow	Cardinal	Falcon	Quetzal
Pheasant	Crow	Owl	Dove
Goldfinch	Kingfisher	Turkey	Eagle
Ostrich	Swallow	Wren	Lark
Condor	Toucan	Penguin	Parrot
Quail	Osprey	Magpie	

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PREMIER CROSSWORD/ By Frank A. Longo

COMPOUND CONNECTIONS

ACROSS	56 Film script / Schoolyard area / Aircraft velocity statistic	103 Formerly	13 La — Tar Pits	54 Two, in Italy	89 Warming appliances
1 Starts misbehaving	61 Round hammer part	104 Great bliss	14 What a southpaw pitches with	55 Mo. in spring	90 Neat
7 Squalid stuff	62 Answer to “Are you?”	105 Mopeds’ kin	15 Block for a holiday fire	57 James Bond portrayer David	92 In a perfect world
13 Muckraker Nellie	63 Regulation	109 Hungry as —	16 City in Latvia	58 Tedious work	93 Zing
16 Vitamin std.	64 Told tall tales	112 From — Z	17 Shouts from Homer Simpson	59 “Hurricane” singer Bob	95 Search blindly
19 Voyage on the 71-Down	65 Low mil. rank	113 Venomous viper / Car shiner / Certain boxing division	18 Kitchen pests	60 Pronounce	96 Attar flower
20 More daring	66 They’re blue on clear days	119 Downright	22 Bite like a frisky puppy	65 Architect I.M. —	97 Female foe of Popeye
21 Alumni get-together	68 Foxy	120 Fictional boxer Rocky	24 Steak meat	66 Teeny-tiny bit	98 Novelist Vonnegut
23 Defensive gridiron position / Correcting computer key / Astronaut’s trip	69 Renée of “The Big Parade”	121 Stella — (beer brand)	25 Hoof-landing sound	67 “Big Sur” novelist Jack	99 Catherine of — (first wife of Henry VIII)
26 Have debts	73 Premonition	122 French article	30 Brody of “The Pianist”	68 — Tzu (dog breed)	100 Relating to stone, in geology
27 Rub off	74 “— Na Na” (TV oldie)	123 Method: Abbr.	31 City in New Hampshire	69 In the company of	101 Taoism founder
28 Note excusing tardiness	75 Epic poet	124 Weeping	32 Tax-taking gp.	70 Lattissimus — (large muscle)	105 Gulf War missile
29 More devious	79 Call-imitating avian / Silly sort / Mental ability	DOWN	34 “No lie!”	71 Pacific, e.g.	106 Dove shed
33 Oscar winner Robert De —	84 Twistable cookie	1 Confront aggressively	35 Updates, as a factory	72 “Son of Kong” studio	107 Elects (to)
36 According to	85 Beach resort	2 — Plaza (hotel chain)	38 Eight: Prefix	73 Tokyo sash	108 Ifans of “Elementary”
37 Novice / Walking sound / Acquired sibling	86 “This is bad!”	3 Serving dish	39 Cafeteria meal holder	74 — Paulo	110 Nickname for Netanyahu
44 Hi- — picture	87 Adversary	4 Soul stainer	40 Great asset	75 Variety of chimpanzee	111 Designer von Furstenberg
45 Zenith	88 Intel org.	5 Employ	41 ‘Angie Baby’ singer Reddy	76 Dumbfound	114 “The Rookie” network
46 “u r kidding!”	89 — polloi	6 According to	42 Lauder of perfume	77 Sleep stage acronym	115 — es Salaam
47 Suffix with Japan	91 Duplicity	7 Food court pizza chain	43 Tally up anew	78 Arid	116 Had been
48 Dine at home	93 Whiz	8 “Livin’ La Vida —”	48 Psychic “gift”	80 Insincerely eloquent	117 Before, to Keats
51 — good example	94 Dark molasses cake / Grain-supplying region / Hoops	9 Wapitis	49 Whiz	81 Replaceable lamp part	118 “Give — try!”
53 Brouhaha	102 “Way cool!”	10 Google service for targeted marketing	50 Uno plus 54-Down	82 Perlman of “Cheers”	
55 Utah ski site		11 Led — (rock band, in brief)	51 Slight fight	83 Capital of Western Australia	
		12 Noted period	52 “Slippery” tree		

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Unison

At Veiner Centre

50
years
1975 – 2025

Moving forward for 50 years

Natasha Gilson &
Erin Reeder

The Unison Veiner Centre always has and will be a place for seniors to meet friends, enjoy meals, create new memories and be supported by the community. We've faced challenges with not one, not two, but three floods and a pandemic that caused us to shut down, but each time we rebuilt stronger and better.

Our resilience is a testament to the dedication and spirit of everyone involved. The Unison Veiner Centre has grown into a vibrant hub for seniors in Medicine Hat, with membership expanding from 519 in 2021 to an incredible 1,721 by the end of 2024. As we look to the future, we are excited to introduce new programs and activities that cater to the diverse interests of our members. From art classes to fitness sessions, and book clubs to music programs, there's something for everyone. Our Active Aging department offered over 125 unique activities throughout the year, with 2,493 sessions and close to 50,000 participants enjoying everything from fitness classes to games, arts, and life-long learning. Some highlights include Travel Club trips to the Rosebud Theatre, the Mardi Gras Dance, the addition of Cornhole, the Bridges Grandparents and Parents Support Group, Scam Prevention presentations, and two Pelvic Floor

Exercise workshops.

We remain committed to fostering an environment where laughter and companionship are at the heart of everything we do. Join us as we continue to grow and thrive, ensuring that the Unison Veiner Centre remains a cherished hub for seniors in our community. One testament to the fun we have is someone who attended a recent themed dance event: "A group of friends and I attended the recent dance, and I was initially unsure about how enjoyable an all-ages event would be. To our surprise, it was fantastic! The music was great, the decorations added a nice touch, and the energy on the dance floor was contagious. It was such a fun experience, and I look forward to more opportunities for dancing in the future!"

Our big 50th bash is happening on December 6th, and we will be celebrating our wonderful and supportive members over the 50 years. This milestone celebration promises a delightful evening filled with festivities, nostalgia, and joy. It's a chance to honour the past, celebrate the present, and look forward to an even brighter future. Let's come together to make this event memorable and to express our gratitude to those who have helped us reach this incredible milestone. Don't forget to mark your calendars to be part of a day that will be as heartwarming as it is fun. We can't wait to celebrate with you!

VEINER BISTRO

May 2025

Daily Lunch Specials

Member: \$14 | Non-Member: \$18

Lunch served daily from 11:30am – 1:30pm

Lunch Special includes Soup, Bun, Dessert & Beverage

♥ = Heart Smart Recipe

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Broc/Ched Stuffed Chicken Baby Creamers	2 Sloppy Joes Tatar Tots
5 Baked Chicken Breast Mashed Pot ♥	6 Four Cheese Ravioli Garlic Toast ♥	7 Veal Cutlets Baby Creamers	8 BBQ Chicken Savory Diced	9 S & S Pork Rice ♥
12 Ham Scalloped Pot	13 Chicken Chow Mein Rice	14 Beef Goulash Bun	15 Turkey Schnitzel Baby Creamers	16 Pulled Pork Coleslaw Potato Wedges ♥
19 Closed	20 Honey Garlic Chicken Rice	21 Salisbury Steak Mashed Potatoes	22 Chicken Cordon Cheesy Hashbrowns	23 Roast Beef Yorkshire Pudding Mashed ♥
26 S & S Chicken Balls Rice	27 Chicken Divan Baby Creamers	28 Meatballs in Gravy Mashed	29 Corned Beef & Cabbage	30 Crispy Breaded Chicken Drums Fries



Saturday, August 23

8am – 6pm

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At Veiner Centre

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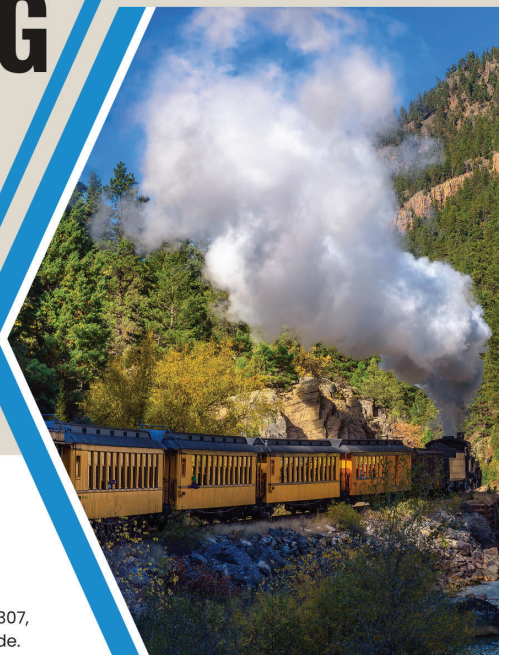
Price includes bus fare, tickets to train ride, elevator tour and lunch.

For more information or general questions please email: veinertravelcommittee@gmail.com

Meet behind the 13th Ave Co-op at 8am

Minimum: 50 | Maximum: 56

For more details or to register, contact the Veiner Centre at 403-529-8307, register online at <https://veinercentre.wildapricot.org>, or use the QR code.



Unmasking mental health

Erin Reeder

Mental Health Week runs from May 5-11 this year. It's an opportunity to bring mental health conversations to the forefront of everyday life. The theme for 2025 is Unmasking Mental Health.

To promote better mental health for all, we need open and honest conversations about what mental health really means. Many people living with mental health challenges hide behind a "mask" to protect themselves from judgment and discrimination, often fueled by misconceptions. Let's explore some of those myths to better support

ourselves and each other.

One common misconception is that mental health is the same as mental health conditions — it's not. Mental health is something we all have, just like physical health, and it needs regular care. Someone living with a mental health condition, like depression or an anxiety disorder, can still have good mental health, just as someone without a diagnosis can experience poor mental health. Mental and physical health are also interconnected; when one suffers, the other often does, too.

Another harmful myth is that struggling with your mental health means you're weak or flawed. Mental health

conditions are not caused by laziness or lack of willpower. They can be linked to biological factors like genes or brain chemistry, physical illness or injury, family history, and life experiences such as trauma. Many people need support to get better, and recovery is possible.

This year, make a point to talk openly about mental health. If you notice someone going through a stressful time — such as job loss, bereavement, or major life changes — reach out. A simple, caring conversation can encourage someone to open up rather than hide their struggles.

At the same time, reflect on your own mental



Reach out if you notice someone struggling. Photo: Alex Ivashenko

health. It doesn't need to involve big or complicated steps. Simple daily actions can help you stay resilient through challenging times. Often, we only think about mental health when we're already struggling. Building healthy habits now can protect you from crisis later.

If you're feeling lonely, volunteering can help you reconnect and find a renewed sense of purpose. The Unison Veiner Centre and offers many opportunities to get involved. Find something that interests you — and if it's not the right fit, try something else.

Another simple practice is to check in with your emotions daily. If you're feeling anxious, sad, or irritable, pause and ask yourself why. Recognizing and naming emotions can make it easier to release them or take steps to lift your mood. A walk in na-

ture, listening to music, watching a funny show, or chatting with a friend are easy ways to boost your mood. Physical exercise has even been shown to be effective for relieving depression. Try yoga, dance, or an aerobics class — either in person, or online, from the comfort of home.

Finally, remember that while we can control some things in life, there are many more we cannot. Make a list of what stresses you out. Identify what you can act on and what you need to let go of. It's a simple exercise that can bring peace of mind.

When in doubt, stop and take a few deep breaths. Try a simple exercise: count your breaths from one to four, then start again at one. Focusing on your breath can help quiet your mind and keep you grounded in the present moment.

If you are in a mental health crisis, contact your doctor, go to the nearest emergency room, or call/text the 988 Suicide & Crisis Lifeline. You can also call 211 to find local mental health support and resources.

For ongoing support, check out the Canadian Mental Health Association's Recovery College. They offer free courses, workshops, and webinars to help you build skills and connect with others. In Medicine Hat, Recovery College is offered through Medicine Hat Family Services. Learn more at alberta.cmha.ca or call 403-504-8026 ext. 86.

COUNSELLING WITH MEDICINE HAT FAMILY SERVICE

Offered by Ben Feere

Needing someone safe to chat with about life? Counselling may be a great option for you:

- Processing life concerns
- Addressing loneliness
- Maintaining a healthy life
- Building friendships
- Understanding safety and trust

Please register at the front desk by calling 403-529-8307

Every 2nd Thursday of the month

1 hour sessions

9AM, 10AM, 11AM

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Medicine Hat Veiner Activities

What's Happening in May

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

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

Presentations & Events

Visit veinercentre.wildapricot.org to register for events

May 6
Ask a Financial Advisor–Craig Elder, RBC Dominion Securities
10am – 11am | Registration Required | Boardroom

May 6
Book Review Crew
1pm – 2pm | Dining Room

May 6
Card Makers
1pm – 4pm | Boardroom | Registration Required | bring your own supplies

May 8
Counselling Services with Ben Feere
9am–12pm | Registration Required

May 13
Alzheimer Society Care Partner Support Group
1:30pm – 3pm | Craft Room | Register with Kristel (403) 528-2700

May 14
Dementia Support Group
10am – 12pm | Boardroom | Register by calling 403-528-2700

May 15
Dementia Support Group
9:30am – 12pm | Boardroom | Register by calling 403-528-2700

May 16 – 18
Scrapbooking Fanatics
Starting at 4:30pm on the 16th | Registration Required

May 20
First Link Connections
1pm – 3pm | Boardroom | Register by calling 403-528-2700

May 20
Bridges Grandparents Group
10:30am – 12pm | Boardroom | Register by calling Kayla 403-526-7473

May 21
Parkinson Association Support Group
12:00pm – 2:00pm | Boardroom | Register with Brienne at 403-317-7710
National Parkinson Month Informational table: 12pm – 2pm

May 23
Book Club
10am – 11am | Boardroom

Wellness Wednesdays

Open to members and non-members

May 7 | Movie Matinee “Night at the Museum” |
Craft Room | 2pm – 4pm

May 14 | FREE Hearing Health check with Ear Wax
Removal with Hear Canada *NEW*
Boardroom | 1pm – 4pm | Registration Required

May 21 | Pet Therapy with Kenzy
Games Room | Craft Room | 10:30am

May 21 | Optima Rocks with Jodi
Craft Room | 2:15pm – 4pm

May 28 | Life Long Learning: “*Positive/Assertive
Communication Skill*” | Boardroom | 1pm – 2:30pm |
Registration Required

Veiner Centre Spotlight

Thursday Craft Night: Welcome Spring May 1 \$20/person (cash only) Craft Room 5:30 – 6:30pm
Estate & Administration Planning Presentation May 6th & 20th 10am – 11:30am South MP Room Registration Required
Paintergirl “Flower” Paint Night Tuesday, May 6 6pm – 9pm Craft Room Mem: \$35 NonMem: \$40 (Cash Only)
Home Care Presentation with Palliser Friends of Medicare May 14 Craft Room 1pm – 3pm Registration Required
Senior Safety Series: Forever Young-ish, Fit, Fun and Fabulous May 15 North MP Room 9:30am – 12:30pm Registration Required
Movie Night: “Pretty Woman” Thursday, May 22 5:30pm – 7:30pm Craft Room Free to members
Spring Fling Dance May 24 \$10/ticket 7pm – 10:30pm

Medicine Hat Strathcona Activities

What's Happening in May

Hours of Operation: Mon, Tue & Wed 9am – 7pm | Thurs & Fri 9am – 4pm | Sat 9am – 1pm

Mondays

High Beginner Line Dancing | 9am

Table Tennis | 10am

Chair Yoga & More | 12pm

Pickleball Intermediate 1pm

Pickleball Advance 2:30pm

Yang Short Form | 7pm

Yang Long Form | 8pm

Tuesdays

Fun & Fitness | 9am & 10am

Functional Fitness | 11:45am

Pickleball –Skills & Drills | 11am

Pickleball –Beginner | 12:35pm

Floor Curling | 2pm

All Level Fitness – 4:15pm

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 – 4pm

Weapons Form | 7pm

Thursdays

Fun & Fitness 9am & 10am

Beginner Pickleball | 11am

Chair Yoga & More | 1pm

Floor Curling 2pm

All Level Fitness – 4:15pm

Fridays

Pickleball Beginner 9am

Table Tennis | 10am

Yin Yoga | 12pm

Pickleball Intermediate | 12:55pm

Pickleball Advance 3pm

Pickleball Open Session | 6pm

Fitness Class Spotlight

All fitness classes require registration

High Beginner Line Dancing
9:00 – 9:50am | Mondays | Mar 10 – May 26 | Free

Chair Yoga & More
May 12 – Jun 23 | Mondays | 12pm – 12:45pm
(No Class May 19)
Members: \$42 | Non-Member: \$60

Fun & Fitness
April 29 – Jun 19 | Tuesdays & Thursdays
9am – 9:55am & 10am – 10:55am
Members: \$80 | Non-Member: \$112

All Levels Group Fitness
May 6 – Jun 12 | Tuesdays & Thursdays
4:15pm – 5:05pm | M: \$84 | Non-Member: \$120

Functional Fitness
May 13 – Jun 17 | Tuesdays | 11:45am – 12:30pm
M: \$42 | Non-Member: \$60

Absolute Beginner Line Dancing
Mar 12 – May 28 | Wednesdays |
8:30am – 9am | FREE

Beginner Line Dancing
Mar 12 – May 28 | Wednesdays
9am – 9:45am | FREE

Qigong & Chair Yoga
May 14 – Jun 18 | Wednesdays | 12pm – 1pm
M: \$42 | Non-Member: \$60

Chair Yoga & More
May 15 – Jun 19 | Thursdays | 1pm – 1:45pm
Members: \$42 | Non-Member: \$60

Yin Yoga
May 9 – June 27 | Fridays | 12pm – 1pm
Mem: \$24 | NonMem: \$40

Tai Chi Fitness Classes

Yang Short Form
Apr 7 – Jun 24 | Mondays & Tuesdays | 7pm – 8pm & 7pm – 7:30pm

Yang Long Form
Apr 7 – Jun 23 | Mondays | 8pm – 9pm
Yang Short Form completion is necessary before starting Yang Long Form

Chen Style Short Form
Apr 8 – Jun 24 | Tuesdays | 7:30pm – 8:15pm
Yang Short Form completion is necessary before starting Chen Style Short Form

Fan Form
Apr 8 – Jun 24 | Tuesdays | 8:15pm – 9pm

Weapons Form
Apr 9 – Jun 25 | Wednesdays | 7pm – 9pm
Must have completed Yang or Chen form before registering for this class. No exceptions

Fitness Centre Hours

Monday, Tuesday & Wednesday | 9am – 7pm

Thursday & Friday | 9am – 4pm

Saturday | 9am – 1pm

Fitness Orientation

2nd & Last Saturday of Every Month
9am – 11am

Fitness Room at Strathcona | Drop in Only

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

Just breathe – easier said than done!

Mel Lefebvre, with files from the University of Alberta Folio and the Buteyko Clinic

One of the amazing things that happen when we're born is our first breath. No one prepares us for the change from a submerged environment in the womb to the air outside, but, we manage. The precise mechanism is perfectly timed to begin life in the world. Research is underway to better understand this process, and they've found that a brain change occurs at birth through a signalling system that activates those first breaths. Before birth, the demand for oxygen is satisfied by the mother, and the placenta she grew. The baby isn't breathing yet. At birth, the mother's system has to shut off and stop delivering oxygen, and the baby's brain and lungs have to switch on to take over. A gene has been identified in this process that regulates breath-

ing through a cluster of neurons and neurotransmitters called PACAP. As the baby emerges, transmitters start releasing PACAP, signaling to the brain and lungs that it's time to get to work.

The role of our lungs is to pull oxygen out of our body's cells, and get rid of carbon dioxide. Our cells need oxygen to create energy, and expel carbon dioxide. By breathing in and out, gas is exchanged through tiny sacs in our lungs called alveoli, and our blood. Our entire respiratory system is made up of many parts that rely on each other for optimal functioning: Our lungs and airways, made up of a trachea, bronchi, and bronchioles. We have a diaphragm - a muscle that sits right below our lungs, and above our abdomen. We have a voice box, and our throat, nose and mouth. The various odds and ends of our respiratory system protect us

from particles and harmful elements in the air. We can talk, smile, taste, and smell. We process a lot of information about the environment from our respiratory system, such as detecting danger, and experiencing pleasures. Our body is an amazing machine that protects us without us even trying. Except for when it comes to being relaxed and having peace of mind. Let's return to newborn babies.

When you watch babies sleep, their bellies rise and fall with each breath. For some reason, we stop regularly breathing like this. Deep breaths use our diaphragms - a muscle that pulls breath deep into the lungs by making space in the abdomen (and belt out showtunes). Our lifestyle is often the culprit for abandoning deep-breathing. Sedentarism has become prevalent for many of us, along with stress, tension in our backs, especially our shoulders, chronic pain, anxiety, and poor posture. Long-term, this can make us feel tired. It can affect our heart rate, cause us to breathe faster, and accumulate toxins in our bloodstream. We're kept in a fight-or-flight state for extended periods, raising our cortisol levels (our stress hormones). So, taking a breather sometimes needs to be a conscious effort. Take your hand, and



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- \$10** - helps low-income seniors access vital services through our Seniors Supports departments.
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- \$100** - supports seniors fleeing abuse through our Elder Abuse programs.



Your monthly gift changes lives — one meal, one visit, one senior at a time.

place it on your belly. Does your hand move when you breathe? If not, try adjusting your posture - maybe lie down - and breathe in a way that moves your hand with your breath. Congrats - you've engaged your diaphragm! Deep breathing promotes better oxygen circulation, and lets your mind know you're safe. A deep belly-breath disengages your fight or flight mechanism, decreases your stress hormones, and brings a sense of peace. Best of all, it's free. We are all capable of deep, restorative breathing. You did it by de-

fault as a baby, after all, and if a baby can do it, so can you! If you want to treat your body to a deep, cleansing, and healing habit, try sitting, or lying down at least once every day, put your hand on your belly, and take three deep breaths. Make your hand raise up, then back down. You can count your breaths out, you can do more than three, you can turn it into a meditative practice, but, we can all manage three deep belly-breaths a day. Your body and mind will thank you for it!

Sound Bath Therapy

Workshop

Experience profound deep relaxation, inner harmony, and self-discovery through the transformative power of sound.



June 13, 20 and 27 Time: 10:30 am – 12 pm

Call us 403-234-6566 Email us Lolaf@unisonalberta.com






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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
Badminton (\$4) 1 court only Gym 10am – 12pm Meditation Monday (\$3) Room 317 10am – 10:45am Mahjong (\$3) Room 312 10:30am – 12:30pm Live Well Be Well Conversations (\$3) Room 317 11am – 12pm Beginner Pickleball (\$4) 2 courts only Gym 10am – 12pm Pickleball (\$4) Open to all levels Gym 2:30pm – 4pm	Recorder Group (\$3) Room 108 10am – 12pm Beginner Pickleball Lessons (\$40 for 4 weeks) Gym 10am – 12pm Registration Required Ukrainian Group – English as a Second Language (\$4) Room 313 1:30pm – 3:30pm Pickleball (\$4) Open to all levels Gym 2:30pm – 4pm	General Craft Group (FREE) Room 311 9am – 12pm Learn English Alphabet & Numbers (FREE) Room 313 9am – 10am Limited spots available English Language Literacy – Beginner (FREE) Room 313 10am – 12pm Limited spots available Men’s Shed (\$3) Room 317 10am – 12pm Cribbage (\$3) Room 312 1pm – 3:30pm Beginner Pickleball Level Drop-in (\$8) Limit 16 people First come, first served Gym 2pm – 4pm	Artists Group (\$2 per half day) Learning Lab 10am – 3pm Pickleball (\$4) Open to all levels Gym 2:30pm – 4pm	Spanish Conversation Group (\$3) Room 312 10am – 12pm Krazy Karvers Woodcarving Club (\$2 per half day) Room 102 10am – 3pm Tech Help (\$5) 11am – 1pm Badminton & Ping-Pong (\$8) Gym 1:30pm – 3:30pm Pickleball (\$8) Intermediate / Advanced Gym 2pm – 4pm Limit 16 pax

Unison Travel Spotlight

Canmore – Day Trip

Thursday, May 29th, 2025
9:00 AM – 4:00 PM
Members: \$84 | Non-Members: \$114
Cut-off date: Thursday, May 15th, 2025

Bus Transportation: Universal. Please ensure you have your Health Care Card and government-issued photo ID.

Trip is not suitable for persons with reduced mobility. Bring appropriate clothing and footwear (for hot/cold/wet conditions).

For more information, please contact **Unison Travel** at **403-705-3237** or **travel@unisonalberta.com**



Active Aging Spotlight

Feet to the Beat!

Tuesdays May 13 – June 17 (6 Weeks) / 10:30 am – 11:30 am
Member: \$44 | Non-Member: \$74
Location: **Knox Presbyterian Church**
Instructor: Kym Butler

Are you looking to shake up your fitness routine? Develop and maintain coordination, agility, balance and overall mobility through a better understanding of music and rhythm.

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



Active Aging Spotlight

Transit Safety

Tuesday, May 20th
10 am – 12 pm
Member: \$50 | Non-Member: \$80
Location: **Kerby Centre – Room 312**
Instructor: Don Muldoon

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

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



Active Aging Spotlight

Line Dancing

Thursdays May 15 – June 19 (6 Weeks) / 1:30 pm – 2:30 pm
Member: \$44 | Non-Member: \$74
Location: **Knox Presbyterian Church**
Instructor: Dianne Sandstrom

No need for a dance partner! This class will teach you the basics of line dance in a fun and educational setting. Look forward to improving your coordination, mental acuity and the boost of confidence you will gain as you master your new dance skills.

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



Active Aging Spotlight

Edible Flowers Workshop

Tuesday May 27th
10 am – 12 pm
Member: \$50 | Non-Member: \$80
Location: **Kerby Centre – Room 305**
Instructor: Jennifer Hoglin

Join us for a class on everything edible flowers! We will review all the perennial and annual flowers that grow easily here in the Calgary area, and the tastiest ways to get them into your belly. Each participant will also plant some edible flower seeds.

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



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**

Wise Owl Boutique

Half Price Sale on RED tag items!
May 20-23, 2025

Hours: 10:00 am – 3:00 pm



Wellness Spotlight

Compass for Caregivers

Thursdays, July 10, 17, 24, and 31, 2025
1 pm– 2:30 pm
Member: \$85 | Non-member: \$170

Brought to you by the Unison's Wellness Centre and Caregiver's Alberta

Location: Wellness Connections Center (Room 317)

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

River Walk

Tuesdays, April, 8 – November, 25, 2025
10 am – 11 am
Fee: \$2
Facilitator: Denise Gowan

River Walk is back for the spring and summer! Enjoy the sights and sounds along the Bow River and visit other parks around downtown with our weekly walking group. We incorporate educational activities, games, and breathing exercises as needed.

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Wellness Spotlight

Sound bath therapy

Fridays, June 13, 20, and 27, 2025
10:30 am – 12 pm
Member: \$60 | Non-member: \$120
Facilitator: Denise Gowan

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

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



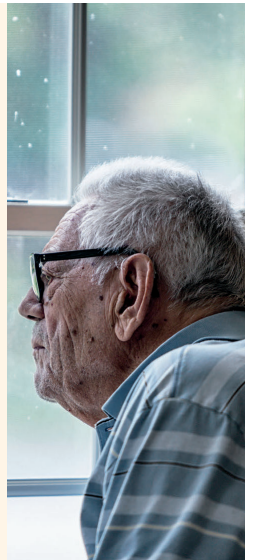
Wellness Spotlight

Let's Talk Dementia and Myth-Busting – Presentation

Thursday, May 15, 2025
11 am – 1 pm
Member: \$5 | Non-member: \$15
Facilitator: Janine Cote

Join Us for an Informative Presentation on Let's Talk Dementia and Myth-Busting!

Register Now!
403-234-6566/ Lolaf@unisonalberta.com



Want to give the gift of an experience and memories?

Want to do it for \$25?
Give the GIFT of MEMBERSHIP!
Take a FREE-for-members class TOGETHER **online** from anywhere in the world.

Unison at Kerby memberships has perks!

- Monthly newsletter emailed to you
- Copy of our newspaper mailed to you
- Discounts on select Unison events
- Discounts on programs, trips, and classes
- And more!

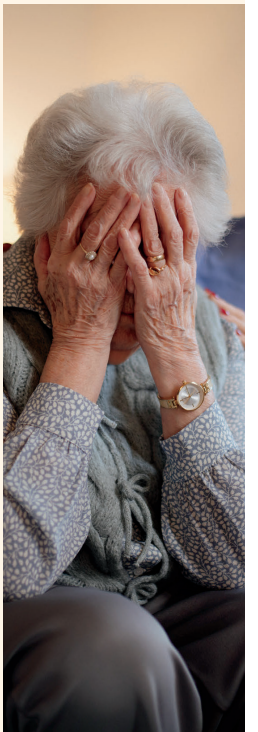


Grief 101: An Introduction to Grief and Loss with a Special Q & A Session

Thursday, May 14, 2025
1 pm – 3 pm
Member: \$5 | Non-member: \$15
Instructor: Teresa Norah, a Provisional Psychologist

Join us for an insightful and compassionate session on understanding grief and loss. This event will feature: Myths and Facts about Grief, the Difference between Grief and Mourning, and Effective Coping Strategies. Bring all your questions about grief and loss to our interactive Q&A session, and we will provide thoughtful, informed answers.

Register Now!
403-234-6566/
Lolaf@unisonalberta.com



Unison for Generations 50+ Online Activities

Register in person at **Unison at Kerby Centre in Room 306** or by email at **program@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

FITNESS WITH DAN – Online Course – Spring – Z11B

May 26 – June 23 (5 classes)
Mondays | 9:00 am – 10:00am
Members: \$29 | Non-Members: \$59

Traditional aerobics class with emphasis on cardiovascular training. Options are given for strength training using weights or resistance bands. You are encouraged to work at your own pace.

Instructor: Dan
Location: Online – Zoom



Online Class Spotlight

CHAIR DANCING – Online Course – Spring – Z04B

May 22 – June 19 (5 classes)
Thursdays | 1:00 pm – 2:00 pm
Members: \$29 | Non-Members: \$59

Come and join us for a fun, rollicking workout to some great old and new tunes – all done in the comfort of your own chair! While seated, you will move, get your heart beating, and your legs tapping. The smiles and laughter are all part of the strength training program.

Instructor: Dave
Location: Online – Zoom



Online Class Spotlight

Muscle Strength & Core Balance – Online Course – Spring – Z08B

May 23 – June 20 (5 classes)
Friday | 11:30 am – 12:30 pm
Members: \$29 | Non-Members: \$59

Strong core balance is necessary for good posture, balance, mobility and safety around the house. Various equipment will be used to train muscles associated with activities for daily living.

Instructor: Dan
Location: Online – Zoom



Online Class Spotlight

STAY FIT – Online Course – Spring – Z03B

May 22 – June 30 (12 classes)
Mondays & Thursdays | 11:00am –12:00am
Members: \$64 | Non-Members: \$94

This six-week course will focus on balance & strength training exercises designed to get you ready for spring strolls, weekend hikes, and general summer active shenanigans!

Instructor: Dan
Location: Online – Zoom



Online Class Spotlight

Online Class Spotlight

Basic Seated Yoga – Online Course – Z10B

Mondays | May 26 – June 23 (5 classes) | 12:30 pm – 1:30 pm
Members: \$29 | Non-Members: \$59
Instructor: Hannah
Location: Online – Zoom

Combining breath and movement, basic chair yoga provides a gentle and accessible option for all activity levels. Using controlled movements and the support of a chair, this class aims to strengthen and stretch the body in a safe and effective way.

SUCCULENT GARDEN POTS FOR SMALL SPACES Online Workshop – ZW03

Thursday, May 15th | 10:00 am – 11:30 am (1.5 hrs)
Members: \$36 | Non-Members: \$66

Have some fun creating with the many sizes, shapes and colours of drought-tolerant succulents.

Join Elaine from the Calgary Horticultural Society as she teaches us how to create beauty with potted succulents. This easy to maintain and movable garden will brighten any patio, balcony or window.

Supplies needed for this workshop: (*supplies not provided)

- 1 shallow container with drainage holes (must have holes)
- 1 bag of cactus soil mix (sold in small bags)
- Small succulents (when purchasing thing about where you want to put them and the amount of light they will receive)

SOCIAL MEDIA: FACEBOOK BASICS – Online Workshop – ZW07

Friday, June 27th | 10:00 am – 11:30 am (1.5 hrs)
Members: \$32 | Non-Members: \$62
Instructor: Adrian Ray

Unlock the full potential of Facebook in this hands-on session. You'll learn how to set up and personalize your account, create and share posts, connect with friends and family, join groups, and manage privacy settings to control who sees your content. Discover how to use Facebook as a tool for communication and connection.

Online Programs Website



Don't Miss Out!

Waiting to the last minute to register means missing out on great opportunities. We will cancel under subscribed courses one week prior to first day of class. Please be sure to register early!

Refund Policy

All courses and workshops are non-refundable. If needed, course credit must be requested in writing one week prior to the course start date. Please contact the Active Aging Department to sign up. **program@unisonalberta.com or 403-462-5080**

MAKING YOUR MONEY GO FURTHER: THE BENEFITS OF PLANNED GIVING



Whether you want to advance medical research, protect the environment, or support your community, giving back speaks to who you are and the values you hold.

But did you know that there may be more strategic and tax-efficient ways to support the causes that matter to you than simply donating cash? This article will explore three alternative ways to help you achieve your philanthropic goals.

The first is to donate publicly traded securities in-kind. When you give in-kind, you can claim both federal and provincial donation tax credits for the value of the securities on the date that the charity receives them. And if the securities have increased in value since you purchased them, the tax on this gain is eliminated when you donate them to a registered Canadian charity.

But as of 2024, you need to consider the impact of the Alternative Minimum Tax (AMT) when you make a donation in-kind. Starting 2024, 100% of capital gains are included in income for AMT purposes (up from 80%); 30% of capital gains on donations of qualifying securities are included (up from 0%); and

here only an 80% deduction for the donation tax credit is permitted when calculating AMT (down from 100%).

If you plan on making a large charitable donation, the changes to the AMT rules may add some complexity to your tax situation. Talk to your wealth advisor about the best ways to support the causes that matter to you in the most tax-efficient way possible.

Another great way to give is to set up a Donor Advised Fund (DAF). A DAF is like having your own charitable foundation, but without the high costs and complexity. It essentially piggybacks on certain public foundations by allowing you to create a “mini foundation” within the larger organization.

So how does it work? Once you make a donation to your DAF, a charitable tax receipt will be issued for the fair market value of your gift. The funds can grow inside the DAF tax-free and each year you can recommend distributions be made to the charities of your choice.

While foundations do charge a fee for this service, it is typically a lot less than it would cost to run your own private foundation.

Lastly, a life insurance policy is a great option for those wishing to make a sizeable donation for a relatively small cost. With the right strategy, life insurance can help you give back to your community while also benefiting you from a tax perspective.

There are three main ways to incorporate life insurance into a charitable giving strategy: you can take out a new policy in the name of the charitable organization, transfer ownership of an existing policy, or name the charity as the beneficiary of an existing policy. Talk to your tax and wealth advisors to determine which option is right for your personal circumstances.

It is important to review your giving options with your professional team to ensure you can make a difference in a way that best suits your needs and financial circumstances.

Rob Gerrie is a Wealth Advisor with the Popowich Karmali Advisory Group, CIBC Wood Gundy. He works alongside David Popowich and Faisal Karmali who are both Portfolio Managers and Senior Wealth Advisors, and insurance licensed. Rob has a degree in accounting and more than a decade of experience in the investment industry. He believes that building an investment strategy is about so much more than numbers. It's about understanding a family's goals and figuring out how to make the retirement lifestyle they're dreaming a reality. To learn more about the team, visit pkag.ca.



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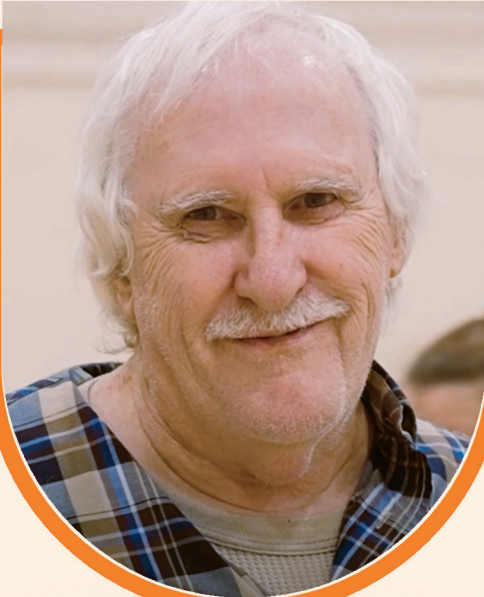
DONOR IMPACT

Your difference in action

UnisonAlberta.com

Unison is built on three pillars

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



Our Tax Clinic helps low-income seniors

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

The impact is staggering

Last year we filed 4,767 returns compared to 4,361 in 2023. We helped clients get a total refund of \$1,147,130.86. This year, we are helping around 110 seniors per day.

Every dollar helps

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

Seniors Supports leads the way

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

Volunteer spotlight

Unison Kerby Centre
Susan Ink



Susan Ink, a retired social worker, spent years helping older adults navigate life’s challenges. During her career, she often referred clients to Unison at Kerby Centre for its many services. So, when she retired, she knew exactly where

she wanted to give back. She first joined as a volunteer in the Seniors Supports program before transitioning to Wise Owl, where she enjoys sharing knowledge with others. More recently, she has taken on an additional role as a Membership Volunteer. For Susan, volunteering is more than just a way to help; It’s a source of joy. She loves working with other volunteers, describing them as “one big, mostly happy family.” The positive energy and shared purpose keep her motivated. She finds Kerby Centre to be a happy and welcoming place, where seniors are active, engaged, and full of life. “I am very happy to be here; It brightens my day,

and hopefully, I brighten everyone else’s,” she says. For Susan, volunteering isn’t just about giving back—it’s about finding purpose, building friendships, and being part of a community that truly wants to be here.” **Unison Veiner Centre**
Suzanna Clegg
Suzanna Clegg is one of our Meals on Wheels drivers at the Veiner Centre. She has been volunteering on this team for close to nine years. We are so grateful for your dedication to Meals on Wheels and all she does for the clients. Suzanna - you are truly making a difference. Suzanna started volunteering to get out of the house, meet new people,

get fresh air, and exercise. She says delivering healthy meals to seniors is a great feeling. Not only does she deliver meals, but Suzanna has gone the extra mile, building wonderful rela-



tionships with clients on her route. Taking the time for short visits while delivering meals is such an important part of being a Melas on Wheels driver. Suzanna enjoys cross-stitching, crocheting, and diamond art, along with reading books by Patricia Cornwell, David Baldacci, and Danielle Steel. Her favorite shows right now are Chicago Med and Chicago Fire. We asked Suzanna what she would do if she won a million dollars, and answered, “share it with the kids and probably donate some.” Thank you, Suzanna, for all that you do and your generous commitment to Meals on Wheels all these years!

Linda with unshakable hope

Mel Lefebvre

Linda takes the bus and train everywhere - her walker doesn’t slow her down. When she’s too tired, she will hop in a taxi, or get a lift from her sister. Where does she go? Linda Louise Boisvert, 75, is a caregiver. She visits her husband as often as she can. He had a stroke and heart attack six years ago, and now lives with dementia in a care residence in the city. Linda also spends a lot of time volunteering, and at the Unison Kerby Centre. Linda takes advantage of Unison’s Adult Day Program (ADP), which gives respite to caregivers. Linda attends ADP to have fun with older adults like her, who need extra support. while *their* caregivers take a break. Linda also attends a monthly care group at the Wellness Connection Centre. She also tries anything that grabs her interest. This month, it’s Chinese knot jewelry through the Active Aging department. “I figure I can’t mess that up,” Linda says, laughing. Chatting with Linda is like getting a blast of sunlight to the face. Her cheeriness is contagious, despite a coupe of hard-knocks from life. Linda was in the hospital not too long ago due to some persistent leg pain after a fall. “My blood pressure and sugar were low, but they said not much

was wrong,” says Linda. The day after visiting the hospital, she went bowling. “We were killing ourselves laughing the whole time,” she says, describing how she used the bowling ramp to knock the pins down. “I just like being with people,” Linda says. After her husband left for the care facility, Linda remained in her home, occasionally seeing her sister and nieces. Then, the Covid-19 pandemic happened. “I saw no one. I was at home by myself,” Linda remembers. After lockdown was lifted, a home care worker asked if she



wanted to go to Unison. “I used to come here with my mom and dad,” Linda says. It was an easy decision. When she was younger, Linda would look after her parents, and worked

at her local parish rectory. She has held many jobs in her life, from CP Rail, the old Krans factory, the Army, the Boy Scouts, and even in the bush, where she helped rescue a grizzly bear attack victim. “I did a lot of jobs women typically didn’t do,” Linda says. She loved working, and even tried nursing school at SAIT. “I was brought up that hard work will get you places,” she says. During an era where many women stopped working once they were married, Linda tied the knot and kept her nose to the grind, and that includes an insurmountable num-

ber of volunteer hours - so much so that she received the Paul Harris Award from the Rotary Club. Linda also helps out at Unison, at casinos, during the Stampede, during Global Fest, for the Catholic Women’s League, and much more. “I’ve always volunteered. It’s just part of my life. Most people are too old to do that,” Linda says, with a mischievous laugh and her characteristic smile. “I just help.” With her unshakable optimism, volunteers like Linda give the rest of us hope.

Volunteer with us!

Thrive Food Security Office Support: Organize client records, respond to inquiries, coordinate grocery deliveries, schedule food bank appointments, and create a warm, welcoming space for the community. Shifts available: Wednesdays – Fridays 10 am – 3 pm.

Travel Desk: Share your love of travel by helping us plan trips in Calgary and beyond!

Housing & Benefits: Help seniors navigate housing, benefits, and community programs. Provide consultations, assist with applications, and connect clients to vital resources. Training will be provided. Multiple shifts available.

Administrative Assistant: Support our team with filing, data entry, phone calls, and scheduling. Multiple shifts available!

For more information: volunteer@unisonalberta.com

Abused seniors find refuge with Unison

Danielle Murphy

Elder abuse is a silent epidemic impacting seniors from all walks of life. In Alberta, 1 in 10 older adults report experiencing some form of abuse, whether financial, emotional, physical, or by neglect. Even more troubling, only 20% of cases are ever reported. Most often, the abuser is someone the senior knows and trusts, such as an adult child or their intimate partner. Since 1999, Unison has provided a lifeline to seniors in crisis through Canada's first purpose-built Elder Abuse

Shelter. Open 24/7, the shelter offers safe refuge, trauma recovery, and essential supports like legal advocacy, medical and dental referrals, counselling, and help securing permanent housing. The need is clear. In 2024 alone, Unison provided 4,872 safe nights for seniors fleeing abuse. But the need continues to grow as last year, 76 seniors had to be turned away due to lack of space. One survivor, LP, shared: "After escaping an abusive situation, I found safety at Unison's Shelter. Facing abuse from my own child left me stripped of my con-

fidence. But with support, I healed, found housing, and regained my joy. Now, I speak out because no senior should suffer in silence." This May and June, Unison is asking for your help to protect vulnerable seniors like LP. A gift of \$1,750 provides one week of safety and support at the Shelter. A donation of \$500 offers nourishing, culturally appropriate meals during a senior's stay. And \$250 ensures translation services for seniors whose first language isn't English, so they can communicate clearly and receive the care they need. Together, we can ensure seniors in our community are not just safe, but supported, empowered, and thriving. Donate today at unisonalberta.com/donate, call Joy at 403-705-3254, or mail your gift using the buck slip below. Your support makes all the difference. Because life is better, together, with Unison.



One in 10 seniors report experiencing some form of abuse. Photo: Akhfiallah on Unsplash



A shelter room sponsored by Precision Drilling. Photo: Andres Guterrez

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YOU'RE INVITED

JUNE 13

UNISON AT KERBY CENTRE

1133 - 7 AVENUE SW

11AM - 1:30PM

World Elder Abuse Awareness Day (WEAAD) is recognized to raise awareness of the abuse, neglect, and exploitation faced by older adults.

No RSVP Required

Support our Seniors

at the Elder Abuse Shelter

Donate Today!

I would like to make a ☐ one-time or ☐ monthly 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](https://unisonalberta.com/Donate) or call 403-705-3254

Thank you for supporting seniors!

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

The ins and outs of estate planning

Jenna Bever

As an estates lawyer I'm often asked what an estate is. Put simply, an estate is the collective sum of an individual's net worth, including all real property owned (such as houses or cabins), possessions, investments, bank accounts 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 to ensure your wishes are realized.

When preparing an estate plan, three documents are typically included: Your Will, Your Enduring Power of Attorney (EPA), and your Personal Directive (PD). These three Estate Plan-

ning documents are all important and work together to ensure your interests are protected while you're 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 or persons to look after your assets (EPA) and your health care and personal decisions (PD)



Your will is part of your estate plan. Check it off your to-do list. Photo: Glenn Carstens

while you are still alive, but in a state where you are unable to manage your affairs. It is a big decision and one that should be discussed with an estate lawyer. Unfortunately, financial abuse

of elderly people is a real concern in society. A Last Will and Testament 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 family, friends and 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, in the same city or province, and who is younger than you. Your Will provides the Executor with certain instructions, powers, and responsibilities when administering your estate. It is important to discuss these aspects with an estate lawyer.

The Will also sets out your beneficiaries - the people you want to receive your assets, which may include money, bank accounts, investments, homes, and possessions. You can also discuss how to best organize assets that may fall outside your estate, like TFSAs and RRSPs. There are steps that must be taken to ensure a Will is formal and pursuant to Alberta Law. Discuss these formalities with a lawyer to ensure that your Will is effective and valid. If you don't have a Will, you are 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 important 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. Without a properly named Executor, there are hurdles and obstacles in the way of your loved ones being able to administer your assets and/or pay debts.

While a Will is essential, it is only one tool in estate planning. The Enduring Power of Attorney and Personal Directive are also important and valuable tools in ensuring that your finances and property, and your person and health care are taken care of when you're no longer able to do so yourself.

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

Plan for tomorrow, today. Safeguard your legacy with comprehensive wills and estate planning with the team at DD West LLP.



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JENNA BEVER
Estate Planning





MAY 2025

Community Bread Markets
for older adults & seniors 50+

Monday	Tuesday	Wednesday	Thursday	Friday
Please Note: Our May 2025 markets will be the final markets.			1	2
5	6	7 1:30 pm – 3:00 pm Northminster United @ Highland Park	8 10:30 am – 12:00 pm Knox Presbyterian Church	9
12	13 11:00 am – 12:00 pm Parkdale Nifty Fifties	14 1:00 pm – 3:00 pm Carya Village Commons	15	16

We thank you, our community, and our partners for supporting the Community Bread Markets over the last 5 years.

For more information about food resources at Unison and in the community, please reach out to a Thrive Food Security team member or visit UnisonAlberta.com



Community Bread Market Locations
for older adults & seniors 50+

Parkdale Nifty Fifty Association
403-283-0620
3512 5 Ave NW, Calgary

Knox Presbyterian Church
403-242-1808
3704 37 Street SW, Calgary

Carya Village Commons
403-536-6558
610 8th Ave SE, Calgary

Northminster United Church @ Highland Park Community Association
403-277-0322
3716 – 2 Street NW, Calgary

Bow Cliff Seniors 50+
403-246-0390
3375 Spruce Dr SW, Calgary

Confederation Park 55+ Activity Centre @ Triwood Community Centre
403-289-4780
2244 Chicoutimi Dr NW, Calgary

For more information, contact our Thrive Coordinator at Unison at Kerby Centre
403-705-3222
1133 7th Ave SW, Calgary

MAY 2025



Support Unison and provide a hand up for seniors!

Designate Donation to: ☐ Calgary ☐ Medicine Hat

☐ I would like to make a one-time donation: ☐ \$25 ☐ \$50 ☐ \$125 ☐ \$250 ☐ My choice: _____
☐ I would like to become a **monthly** donor: ☐ \$15 ☐ \$25 ☐ \$50 ☐ \$100 ☐ My choice: _____

Payment Method: ☐ Cheque ☐ Visa ☐ MasterCard
Credit Card Number _____
Expiry Date _____ CVV _____

Planned Giving – A gift today. A legacy forever.
☐ I would like to receive information on planned giving.
☐ I have included Unison in my will.

Send tax receipt to:
Name _____
Address _____
City _____ Province _____
Postal Code _____ Phone _____
Email _____



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



Thank you for supporting seniors!
All donations are gratefully received. Donations of \$20 or more will receive a donation receipt.
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